

Yoghurt Sauce

The yoghurt sauce for this recipe can be flavoured in a variety of ways, depending on your taste and what you have on hand. Mint, honey, tahini or other fresh herbs are popular options, but students can use their imaginations to create a sauce of their own.

Note: Volunteers should check that there is at least one fritter per student.

Equipment:

metric measuring spoons, chopping board
Whisk
cook's knife
grater
wooden spoon
bowls – 2 medium

Ingredients:

Yoghurt sauce:

375 g–750 g greek yoghurt
2 small cloves, finely minced or grated
1 cup grated cucumber
1 small handful of mint, finely chopped,
Juice of 1 lemon
1 tablespoon extra-virgin olive oil
Salt and freshly ground black pepper to taste

Instructions:

1. Juice and zest the lemon.
2. Finely chop the garlic and mint.
3. Grate the cucumber.
4. In a medium bowl, whisk together the Greek yogurt, lemon juice, olive oil, and grated cucumber.
5. Add Herbs: Stir in the fresh minced herbs, salt, and pepper.
6. Chill: Let the dip sit in the refrigerator for at least 15 minutes to allow the flavours to meld.
7. Serve with warm fritters.