

SPANISH TRADICIONAL GAZPACHO

Gazpacho is a typical cold soup from Andalucía in the South of the Spanish peninsula, it is a region rich in traditions with a strong cultural identity. *Gazpacho* has its origin there for two main reasons; the high temperatures that are often over 30°C and the fact that Andalusia is a profoundly agricultural region. In the summer, when tomatoes are ripe, peppers are juicy and the sun is scorching hot Andalusian farm workers would drink cold gazpacho to refresh themselves and to this day, the tradition of drinking gazpacho during the summer months remains! Nowadays you can find many different ways of making gazpacho, by adding cherries, strawberries, or beetroot... the possibilities are endless, you can tweak the ingredients to your taste, the freshness is guaranteed.

Prep Time: 15 minutes

Cooking Time: Zero!

Total Time: 15 minutes

Ingredients (for 4 to 6 people):

(This recipe makes 4 full servings or 6 to 8 servings in a glass)

- 1 kg very ripe tomatoes, cut in quarters
- 1/2 ripe red bell pepper, deseeded and diced
- 1/2 green bell pepper, deseeded and diced
- 1 medium cucumber, deseeded and diced
- 1 clove of garlic, peeled and crushed
- 6-8 Tbsp. extra virgin olive oil (to your taste)
- 4-6 Tbsp. sherry vinegar (to your taste)
- Salt
- 1/2 cup really cold water (or ice, if you don't have time to chill it)
- Garnish – optional

Preparation:

Mix all the vegetables in a big bowl and process them in batches.

Blend until smooth, then add salt, vinegar and really cold water and blend again. With the blender in motion add the oil little by little, to emulsify. Pass this mixture through a fine sieve, then cover and refrigerate until chilled. If you don't have time to chill it, simply add the cold water and stir well. The best option in this case would be to add ice cubes instead of water.

My tip! If you can, cut and mix all the ingredients the day before, add the oil, vinegar, salt and pepper and cover. Let it chill in the fridge until you plan on eating it. You'll see that the flavor will increase and the freshness of the ingredients will be amazing! (Try not to eat this vegetable salad that you'll have in the fridge, for me, it's nearly impossible).

Some more tips! ;) If you're feeling creative, try to substitute the cucumber and mix in some watermelon, cherries, strawberries or even peaches! You can also add half of a granny smith apple to the mixture, or dice it and serve as a garnish. Oh! Garnishes make the difference, so, if you are looking to impress your guests or treat yourself, you can add diced black olives, hard-boiled eggs, small pieces of any ingredient in the gazpacho (peppers, cucumber or tomatoes), parsley or mint or even cubes of Spanish ham.