

## *Soups are Always a Great Beginning*



*Come and join us for a bowl of delicious borsch.*

*Borsch, originated in Ukraine is a famous starter for when friends and family come together to the dinner table for many celebratory meals.*

*Oh, by the way, any of you that love dipping your bread into the soup. Only at home, you say.... Babcia's house is also home... feel free ....*

*\* Refrigerate for 10 days before using. Use within 1 month.*



## Classic Beet Borsch

*This classic recipe for **Борщ** borsch is the one most commonly used with slight variations to suit one's taste. It was customary for Babcia to cut the beets and other root vegetables into very thin strips; she preferred them that way. Today, they may be grated in long shreds on a coarse grater, mandolin or food processor with no sacrifice of quality to the finished product.*

- 3 medium **Beets**, grated
- 1 medium **Carrot**, grated
- 1 stalk of **Celery**, diced
- 1 medium **Onion**, diced
- 2 Tb. white **Vinegar**
- 2 cups **Cabbage**, shredded
- 1- 28 oz. can diced **Tomatoes**
- 1 clove **Garlic**, mince
- 1 **Bay Leaf**
- 6-8 Cups of **Water or Soup Stock**
- Fresh Dill**, chopped
- Sour Cream** for garnish



- ♦ Cook beets, carrot, celery, and onion in 2 cups of water.
- ♦ Add vinegar to ensure beets keep their colour.
- ♦ Add tomatoes and shredded cabbage.
- ♦ Add water to cover the vegetables.
- ♦ Add garlic and bay leaf.
- ♦ Season to taste and cook soup until vegetables are tender.
- ♦ Remove bay leaf.
- ♦ Garnish with chopped dill and dollop of sour cream.
- ♦ Serve with soft buns drizzled with garlic butter.

*A good borsch should be pleasantly tart but not sour.*

*To serve a vegan borsch, omit the sour cream.*

*To serve a clear borsch, drain the vegetables from the borsch and serve the broth with tiny mushroom varenyky for Christmas Eve - Swiat Vechir.*

*Paulina Bahry*

## ***Borsch with Lima Beans***

*One of the challenges when cooking any borsch is to get all vegetables cooked perfectly while ensuring beets do not lose their colour.*

3 Medium **Beets**

6-8 Cups of **Water**

1 medium **Carrot**, grated

1 stalk of **Celery**, diced

1 medium **Onion**, diced

2 cups **Cabbage**, shredded

1 clove **Garlic**, minced

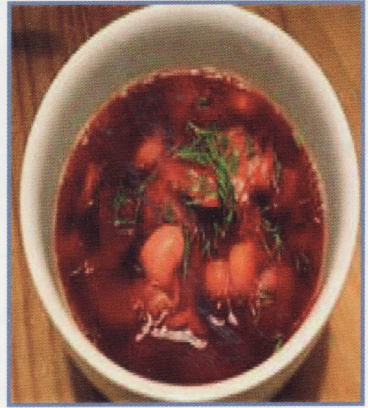
1 **Bay Leaf**

2 Tb. white **Vinegar**

1- 28 oz. can of **Lima Beans**

1 -10 oz. can of **Tomato Soup**

**Fresh Dill**, chopped for garnish



- ♦ Preheat oven to 350F.
- ♦ Roast beets whole in enough salted water to cover until tender. Usually about an hour.
- ♦ Reserve the roasted beets liquid to add to the borsch.
- ♦ Skin baked beets while warm and grate or dice.
- ♦ Cook carrot, celery, and onion in 2 cups of water.
- ♦ Add cabbage beets and liquid from roasted beets.
- ♦ Add can of tomato soup.
- ♦ Add vinegar.
- ♦ Add garlic and bay leaf.
- ♦ Season to taste and simmer soup until vegetables are tender.
- ♦ Drain can of lima beans, wash beans, add to soup.

*Did you know that originally there were up to 40 ingredients used for a good Borsch. It is often said, that there are as many different kinds of Borsch as there are cooks in the Ukraine. I have never made Borsch to taste the same every time. You can vary your recipe according to your taste or what looks good at the grocers.*

***Olga Kurylo***



***Let this borsch develop its flavours by refrigerating it for at least an hour before serving. Best yet make it the day before.***

- 1 lb. **Beets** (about 2-3 medium beets), grated
- 1/2 **English Cucumber** (or 2-3 baby cucumbers), diced
- 2-3 large **Eggs**, hard-boiled, chopped
- 2 medium **Onions** (Sweet or Vidalia) - finely chopped
- Small bunch of **fresh Dill** – finely chopped
- 2 cups (+/-) **Buttermilk** (or Kefir)
- 3 Tb. **Sour Cream**
- Salt & Pepper** to taste

- ♦ Boil beets with skin on in salted water.
- ♦ Cool them down to room temperature (this takes a bit of time; you can boil them in advance).
- ♦ Once cooled – peel and grate the beets using big slots of box grater.
- ♦ Cook eggs and cool them to room temperature, once cooled, chop the eggs.
- ♦ Dice cucumbers, onions, and dill.
- ♦ In a large bowl, gently mix beets and cucumbers, add eggs, onions, and freshly chopped dill to taste.
- ♦ Add 2-3 Tb. of sour cream.
- ♦ Season mixture with salt and pepper.
- ♦ Stir in buttermilk.
- ♦ Cover bowl with plastic wrap and put it to the fridge for about 1 hour to let flavours meld.
- ♦ Serve cold.

***Serving Option –***

***Serve with steamed baby potatoes on the side.***



***Sonia Mickevicius' recipe from her mother Danna Kuchar***