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by ewfood

Borcht

Ingredients

1lb. beef, cubed
2fl oz. olive oil
10fl oz. beef or vegetable broth
4 beets, peeled and shredded
1 cabbage, peeled and shredded
2 small potatoes, cubed
1 onion, chopped
1oz. fresh dill
3 cloves garlic, crushed
0.25oz. fresh parsley
2 fl oz. vinegar
64fl oz. water
Salt and pepper to taste
Sour cream for garnish
Fresh dill for garnish

Servings
4
Person
Preparation Time
20
min
Cooking Time
3
hr

Preparation

1. In a large pot seal the beef in the oil until all sides are nicely browned. Remove the beef from the pot leaving the oil and set to one side
2. On the same oil sauté the carrots and onions until the onions are translucent. Add the garlic and herbs and sauté for an additional 2 minutes
3. Deglaze the pot with the vinegar
4. Add the meat back to the pot and season. Add the water and bring to boil over a high heat. Once it begins to boil reduce the heat and simmer for two hours until the meat is tender
5. Add the beets, potatoes and cabbage and simmer for an additional 40 minutes. Season with a tablespoon of vinegar (or to taste) and salt and pepper
6. Pour the soup into bowls and garnish with a dollop of sour cream and some fresh dill.

Cooks Note

Preparation time: 20 minutes; Cooking time: 3 hours; Serves 4