

Classic Tzatziki Recipe

Tzatziki is a classic Greek dip or sauce made from a few simple ingredients. The key to a perfect, non-watery tzatziki is to use a good quality, full-fat strained yogurt and to thoroughly remove the excess moisture from the cucumber.

- **Yields:** about 2 cups
- **Prep time:** 15 minutes
- **Chill time:** 30 minutes (optional, but recommended)

Ingredients

- 2 cups of full-fat Greek yogurt (or strained plain yogurt)
- 1 large cucumber (about 1 pound)
- 2 cloves of garlic, minced or crushed
- 1-2 tablespoons of extra-virgin olive oil
- 1 tablespoon of fresh lemon juice
- 1/2 teaspoon of salt (or to taste)
- 1 tablespoon of fresh dill or mint, finely chopped (optional, but traditional)
- Freshly ground black pepper to taste

Instructions

- **Prepare the Cucumber:** Coarsely grate the cucumber. Place the grated cucumber in a fine-mesh sieve or a clean kitchen towel. Sprinkle with a pinch of salt and let it sit for about 10 minutes. This will help draw out the moisture.
- **Squeeze Out Excess Water:** Squeeze the cucumber firmly to release as much liquid as possible. The drier the cucumber, the thicker your tzatziki will be. This step is crucial for preventing a watery dip.
- **Combine Ingredients:** In a medium-sized bowl, add the strained yogurt.
- **Add Flavorings:** Stir in the minced garlic, olive oil, lemon juice, salt, and the squeezed cucumber. If using fresh herbs, add them now.
- **Mix and Season:** Mix all the ingredients until well combined. Taste and adjust the seasoning with more salt, pepper, or lemon juice as needed.
- **Chill (Optional):** For the best flavor, cover the bowl and refrigerate for at least 30 minutes to allow the flavors to meld together.
- **Serve:** Serve the tzatziki chilled with pita bread, fresh vegetables, or as a sauce for grilled meats like souvlaki or gyros.