

*CACIK
(yogurt with
cucumber)*



Cacık - Refreshing Yoghurt & Cucumber Dip

Author: Turkey's For Life

Recipe type: Meze Cuisine: Turkish

Prep time: 20 mins Total time: 20 mins

Serves: 2

Cacık is one of Turkey's most loved yoghurt recipes. Delicious as a thick, creamy dip or watered down as a refresher during and after meals.

Ingredients

- 5-6 heaped dessert spoonfuls natural yoghurt
- 1 cucumber, peeled, centre removed and very finely chopped
- 1 clove garlic, peeled and grated
- Juice of 1 lemon
- 1 dessert spoonful olive oil plus one more to serve
- ½ tsp dried mint plus a bit extra to garnish
- 2 dessert spoonfuls water
- Pinch of salt to season

Instructions

1. Add your yoghurt to a large bowl.
2. Add a tiny splash of water to your yoghurt and stir vigorously until it is mixed.
3. Keep adding the water a little at a time and stirring until your yoghurt is the thickness you want.
4. Now add your olive oil and stir again until it is mixed and the yoghurt is smooth.
5. Add your lemon juice and mix thoroughly.
6. Now stir in your garlic and mint.
7. Add your cucumber to the yoghurt dip and stir.
8. Do a taste test and add a pinch of salt. You can also add more mint or lemon at this stage to suit your taste.
9. Before serving, if you like, you can add a bit more dried mint to the surface of your cacık along with a drizzle of live oil

Notes

As with all of our recipes, the calorie count for our Turkish cacık recipe is approximate. Yours will differ depending on yoghurt brands and how much cacık you make.

If you can't get Turkish yoghurt where you live, Greek yoghurt is fine.

You can add as much or as little water as you like to make your cacık become a creamy yoghurt and cucumber dip or a refreshing cold 'soup.'

Nutrition Information

Serving size: 1 Calories: 200

POTATO SALAD



A Turkish Potato Salad Recipe:

Author: Turkey's For Life

Recipe type: Meze Cuisine: Turkish

Prep time: 20 mins Cook time: 15 mins Total time: 35 mins

Serves: 4

A classic recipe for potato salad that's perfect for your Turkish meze table.

Ingredients

For The Potato Salad

- 1 kg unpeeled baby new potatoes, scrubbed, and larger ones cut in half
- 1 bunch spring onions, trimmed and chopped into small rings
- 1 red capsicum pepper, deseeded and finely chopped
- ½ bunch parsley, finely chopped
- Salt to season

For The Potato Salad Dressing

- Juice of 1 lemon
- 2 tbsp olive oil
- 2 tsp hot chilli flakes
- 2 tsp sumac (optional)

Instructions

1. Bring a large saucepan of water to the boil and add your potatoes.
2. Boil your potatoes for around 15 minutes.
3. Do a taste test and if your potatoes are al dente, remove them from the heat, drain and leave to cool.
4. Your potatoes will continue to cook as they cool so don't leave them boiling until they are soft otherwise, they will break up later.
5. Once cooled, add your potatoes to a large serving bowl and add the onion, peppers & parsley and carefully mix everything together.
6. Now sprinkle the chilli flakes and sumac into your potato salad.
7. Squeeze the lemon juice all over the salad and drizzle the oil.
8. Mix again and serve as part of your meze table or as an accompaniment to meat and fish.

Notes

Depending on your preference, other types of potatoes can be used in this recipe for Turkish potato salad. Use two medium-large potatoes if you can't get baby new potatoes.

Sometimes, we use 1 large onion peeled, cut in half and then sliced into half moons if we haven't got spring onions.

Some Turkish potato salad recipes use chopped fresh dill, as well as parsley. If you want to do this, halve the amount of parsley and just use around 1 dessert spoonful of chopped dill as it can be overpowering.