Cacik

This is a Turkish form of tzatziki popular over all over the near and far East.

- 1 large cucumber
- 1 tsp salt
- 4 – 6 cloves of garlic
- ½ litre of thick natural yoghurt
- 4 heaped tbls chopped garden mint
- Freshly ground black pepper

Peel the cucumber and cut into small dice. Sprinkle with the salt and leave in a colander for 1 hour to drain. Wash well and squeeze to remove the moisture with kitchen paper.

Crush the garlic with a pinch of salt in a pestle and mortar and add to the yoghurt with plenty of black pepper and the chopped mint leaves.

Mix in the cucumber just before serving.

Serve with pitta breads or as a sauce with kebabs or grilled lamb.