

Cacık

Fresh and creamy Turkish cacık (tzatziki) recipe with cucumber, yogurt, and garlic. Perfect healthy meze for summer meals and Mediterranean dishes.

10	10	4	Easy
HAZIRLIK DK	TOPLAM DK	PORSİYON	ZORLUK

Cacık

Malzemeler

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

Yapılışı

- Prepare the cucumbers**

Peel 3 cucumbers and grate them using the large holes of a box grater. Place the grated cucumber in a fine-mesh strainer, sprinkle with 1 teaspoon salt, and toss to coat. Let drain for 30 minutes to remove excess moisture.
- Remove cucumber liquid**

Transfer the drained cucumber to a clean kitchen towel or cheesecloth. Gather the corners and twist tightly to form a pouch. Squeeze firmly over the sink to extract as much liquid as possible - you should get about 1/4 cup of liquid out.
- Prepare the yogurt base**

Whisk 2 cups yogurt in a medium bowl until smooth and creamy. Gradually add 1 cup cold water, whisking constantly until fully incorporated and the mixture has a thin, soup-like consistency.
- Add garlic and seasonings**

Finely mince 1 clove garlic or grate it on a microplane. Add the garlic and 1/2 tablespoon salt to the yogurt mixture, whisking until evenly distributed.
- Combine and chill**

Fold the squeezed cucumber into the seasoned yogurt mixture until evenly distributed. Cover and refrigerate for at least 30 minutes to allow flavors to meld and the cacık to chill completely.
- Finish and serve**

Drizzle 1 tablespoon olive oil over the surface and sprinkle with dried mint. Serve immediately in chilled bowls as a refreshing meze or side dish.

?puçlar?

Salt the grated cucumber and let it drain for at least 30 minutes to remove excess moisture. Squeeze the cucumber in cheesecloth or press through a fine-mesh strainer to ensure maximum water removal.

Use thick, strained yogurt for the best consistency. If using regular yogurt, strain it through cheesecloth lined over a bowl in the refrigerator for 3-4 hours to remove excess whey.

Grate the garlic instead of mincing it for more even distribution throughout the sauce, or use a garlic press for the finest texture.

Chill the cac?k for at least 2 hours before serving to allow the flavors to meld properly. The taste improves significantly with time.

For seedless cucumbers, cut them lengthwise and scrape out the seeds with a spoon before grating to prevent excess water.

Add olive oil gradually while mixing to create a smoother, more cohesive texture. High-quality extra virgin olive oil enhances the overall flavor.

Taste and adjust seasoning just before serving, as the salt level may need adjustment after the cucumber releases its moisture.

For a vegan version, substitute coconut yogurt or cashew-based yogurt, though the flavor will be slightly different from traditional cac?k.