

Yoghurt Sauce

This is an **Albanian**¹ dish but believed widespread throughout the Mediterranean area.

The garlic gives this simple sauce a nice sharp edge.

Use as a sauce for a main course, or a dip for party food / mezze style food.

Ingredients

200 ml plain yoghurt

2 cloves garlic

45 ml dried mint

some salt

Method

Preparation

Skin the garlic, and crush into a small bowl.

Add the yoghurt, herbs and salt.

Mix well.

Serve chilled.

¹<http://www.fairtradecookbook.org.uk/countries/albania.htm>