



SPAIN

APPETIZER

PRINTABLE RECIPE PDF

Spanish Salmorejo Cordobés

Salmorejo is a rich, creamy cold tomato soup originating from Córdoba, Spain. It is a beloved dish especially during the hot summer months, reflecting the culinary

PREP

15 min

COOK

0 min

SERVINGS

4

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 1 kg ripe tomatoes - preferably vine-ripened for flavor
- 100 g stale bread - day-old bread is ideal
- 50 ml extra virgin olive oil - use high-quality for best flavor
- 20 ml sherry vinegar - can substitute with red wine vinegar
- 1 clove garlic - adjust to taste
- 2 hard-boiled eggs - for garnish
- 50 g jamón ibérico - for garnish, optional

WHY THIS WORKS

About this recipe

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

MEDITERRANEAN NOTE

Salmorejo is a rich, creamy cold tomato soup originating from Córdoba, Spain. It is a beloved dish especially during the hot summer months, reflecting the culinary tradition of using fresh, local ingredients to create refreshing

ORIGIN & TRADITION

Mediterranean context

Salmorejo is a rich, creamy cold tomato soup originating from Córdoba, Spain. It is a beloved dish especially during the hot summer months, reflecting the culinary tradition of using fresh, local ingredients to create refreshing meals.

METHOD

Step-by-step instructions

1

In a blender, combine the ripe tomatoes, stale bread, garlic, olive oil, sherry vinegar, and a pinch of salt. Blend until smooth and creamy.

2

Adjust seasoning to taste and chill the mixture in the refrigerator for about 30 minutes before serving. Serve in bowls, garnished with chopped hard-boiled eggs and jamón ibérico.

CHEF'S TIP

For an ultra-smooth texture, strain the soup through a fine sieve after blending.

NUTRITION PER SERVING (EST.)

Calories	180 kcal	Fat	8 g
Protein	5 g	Fiber	3 g
Carbohydrates	25 g	Sodium	300 mg

SERVING SUGGESTION

Serve chilled in small bowls or cups, alongside a drizzle of olive oil and a few slices of jamón ibérico for an authentic touch.

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