

This Free E-Book is brought to you by Natural-Aging.com.

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Spanish Food – How To Make Spicy Gazpacho Soup.

By Linda Plummer

Spanish Food – How To Make Spicy Gazpacho Soup.

by: **Linda Plummer**

Home-made soups are so good for you – all that nourishing stock and chock-a-block full of vitamins and minerals.

But ... who on earth could face boiling bones for hours on end during the scorching Spanish summer weather, not to mention preparing the soup once the stock is made? I don't think it would tickle anybody's fancy to then have to tuck into a piping-hot soup!

For this reason, the Spanish came up with their wonderful, ice-cold soup – gazpacho – beautifully colorful, packed with goodness, cheap and simple to prepare, no cooking and ... most important of all, an absolute delight to drink.

Traditional gazpacho originates from romantic Andalucia – that large, exotic southerly region of Spain which is home to such extensive Arabic influence.

The chilled, raw soup was originally made by pounding bread and garlic with tomatoes, cucumber and peppers but, nowadays, your electric blender renders this effortless! Olive oil endows it with a smooth, creamy consistency and vinegar adds a refreshing tang – just what you need when life gets too hot to handle!

The spicy soup should be served in true Spanish style with small bowls of accompaniments – finely chopped peppers, cucumber, onion ... even hard-boiled eggs and croutons, if you feel up to it! Guests will then sprinkle what appeals to them on the soup.

Traditional gazpacho is tomato-based, with most Spanish families having developed their own, unique recipes. However, nowadays, you will also find gazpacho recipes that have nothing to do with tomatoes – white, almond-based gazpachos, fruit-based gazpachos, etc.

Spanish Food – How To Make Spicy Gazpacho Soup.

Do you suffer from insomnia? Could be that drinking gazpacho is the answer, for in Pedro Almodovar's 1987 film "Mujeres Al Borde De Un Ataque De Nervios", various characters help themselves to the soup and promptly fall asleep!

However, don't fall asleep just yet as you haven't read over the recipe!

Ingredients for 4 servings: 4 ripe tomatoes 1 onion ½ red pepper ½ green pepper ½ cucumber
3 cloves garlic 50 g bread 3 dessertspoons vinegar 8 dessertspoons olive oil Water Salt/pepper

¼ chilli pepper (optional)

Garnishings: 2 hard-boiled eggs ½ finely chopped onion ½ finely chopped red pepper ½ finely
chopped green pepper ½ finely chopped cucumber

Method: Break up bread and soak in water for 30 minutes. Skin tomatoes, remove seeds and stalks

from peppers. Peel cucumber, onion and garlic. Chop onion, garlic, tomatoes, peppers and
cucumber. Place in electric blender. Squeeze out excess water from bread and add to blender. Add
oil and vinegar. Blend well. If necessary, add sufficient water for soup-like consistency. Pour into a
bowl with ice cubes. Fridge for a couple of hours. Serve in bowls, with garnishings in separate dishes.

Gazpacho is best enjoyed sitting in the shade, looking out onto an azure sea, blue sky and golden sun
and sands!

Linda Plummer is webmistress of the site:

which provides a wide

range of information regarding Spain and the Spanish language.

Good Soup?

By Valerie Garner

Good Soup? by Valerie Garner

Good Soup?

If you want to get rave reviews on any soup you make, the first element is to make sure your loved one
first has a long, steady diet of military food. Here's our story:

When my husband and I were first married, he was in the military and had lived for months off of
military food. We purchased a small trailer, while waiting for it to be delivered and hooked up, we lived
with another young military couple for a few weeks.

Spanish Food – How To Make Spicy Gazpacho Soup.

All 4 of the young adults in this household had many responsibilities and lots going on with life, so the housekeeping end of things were pretty slack. One evening we all pitched in and started cleaning. There was a pan that had several days old, dried macaroni and cheese stuck all over the pan. The husband told the wife to put hot soapy water in it and let it soak.

The following day, she and I both had the morning off, so we went to do laundry at the local Laundromat. We came home after lunch to find a note from our husband's saying, "Thanks for the good soup." We looked at each other and asked, "What soup?" Neither of us could figure it out, so just figured the guys must be losing it, and shrugged it off.

When they got home that evening we asked, "What soup were you referring to?" With that, the husband's eyes got huge, as he remembered then telling his wife to fill that pan with the old, dried macaroni and cheese with hot, soapy water and it was left on the stove for soaking. They had heated up this soap mess and ate it! Not only that, they ate half the kettle.

You can be sure; they appreciate any real food that's cooked. It's so nice to be appreciated. It's so wonderful cooking for "non-picky eaters".

By Valerie Garner–Visit Home Tips & More: <http://www.anglefire.com/wa/hometips>

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!