



Borscht!

By Chris Duke

Anna's Gourmet Goodies



If you have never tried this classic beet soup, or have only had the bottled or canned variety found in most grocery stores, you are in for a treat. This version of the recipe originated in Russia. I modified it a bit to be thicker and chunkier than the canned or bottled variety, but everyone who tried it loved it. Some versions have meat, but I chose to leave it out of this recipe.

I recommend cubing the vegetables into ¼” or smaller pieces, especially the beets. They can take awhile to cook – especially if the pieces are large. Be sure to use fresh, not canned beets. You’ll find them in most supermarkets. Wash them well, cut off the tops and bottoms, and peel off the outer skin.

It can be served as an appetizer or a meal by itself. As my good friend from Russia says, ‘Hot borscht, cold vodka – it’s the best!’

Ingredients:

- (3) 14 oz. cans of beef broth
- 2 ½ cups of cubed fresh beets
- ½ cup of cubed carrots
- 1 ¼ cups of finely chopped onions
- 4 cups of peeled and cubed potatoes
- 3 cups of chopped cabbage
- 1 tbsp tomato paste
- ¾ cup chopped green pepper
- ½ cup chopped fresh parsley
- 1 tsp lemon juice
- 2 cloves garlic – minced or pressed
- Olive oil
- Salt and pepper to taste
- Sour cream (garnish)

Prep all the vegetables and set aside in separate bowls. Coat the bottom of a hot skillet (keeps the vegetables from sticking) with olive oil. Add the onions and carrots, season with salt and pepper, and cook until just tender. Remove from the heat.

Put the beets and green pepper in a sauce pan, add the tomato paste and 1 can of broth. Cover, bring to near a boil, then turn the heat down and simmer until tender – about 30 minutes.

While the beets are cooking, add the remainder of the broth to a stock pot and bring to a boil. Add the cabbage, potatoes, onions and carrots. Stir, turn down the heat and simmer for 20 minutes.

When the beets are tender, add them to the broth along with the lemon juice, parsley and garlic. Adjust the salt and pepper to taste. Simmer for another 10 minutes.

Serve the borscht hot with a dollop of sour cream and a touch of parsley as a garnish.

Bon Appetit!