

# Tsatsiki

## Ingredients:

- 1 large container whole milk plain yogurt, strained
- 1 large english cucumber, grated
- 2 teaspoons garlic powder, or more to taste
- 1 teaspoon kosher salt, or to taste
- dill for garnish, optional

## Directions:

1. Line a fine mesh sieve with cheesecloth or several layers of paper towels, going up the sides and place a bowl underneath to catch the water.
2. Place all the yogurt in the lined sieve and let the water drain out into a bowl underneath. This process can take several hours and you can begin the process overnight and leave the yogurt to strain in the refrigerator.
3. Squeeze the grated cucumber in paper towels to absorb as much moisture as possible. The english cucumbers have less water than the regular and are preferable for the creamiest tsatsiki.
4. Squeeze as much excess water from the yogurt, discard water and place the yogurt in a bowl ( it should be reduced by about half).
5. Add strained cucumber and stir in salt and garlic.
6. Add a tablespoon of olive oil and blend.
7. Store in fridge and serve along side your meal.

