



www.culturedliving.com.au

Lacto Fermented Gazpacho

Ingredients:

8 ripe tomatoes (can skin and de-seed if desired)
1 cucumber
1 small red onion
1 green capsicum (fermented)
1 red capsicum (fermented)
3 fermented garlic cloves
1 long red chilli (seeds removed),
orange zest plus whole orange with peel and pith removed
2 tbsp raw Apple Cider Vinegar
3/4 cup olive oil
1 cup cold water
1 tsp salt
1/2 tsp pepper
1 tsp Worchester sauce
You can also add sauerkraut juice if you like.

Process vegetables in blender until fairly smooth consistency. Then add oil, vinegar, water and seasonings. Process quickly until well incorporated but not over-blended so it foams. Depending on consistency preferred, you can add more water or tomato juice.

