

Borscht served at the 2012 Duluth Community Garden Program Spring Fling

from Marian Syrjamaki-Kuchta, Duluth community gardener

with inspiration from Antonina Anikina

I used the recipe at <http://www.epicurious.com/recipes/food/views/Borscht-105960> as a guide.

- A large onion, chopped
- About 8 large-to-medium-sized beets. I boiled them for a few minutes, then held them under the cold water tap and removed the outer skin, stem, and root tip. I cut them into small cubes.
- Half a large cabbage, thinly sliced and then chopped into smaller pieces
- About 20 to 30 fingerling potatoes, cut in small pieces, or about 10 medium potatoes (I used my 2011 La Ratte fingerling potatoes)
- 8 carrots, chopped (I used my 2011 Yellowstone carrots, which were huge, so I used just 3 of them)
- Beef roast, about 1 or 2 pounds, cooked in the crock pot for a few hours and then, after removing the fat from the meat, cut the meat into small pieces.
- Put all the ingredients into a large!! heavy-bottomed stock pot and cover them with water.
- Once the liquid is hot, add a tablespoon or two of “Better than Bouillion” beef paste for extra flavor, but be careful not to use too much as it can make the soup too salty--add a bit at a time.
- 2 or 3 tablespoons of red wine vinegar (I added it here, but may be added just before serving)
- About a cup of chopped frozen dill weed (from my 2011 garden. I freeze the dill when it is “feathery.”)
- 3 bay leaves
- Several good fresh grinds of pepper
- Simmer the soup about a half hour, until the vegetables are tender.