

Gazpacho

Gazpacho in its original form is bread soup from the Ancient World. There are hundreds of gazpacho recipes, but it doesn't take on a recognizable modern form until tomatoes and peppers from the New World are added.

Ingredients

2 large ripe tomatoes
1 large sweet green bell pepper
1 clove of garlic
1/2 cup olive oil
3 Tbs. lemon juice
3 cups water **or** light stock
1 Spanish onion
1 cup diced cucumber
1 1/2 tsp. salt
1/2 tsp. paprika
1/2 cup crumbled stale bread
1/2 cup **total** of any mixture of the following fresh herbs: chives, parsley, basil, chervil, **or** tarragon

Utensils

knife and cutting board
measuring cup
measuring spoons
food processor **or** blender
lemon reamer
soup bowls

This dish is seasoned to taste. Peel and seed the tomatoes and cucumber. Finely dice the cucumber. Remove the seeds and membrane from the pepper. Peel the garlic and onion. Thinly slice the onion. Wash the herbs. Juice the lemon. If using stock, make it. Good light stock can be bought in the store. Prepare the bread. The dish can be prepared up to this point in advance. Place the tomatoes, pepper, garlic, and herbs into the bowl of the food processor. Coarsely chop the ingredients together. Gradually add the olive oil, lemon juice, and water or stock. Mix well. Add the onion, cucumber, salt, and paprika. Mix well. Chill the soup. Pour the soup into bowl and sprinkle the top with the crumbled bread. Serve chilled or at room temperature. Gazpacho can be made in advance of the meal.