**Tzatziki dip**

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| **Equipment needed*** Chopping boards
* Non slip mats
* 4 very small serving bowls
* 4 teaspoons to serve
* Medium mixing bowl
* Colander
* Garlic crusher
* Grater
* Scales
* Knives
 | Ingredients* 2 medium cucumbers
* 1 tsp Salt
* 400g thick natural yoghurt
* 1 clove garlic
* 2 tbsp fresh chopped mint
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| **Notes** * Work as a group

Method* Collect equipment and ingredients.
* Wash cucumber. Cut in half lengthways and remove seeds with a teaspoon.
* Grate the cucumber.
* Place in colander and sprinkle with salt.
* Let stand for 30 minutes.
* Weigh out yoghurt and place in mixing bowl.
* Crush garlic and add to yoghurt.
* Wash mint, remove leaves from stem and cut finely.
* Add mint to yoghurt.
* After cucumber has sat for 30 minutes press to extract as much juice as possible.
* Dry in a clean cloth tea towel.
* Add to yoghurt and mix.
* Put into four small serving bowls.
* Add teaspoons to serve.

Clean up. |