

Recipe by
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Ukrainian borscht



Ingredients (for a large pot, approximately 15l)

3 kg beetroot

1.5 kg potatoes

2 pcs of celery (root)

3 pcs parsley (root)

3 carrots

200 ml tomato paste

1 small or 1/2 large white cabbage

1 garlic cloves

2 cans of white beans

about 10 tablespoons of apple cider vinegar

salt, ground black pepper, sugar, bay leaf, a little marjoram

parsley, sour cream to serve



Preparation

Cut the beetroot into sticks, put it in a pot, pour water to cover the beetroot, and add salt, sugar, and apple cider vinegar. Over low heat, cook the beetroot until getting nice colour and intense flavour.

To another pot add a little oil and diced vegetables: celery root, parsley root, carrots, and potatoes. Fry gently, add water, allspice, and bay leaf and cook until vegetables are tender. Slice the cabbage and garlic. When the vegetables in both pots are soft, add the beetroot together with water, cabbage, tomato paste and garlic. Cook for a few minutes until the cabbage gets tender. Season to taste with salt, pepper, apple cider vinegar and a little marjoram.

Serve with chopped parsley and a spoonful of sour cream.

