

Dill Tzatziki

Yield - 2 Cups (12 tastings)

2 cup	plain low-fat yogurt
1	hot house cucumber
1 teaspoon	kosher salt
1 teaspoon	dill
1 tablespoon	flat leaf parsley
1	garlic clove
1 tablespoon	white wine vinegar
$\frac{1}{4}$ cup	low-fat sour cream
1 tablespoon	lemon juice
$1 \frac{1}{2}$ teaspoon	olive oil
To taste	salt and black pepper

Equipment

Strainer
 Cheese cloth
 Bowl
 Plastic wrap
 Spoon
 Grater
 Paper towels
 Chefs knife
 Measuring cups
 Measuring spoons

To prepare the dill tzatziki

- Line a strainer with 2 layers of cheesecloth or thick paper towels. Place strainer over a bowl.
- Spoon the yogurt into the cheesecloth. Cover with plastic wrap. Chill for 4 hours or overnight.
- Cut the cucumber in half. Remove seeds. Coarsely grate the cucumber. Place in a bowl. Toss with salt. Let stand for 1 hour.
- Pat cucumber dry.
- Transfer yogurt to a bowl.
- Add the cucumber to the bowl.
- Finely mince the dill, parsley and garlic. Add to the bowl.
- Add the vinegar, sour cream, lemon juice and olive oil.
- Season with salt and pepper to taste. Stir well. Cover with plastic wrap.
- Chill 1- 4 hours.

