

Cacik

Season: Summer/Autumn

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: cucumber, dill or mint, garlic

Recipe source: Adapted from an original recipe by Nikki Bird, Garden Specialist, Barooga Public School, Victoria

Cacik is a Turkish dish made with yoghurt and cucumber. It is similar to Indian *raita* or Greek *tzatziki*, but it is eaten as a side rather than a dip or relish. In Turkey, this quantity would only serve one or two people.

Equipment:

metric measuring scales,
cups and spoons
clean tea towel
chopping board
cook's knife
mixing bowl
mixing spoon
serving bowl

Ingredients:

250 g Greek-style yoghurt
1 garlic clove, finely chopped
¼ cup cold water
1 large cucumber, de-seeded,
peeled and finely diced
¼ tsp salt, to taste
¼ tsp pepper, to taste
drizzle of olive oil
1 small handful of dill or mint,
finely chopped



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Combine the yoghurt, garlic and cold water in the mixing bowl.
3. Add the cucumber to the yoghurt mixture and season with the salt and pepper, to taste.
4. Pour into the serving bowl and refrigerate until serving.
5. To serve, drizzle with olive oil and sprinkle over the chopped dill or mint.