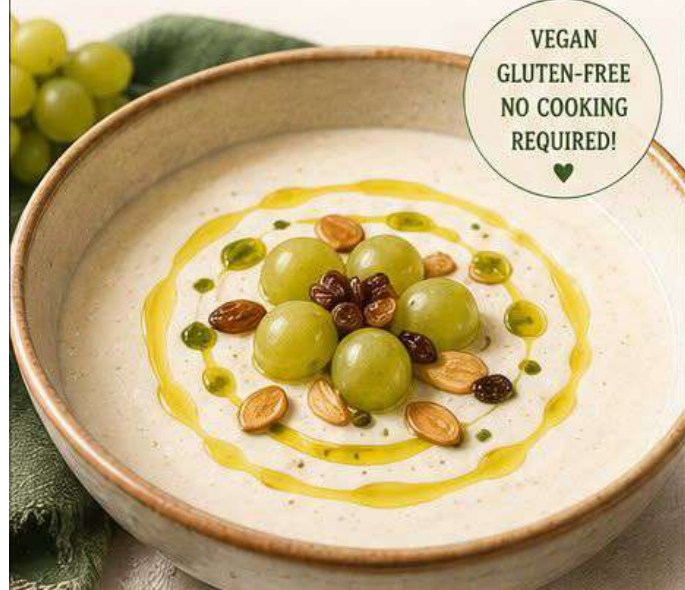


AJOBLANCO

Spain's Coolest Secret

CREAMY. REFRESHING. 100% ANDALUSIAN.

Silky, garlicky, nutty and refreshing—Ajoblanco is Andalucía in a bowl. Perfect for hot days, lunches, tapas or a light summer dinner.



VEGAN
GLUTEN-FREE
NO COOKING
REQUIRED!

A LITTLE HISTORY

Born in the Roman era and loved by the Moors, Ajoblanco is one of the oldest dishes in Spanish cuisine.

Traditionally made with almonds, garlic, bread, olive oil and vinegar, it was the perfect food for hot Andalusian summers.

Simple ingredients. Timeless genius.



*Not just a soup.
It's heritage in a bowl.*

INGREDIENTS (SERVES 4)



200 g
blanched
almonds



1 garlic
clove



80 g
day-old
bread



100 ml
extra virgin
olive oil



2 tbsp
sherry vinegar
(or white vinegar)



800 ml
very cold
water



Salt
to taste

1 SOAK

Soak the almonds in cold water for at least 4 hours (or overnight).



2 BLEND

Drain the almonds and add to a blender with garlic, bread, olive oil, vinegar and cold water.

Blend until very smooth and creamy.



3 SEASON

Add salt and adjust with a little more vinegar if you like.

Blend again.



4 CHILL

Refrigerate for at least 2 hours. It's even better served very cold.



THE COLDER,
THE BETTER!

5 SERVE & TOP

Serve in bowls and add your favorite toppings. A drizzle of olive oil... and enjoy!



TOPPINGS THAT TAKE IT TO THE NEXT LEVEL

GRAPES



The classic!
Sweet, juicy and
absolutely perfect.

TOASTED ALMONDS (LAMINATED)



Crunchy, nutty
and essential.

RAISINS



Sweet little gems
that bring balance
and tradition.

BASIL OLIVE OIL



Drizzle for a fresh,
aromatic twist.
Game changer!

EXTRA VIRGIN OLIVE OIL



Always. Good olive
oil makes all the
difference.

BESS KITCHEN SECRETS

- Use the best extra virgin olive oil you can find. It's the soul of Ajoblanco.
- Blend until insanely smooth for that silky texture. The whiter, the better!
- If it's too thick, add a splash more cold water.
- Taste, adjust salt and vinegar—balance is key.

DELICIOUS ALTERNATIVES

- No bread? Use 1 boiled potato for extra creaminess.
- No almonds? Try a mix of almonds and cashews.
- No vinegar? Lemon juice works, but use less.
- Want it sweeter? Add a few melon cubes on top.

Make it yours!

NUTRITION (PER SERVING*)



Calories
310 kcal



Protein
6 g



Carbs
12 g



Fat
27 g



Fiber
2 g

*Approximate values

NO COOKING. PURE GOODNESS.

PERFECT FOR HOT DAYS & HAPPY PEOPLE.

BESS SUBSCRIBER RECIPE