

Jason Pettit – Capital Radio Recipe



White Gazpacho (*ajo blanco*) – chilled almond & bread soup from Andalucia.

Perfect for hot summer days & evenings.

This dish dates back to around 720AD when Spain were under the influence of the Moors. The recipe was created to utilise readily available ingredients and turn them into something more fulfilling.

Quick and easy to prepare this is a no-cook recipe!

Ingredients – serves 4 people

1 cup	almonds blanched (175gm approx.)
3 cups	white bread (crusts removed, torn roughly – 200gm approx.)
2.5 cups	ice cold water (600ml approx.)
2 lg	garlic cloves (peeled and roughly chopped)
1 ea	cucumber (peeled and roughly chopped)
2 Tbsp	extra virgin olive oil
1 Tbsp	apple cider vinegar
	salt to taste

to serve

1 Tbsp	almonds blanched
12 ea	white grapes (chopped)
2 lg	mint leaves (washed & sliced thinly)
4 Tbsp	extra virgin olive oil
	salt to taste

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Method

Lay a clean tea towel on your worktop and place the cup of blanched almonds in the centre. Pull / lift the 4 corners of the towel together and twist once or twice so the almonds form a ball. Bash the tea towel with a rolling pin / meat mallet a few times to break up the almonds. Carefully tip them into a blender jug.

Add the chopped garlic, cucumber, some salt and 1.5 cups of water to the blender jug. Blend on high speed until the almonds are blitzed finely (you may need to stop and scrape the sides a few times.)

Add as much bread as possible and blitz until incorporated then add any remaining bread and half a cup of water.

Blitz until smooth.

Add apple cider vinegar and olive oil and blend until mixed.

Taste and adjust the seasoning with more salt and / or vinegar.

Place blender jug into the fridge.

Pre heat a skillet / non-stick pan over a med – high heat.

Add the almonds and toast lightly then remove from the pan.

Bash or chop the almonds to smaller pieces then place in a bowl together with the grapes and mint.

Add olive oil and lightly season with salt then mix.

Pour the soup into 4 chilled bowls then place a spoon of the garnish (drained of oil) into the centre. Drizzle the remaining garnish oil over the soup and serve.

Notes from the chef:

Whilst you can eat this soup immediately, chilling in the fridge for several hours will result in a more satisfying chilled soup experience.

You can influence the flavour of the soup by using different types of bread – from artisan rustic bread through to sour dough.

Slightly stale bread works very well in this recipe.

The cucumber can be omitted and replaced with equal weight of grapes or water.

This recipe can be made in advance and will keep for several days in an air-tight container in the fridge.

Tbsp - tablespoon

Tsp - teaspoon