



SPAIN

LUNCH

PRINTABLE RECIPE PDF

Spanish Ajoblanco Malagueño

Ajoblanco is a traditional cold almond soup from Andalusia, particularly associated with Malaga. It dates back to the Roman times and is known for its

PREP

15 min

COOK

0 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 100 g blanch almonds - ideally Marcona almonds
- 2 slices stale white bread - crust removed
- 2 cloves garlic - adjust to taste
- 60 ml extra virgin olive oil - plus more for drizzling
- 500 ml cold water - adjust for desired consistency
- 1 tbsp sherry vinegar - to taste
- salt to taste sea salt - preferably flaky salt
- 1 small cucumber - finely diced, for garnish
- 2 tbsp grapes - white grapes, halved for garnish

WHY THIS WORKS

About this recipe

A printable Spanish Ajoblanco Malagueño recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Ajoblanco is a traditional cold almond soup from Andalusia, particularly associated with Malaga. It dates back to the Roman times and is known for its refreshing qualities, making it a perfect dish for the hot climate of southern

ORIGIN & TRADITION

Mediterranean context

Ajoblanco is a traditional cold almond soup from Andalusia, particularly associated with Malaga. It dates back to the Roman times and is known for its refreshing qualities, making it a perfect dish for the hot climate of southern Spain. The use of almonds reflects the Moorish influence on Spanish cuisine.

METHOD

Step-by-step instructions

1

In a blender, combine the blanched almonds, stale bread, garlic, and a pinch of salt. Blend until finely ground.

2

Gradually add the cold water while blending until you achieve a smooth consistency. You can adjust the water quantity based on how thick or thin you prefer the soup.

3

With the blender running, slowly drizzle in the olive oil until it is fully incorporated and the soup is creamy.

4

Add the sherry vinegar to taste, and blend again. Adjust salt if necessary.

5

Chill the Ajoblanco in the refrigerator for at least 30 minutes before serving.

CHEF'S TIP

For a more refined flavor, toast the blanched almonds lightly in a dry skillet before blending, but be careful not to burn them.

NUTRITION PER SERVING (EST.)

Calories	360 kcal	Fat	25 g
Protein	8 g	Fiber	5 g
Carbohydrates	30 g	Sodium	200 mg

SERVING SUGGESTION

Serve chilled in bowls, drizzled with more olive oil and garnished with diced cucumber and halved grapes. Pair with a chilled glass of Fino sherry.

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