



SPAIN

LUNCH

PRINTABLE RECIPE PDF

Spanish Gazpacho Andaluz

Gazpacho is a cold soup originating from Andalusia, traditionally consumed in the summer months. It reflects the agricultural bounty of the region, utilizing fresh

PREP

15 min

COOK

0 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 4 medium ripe tomatoes - preferably vine-ripened for best flavor
- 1 medium cucumber - peeled and diced
- 1 small red bell pepper - seeded and diced
- 1 clove garlic - minced
- 3 tablespoons extra virgin olive oil - for authentic flavor
- 2 tablespoons red wine vinegar - adds acidity to balance the sweetness of the tomatoes
- 1 cup cold water - adjust for desired thickness
- salt to taste sea salt - preferably coarse sea salt
- 1 pinch black pepper - freshly ground for seasoning

WHY THIS WORKS

About this recipe

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

MEDITERRANEAN NOTE

Gazpacho is a cold soup originating from Andalusia, traditionally consumed in the summer months. It reflects the agricultural bounty of the region, utilizing fresh vegetables and herbs. The dish has roots that trace back to

ORIGIN & TRADITION

Mediterranean context

Gazpacho is a cold soup originating from Andalusia, traditionally consumed in the summer months. It reflects the agricultural bounty of the region, utilizing fresh vegetables and herbs. The dish has roots that trace back to ancient times and has evolved into a staple of Spanish cuisine.

METHOD

Step-by-step instructions

1

In a blender, combine the tomatoes, cucumber, red bell pepper, and garlic. Blend until smooth.

2

Add olive oil, red wine vinegar, and cold water to the blender. Blend again until everything is well combined and smooth.

3

Season with salt and pepper to taste. Blend once more briefly to integrate the seasonings.

4

Chill the gazpacho in the refrigerator for at least 30 minutes to allow the flavors to meld.

5

Serve in bowls, garnishing with additional diced cucumbers, bell pepper, or croutons if desired.

CHEF'S TIP

Use the ripest, freshest tomatoes you can find for the best flavor. Chilling the soup is essential for achieving the refreshing taste characteristic of gazpacho.

NUTRITION PER SERVING (EST.)

Calories	150 kcal	Fat	12 g
Protein	2 g	Fiber	2 g
Carbohydrates	10 g	Sodium	220 mg

SERVING SUGGESTION

Serve chilled, accompanied by crusty bread or a side of Spanish olives. A drizzle of olive oil on top adds an extra touch.

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