



Khira raita: Cucumber with yoghurt

Recipe source: Collingwood College, Victoria

Season: All year

Type: Accompaniment

Difficulty: Moderate

Serves: Serves 4, or 20 tastes

Fresh from the garden: None, but an excellent accompaniment to a vegetable curry

Equipment	Ingredients
<ul style="list-style-type: none">• vegetable peeler• clean tea towel• chopping board• 1 medium knife• measuring cups• 1 medium bowl• small serving bowls for each table	<ul style="list-style-type: none">• 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).