**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 |
| **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. | |