INGREDIENTS

1 small cucumber
1 quart plain yogurt
2 Tbsp whole cumin seeds
1 small onion
cilantro
salt and pepper to taste

METHOD

Wash the cucumber and grate into a bowl. Set the grated cucumber in a strainer and set aside to drip. This will help remove the excess water in the cucumber.

In a small pan, dry roast the cumin seeds until fragrant and slightly browned. Let cool a little, then use a mortar and pestle to crush the seeds.

Finely chop the onion and enough cilantro to measure ¼ cup. Add all the ingredients to the yogurt and season with salt and freshly ground pepper.