

with compliments

I am pleased to enclose this cookbook
on behalf of Linda McCartney and
permission to reprint one recipe.



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Linda McCartney's Gazpacho

A simple, quick and delicious cold soup for summertime, this is my version of the traditional Spanish soup which is best eaten with fresh, crusty bread. Add more garlic if you can take it!

1lb ripe tomatoes
1 green pepper
1 cucumber
1 medium onion
1 clove garlic, crushed
1 egg
2 tablespoons wine vinegar or lemon juice
4 tablespoons olive oil
1 cup tomato juice
salt and freshly ground black pepper to taste

Skin the tomatoes by plunging them into boiling water, leave them for 1-2 minutes, then plunge them into cold water and peel off the skins. Place them into a blender.

Remove the seeds from the greenpepper, chop it coarsely and add to the tomatoes. Peel and chop the cucumber and onion, and add, with the garlic and the egg, to the ingredients in the blender.

Measure the remaining ingredients (vinegar, lemon juice, olive oil), into the blender. Cover and liquidize thoroughly. Add a little cold water to thin the mixture if necessary.

Pur into chilled bowls and serve immediately

Prep time : 20 minutes
Good source of vitamin A, vitamin C.