

The Boston Globe

Wednesday, June 30, 2010

LET'S EAT

Avocado gazpacho



By
Sally Pasley Vargas

Traditional Spanish gazpacho was once the food of field workers made on the spot with bread, olive oil, vinegar, garlic, and water. It has evolved and now there are numerous versions. This one, without the bread, is at once refreshing from crisp cucumber and bell pepper, creamy from avocado, sweet and crunchy with corn, and tangy from vinegar, lime, and cilantro. It also makes good use of leftover corn on the cob. You can stir a few ice cubes into the soup to thin or chill it just before serving. Remove them before you ladle the soup into bowls.

Ingredients:

3	large	ripe summer tomatoes (about 2 pounds), cored and cut in 1-inch chunks
1	large	cucumber, peeled, seeded, and cut into 1-inch chunks
1	large	yellow, red, or green pepper, seeded and cut in 1-inch chunks
1/4		red onion, coarsely chopped
3	cups	tomato juice or vegetable juice
2	Tablespoons	red wine vinegar
		Salt and black pepper, to taste
	Dash	hot sauce, or to taste
2	ears	cooked corn on the cob, kernels from
2		avocados, peeled and cut in 1/4-inch dice
several	sprigs	fresh cilantro, leaves only
2		limes, quartered (for garnish)

1. In a food processor, chop the vegetables in batches. Combine half the tomatoes, half the cucumbers, half the bell peppers, and half the onions. Pulse until the vegetables are coarsely chopped, not pureed. Transfer to a large plastic container. Chop the remaining tomatoes, cucumbers, peppers, and onion in the same way. Tip into the container.
2. Stir in the tomato or vegetable juice, vinegar, and a generous sprinkle of salt, black pepper, and hot sauce. Taste for seasoning and add more salt or hot sauce, if you like.
3. Stir in the corn and avocado. Cover the container and refrigerate for 3 hours or until thoroughly chilled.
4. If the soup has thickened or is not cold enough, add ice cubes before serving (do not serve the cubes). Taste and adjust the seasoning again. Ladle the soup into bowls and garnish with cilantro leaves. Serve with lime.

Serves 4

© Copyright 2010 Globe Newspaper Company.

Cooking with Joey

Monday, August 17, 2009

Have you ever tried Gazpacho? It's a Spanish tomato-based raw vegetable soup that you serve cold, best served during summer months due to its cool refreshing qualities. It's one of those things that I've made in the past, and whenever I have it, I think "Why don't I make this more often?" To be honest, I haven't made it in years, and I don't have any certain go-to recipe for it. Well, that is, until NOW! My friend Kathleen was thoughtful enough to pass this along to me. I hope you'll give it a try! Thanx Kath!!!

OMG!! Joey!!! I had the VERY BEST gazpacho EVER today!! A girlfriend of mine took us and the kids out on her boat today and she shared this with us. It was HEAVENLY on this hot, summer day!!! If you like gazpacho, you have to try it!!!

Here's the recipe (courtesy of my friend, Betsy)

—Kathleen

1	quart	Clamato or or 3 cans Snap-E Tom tomato juice (I prefer the Snap-E Tom juice)
2	cups	mango or pineapple juice
1/4	cup	lime juice
1	large	mango, diced
1		red onion, diced
1		red pepper, diced
1		green pepper, diced
1		cucumber, diced (optional)
2-3		tomatos- diced
2	large	avocados or 3 small, on the firmer side, diced
1/4-1/2	cup	chopped cilantro
2	Tablespoons	ground cumin salt and pepper to taste

Mix all together and chill.

Serve with bagel chips or corn bread croutons.

So good on a hot day- you need nothing else!

Source: <http://www.cookingwithjoey.com/2009/08/avocado-gazpacho.html>