



# TZATZIKI

Tzatziki is a **sauce** served with **grilled meats** or as a **dip**. Its main ingredient is **yogurt** (usually from sheep or goat milk) mixed with **cucumbers, garlic, salt, olive oil, lemon juice** and **dill**; sometimes other herbs like mint, parsley, or thyme may be added as well. It is always served cold and it's a typical **Greek recipe**, even though its name comes from the Turkish word *cacık*, which in turn is a loanword from the Armenian word *cacig*. Other similar recipes are found all over the **Balkans** and are served as appetizers. Enjoy it ice-cold on top of crackers or grilled slices of bread: it will make a simple, yet tasty, **amuse-bouche** for an informal supper with family and friends.



Click on the Picture for a Video of this **RECIPE**