

Roasted Garlic Gazpacho from Urban Sacred Garden



Gazpacho is a traditional Spanish dish of cold cucumber and tomato soup. It is tasty and simple and perfect for a steamy summer day. I make my gazpacho with an Italian twist – roasted garlic instead of onions, fresh basil, parsley and chives, and a sprinkling of Parmesan on top. Serve this soup with a variety of cheeses and crusty bread.

INGREDIENTS:

6 Tomatoes (preferably garden fresh and Heirloom), Cored, Seeded and Peeled*
1 Large English Cucumber, Seeded and Peeled
1 Yellow Pepper, chopped
1 Red Pepper, chopped
1 Head Roasted Garlic**
Juice from One Lemon
4 Tbsp Worcestershire
1/8 Cup Red Wine Vinegar
1/8 Cup Olive Oil
1/2 Cup V8 (or Tomato Juice)
3 Tbsp Fresh Chopped Chives
3 Tbsp Fresh Chopped Parsley
8 Fresh Basil Leaves, Chopped
Fresh Ground Sea Salt (About 4 Tbsp or to taste)

* TO PEEL TOMATOES: Bring a pot of water to a boil on the stove. Cut a shallow cross in the bottoms of whole tomatoes. Drop tomatoes into boiling water. Let cook for 1-2 minutes. Remove from heat immediately and drain into a colander. Flush tomatoes with cold water until cooled. Peels will pull right off the tomatoes.

**TO ROAST GARLIC: Preheat oven to 400 degrees. Cut top off entire head of garlic so that tops of individual bulbs are exposed. Wrap foil around the sides of the garlic, like a makeshift bowl. Drizzle garlic with 3 tablespoons Olive Oil. Place garlic on a baking sheet in preheated oven for 40 minutes or until soft and bulbs are browned on top and begin to pop-up out of paper skins.

DIRECTIONS:

1. Chop, peel and seed all veggies. Put 2/3 veggies in a food processor (blender, or large bowl and use with immersion blender). Retain 1/3 of veggies in a small bowl for garnish.
2. In the food processor add roasted garlic (squeeze loose bulbs into veggies after they've cooled), Lemon Juice, Worcestershire, Red Wine Vinegar, Olive Oil, V8, Chives, Parsley, Basil and Salt. Pulse until well blended but still slightly coarse and thick.
3. Place the gazpacho mixture in the refrigerator and let chill for at least one hour.
4. Remove from fridge and serve in individual bowls garnished with fresh chopped veggies and Parmesan cheese. Enjoy!

This soup is great in the refrigerator for days to come and the flavors are allowed to further marinate.