

Ukrainian red borsht

Ingredients:

Meat (pork or beef, bones add to the flavor, we prefer choice pork ribs)

Potatoes (peeled, cut into small pieces)

One large onion (peeled, thinly sliced)

Beets (choose solid dark red inside), peeled, grated

Carrots (peeled, grated)

Cabbage (thinly sliced)

White beans

Black peppers

Dill (chopped, better fresh)

Laurel leafs

Salt (to taste)

1. Add some water to your meat and bring it to boil. Let it boil just for 10-15 seconds until all the “dirt” comes out of it. Then pour out the “bad” water, wash the meat, put it in a large pot and add 2-3 liters of water.
2. Bring it to boil and make meat broth by reducing heat, covering it and simmering for 1 to 1 hour 30 minutes.
3. Beans should be put in the meat broth after it simmers for about 1 hour (beans should be soaked in water for at least 2 hours before they are put in the meat broth)
4. While cooking the broth, make “zazharka” – the fry-up. Put beets, carrots and onions in a large frying pan, add plenty of tomato paste and some cooking oil. Mix it all well and sauté for 15 minutes.
5. When the meat broth is ready, put potatoes in it. After 5-10 minutes add zazharka, then cabbage, salt and leave your borsht simmer for another 20 minutes.
6. 5 minutes before end put dill, several black peppers and a couple of laurel leafs.

We always put some sour cream in bowls with borsht which, we believe, makes it taste much better. You can eat it with or without sour cream.