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West Nile virus surveillance continues

Halton Region's comprehensive West Nile virus (WNV) surveillance program continues through to the beginning of October since the risk of exposure continues until that time.

Remember to continue to cover up from dusk to dawn and to use a mosquito repellent containing DEET. Reduce mosquito breeding sites around your home and business by getting rid of standing water. For more information on how to protect yourself and your family from mosquito bites, visit our website at www.halton.ca/wnv.



Gary Carr
Regional Chair

**What's Cookin':
What is Balkan-style yogurt?**

Happy Birthday Olivier! Olivier is my hubby, and today is his birthday! As you read this column, I'm probably in the kitchen cooking up a storm for his birthday dinner. In our family we have a tradition that the birthday person gets to choose their own menu.

Thankfully, Olivier is not at all demanding. My kids however, seem to have made this their opportunity to request the most time consuming dishes possible!

Anyhow, today's recipe is Tzatziki—another one of those Greek recipes that I've become so fond of recently.

**Lori Gysel &
Gerry
Kentner**



The recipe calls to strain Balkan-style yogurt. So, what is Balkan style you ask?

Balkan style describes a production process whereby the cultured product is set in individual cups rather than in a single large vat. This type of processing adds to the unique flavour and smooth texture of the product.

Balkan yogurt originated in Europe, with only 100% natural ingredients. Mother Nature would approve.

When you strain this yogurt, essentially what you end up with is Greek-style yogurt. So, if you buy Greek style from the start, there is no need to do the straining process.

The tzatziki makes an excellent accompaniment to grilled meats, fish, chicken—almost any grilled dish. You can use it on a sandwich or as a salad

dressing. But it also makes an excellent appetizer. If you can keep the dippers fairly low calorie, then it can be quite a healthy choice—try using vegetables and toasted pita breads as your dippers of choice.

Have fun and keep cooking!

Email questions and comments to Lori and Gerry at whatscookin@independent-freepress.com

Tzatziki

Ingredients

- 750 ml Balkan-style yogurt (plain)
- 1 English cucumber, peeled and seeds removed
- 3 cloves garlic
- 1 tsp coarse salt
- 1/2 tsp freshly grated pepper

Method

1. Set yogurt in a coffee filter in a strainer and let sit for at least one hour or as much as overnight. This will allow excess liquid to drain out.
2. Grate cucumber. Put in a strainer to remove some liquid for at least one hour.
3. Peel and grate garlic.
4. Add all ingredients together, including salt and pepper.

Cook's Note: this tastes best when it sits for a while to develop flavours. Serve with spears of cucumber and grilled wedges of pita bread.



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