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Refresh and edit your pantry and recipe box to include plant-based ingredients, nourishing meals, and explore some healthy swops to adopt.

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Chef Anne Callaghan

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ALL THE OOE + GOO WITHOUT THE MOO + COO®

Swap out dairy and eggs with plant-based options



SUMMERTIME GARDEN FRESH



CLASSIC TOMATO GAZPACHO + SPIN-OFF
SUMMERTIME WATERMELON GAZPACHO

Beat the summer heat with this no-cook, Andalusian-style classic that needs only a knife and a blender. For maximum flavor and freshness, make these refreshing soups during peak tomato, watermelon, and vegetable season using the freshest ingredients, Spanish extra-virgin olive oil, and sherry vinegar. Produced exclusively in Spain's Jerez region, sherry vinegar is barrel-aged, with a nutty, mellow flavor and balanced acidity that adds a bright, slight tang to this traditional Spanish dish.



Prepare this Andalusian-style classic during peak tomato and vegetable season using the freshest produce, Spanish extra-virgin olive oil, and sherry vinegar.

Start with a ratio of three-quarters tomatoes and adjust the vegetable quantities to your preferred taste. For a rustic and traditional version, add day-old crusty bread to thicken this summertime staple.

RECIPE

REFRESHING TWIST
SUMMERTIME WATERMELON GAZPACHO

Beat the summer heat by updating this Andalusian-style classic with refreshing seedless watermelon. Start with a ratio of three-quarters watermelon, reduce the amount of tomatoes, and omit the bread as a thickener.

The watermelon and tomatoes' sweetness will determine the acidity; taste as you go and balance the flavor by adding more sherry vinegar if needed.



RECIPE

TOMATO TYPES COMMON VARIETIES

COLOR & FLAVOR PROFILES

- Red / Pink: Sweetest and tangy flavor.
- Orange / Yellow: Sweet, mild, and fluffy with lower acidity.
- Purple / Black: Deep, earthy, smoky and complex flavors.
- Green: Not sought, sharp and strong when ripe.

WHICH TOMATO TO USE

Tomatoes add flavor and color and the varieties differ by size, shape, and flavor profile. The tomato type dictates the use, and the color determines the color. Each tomato has a specific culinary use.

Key types include: Beefsteak (largest, meaty), Globe/Globe (medium, balanced), Cherry/Grape (small, sweet), Paste (low moisture, ideal for sauces).

BEEFSTEAK
EXAMPLES: Roma, Mission Purple, Greenhouse, Beefsteak, Beefsteak, Beefsteak, Beefsteak
APPEARANCE: Beefsteak is the largest tomato. It's meaty, beefy.
The beefsteak tomato is a variety of large tomatoes that are dense, heavy, and meaty, with one seed. They have a single chamber, rounded shape with a high ratio of flesh to seeds.
FLAVOR: Meaty in flavor, worth investing in a dish.
USE: Due to their large size and juicy texture, beefsteaks are perfect raw, sliced for sandwiches and burgers, or baked and stuffed.

PASTE
EXAMPLES: Roma, Mission Purple, Amish Paste, Paste, Paste, Paste, Paste
APPEARANCE: These are medium, with a dense and firm structure, comparable to beefsteak with thick, meaty flesh, with lower seeds and lower moisture with less water.
FLAVOR: Rich flavor and low acidity, more concentrated than other varieties.
USE: Perfect for slow-cooked dishes where a rich tomato flavor is essential. Better cooked than raw. They are suitable for roasting, cooking, sauce-making, paste, and canning.

ROMA
EXAMPLES: Roma, Mission Purple, Amish Paste, Roma, Roma, Roma, Roma
APPEARANCE: These are medium, with a dense and firm structure, comparable to beefsteak with thick, meaty flesh, with lower seeds and lower moisture with less water.
FLAVOR: Rich flavor and low acidity, more concentrated than other varieties.
USE: Perfect for slow-cooked dishes where a rich tomato flavor is essential. Better cooked than raw. They are suitable for roasting, cooking, sauce-making, paste, and canning.

CHERRY
EXAMPLES: Cherry, Cherry, Cherry, Cherry, Cherry, Cherry
APPEARANCE: Cherry tomatoes are small, round, and have a high ratio of flesh to seeds.
FLAVOR: Sweet, mild, and fluffy with lower acidity.
USE: Perfect for salads, sandwiches, and as a snack.

GRAPE
EXAMPLES: Grape, Grape, Grape, Grape, Grape, Grape
APPEARANCE: These are medium, with a dense and firm structure, comparable to beefsteak with thick, meaty flesh, with lower seeds and lower moisture with less water.
FLAVOR: Rich flavor and low acidity, more concentrated than other varieties.
USE: Perfect for slow-cooked dishes where a rich tomato flavor is essential. Better cooked than raw. They are suitable for roasting, cooking, sauce-making, paste, and canning.

COCKTAIL/CAMPARI
APPEARANCE: Known for its vibrant red color and balanced flavor, and are sweet and juicy.
FLAVOR: Known for its perfect balance of sweetness and acidity. Great for salads, sandwiches, and as a snack.
USE: Ideal for Gazpacho, salads, sandwiches, and as a snack.

SLICER/GLOBE
EXAMPLES: Slicer, Slicer, Slicer, Slicer, Slicer, Slicer
APPEARANCE: These are medium, with a dense and firm structure, comparable to beefsteak with thick, meaty flesh, with lower seeds and lower moisture with less water.
FLAVOR: Rich flavor and low acidity, more concentrated than other varieties.
USE: Perfect for slow-cooked dishes where a rich tomato flavor is essential. Better cooked than raw. They are suitable for roasting, cooking, sauce-making, paste, and canning.

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CHECK OUT THESE QUALITY INGREDIENTS

ARTIGIANI DEI SAPORI DRIED WHOLE HOT CHILI PEPPERS, 0.55 kg

Premium Quality: Made from high-quality hot chili peppers, our Dried Whole Hot Chili Peppers pack a powerful punch of heat and flavor, perfect for adding spice to your favorite dishes. Non-GMO, Product of Italy

SHOP

COLUMELA 30 YEAR AGED SHERRY VINEGAR D.O.P. 12.7 OZ

(Made using traditional "solera" aging method. Made using traditional inchsoleranch aging method. Rich, Complex & Smooth Spanish Vinegar. Product of Spain.

SHOP

CHEF TIP



**OPEN A CAN OF CHICKPEAS
KEEP THE AQUAFABA FOR A
VERSATILE EGG SWOP**

Great leavening agent for quick breads, scones, and baked goods recipes that don't already contain another leavening agent.

EGG SWOP CHICKPEA AQUAFABA

Chickpea aquafaba is the viscous liquid in tinned beans. It functions as a leavener by trapping air when whipped into a stable foam that gives structure and an airy texture.

The water-soluble proteins and starches in the chickpea liquid create tiny bubbles when beaten.

- EGG SWOP - CHICKPEA AQUAFABA**
ADD LIFT - Substitute for whole egg or whites. Whip to create a fluffy egg meringue-like substitution. Use aquafaba meringue when making plant-based macaroons, mousse, marshmallows, ice cream, icing, or cheese.
Use - 2 Tbsp aquafaba = 1 egg
- AS A STABILIZER** Combine cream of tartar with aquafaba to hold the foam's volume and provide structural lift without collapsing easily.
Combine 1/8 tsp per 2 tablespoons aquafaba



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