

White gazpacho with grapes & almonds

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White gazpacho is a classic dish from Spain dating back to the Moorish occupation of Andalusia in medieval times. This cool and creamy gazpacho soup includes toasted almonds, green grapes, thick yoghurt, olive oil and garlic.

It's a light and refreshing soup, perfect for a starter. The consistency of the soup will be thin, so serve it in shallow bowls to showcase the grape and almond garnish.

Ingredients (serves 2 to 3)

- 1 English cucumber, peeled and coarsely chopped
- 1 cup (180g) seedless green grapes, plus 8 for garnish
- 2 cloves garlic
- 1 cup (225g) Greek-style whole-milk [yoghurt](#)
- ¼ cup (60 ml) fresh lemon juice
- 1 tsp salt
- 1 tsp red wine vinegar
- ¼ tsp Tabasco sauce
- ¼ cup (30g) raw [almonds](#), toasted and chopped
- Extra-virgin olive oil, for drizzling

Method

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Puree the cucumber in a blender or food processor. Push through a fine-mesh sieve into a bowl. Puree one cup of grapes and the garlic in the blender or food processor. Push through a fine-mesh sieve into the bowl with the cucumber.

Whisk the yoghurt, lemon juice, salt, vinegar and Tabasco into the soup.

Taste and adjust the seasoning. Cover and refrigerate for at least two hours or overnight before serving.

To serve, slice the eight grapes in half crosswise and scatter over the soup.

Tip: Blanched almonds have been skinned. To blanch, immerse whole raw almonds in boiling water for 30 seconds, remove one, and test to see if the skin can be easily pinched off. If not, continue blanching for another 30 seconds or more, repeating the test. Drain and dry the nuts before using.

Did you know: Almond extracts are labeled 'pure', 'natural', or 'imitation': all rely on some form of benzaldehyde for their flavour. Pure extract has benzaldehyde derived from bitter almonds; natural extract uses benzaldehyde derived from cassia bark, and imitation flavouring contains synthetic benzaldehyde. For frying, while cold-pressed almond oil adds a pleasantly strong flavour to a vinaigrette.

Recipes from *Almonds Recipes, History, Culture* by Barbara Bryant and Betsy Fentress

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