

White Gazpacho with Green Grapes

Apparently this was gazpacho as it was made before tomatoes were introduced to the Old World. Adapted from a recipe in The Christian Science Monitor that included 6 tablespoons olive oil (that's 720 calories!) I find unnecessary. The bread acts to thicken the soup.

1 c. almonds
3 cloves garlic
3/4 t. salt
3 T. white wine vinegar
3-5 slices bread, crust removed
3 c. ice water
about 30 green grapes

Blanch the almonds: bring 3 cups water to a boil in a covered pot, add the almonds, let the water come to a boil again, and turn off the heat. A few minutes later, drain and rinse to cool the almonds, and remove their skins. Grind them and the garlic into fine pieces in a food processor. Meanwhile, soak the bread in water until soft; drain and squeeze out the excess. Add the soaked bread, vinegar, and about 1 c. of the ice water to the almonds and puree until smooth. Add the remaining water. Serve this soup chilled and topped with the grapes. Serves 4.