

Tomato Gazpacho

OK! It's the height of tomato season. This ancient peasant soup is a must before the harvest is over. Prepare the soup in the morning and refrigerate in a covered glass bowl for the day. It takes about 20 minutes to assemble Gazpacho.

This style of gazpacho probably has its roots in Spain and Portugal. I prefer a recipe that doesn't use tomato juice. Commercial tomato juice is too salty.

I refer to my recipe as "Tomato Gazpacho" since the origins of this soup seem to be white gazpacho made with stale bread. Leftover (or stale) bread is still used in many tomato gazpacho recipes, but we'll serve a fresh baguette with this soup... just because we can.

Preparation Time: 20 minutes - chill time 2 hours Serves: 4

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients so they are easy to add. Peel 2 whole cloves garlic tonight: 1 clove for the Gazpacho and 1 clove for the salad dressing. Prep a total of 3/4 C. red onion: 1/2 C. for the gazpacho, and 2 T. for the Topping. Prep 2 C. seeded chopped cucumber: 1-1/2 C. for the Gazpacho and 1/2 C. for the topping. Seed cucumbers by halving cucumbers lengthwise and drawing a soup spoon through the center.

Tomato Gazpacho

1/2 cube Not Chick'n Bouillon
2 C. boiling water

1 whole clove garlic (peeled)
1 Anaheim pepper (seeds removed)
1/2 Jalapeno pepper (seeds removed)
1/2 C. green bell pepper (seeded, quartered)
1/2 C. red bell pepper (seeded, quartered)
1/4 C. fresh basil leaves
1/2 C. red onion (chopped)
1-1/2 C. cucumbers (peeled, seeded, chopped)

3 T. cider vinegar
2 T. extra virgin olive oil
2 T. fresh lime juice
a few dashes Tabasco
5 C. medium ripe tomatoes (chopped)
One 15 oz. can garbanzo beans (drained and rinsed)

Topping for Gazpacho

2 T. red onion (finely chopped)
1/2 C. cucumber (peeled, seeded, chopped)
1 T. red wine vinegar
2 T. olive oil
pinch of salt

Green Salad and Dressing

fixings for a green salad

Creamy Basil Dressing:

1 whole clove garlic (peeled)
2 T. onion (finely-chopped)
1/4 C. chopped fresh basil
pinch of salt
1 T. rice wine vinegar
1 T. olive oil
3/4 C. nonfat yogurt
1/2 tsp. Dijon mustard

Additional Items

1 artisan baguette

Let's Prepare, Cook, and Plate This!

Basic Assembly Information

Whisk 1/2 of a Not Chick'n Bouillon cube into 2 C. boiling water until well dissolved. Set aside.

Once Gazpacho is assembled, chill it for a minimum of 2 hours before dining.

Tomato Gazpacho

1. Blend items in food processor. Start by chopping the garlic and continue by adding Anaheim, Jalapeno, green and red peppers along with basil leaves and onion. Pulse to mix well. Add 1-1/2 C. of the cucumber to Gazpacho ingredients in food processor and pulse until well blended.
2. Add vinegar, oil, lime, Tabasco, tomatoes. Pulse until well blended. If you prefer creamy soup, blend until smooth. If you want a more rustic soup, keep a few larger pieces of tomato and cucumber in the mix.
3. Transfer into a large glass bowl and stir bouillon broth and garbanzo beans into the gazpacho. Cover bowl and chill until ready to dine.

Topping for Gazpacho

Combine onion, 1/2 C. cucumber, vinegar, olive oil and salt in a small bowl. Set aside.

Green Salad and Dressing

Make green salads on individual plates.

Creamy Basil Dressing:

Combine all dressing ingredients in the food processor and blend several minutes until creamy smooth. Transfer dressing to a serving pitcher.

Plate the Meal

About 15 minutes before you wish to dine, wrap bread in foil and place in a 250° oven.

Slice the warmed bread before serving.

Serve bowls of chilled gazpacho with one tablespoon of the gazpacho topping in the center.

Serve salads and dressing on the side.

What I've Learned from this Recipe

If the gazpacho is too thick for your taste, thin it with low-sodium vegetable broth.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com