

## *Ala's Recipes*

### Ukrainian Borscht

#### **Ingredients:**

Preparation time: approx. 45 minutes

Servings: approx. 4 litres

- approx. 3 tbsp of vegetable oil or butter
- 1 carrot
- 1 parsnip or turnip
- a half medium-sized piece of leek (cut lengthwise)
- approx. glass of shredded green cabbage
- 1-2 clove of garlic
- 3 large beetroots
- 2 tbsp of tomato paste/concentrate
- 1 onion
- 3-4 potatoes
- 2 - 4 litres of meat or veggie broth\* (min. 2 l)  
\*(home made or bought (if bought - it's better to get one with salt reduced))
- 1 tsp of allspice
- 2-4 bay leaves
- 1 can of white beans, e.g., Cannellini Beans
- 2 - 4 tbsp freshly squeezed lemon/lime juice
- 1 teaspoon of marjoram
- Salt and pepper

#### **To serve:**

- 1/2 cup of sour cream
- 1 bunch of chopped greens (e.g., dill, parsley) to sprinkle borscht before serving

## *Ala's Recipes*

### Preparation:

#### Preparation of Vegetables:

1. Peel carrots and parsnips if needed, then cut them into small cubes. Shred the leek and set aside.
2. Crush the garlic and set it aside.
3. Peel all three beetroots and grate two of them. Set them aside separately.
4. Grate or finely chop 1 cup of cabbage.
5. Peel the potatoes and cut them into larger cubes.
6. Peel the onion and set it aside.

### Cooking:

1. Heat about 1-2 tablespoons of vegetable oil in a frying pan and sauté all the vegetables over medium heat (for about 7-10 minutes). Once the leek starts to turn brown, add the crushed garlic and fry until fragrant (around a minute or two).
2. Once the vegetables are fried, transfer them to the large saucepan where you will be making your soup.
3. Pour another tablespoon of vegetable oil into the same frying pan and add the grated beetroot. Fry over medium heat until the colour becomes more vibrant (reddish), about 7-10 minutes. Then add 2 tablespoons of tomato concentrate, mix well, and fry for a few more minutes.
4. Once the beetroots are fried, add them to the rest of the vegetables in the large saucepan.
5. Add shredded cabbage (optional; you can fry your cabbage like the vegetables above).
6. Add potatoes, whole onion, and whole peeled beetroot to the saucepan. (We add onion and beetroot to enhance the broth's flavour).
7. Pour in the stock, add a teaspoon of allspice, and 2-4 bay leaves.
8. Add water if needed (all vegetables should be covered and floating).
9. Start cooking your soup, bring it to a boil. Once it starts boiling, lower the heat and let it simmer for 20 minutes (until the potatoes are soft and ready to eat).
10. Once the potatoes are cooked, drain the can of beans and add them to the soup with a teaspoon of marjoram.
11. Taste your soup and add salt, pepper, and 2-4 tablespoons of lemon/lime juice until you are satisfied with the flavour.
12. Your soup is ready. Serve it with a spoon of sour cream and sprinkle with a bit of chopped dill if you like (before serving, it's good to mix the sour cream until it becomes creamier).
13. Enjoy! :)