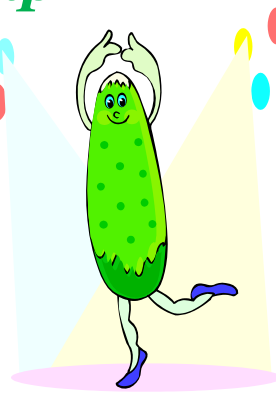


Tzatziki Dip

Season: Summer/Autumn
Garden Harvest: cucumbers, garlic, chives

What to do:

- * Chop and prep all ingredients on list.
- * Place yoghurt in a sieve lined with muslin over a cheese draining bowl and stand for 5-10 minutes to allow the excess whey to drain away. Place yoghurt in a bowl and discard the whey.
- * Meanwhile, coarsely grate the cucumber and squeeze out excess moisture with your hands. Combine yoghurt, cucumber, garlic, chives, olive oil and lemon juice in a bowl and mix well and season with salt.
- * Share dip equally between the 4 serving bowls .



Equipment:

Measuring cups & spoons
Knife
Chopping board
Peeler
Spoon
Juicer
Bowl
For serving:
4 small serving bowls
2 teaspoons

Ingredients:

250g (1 cups) plain Greek-style yoghurt
1 Lebanese cucumber, peeled, halved, seeded
1/2 large garlic clove, crushed
1/2 tablespoon finely chopped fresh chives
1 tablespoon olive oil
3/4 tablespoon fresh lemon juice
Salt to taste

Tomato Salsa

Ingredients:

1/2 red onion, finely chopped
2 tablespoons red wine vinegar
1 fresh red chilli, seeds removed & finely chopped – optional (wear gloves)
2 cloves garlic, crushed
4 large or 16 small tomatoes, halved lengthways, gently squeeze to remove seeds and finely dice
30g basil leaves, finely chopped



Equipment:

Chopping board
Knife
Gloves
Spoon measures
Garlic crusher
Small bowl
Spoon
For Serving:
4 small dishes
4 teaspoons

Season: Summer/Autumn
Garden harvest: tomatoes, garlic, chilli, basil
Recipe source: Stephanie Alexander

What to do:

- * Chop and prep all ingredients on list.
- * Put the onion into a small bowl, cover with vinegar and leave for 30 minutes.
- * Drain the onion, pressing hard with the back of the spoon to extract as much of the vinegar as possible. Discard vinegar. Wash and dry bowl and tip onion back in. Stir in the chilli, garlic, tomato and basil and equally share amongst serving dishes.