

GAZPACHO

Use a 2-quart non-reactive bowl. (I like to use a 2-quart Rubbermaid container.)
In it, combine:

- * 2 vine ripe medium beefsteak tomatoes, cut into ¼-inch dice (2~3 cups) Be sure to remove tough threads near stem.
- * 1 medium red (or orange) bell pepper, seeded and cut into ¼-inch dice (about 1 cup)
- * 2 medium cucumbers, peeled, seeded and cut into ¼-inch dice (about 2~3 cups)
- * ½ C Vidalia onion, ¼ inch dice
- * 1 large clove garlic, grated
- * 1 teaspoon salt
- * ½ t ground black pepper
- * 1 T apple cider vinegar (Sherry vinegar is traditional.)

Stir well. After the vegetables begin to release their liquid (about 5 minutes) add:

- * 2½ cups tomato juice
- * 4 ice cubes

If your tomato juice and vegetables were refrigerated, chill the gazpacho for an hour before serving. Otherwise, chill for four hours.

To serve, remove any unmelted ice cubes. Taste. Add salt and pepper if necessary. Serve as cold as possible. If desired, garnish with:

- * olive oil
- * avocado, cubed
- * olives, halved
- * toasted croutons

Makes 4~6 servings.

Recipe from MaryLiz Schoenfeld.