

Tarator (Cold Yogurt Soup)

Courtesy of Simona Assenova and Inna Arnaudova
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Preparation Time: 15 minutes

This is a cold soup that is very popular during the summer. It is very refreshing and is sometimes even served in a beer glass. All Bulgarian restaurants offer it since it is easy to prepare.

Ingredients

- ½ cucumber
- 1 finely chopped garlic clove (optional)
- ½ cup of chopped walnuts
- Finely chopped fresh dill
- 3 cups of plain yogurt
- 2 cups of cold water
- 1 tablespoon of vegetable, sunflower, or canola oil

Tools

- Vegetable peeler
- Sharp cutting knife
- Medium bowl



Directions

1. Using a peeler, peel the skin off the cucumber.
2. Chop the cucumber in small pieces (tiny cubes) and put in a medium bowl.
3. Season the cucumber pieces with some salt. Add the chopped garlic, the chopped walnuts, and the dill.
4. Add yogurt and water and mix well. Add 1 tablespoon of oil.
5. Cool in the refrigerator before serving or add ice cubes.