

Khira raita: Cucumber with yoghurt

Season: Spring/Summer/Autumn

Type: Soups & Dips

Difficulty: Easy

Serves: 24 tastes in the classroom or 6 serves at home

Fresh from the garden: cucumber, garlic

Recipe Source: Collingwood College, Victoria

This is another recipe that occurs in many different cultures. Indian cooks might add ground cumin and paprika to their 'raita' and garnish it with coriander leaves. This dish would be served as a cooling accompaniment to curries. In Greece, it would almost always have chopped mint added, and in Turkey it may have a drop of orange blossom water. Sometimes the cucumber has the seeds removed before slicing. Sometimes the slices are lightly salted and left for an hour so that the juices drain from it. The cucumber is then rinsed and squeezed. When this is done, the cucumber has a soft texture rather than a crunchy one.

However it is prepared, this popular combination cools or provides a contrast to rich dishes. It looks particularly lovely served in a flat dish with the blue stars of borage decorating the surface.

Equipment:

vegetable peeler
clean tea towel
chopping board
1 medium knife
measuring cups
1 medium bowl
small serving bowls for each table

Ingredients:

1 cucumber
2 small cloves garlic
3 cups yoghurt
1 teaspoon salt
borage flowers,
to garnish (optional)



What to do:

- Wash and peel the cucumber.
- Dampen a tea towel and place it under the chopping board to keep it from slipping.
- Using a medium knife, slice the cucumber into thin slices.
- Peel and chop the garlic into fine pieces.
- Measure the yogurt into the medium bowl.
- Mix in the chopped garlic.
- Add the cucumber slices to the yoghurt mix and stir well.
- Season with salt.
- Put the khira raita into the serving bowls and chill in the fridge before serving.
- Garnish with edible flowers, such as borage flowers (optional).