

YOGHURT AND CUCUMBER DIP

Equipment needed –

Small knives, chopping boards, large bowl, medium bowl, 3 small serving bowls, garlic crusher, scissors, grater, measuring jug, sieve, large bowl, small bowl and measuring spoons.

Ingredients from the Garden –

- 500 grams Greek-style yoghurt
- 1 large cucumber, peeled and coarsely grated
- 1 clove of garlic crushed
- 1 tablespoon of lemon juice
- 1 ½ tablespoons of shredded fresh mint

Ingredients from the Pantry –

- ½ teaspoon of salt

What to do –

1. Place the yoghurt in a sieve over a bowl and refrigerate for about 2 hours or until the yoghurt is thick.
2. Peel the cucumber and grate. Add the grated cucumber and ½ teaspoon of salt into a small bowl. Set aside for about 20 minutes. After 20 minutes, gently squeeze out the excess liquid.
3. Meanwhile peel and crush the garlic and place in a medium bowl.
4. Juice the lemon and place 1 tablespoon of lemon juice into the bowl with the garlic.
5. Wash and pick the mint leaves, then finely chop using a cup and scissors. Add a tablespoon of the mint in with the garlic and lemon juice.
6. Add the cucumber that has had all of the liquid squeezed out of it, and the yoghurt and mix well to combine.
7. Divide the dip amongst 3 serving bowls and top with the remaining chopped mint.

Serves –

- 28 students.