

Borscht

(A classic Russian beet soup eaten hot or cold)

Ingredients:

8 cups vegetable broth
2 onions diced
2 gloves garlic minced
1 leek thinly sliced
1 tsp marjoram
2 celery stalks, thinly sliced
2 parsnips, grated
1 carrot, grated
½ head cabbage shredded
1 bay leaf
Salt and pepper to taste
2 beets peeled and grated.
2 Tbsp dried dill (1/4 cup fresh)
2 Tbsp red wine vinegar

Method:

Heat approx. 1 Tbsp oil in large saucepan. Add onions, garlic, leek, marjoram and celery to pot and sauté until tender. Add parsnips carrot and cabbage and cook for approx. 5 min. Add broth, bay leaf and salt and pepper. Bring to a boil then simmer, partially covered for 10 minutes. Add grated beetroot and dill and simmer for 5-10 minutes. Add red wine vinegar. Garnish with sour cream.