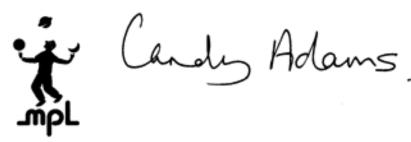
with compliments

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



MPL Communications Limited · I Soho Square · London WIV 6BQ

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 back 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 neccessary.

Pur into chilled bowls and serve immediately

Prep time: 20 minutes

Good source of vitamin A, vitamin C.