

# Tzatziki Sauce

- 2 cucumbers
- 1 teaspoon salt
- 1 shallot
- 6 cloves garlic
- 1/4 cup minced mint
- 2 tablespoons olive oil
- juice from 1 to 2 lemons
- 2 cups thick Greek yogurt
- black pepper
- chipotle powder

Peel the cucumbers. Shred the cucumbers with a peeler, starting from the outside and slicing all the way to the seeds. Do not slice the seeds.

Squeeze water out of the cucumbers. Combine the cucumbers with the salt, and let sit for 15 to 20 minutes.

Mince the shallot, garlic and mint. Add the olive oil and lemon juice to the shallot, garlic and mint.

Squeeze as much water as you can from the cucumbers. Mince the cucumbers, then squeeze more water from them.

Add the cucumbers to the mixture. Add the yogurt. Mix. Add black pepper and chipotle powder to taste (maybe 1/4 to 1/2 teaspoon of each).

Chill for 8 hours.

Serves: 10 (with pita or veggies)

Preparation time: 60 minutes (prepare 8 hours in advance)

— [Subscriptions \(1\)](#)

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