**Raita**

Serves 4-5 people.

One recipe per unit.

**Ingredients:**

¼ long English (seedless) cucumber

⅛ medium onion, **finely chopped**

1 mL salt

125 mL plain yogurt (preferably Balkan style, which is slightly thicker)

2 mL ground cumin

1 mL ground black pepper

10 mL fresh cilantro (coriander), **finely chopped**

½ tomato, **diced**

**Method:**

1. Peel cucumber and cut in half, **lengthwise.** Lay each half on its flat, cut surface and then cut **lengthwise** again into 1-cm slices. Finally, cut these strips **crosswise** into 1-cm cubes.
2. Combine cucumber pieces, chopped onion and salt in a bowl. Stir to distribute salt. Let rest for 10 minutes, then squeeze to remove liquid. Discard liquid.
3. Combine yogurt, cumin and pepper in a medium mixing bowl. Mix well.
4. Gently stir in cucumber mixture, tomatoes and cilantro/coriander.

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