
Gazpacho IV

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

1 medium cucumber, peeled and coarsely chopped
5 medium tomatoes, peeled and chopped coarsely
1 large onion, peeled and coarsely chopped
2 teaspoons chopped garlic
1 medium green pepper, seeded and coarsely chopped
2 cups French or Italian bread, trimmed of crusts and coarsely crumbled
4 cups cold water
1/4 cup red wine vinegar
4 teaspoons salt
3 to 4 tablespoons olive oil
1 tablespoon tomato paste (use two tablespoons if using winter tomatoes)

In a deep bowl, mix the vegetables and crumbled bread. Stir in the water, vinegar and salt.

Ladle the mixture, about two cups at a time, into a blender jar and blend at high speed for 1 minute or until reduced to a smooth puree'. Pour the puree' into a bowl and beat in the olive oil and tomato paste. Season if necessary.

Pour into containers and freeze until needed.

TO SERVE: Thaw at room temperature for several hours or overnight in the refrigerator. Just before serving, blend quickly to recombine the soup. Serve with an assortment of croutons, finely chopped onions, finely chopped cucumbers and finely chopped green peppers.

(Very refreshing on a hot day.)

Yield: 6 to 8 servings

Soups, Chili, Stew

Per Serving (excluding unknown items): 6001 Calories; 651g Fat (95.3% calories from fat); 11g Protein; 62g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 8753mg Sodium. Exchanges: 11 Vegetable; 129 1/2 Fat; 0 Other Carbohydrates.