

Red Gazpacho

1.5kgs of ripe red tomatoes - chopped

200 grams Lebanese cucumbers – chopped

150 grams red capsicums – seeded & chopped

2 cloves garlic – crushed

Chilli to taste – seeded (optional)

2 cups cold water

2-3 teaspoons salt

Freshly ground pepper or Tabasco sauce

½ cup sherry vinegar

¼ cup olive oil

Put all ingredients into a food processor or blender (if you want a smoother blend) - whiz then up until you are happy with the consistency.

Refrigerate for a few hours or overnight before serving.

Taste before serving and adjust seasoning.

Soup should have a real tang to it.

Green Gazpacho

2 cloves garlic – crushed

1 teaspoon of salt

2 large green capsicums – seeded & chopped

2 green tomatoes – skinned, seeded & chopped

1 soft head of lettuce - butter lettuce

2 spring onions – chopped roughly

1 cup coriander leaves tightly packed

5 tablespoons of olive oil

4 tablespoons sherry vinegar

¼ teaspoon cayenne pepper

500mls cold water

½ lemon – juiced

Put all the ingredients into a food processor and start motor, adding water to make the mixture blend up.

Pour into a container & refridgerate for some hours or overnight.

Taste before serving and adjust seasoning.