

 **Cooking**

Tzatziki

By Martha Rose Shulman | **YIELD 6 servings** | **TIME 45 minutes**

INGREDIENTS

1 European cucumber or 3 Persian cucumbers, finely chopped or grated

Salt

2 cups drained yogurt
(<http://www.nytimes.com/2008/08/25/health/nutrition/25recipehealth.html#recipe>)

2 to 3 garlic cloves, cut in half, green shoots removed, and mashed to a paste in a mortar and pestle with 1/4 teaspoon salt

2 tablespoons chopped fresh mint (more to taste)

Freshly ground pepper

2 tablespoons extra virgin olive oil (optional)

PREPARATION

Step 1

Toss the cucumber with a generous amount of salt and leave in a colander in the sink to wilt for 15 to 30 minutes. Rinse and drain on paper towels.

Step 2

Beat together the yogurt, garlic, mint, salt and pepper to taste, and olive oil. Stir in the cucumbers. Adjust seasonings and serve.

Tip

To serve as a soup: Place a couple of ice cubes in each of 4 to 6 bowls. If you wish, thin out the cucumber-yogurt mixture more with a little water, and spoon into the bowls.

PRIVATE NOTES

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