

Beet Borscht

1 lb whole beets
1 lb boneless beef chuck, cubed (or 1½ lbs. pork spareribs, cut into single ribs)
Flour
2 tbsp olive oil or butter
4 ½ cups beef stock or water
1 28-oz. can of whole plum tomatoes, chopped
2 cups green or red cabbage, shredded
1 medium onion, chopped
2 medium carrots, peeled and sliced
2 medium celery stalks, sliced
1 ½ tsp tomato paste
2 tbsp red wine vinegar
2 tsp fresh lemon juice
2 cloves garlic, minced
½ tsp salt, or to taste
¾ tsp ground black pepper
Fresh dill and/or sour cream for garnish



Local Ingredients:

Beets
Beef or Pork
Cabbage
Carrots
Celery
Dill
Garlic
Onions
Tomatoes



Preheat oven to 400 F. Scrub beets and place beets on a baking sheet. Bake beets until they can be easily pierced with a fork, about 1 hour. Let beets cool, peel, then slice and cut into thin strips.

While the beets are roasting, cube the beef (or cut up the ribs) and dredge lightly in flour.

In a large soup pot over medium high heat, heat the olive oil or butter. Add the meat and brown on all sides. Stir in the beef stock or water, and the chopped tomatoes. Bring the mixture to a boil, then reduce the heat, and simmer, partially covered, until the meat is almost tender, about 30 minutes.

After the 30 minutes, stir in the cabbage, onion, carrots, celery and tomato paste. Simmer, partially covered, until the vegetables are tender, about 30 minutes. Stir in the beets, vinegar, lemon juice, garlic, salt and pepper. Simmer, partially covered for 15 minutes. Thin the soup with water if necessary. Ladle into warmed bowls. Garnish with sour cream and/or snipped fresh dill.

This is the original Russian borscht, meaty and brimming with tomatoes and cabbage. The beets in this version are roasted instead of boiled, for added flavour. For a complete meal, serve with black bread and butter.

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