

Cacik (jajik)

8 oz. plain yogurt

1/4 cup cold water or milk

1 large cucumber, chopped or grated (you can leave the skin on, or peel it)

1-2 cloves fresh garlic (a clove of garlic is one of the sections that make up a "head")

Mint to garnish

Olive oil to garnish

Beat yogurt and water in mixing bowl until soupy. Add chopped cucumber and garlic and mix.

Pour into serving bowls and top with 1 tsp. olive oil and a pinch of mint (or to taste).