

Gazpacho

6 servings • Category: Soup • Generated by Nutrifax

Ingredients

- 900 g Tomatoes (red, ripe, raw, year round average)
- 1 1/2 x 250 ml slices Cucumber (raw)
- 1 cup, sliced Peppers (sweet, red, raw)
- 80 g Onions (red, raw)
- 2 clove Garlic (raw)
- 60 g Bread (white, commercially prepared)
- 3 tbsp Vegetable oil (olive)
- 2 tbsp Vinegar (red wine)
- 1 tsp Salt (table)
- 1/4 x 5 ml whole Spices (pepper, black)

Instructions

1. Core the tomatoes and cut into rough chunks. Peel and roughly chop the cucumber. Seed and chop the red pepper. Roughly chop the red onion.
2. Tear the bread into small pieces and soak in the red wine vinegar for 5 minutes.
3. Combine the tomatoes, cucumber, red pepper, onion, garlic, and soaked bread in a blender. Blend until smooth.
4. With the blender running, drizzle in the olive oil. Season with salt and pepper.
5. Strain through a coarse sieve for a silkier texture, or leave as is for a rustic style.
6. Cover and refrigerate for at least 2 hours (overnight is even better). The flavours develop as it chills.
7. Serve cold, drizzled with a little extra olive oil. Garnish with diced cucumber, croutons, or fresh herbs.