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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

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