



Creamy Cucumber Starter

Servings: 8

Prep Time: 10min

Cook Time: 0

Ingredients

- 2 English cucumbers (+- 680 g purchased mass)
- 500 ml Double Cream plain yoghurt
- 10 ml Mint Jelly
- 5 ml crushed fresh garlic
- 1 box greengage fruit flavoured jelly
- 300 ml hot water
- salt to taste

TO GARNISH

- 50 g Herbs (Rocket and/or Watercress)
- 20 g tub Beetroot Sprouts
- Cocktail Pita breads
- cherry tomatoes
- Cucumber curls and lemon half-slices

Directions

1. Grate the unpeeled cucumbers. Transfer into a sieve supported over a bowl, and press firmly to extract all excess moisture. *do not throw out the drained liquid
2. Gently combine the yoghurt, drained cucumber, crushed garlic and mint jelly in a mixing bowl.
3. Measure the hot water into a measuring jug and stir in the jelly powder until dissolved.
4. Pour in the drained cucumber liquid and additional cold water if necessary, to bring the level up to 400ml.
5. Gradually pour this liquid into the cucumber yoghurt mixture and combine them to an even colour and consistency. Check for salt just to enhance the flavours.
6. Pour the mixture into one large jelly mould, or 8 small lightly greased ramekin dishes.
7. Refrigerate for several hours, preferably overnight.
8. Loosen around the sides, and if serving individual moulds, turn each one out onto a side-plate, and garnish using all or some of the recommended items.

