

Gazpacho Andino

Gazpacho—the chilled tomato soup from Spain’s southern Andalucia region—cools the palate on hot summer days. A simple base recipe blends tomato, garlic, bread, salt, vinegar, and olive oil. In some variations, cucumber, strawberry, or watermelon replace the tomato. But tomatoes are native to the Americas—the word “tomato” comes from the Náhuatl “xitomatl” and Indigenous people in Mexico and Peru cultivated and cooked the fruit long before colonial foodways brought the tomato to Europe. Can you imagine Spanish or Italian food without tomatoes? This recipe pays homage to the Indigenous roots of the tomato using local ingredients. Farmers market heirloom tomatoes at peak season are bursting with color and flavor that require very little to shine, and they are the star of this soup. Andean quinoa adds protein and texture, while chopped mint provides aromatics reminiscent of Peru’s wild huacatay herb.

- chef [Nico Vera](#)

Prepare and chill 3 hours before serving.

Serves 4

Ingredients

2 bread slices, crust removed

1 cup cold water

1½ pounds heirloom tomatoes, cored and chopped into 1-inch pieces

1 garlic clove, peeled

½ teaspoon sea salt

1 teaspoon white wine vinegar

¼ cup extra virgin olive oil

cooked quinoa, for garnish

chopped mint, for garnish

Directions

In a bowl, tear the bread slices by hand and mix with cold water. Use a fork to mash the bread and form a chunky porridge.

In a tall blender, add the tomato pieces and garlic clove and blend on high for 30 seconds. Pour in the bread porridge and blend on high for 30 seconds. Add the salt, vinegar, and olive oil and blend on high for 30 seconds.

Before serving, use a spoon to stir the liquid in the container and give the soup a smooth and creamy consistency. Serve in bowls and garnish with cooked quinoa and chopped mint.

