

"Farm Fresh Recipes"



SMB Colorado Master GardenersSM and The Norwood Farm and Craft Market

Charred Tomato and Mango Gazpacho

Ingredients:

2 pounds tomatoes, halved and cored
½ yellow onion
1 ripe mango, peeled, pitted and cut into chunks
1 clove garlic
1/8 teaspoon cayenne pepper
3 Tablespoons olive oil
8 Tablespoons blanched almonds
2 Tablespoons sherry vinegar
2 teaspoons kosher salt

Directions:

Heat a cast iron pan over high heat. Add tomatoes, mangoes, onion and garlic in one layer. Sprinkle cayenne and cook, turning a few times, until everything is charred in spots. Set aside to cool.

Heat 1 Tablespoon of oil in a small skillet over medium heat. Add the almonds and cook, stirring frequently, until golden. Reserve 3 Tablespoons of the almonds along with the oil from the skillet.

Transfer the 5 remaining Tablespoons of the almonds to a blender. Add vinegar, salt and remaining olive oil. Then add the tomato mixture. Blend until smooth and velvety. (You may need to do in batches and then mix them together at the end.)

Chill for at least 1 hour. Serve in small bowls, topped with reserved almonds and their oil.

From Gluten-free Forever magazine. Issue No.
4/Summer 2015

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