

Classic Ukrainian Borscht

Ingredients

- 8-10 cups vegetable, chicken or beef stock
- 8-10 medium beets, peeled and cut into thin strips
- 4 large carrots, cut into thin strips
- 2 potatoes, peeled and diced
- 3 stalks celery, diced
- 2 parsnips, peeled and cut into thin strips
- 1 large onion, diced
- 1 clove garlic, crushed
- Kosher salt and fresh ground black pepper, to taste
- 2 cups of shredded cabbage
- 1 freshly squeezed lemon
- 3 tablespoons extra virgin olive oil
- 1 tablespoon of dried thyme

Directions

1. In a large stock pot, heat extra virgin olive oil and sauté diced onion until translucent. Add red beets, parsley roots, carrots, celery and potatoes and sauté for 5-7 minutes.
2. Place garlic in stock pot and stir until well incorporated. Add dried thyme, kosher salt and fresh ground pepper to taste and cook for another 2 minutes.
3. Add stock, bring to a boil and immediately reduce heat to low. Cook gently until the beets are barely done.
4. Add shredded cabbage and cook until it is tender, but not overcooked. All the vegetables should retain some crispness.
5. At the end of the cooking process, add lemon juice with discretion (soup should be mildly tart but not sour).
6. Adjust seasonings to taste. If desired, garnish each serving with a dollop of sour cream. Borscht can be served hot or at room temperature and is better the day after it's made.