



Recipe: Mint Yogurt Sauce

Ingredients: 2 garlic cloves
About an inch of fresh ginger root
300ml yogurt
100ml fresh milk
Juice of one lemon
1 bunch of fresh coriander
1 small bunch of fresh mint
¼ teaspoon salt
1 teaspoon sugar
1 teaspoon olive oil

Method: 1. Add the garlic, ginger, coriander and the fresh mint to a blender. Blend to a fine paste, with no particles.
2. Add the yogurt to a large mixing bowl
3. Add the past and the rest of the ingredients into a bowl, mix well and serve.

Serves: Makes about one medium sized jar

Note: Stays fresh for several weeks in a covered jar in the refrigerator.

Sterilising Jars: Jam jars need to be very clean. Wash jars in soapy water, rinse well and then place in a cool oven, 130C/250F/Gas 1/2, for 15-20 minutes.

Please do not hesitate to consult with our Executive Chef!