Tzatziki - long method

Ingredients	Serves 5	Serves 50
Low-fat Greek yoghurt	100 g	1 kg
Cucumber, peeled, seeds removed and grated	¼ small	2 large
Cloves garlic, finely chopped	½	4
Salt	pinch	1 tsp
Ground black pepper	pinch	½ tsp
Mint leaves, finely chopped	4	40

Method

1. Line a colander with muslin, clean Chux cloth or paper towel and place over a bowl. Empty the yoghurt into the colander and strain for at least 4 hours, until most of the water has drained off.
2. Squeeze excess liquid from grated cucumber. In a medium bowl, stir together the cucumber and strained yoghurt. Stir in the garlic, salt, pepper and mint, adding more salt if necessary. Chill the mixture for 1 to 2 hours before serving.