



## Gazparejo. Beetwen Gazpacho & Salmorejo (cold tomato soup)

*"The smile is the only virus that does not hurt the soul"*



Today is the day. The British chef Jamie Oliver media, famous for its restaurants and countless appearances on TV programs about cooking and recipes, and, famous for not using aprons and for mixing the food with his hands... organized the **Food Revolution Day**. What is this?, It is an initiative that promotes healthy eating, generating discussions and trying to attract people to a healthier diet. There are numerous references on the web, but mainly you can instantly follow on Twitter with #foodrevolutionday hastags foodrev or @ # @ jamieoliver's FoodRevDay, for example.

Among the objectives that fall under this proposal, eating **fresh** and healthy food is the main, raising awareness, especially to

children, to maintaining **better eating habits**, and as you can see in my blog, I try to be faithful follower of such habits. I love food market, and as far as possible, follow the basis of a healthy **Mediterranean diet** most of the time (being more fortunate than the Anglo-Saxon). But on the other hand we have alarming data, our eating habits are changing and now we have more childhood obesity 19% that 16% U.S. ([The.vanguardia.com](http://The.vanguardia.com))

It was in 2.010 when Jamie Oliver was **TED awarded** (an organization that promotes lectures on *Technology, Entertainment and Design*, that I recommend you visit for the interest and fun of some of its talks) for his campaign **Food Revolution**. In the talk that jamie prepared, he presented himself as a leader to lead the healthy food initiative , educating and informing **about good nourish habits, "A weapon that unites us to the the best things in life"**. I link the video [here](#) if you want to know more (you can activate subtitles in Spanish), and you will be able to see very





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serious data about **the major health problem that is overweight and obesity.**

The truth is that it has achieved an incredible mobilization, **636 cities to 48 countries** in addition to participation in the event. In Spain there are different alternatives, and I was particularly liked Malaga's initiative for its freshness and well suited to our times: The **Gazpacho day**. I owe my name Loleta and the passion and love for cooking **to my grandmother** (and also **to my mum**, with whom I cook since I was a little girl) I inherited from my Grandmother Magdalena a simple and lovely recipe that has become our substitute for gazpacho, porra and all other types of cold and tomato soups that you can find in Spain in Summer. Gazparejo then comes from Gazpacho and Salmorejo and are two similar tomato soups.

It has a couple of versions, for the first one, we add a little more water so we can drink the soup moreless like a juice, for the second version we take it as a main course in bowl with garnish:: tuna, ham, eggs... almost anything goes in this delicious cold soup.

Today however, we are making it with "chanquetes". Is there anything more typical from Malaga that a "chanquetes" dish?. Although the immature are prohibited and can not be fished, we still have silver fish or whitebait Chinese fish, and while I agree that they have nothing to do with the real, they go extremely well with this Gazparejo!!.

Try the recipe because the texture of the finish, smoothness, freshness and speed enchant you. You will not want to make another recipe for gazpacho!. **So hands to work!** Are you ready to join the Food Revolution Day? Let's go!



## La Receta

- 1 Level of difficulty: Easy**
- 2 For: 6 rations**
- 3 Preparation time: 15 minutes.**

### Ingredients:

For Gazparejo:





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1. 50 ml. of extra virgin olive oil 0,50 €
2. 30 g. Bread (I use wheatbread) 0,10 €
3. 1 kg. ripe red tomatoes 1,40 €
4. 1 egg (regardless of the quantity of tomatoes, only one egg is to be added to give softness to the texture of the mixture) 0,10 €
5. 1 clove of garlic with the central strand removed (or more garlic if you like it spicier) 0,05 €
6. 1/2 glass of water 0,01 €
7. salt 0,01 €

For the garnish (here and enter the imagination of each):

1. 100 g. whitebait (silver fish). You can find them in any super: Mercadona, La Sirena..., in the frozen section 0,80 €
2. 60 g. flour for coating the whitebait (in a bowl) 0,15 €
3. 3 king prawns 0,90 €
4. some sesame seeds 0,05 €

**Total 4,07 €** for 6 generous portions , nice and cheap!. Only 0,68 € per serving

### Equipment:

1. An electric mixer: Thermomix, with blender
2. bowls and cutting boards
3. pan
4. Colander and sieve
5. spoons and knives

### Preparation:

1. Wash the tomatoes. Withdraw the top and cut them into pieces to add to the blender (no need to peel).

2. Peel the central thread of the garlic tastes better, and put is into the blender. Add the olive oil and half a glass of water. Wet bread in water , chop it by hand and take to the blender and add to the tomatoes .

3. Add the fresh egg. The egg will give you the smooth, creamy texture that is unusual to find in other recipes. Season it all.





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4. Beat well. Depending on the power of the mixer that you use, it will take more or less time in getting a creamy texture. If using a Thermomix, you will need 2 minutes 10. at high speed 10. If using an electric blender, will need around 3 minutes or so, and if you use a handheld mixer, I recommend you do it in two times, dividing the ingredients in 2 and taking enough time as to get a smooth and creamy mixture.

5. Once mixed and creamy texture, sieve the soup to remove any rest that may remain from the skins and seeds of tomatoes, etc.. As it is sieved,, season, with salt if needed.

6. To make our garrison, put oil in a pan and heat it well. If you, have a fryer turn it to 180 °.

7. Pass the whitebait (silver fish), by flour to batter the fish. Put flour in a bowl and flour the whitebait. To remove the excess of flour, pass through a colander or a sieve.

8. Season with salt and fry over high heat for about five minutes until golden brown. Put them aside.

9. Peel the king prawns. Insert them into a stick, flour them and fry in hot oil until cooked. Finally, to provide a modern touch, add some sesame seeds. This recipe also allows mini cocktail versions, serving the soup in shots .

10. In cocktail glass, put a bucket of gazparejo. Place a pile of whitebait in the center, and place the skewers of king prawns on one side. Spectacular presentation, basic ingredients and natural, familiar flavors and low calorie. Who ca ask for more... Finally!. Don't forget to soak the prawns and whitebait in the gazparejo... They are very tasty and delicious!

