



SPANISH GAZPACHO SOUP, ROCKET FETTA PESTO AND
BABY CROUTONS
(5 Serves)

Ingredients for the Soup:

1 Red Capsicum
1 Green Capsicum
1 Lebanese Cucumber (peeled)
5 Truss Tomatoes
2 Shallots
1 Bunch of Basil Leaves
3 Slices of white Toast (crust off)
2 Garlic Gloves
½ Birds Eye Chilli
Balsamic Vinegar
Extra Virgin Olive Oil
½ Limes
Sea Salt and Pepper

Method:

Cut half of the Cucumber and Capsicums into small cubes and set aside. Also cut half of the Shallots into strips and keep for the garnish.

Poach the Truss Tomatoes in boiling water for 1 minute. Put in iced Water and peel the skin off.

Chop the rest of the Vegetable into cubes so they fit in the Blender.

Put all the Vegetables, Garlic, Chilli, Basil and the Toast in the Food processor and blend until smooth.

Adjust the flavour with Balsamic Vinegar, Extra Virgin Olive, Lime Juice, Salt and Pepper. Add the cubed Cucumber and Capsicum.

Garnish the Gazpacho with the Croutons, Shallots and the Pesto.

Always serve the Gazpacho icy cold.

(cont'd)

ROCKET FETTA PESTO

Ingredients:

50gr. Rocket
30gr. Pine nuts
40gr. Fetta Cheese
5 Tbs. Extra Virgin Olive Oil

Method:

Preheat the oven to 180 degree Celsius
Bake the Pine nuts on baking paper till golden brown.
Place the Pine nuts, Rocket and Fetta in food processor and blend until finely chopped. Gradually add the Olive Oil till it becomes a smooth texture.

GARLIC CROUTONS

Cut 3 slices of Toast Bread into small cubes. Slowly Roast (180 degree Celsius) with a touch of Olive Oil and Garlic till golden brown.