

Gazpacho

Ingredients

1.5 ripe tomatoes, chopped

300g Lebanese or long cucumber, peeled and chopped

150g red capsicum, chopped

2 cloves of garlic

2 or 3 spring onions

100g sourdough bread

1 to 2 cups cold water

1 teaspoon salt

1 to 2 tablespoons sherry vinegar

1/3 cup of olive oil

Method

Chop the tomatoes, cucumber and red capsicum into large pieces.

Cut crusts from bread and tear the bread into bits.

Clean spring onions and chop off roots and old leaves. Then chop into small pieces.

Peel papery skin from the garlic cloves, press the garlic through the garlic press and mix together in a bowl with the other vegetables and bread.

In batches, mince the vegetables, bread, salt and 1 tablespoon of vinegar in the food processor. The texture of the soup can be as you like, coarse or smooth, depending on how long you leave the ingredients in the food processor. Pour processed soup into a container and add extra vinegar to taste and extra water if necessary. Cover the container with a lid or plastic wrap. Refrigerate for at least 1 hour (or even overnight) to allow bread to swell and the flavours to blend. To serve, add a drizzle of olive oil to each bowl.