Soups / Bulgaria

Tarator



A cold yoghurt soup with cucumber, garlic, dill and walnuts.

Time 20 min **Servings** 4

What you'll need.

- ☐ 700 ml Bulgarian yoghurt
- ☐ 500 g Cucumbers
- ☐ 80 g Walnuts
- ☐ 3 clove Garlic
- ☐ 40 g Dill
- ☐ 3 tbsp Sunflower oil
- ☐ 200 ml Cold water
- ☐ Salt — to taste

Let's make it.

01 Grate the cucumbers coarsely or dice them small and salt them.

02 Leave the cucumber ten minutes to give up its water, but do not pour that water away.

03 Crush the garlic with salt into a paste so it does not turn up in pieces.

04 Grind the walnuts to a fine crumb, keeping a few larger pieces back.

05 Whisk the yoghurt with the cold water until even and add the garlic and walnuts.

06 Stir in the cucumber with its juice, the chopped dill and the sunflower oil.

07 Chill it an hour and serve with an ice cube in each bowl.

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