



SMOOTH GAZPACHO

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INGREDIENTS

0 MINUTES 2 SERVINGS

- 1.2kg ripe red sweet tomatoes
- 1 Garlic Clove
- 100g sweet white onions
- 80g cucumber
- 120g red peppers
- 90g green italian peppers
- 130ml apple vinegar
- Q/S salt and black pepper
- 210ml virgin olive oil

TAGS

#gazpacho #smoothgazpacho #freshandhealthy #Spain #natyprivatechef #summerdishes



1

First off all, wash all the vegetables in cold water.



2

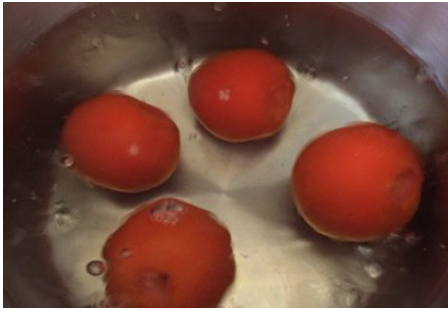
Remove the eye from every tomato.



3

Boil some water in a pan. Add the salt when its already boiling (add a generous amount).





4

Blanche the all the vegetables and cool them down in a large bowl with water and some ice. The limit for the tomatoes are 5 seconds. Cool immediately.



5

Peel and remove the center of the garlic clove, divide it vertically in two parts. Blanche it. Time for the garlic: 3 seconds



6

Cut the cucumber vertically in half. With a coffee spoon, remove the cucumber a pulp (that's very difficult to digest). Blanching time for the cucumber: 4 seconds



7



8

Remove the white fiber from the italian green pepper. Blanche it. Time for the green pepper: 3 seconds Repeat the operation with the red pepper.



9





10



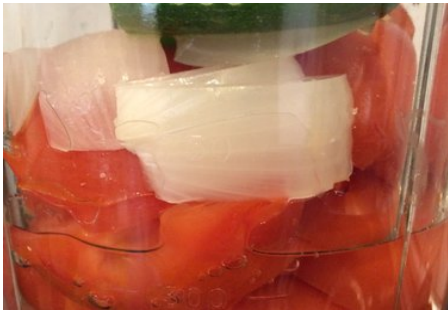
11

Dice the onions and also blanche it. Time for the onions: 7 seconds



12

Cool all the vegetables in cold water and plenty of ice cubs.



13

Using a mixer, add part of the vegetables and 1/3 of volume of cold mineral water. Sieve very well the result to remove any solid parts. Add the strained liquid back to the mixer.



14



15

Add some salt, black pepper and some apple vinegar. Mix everything with the mixer meanwhile adding the olive oil to emulsionate the gazpacho.





16



17



18

Let it rest in the fridge for 2 hours until chilled. Stir well before serving. The advantage of this gazpacho is that has a very delicate but personal taste, besides from the texture that is so gentle and smooth to the palate. Apart, its easy to digest (it doesnt repeat).

