

Borscht Recipes

Clayton Schmitt, e-mail messages to Michael Miller

Borscht Recipe 1

Yield: 10 Servings

1 cup navy beans, dry
2 1/2 lb. lean beef
1/2 lb. slab bacon
10 cups cold water
1 bay leaf
8 whole peppercorns
2 cloves garlic
2 tbsp. dried parsley
1 carrot
1 celery stalk
1 large red onion
1 tsp. salt (opt)
8 beets for soup
2 small beets
2 cups green cabbage, shredded
2 large leeks, sliced
3 medium potatoes, cut into eighths
1 can (1 lb. 13 oz) tomatoes
1 tbsp. tomato paste
3 tbsp. red wine vinegar
4 tbsp. sugar
1 lb. kielbasa (opt)
2 tbsp. flour
1 tbsp. butter, melted
1/2 cup Sour cream (opt)

Cover beans with water and allow to soak overnight; cook until tender; drain; set aside. Place beef, bacon and water in large soup pot; bring to a boil. Skim fat from surface. Add bay leaf, peppercorns, garlic, parsley, carrot, celery, onion and salt. Cover and simmer over low heat for about 1 1/2 hours.

Scrub beets for soup and cook in boiling water until tender, about 45 minutes; drain and discard water; cool. Peel and cut each beet into eighths. Scrub small beets; grate; cover with water to soak.

Remove meat from soup; set aside. Strain soup into another pot and add cooked beets, cabbage, leeks, potatoes, tomatoes, tomato paste, vinegar, sugar, beef and bacon. Bring to a boil and simmer 45 minutes.

Cut kielbasa into chunks and add with navy beans to soup. Simmer 20 minutes more.

Mix flour and butter together to form paste. Stir into soup to thicken slightly. Strain raw beets, saving liquid and discarding beets. Add beet liquid to soup.

Additional sugar or vinegar may be added for sweeter or more sour flavor. Slice meat and arrange in individual soup bowls. Pour hot soup with vegetables over meat. Garnish each serving with a dollop of sour cream, if desired.

Borscht Recipe 2

Yield: 6 Servings

1/2 cup white beans
 2 lb. lean pork spareribs
 4 medium beets, peeled, grated
 1 large onion, diced
 1 1/2 tsp. salt
 1/4 each medium cabbage, shredded
 1/4 cup cream or milk
 1 tbsp. all purpose flour
 1 dash ground pepper
 juice of 1/2 lemon
 sour cream
 chopped fresh dill

Mary Pshyk's Ukrainian beet soup is served with chopped fresh dill sprinkled on each bowlful and rye or black bread. Soak beans in cold water for two hours, drain, add more cold water to cover and simmer until tender, about two hours. Place spareribs in large pot of cold water, bring to a boil, skim off any surface scum, and simmer for about 20 minutes. Remove meat with slotted spoon, skim fat from stock and return meat to pot. Add beets, onion and salt and simmer until meat is cooked, about 45 minutes more. Add cooked beans and cabbage and cook until cabbage is tender, about 10 minutes. Blend cream and flour and stir into soup. Continue cooking, stirring, until soup thickens slightly. Season to taste with salt, pepper and lemon juice. Serve hot with sour cream and dill.

Borscht Recipe 3

Yield: 6 Servings

2 liters beef stock
 2 medium potatoes peeled and cut into cubes
 2 carrots, peeled and julienned
 1 large onion peeled and chopped finely
 2 large beetroot, peeled and julienned
 3 stalks celery, julienned

3 cloves garlic, crushed
2 tsp. sugar
1 tsp. sea salt
1 tsp. freshly ground black pepper
1/4 small cabbage, shredded
6 ripe tomatoes, peeled and cut into cubes
3 sprigs fresh dill, chopped finely
3 sprigs Italian parsley
light sour cream and finely chopped dill for garnish

Bring the stock, potatoes, carrots, onion, beets, celery, garlic, sugar, salt and pepper to the boil in a large saucepan. Simmer, covered, for 30 to 40 minutes or until the vegetables are cooked. Add the cabbage, tomatoes, dill and parsley. Cook for a further 10 to 12 minutes. Remove from the heat and allow to stand for 10 minutes. Serve in large soup plates with a teaspoon each of sour cream and chopped dill.