

Gazpacho

... the mineral balance soup, that quenches your thirst



COLD SOUP



PREPARATION TIME

preparation time: 10 minutes
cooling time: min. 4 hours



SERVES 6

Ingredients

- 1 kg. ripe Roma-tomatoes
- 2 cloves of garlic
- 50 gr. green peppers
- 40 gr. onions
- 70 gr. cucumber
- 20 gr. vinegar (delicious with tomato vinegar of an Austrian company called Gölles)
- 1 level teaspoonful of salt
- 70 gr. olive oil (the good one, cold-pressed)
- 8 ice cubes
- If necessary 200gr.ice-cold water
- A handful of finely chopped, mixed vegetables
- A handful of croutons (preferably self-baked)

The how to

Put all vegetables in coarse pieces into the blender and blend as fine as possible. Add vinegar and salt and mix again. While stirring, add the olive oil and blend it together with the ice cubes. If the soup is too thick, you can add some ice-cold water. Put it in the refrigerator and let it cool for several hours.

Tip

You can serve the Gazpacho as a starter and put some finely chopped vegetables and a couple of croutons on top of it.

On special occasions, I love to serve a grilled scampi-skewer together with the soup.

¡Qué aproveche!

