

Gaspacho

By Andrew F. Smith



Everyone thinks of gaspacho as a traditional Spanish soup. The word gazpacho derives from Arabic and means literally "soaked bread." The first located published recipes for gaspacho appeared in Mary Randolph's *The Virginia House-wife*. It was for a salad. How this traditional Spanish dish could first be published in the United States relates to who wrote cookbooks in Spain and Mary Randolph's relatives.

In Spain gazpacho was a considered a peasant dish. Recipes for it were not published in early Spanish cookbooks, which were written mainly for the upper middle class. As culinary historian Karen Hess has noted, Mary Randolph probably acquired the gaspacho recipes from her sister, Harriet Randolph Hackley, who had lived in Cádiz, Spain. While several cookbook authors published similar recipes under the name of Andalusian soup, the term gaspacho died out in America until the late twentieth century.

Gaspacha--Spanish

Put some soft biscuit or toasted bread in the bottom of a salad bowl, put in a layer of sliced tomatas with the skin taken off, and one of sliced cucumbers, sprinkled with pepper, salt, and chopped onions; do this until the bowl is full, stew some tomatas quite soft, strain the juice, mix in some mustard and oil, and pour over it; make it two hours before it is eaten.

Source: Mary Randolph, *The Virginia House-wife*. Washington: Davis and Force, 1824. 107.