

Borscht Soup

Swick

Serves 1 | Active Time: 45 minutes | Total Time: 1 hour 30 minutes

Step 1: Starting the Soup

- 1 large onion, finely diced
- 1 large rib celery, finely diced
- 1 to 2 tsp grapeseed oil
- 1 1/2 lb red beets, cut into 1/4" -inch thick x 1" thick pieces
- 6 cups stock
- 1 cup water
- 1 1/2 tsp sea salt

To start the soup, heat a large, heavy-bottomed pot over medium heat. Once hot, add the oil, followed by the onions and celery and a good pinch of salt.

Let sweat over medium to medium-low heat until translucent, about 8 to 10 minutes or so.

In the meantime, prepare the beets, if you have not already.

Once the onions and celery are translucent, add the beets, followed by the stock, water and salt. Turn up the heat to medium-high until the soup comes to a boil.

Once the soup just boils, turn the heat down and let the soup simmer uncovered.

Step 2: Adding the Seasonings & Simmering

- 3 tbsp red wine vinegar
- 3 to 5 sprigs fresh thyme
- 1 bay leaf
- 1/4 tsp freshly ground black pepper

Once the soup is simmering, add the red wine vinegar, pepper and bouquet garni (thyme and bay leaf).

Let the soup gently simmer for about 45 minutes or so or until the beets are tender.

In the meantime, prepare the garniture.

Step 3: Preparing & Adding the Garniture

- 1 large carrot
- 1 large potato (russet or Yukon Gold)
- 1 tbsp fresh dill (or to taste)

While the soup is simmering, peel and dice the carrot into medium dice and set aside.

Peel and cut the potato into medium dice and place into a bowl of cold water. Set aside.

Once the beets are tender, add the carrots and dill and simmer for about 2 minutes. Then add the potatoes and continue to simmer the soup until all the vegetables are tender.

Note: This is a chunky soup; however, if the liquid has reduced too much, you can add another cup or so of stock if you need to.

Step 4: Finishing & Serving the Soup

- Cashew Sour Cream (optional)
- sea salt, to taste
- freshly ground black pepper (to taste)

Once all of the vegetables are tender, remove the sprigs of thyme and bay leaf and discard.

Taste the soup for seasoning, adding any more salt, pepper and/or red wine vinegar, as needed.

To serve the soup, ladle it into warmed bowls. Serve with a dollop of Cashew Sour Cream and more fresh dill, if desired.