

# Tzatziki

Authentic Greek tzatziki recipe with creamy yogurt, fresh cucumber, and garlic. Perfect as a dip, sauce, or mezze. Easy 10-minute preparation.

10 min

PREP

10 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Tzatziki

## Ingredients

- 3 cucumber
- 2 cup plain yogurt
- 1 cup water
- 2 tsp dry mint
- 1 tbsp olive oil
- 1 tsp salt
- 1 clove garlic

## Instructions

- 1 Prepare the cucumber**

Peel 2 large cucumbers and grate them using the large holes of a box grater. Place the grated cucumber in a fine-mesh strainer set over a bowl and toss with 1 teaspoon salt.
- 2** Let the salted cucumber drain for 30 minutes, allowing the salt to draw out excess moisture.
- 3** Transfer the drained cucumber to a clean kitchen towel and squeeze firmly to remove as much remaining liquid as possible. The cucumber should feel nearly dry when properly squeezed.
- 4 Make the tzatziki base**

Mince 1 clove of garlic finely and combine with 2 cups of thick Greek yogurt in a large mixing bowl. Whisk until smooth and well incorporated.
- 5** Add the squeezed cucumber to the yogurt mixture along with 1 tablespoon olive oil and 2 teaspoons lemon juice.
- 6** Season with 1 teaspoon salt and freshly ground black pepper to taste. Stir gently until all ingredients are evenly distributed throughout the mixture.
- 7 Chill and serve**

Cover the tzatziki and refrigerate for at least 2 hours to allow the flavors to meld together. Taste and adjust seasoning with additional salt, pepper, or lemon juice before serving.

## Tips

Salt grated cucumber and let sit for 30 minutes, then squeeze in a clean kitchen towel to remove maximum moisture before mixing with yogurt.

Use thick Greek yogurt or strain regular yogurt through cheesecloth for 3-4 hours to achieve the proper consistency without watering down the sauce.

Grate cucumber on the large holes of a box grater for the ideal texture - not too fine, not too chunky.

Mince garlic extremely fine or use a garlic press to distribute the flavor evenly throughout the sauce without overpowering bites.

Chill tzatziki for at least 2 hours before serving to allow flavors to meld and develop properly.

Make tzatziki up to 2 days ahead - the flavors actually improve as they marry in the refrigerator.

If sauce appears too thick after chilling, thin with a tablespoon of cold water or lemon juice rather than more yogurt.

Serve tzatziki cold and stir gently if separation occurs during storage.