

# THREE SEASONS AYURVEDA



## Watermelon Gazpacho Shooter

Feta Crème and Marcona Almonds



Equipment Needed: Blender, bowl for feta crème, shot glasses

Quantity	Ingredient	Taste	Potenecy	After Taste	Action
<b>Gazpacho</b>					
1#	Watermelon	Sw	Cooling	Sw	Heavy
1 ea.	Cucumber	Sw	Cooling	Sw	Soft
1-2 ea.	Jalapeno	Pu	Heating	Pu	Stimulating
1 ea.	Tomato	So, Sw	Heating	Pu	Nightshade
2 Tbl.	Olive oil	Sw	Cooling	Sw	Heavy
2 Tbl.	Sherry Vinegar	So, As	Heating	Pu	Astringent
<b>Toppings</b>					
To Taste	Smashed Almonds	Sw	Cooling	Sw	Heavy
2 oz.	Feta Cheese	So, Sw	Heating	Sw	Heavy
To Taste	Maldon Salt	Sa	Heating	Sw	Laxative
Sw-Sweet / So-Sour / Sa-Salty / Pu-Pungent / Bi-Bitter / As-Astringent					
<b>Procedure:</b>					
<ol style="list-style-type: none"> <li>1. Trim and cut the watermelon into 1-2" chunks.</li> <li>2. Cut the tomato and cucumber into 1-2" chunks.</li> <li>3. Wearing sanitary gloves, cut the jalapeno in half and take the seeds out. Dice it into small pieces. (You can use serrano chiles also, but they are hotter, use caution)</li> <li>4. Using a blender puree all ingredients together until smooth and if too watery you can put a piece of bread (preferably white) in to thicken it up.</li> <li>5. Crumble the feta cheese into small/fine pieces, set aside.</li> <li>6. With the back of a pan smashed the almonds into small pieces, set aside.</li> <li>7. To finish the dish; pour the gazpacho in the shot glasses, top with feta and the almonds.</li> </ol>					



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