

# Gazpacho Salad

Yield: 4 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/spanish-russian-salad-recipe>

## Ingredients:

- 2 1/2 cups country bread cubed day-old dense, 1-inch cubes
- 2 garlic cloves medium-size, chopped
- 1 pinch coarse salt Kosher or sea
- 1 cumin seed small pinch of
- 3 tablespoons sherry vinegar preferably aged, or best-quality red wine vinegar, or more to taste
- 5/16 cup extra-virgin olive oil fragrant
- 1 5/8 pounds tomatoes very ripe but firm, cut into 3/4-inch cubes
- 2 pickling cucumbers small Kirby, cored, seeded and diced
- 1/2 cup white onion
- 1/2 cup green grapes cut in half
- 1/2 cup fresh mint slivered, or basil, optional
- 1 onion
- 3 garlic cloves medium-size, peeled
- 1/4 cup chopped parsley
- 3 sprigs fresh flat-leaf parsley
- 1 bay leaf
- 1 cup green lentil see Note
- extra-virgin olive oil
- 1/2 pound chorizo sausage sweet, diced medium-fine
- 2 ounces serrano ham or prosciutto
- 2 tablespoons sherry vinegar preferably aged, we, of course, used more
- 1 tablespoon red wine vinegar best-quality
- 1 tablespoon chicken stock or broth, or water
- 1 teaspoon honey
- coarse salt kosher or sea and freshly ground black pepper
- ground black pepper Coarse salt, kosher or sea and
- 3 tomatoes medium-size firm, peeled, seeded and chopped
- 1/4 cup scallions finely slices, both white and green parts

## Nutrition:

1. Calories: 800 calories
2. Carbohydrate: 64 grams
3. Cholesterol: 60 milligrams
4. Fat: 45 grams
5. Fiber: 21 grams
6. Protein: 36 grams
7. SaturatedFat: 11 grams
8. Sodium: 1310 milligrams
9. Sugar: 15 grams

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