



**COMPLIMENTS OF CANDACE KARU,  
CABOT'S CO-OPERATIVE LIFESTYLE**

**COORDINATOR**

**TOO HOT TO COOK? A COOL  
MEAL FOR THE SUMMER  
HEAT**

SUN AUG 23 2009 COMMENT &  
SHARE

Gazpacho

The waning days of August have been the hottest days of Maine's truncated summer. A damp, hazy heat has settled over us, making even the thought of firing up the oven or turning on the grill completely without appeal.

I spent the week working in Boston's sweltering arms, dreaming of cold soups and salads. On the way home, I stopped at the Farmer's market, grabbed a mess of veggies, the picked up some choice seafood — for this meal it was lobster from [Catch a Piece of Maine](#).

Nothing says summer to me like chilled [Gazpacho](#), and I've made this tried-and-true recipe for years. The good news is that Gazpacho is pretty hard to mess up. And its veggie laden, tomato based deliciousness is perfect when you'd rather blend than cook. Alone, it is a vegan delight. Topping it with chilled lobster takes it to another level entirely. Here's my version, but

don't be afraid to customize it and make a Gazpacho to call your own.

**GLORIOUS GAZPACHO**

4 – 5 tomatoes, chopped  
1 red/yellow/green/orange pepper (your choice) chopped  
3 celery stalks, chopped  
1 red onion, chopped  
1 – 2 cucumbers, peeled, seeded and chopped  
5 radishes, chopped  
3 cloves garlic, minced  
1/4 cup cilantro, chopped  
4 cups tomato or vegetable juice  
4 tbs lemon juice  
1/4 cup white wine vinegar  
2 tbs extra virgin olive oil  
salt and pepper to taste  
Combine all the ingredients in a large bowl.  
Blend together to desired consistency in blender or food processor, 2 or 3 cups at a time.

Store the blended Gazpacho in a non-metal container in the refrigerator for several hours before serving.

This Glorious Gazpacho can stand on its own any summer day, but adding chilled lobster, shrimp, or scallops makes it an occasion to remember.