

## Yogurt and Cucumber Dip

*Tzatziki*

2 small "pickling" cucumbers  
(see note)  
1 cup Greek yogurt (see note)  
2 cloves garlic, or to taste  
Pinch of salt  
2 tablespoons plus 1 teaspoon  
olive oil  
1 tablespoon distilled vinegar  
or lemon juice  
Fresh dill for topping  
(optional)

This is a perennial favorite. All the Americans who have visited Greece with me, including my grandchildren, insisted on starting meals with this appetizer. It is one of the most refreshing and cooling appetizers you will find.

Serves 12

1. Cut the cucumber in very small pieces. (If you are using a large cucumber, scrape the seeds out.) In a bowl combine the cucumber and yogurt. Mash the garlic in a mortar together with the salt and 1 teaspoon oil. Mix this into the yogurt and cucumber. Stir in the remaining 2 tablespoons oil and then the vinegar. Now taste. You may need to adjust it with a bit more vinegar or salt.
2. The flavor improves when you cover the *tzatziki* tightly and refrigerate for several hours. I like to sprinkle with fresh dill before serving.

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Note: The cucumbers that are best for *tzatziki* are called "pickling" cucumbers, and they have undeveloped seeds. For the yogurt in this recipe, I find the plain Greek Gods variety excellent.