

Cacik (Turkish Yogurt and Cucumber Dip)

Turkish · Appetizer · Easy · 16 min total · Serves 4

Cacik is a cool Turkish dip of yogurt, grated cucumber, garlic and dill, thinned with water until it pours like a soup. Finished with mint sizzled in olive oil, it partners grilled meats, kebabs and rice.

Ingredients

- 2 cup plain whole-milk yogurt (thick or strained yogurt works; thin it with water below)
- 2 medium cucumber (English or Persian; grated and salted)
- 1 cloves garlic (crushed to a paste with a pinch of salt)
- 2 tbsp fresh dill (chopped, plus a little for garnish)
- 1 tsp dried mint (crushed between your palms)
- 1 tbsp extra-virgin olive oil (warmed with the mint as the finishing oil (nane yagi))
- 0.5 cup cold water (to thin the yogurt to a pourable consistency)
- 0.5 tsp fine sea salt (adjust to taste)

Method

1. Grate the cucumbers on the large holes of a box grater. Toss them with a pinch of the salt in a sieve set over a bowl, rest 10 minutes, then squeeze handfuls firmly until dry so the cacik does not turn watery.
2. Mash the garlic with a pinch of salt on a board until it forms a smooth paste, then whisk it into the yogurt in a bowl until fully combined.
3. Whisk the cold water into the yogurt one tablespoon at a time until it is loose and pourable, like a thin soup. Stop when it reaches the consistency you like.
4. Fold the squeezed cucumber and chopped dill into the yogurt, then season with the remaining salt and taste.
5. Warm the olive oil in a small skillet over medium-low heat for 30 seconds, add the dried mint, and swirl for 20 to 30 seconds until fragrant. Do not let it brown, then pour the oil over the cacik.
6. Chill for 30 minutes so the flavours meld. Serve in bowls garnished with the reserved dill, with a few ice cubes if you like it extra cold.