tzatziki

Equipment
Chopping boards                      sharp knives
Mixing bowl                           grater
Juicer                                 scales
Clean piece of muslin or chux cloth

Ingredients:
- 1 lebanese cucumber                  300g Greek yogurt
- 1 clove garlic, finely chopped       ½ tsp sea salt
- 30 mint leaves, chopped              freshly ground black pepper

Method
1. Peel strips of rind from the cucumber, leaving it green and white striped. Halve lengthways and scoop seeds into compost bin using a sharp teaspoon. Grate cucumber coarsely.

2. Mix all ingredients together in a mixing bowl. Season with salt and pepper if necessary.

3. Dampen a clean piece of muslin or Chux cloth. Wring it out, settle it inside a sieve resting over a bowl and scoop in tzatziki. Leave to drain for 2 hours. Serve straight away or refrigerate, covered with plastic film until needed.