



Sopa de ajo/garlic soup

Bread and olive oil, are the cornerstones of the Mediterranean diet, and key components of the Spanish diet since Roman times. It seems bread is always on the table, and leftover bread is seldom in short supply. This is one of many ways the make good use of it, and provide something tasty and satisfying to stretch the family budget when need be.

There are many recipes online for "sopa de ajo" (also known as "sopa castellana"), including one from world renowned Spanish chef, [José Andrés](#). This one is an adaptation of one my wife makes, and like other recipes here, is designed as a framework - a basic recipe with alternatives for you to do your own thing.

Ingredients

4 or 5 slices (3 or 4 ounces) of day old bread, torn in pieces. Best use a rustic-style bread or baguette. If using ordinary white bread, lightly toast first.

4 or 5 cloves of garlic, cut in thin slices.

4 tablespoons of good olive oil (EVOO if possible).

1 teaspoon Spanish pimentón (sweet or hot, your choice).

1 liter water or stock (I usually use chicken stock)

Salt to taste (bread has salt so go easy)

Protein options - diced serrano or other ham, diced bacon, chorizo or other sausage.

Other options: Grated cheese, chopped parsley or chives for topping.

Preparation

In a saucepan heat olive oil until it shimmers, then add the garlic.

Sautee on medium high until the garlic starts to brown slightly.

Remove from heat, sprinkle in the pimentón, stir briefly, be careful not to burn the pimentón as it can turn bitter. Add **protein** if using, frying a bit if needed.

Add water or stock, bring to just short of a boil, add the bread and simmer for about 10 minutes.

Bring to a boil, drizzle in the beaten egg, stirring continuously (like egg drop soup).

Notes:

1. Some prefer it thick as in the photo, others use more liquid and make it soupier. You choose.
2. It's important to keep the liquid from boiling in the cooking phase, this helps the garlic & oil emulsify with the liquid, resulting in a creamier texture.
3. Serving options: poach the eggs separately, and use them to top individual servings. Another is to separate the eggs, drizzle in the whites only and drop the yolks on top of the individual servings - the residual heat will cook the yolks.



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