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
¼ cup low-fat sour cream
1 tablespoon lemon juice
1 ½ teaspoon olive oil
To taste salt and black pepper

Equipment
Strainer
Cheese cloth
Bowl
Plastic wrap
Spoon
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.