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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
