



sharing our Greek culinary heritage

KO's Best Ever Tzatziki

For the tzatziki:

500g full-fat natural Greek yoghurt

1 continental cucumber

3 cloves garlic

1 heaped teaspoon salt

Extra virgin olive oil

Tzatziki is best served at room temperature. If you plan to serve it in the evening, strain the yoghurt from the morning. If you plan to serve it at lunchtime, strain it from the night before.

Straining the yoghurt

Place a colander in a deep bowl and line the colander with a muslin cloth. Place the yoghurt in the lined colander and tie the alternate ends of the cloth together. Strain the yoghurt for at least 6-8 hours. Do not refrigerate the yoghurt while it is straining - just keep it in a cool place, away from direct sunlight.

Making the tzatziki

When it's almost time to serve the tzatziki, slice the cucumber in half width-ways and again length-ways. Slice each piece in half lengthways once more and remove the seeded section of each length. Slice each length into thin strips, 3-4mm thick, and dice each strip. Set aside.

Peel and finely chop three garlic cloves. Add one heaped teaspoon of salt and use the flat of a wide knife blade to press firmly on the garlic and mash it until it forms a smooth paste.

Combine the strained yoghurt, the diced cucumber, the mashed garlic and a generous amount of extra virgin olive oil.

Taste the tzatziki for salt and oil and add more of either if you wish.

Serving the tzatziki

Serve and enjoy... with just about everything or even on its own!