

# Mark's Famous Gazpacho

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## KEY POINTS

- Select ripe tomatoes (not the fake ones from the supermarket) and fresh veggies generally.
- Use a grassy, flavorful olive oil.
- Don't skimp on the garlic. You can cook it a little if you want to mellow the flavor.
- Buy good bread where you can taste the fermentation. Good choices are sourdough, ciabatta, even a baguette -- but nothing from a plastic bag.
- Blend half of the gazpacho (with all the oil) completely smooth, while leaving the other half with some texture, then combine them.
- Plan ahead so you can let the gazpacho refrigerate overnight, which improves the flavor tremendously.



## MAIN INGREDIENTS

- 2 cloves fresh garlic. Must be fresh, not sprouted, not dried.
- ¼ C olive oil (or more). Green grassy unfiltered olive oil. I recommend Trader Joe's EV California Estate in the tall skinny bottle.
- 6 ripe tomatoes, stems cored. Must be flavorful summer tomatoes. Heirlooms are great. Do not make this recipe without excellent tomatoes.
- 1 sweet yellow onion, outer layer peeled, ends removed. You can try other onions but some kinds can make the gazpacho bitter.
- 1 cucumber, mostly peeled
- 2 red bell peppers (with seeds removed)
- 2 stalks celery
- Fresh parsley and/or cilantro
- 2 green onions (or chives)
- 4 tomatillos (optional), husks removed
- ¼ C balsamic vinegar
- ¼ C freshly squeezed lemon juice
- 1T (or more) minced lemon zest (from same lemons, use a potato peeler just to get the yellow part, no white)
- ¼ of a habanero pepper (optional) or to taste, de-veined, smashed with a knife and then minced
- 4 C Trader Joe's Garden Patch vegetable juice (accept no substitutes, trust me on this)
- 2-3 slices of good artisanal bread, diced. I like TJ's Pain Pauline or a nice ciabatta.

## **OPTIONAL SEASONINGS (ADD TO TASTE)**

- Dash of soy sauce
- Dash of Maggi or Worcestershire sauce
- Alderwood or applewood smoked salt, or sea salt if necessary
- Ground black pepper
- Smoked sweet paprika
- Fresh basil (especially opal basil)
- Anchovies

## **INSTRUCTIONS**

### **Prep**

1. Press garlic. If you like, boil it in a little water to mellow it a little. Remove from heat and mix in the olive oil. Let stand.
2. Cut the onion in half and grill on the gas stove a little each side. Or dice and saute a little.
3. Cut the bell peppers and grill on the gas stove a little to blacken slightly.
4. Cut the tomatillos in half and heat each side in a nonstick frying pan. They should soften and caramelize a little.
5. Cut the cucumber into quarters.
6. Chop the celery into pieces.
7. Chop the parsley/cilantro.
8. Chop the green onions.

### **Blend**

9. In a blender, place the Garden Patch juice, bread, garlic-oil mixture, lemon juice, lemon peel, balsamic vinegar, and conservative amounts of the seasonings.
10. Blend until smooth and put into a bowl.
11. In the same blender, blend half of the remaining ingredients. Don't let it become totally smooth, you want a little texture.
12. Add to the bowl.
13. In the blender, add everything else and blend until completely smooth.
14. Add that to the bowl.

### **Stir, Season, Refrigerate**

15. Stir the bowl well and taste.
16. Add more of whatever you feel like.
17. DO NOT SERVE. Refrigerate it overnight. It tastes much better the next day.

### **Serve**

18. Serve cold in soup bowls.
19. Garnish with basil leaves or a dollop of yogurt or thin slices of yellow and orange bell peppers.