

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

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.