



FOODWAYS SYMPOSIUM RECIPES

UKRANIAN BORSCHT

INGREDIENTS:

- 2-3 small beetroots
- 1 large onion
- 1-2 carrots
- 1-2 potatoes
- 1-2 cups of shredded cabbage
- 1 can of white beans
- 1 can of tomato paste
- 2-3 cloves of garlic
- Bay leaves
- Oil for cooking (any oil that doesn't have a strong taste)
- Salt and pepper, to taste
- Optional: parsely, dill, dry basil, celery sticks
- 2-3lb of beef or chicken, preferably with bones (for non-vegan/non-lent version)

EQUIPMENT:

- 6 qt. pot, with a lid
- Large pan, with a lid
- Spatula
- Grater
- Chopping board
- Knife

PRE-CLASS PREP:

In order to catch up to the live cooking, please prepare:

- Shredded carrots
- Juliened beetroot (matchstick size)
- Small diced onion
- Chopped herbs and/or celery stick
- 5 qt. of water to boil

TIPS:

For better result, turn it off and let it rest for an hour. For the best result, cool it down, refrigerate it and reheat on the next day. The best borscht is the one-day-old borscht!

DIRECTIONS:

1. Half an onion. Add one half to the boiling water. Add beetroot (matchstick size) and 2-3 bay leaves to the pot and let it simmer.
2. Preheat a pan with a tablespoon of oil, add onions and fry until golden brown.
3. When onions are golden brown add shredded carrots, minced garlic, and diced celery stick. Stir it until it starts browning as well.
4. Add $\frac{3}{4}$ can of tomato paste, 1-2 teaspoons of dry basil, salt, pepper to taste and 1-2 cups of water (it can be pretty watery). Cover with a lid and let it simmer.
5. Peel potatoes and cut in 2 in. long $\frac{1}{4}$ in. wide pieces (approximately, pieces should be fitting in a spoon).
6. Check the pot with beetroot. Beetroot should loose the color and look semi-transparent. Remove the onion. This is the time to add previously made sauce, drained beans and salt to taste. Simmer for 5-10 min.
7. Add potatoes and cook for another 5-10 min (until they are almost done).
8. Add shredded cabbage and cook for another 5-10 min.
9. NOTE: If you use meat, add it to cold water, bring to boil and remove the foam from the water surface. Simmer for 1-1.5h with onion, salt and bay leaves. Remove meat from the pot and let it cool down while you are doing the next steps. When it is cool enough to touch, remove bones, cut it in the bite size pieces and add back to the soup (at any step, but the sooner the better).