## Loma Linda University Allied Health Professions Nutrition & Dietetics

## **Chilled Almond Soup with Grapes (ajo blanco con uvas)**

Portions: 4

## Ingredients:

4 slices Bread, day old, crusts removed, pieces

2/3 cup Almonds, whole, blanched

2 ea Garlic cloves

3 Tbsp Olive Oil, Extra Virgin

4 Tbsp Lemon Juice 4 cups Ice Water

½ cup Grapes, seedless, peeled, rough chop

## Method:

- 1. Soak the bread in cold water 5-6 minutes. Drain and squeeze out the excess liquid. Set aside.
- 2. Grind almonds and garlic in a food processor until fine. Add the soaked bread and process until smooth. Add the oil and lemon juice, process to blend.
- 3. With the machine running, pour in the ice water in a steady stream.
- 4. Strain through a fine sieve, pressing down hard to extract as much liquid as possible.
- 5. Season to taste with a little salt
- 6. Cover and refrigerate overnight or at least 8 hours
- 7. To serve, divide mixture between 4 bowls, top with grape pieces, then drizzle with additional olive oil so it floats on the surface

February 5, 2016 Chef Cory Non-Confidential