Published on *Kitchen Gardeners International* (http://kgi.org)

Vegetarian Borscht

Thu, 12/29/2011 - 07:46 -- Roger Doiron
Introduction:

As we all know from past embarrassing moments, there's no red deeper than beet red. And there's no red soup redder than borscht. While borscht is traditionally a cool weather soup, served when the beets and cabbages are at their plumpest, it can also be enjoyed during the warm months or in warm climates served either at room temperature or chilled.

Preparation:

1. Prep all the vegetables. To prepare the leeks, rinse them well under cold running water, making sure to pull apart each layer with your fingers to remove any sand or soil lodged in between. Cut off and toss the root end, and thinly slice the white part.

2. Heat the butter over medium heat in a large heavy stock pot until it melts and foams. Add the onions, leeks, celery, carrot, garlic, beets, and the salt & pepper and stir. Cook, stirring often, until the vegetables soften, 15-20 minutes.

3. Add the vegetable broth and bring the soup to a simmer. Simmer gently, stirring occasionally, for 10-15 minutes.

4. Stir in the vinegar, dill and more salt & pepper to taste. Puree using an immersion stick blender (optional).

5. Ladle the soup into individual bowls and top with sour cream and a sprinkling of dill or shaved carrot for added color.

Image (optional):

Image credit (optional):
source [1]
Crops:
beet [2]
Cuisine:
Eastern European/Russian [3]
Recipe Type:
soups & stews [4]
Season:
fall [5]
winter [6]
Ingredients:

- 1 medium onion, finely diced
- 2 small leeks, thinly sliced
- 1 rib celery, finely diced
- 1 medium carrot, finely diced
- 2 cloves garlic, minced
- 1 1/2 pounds fresh beets, peeled and diced
- 2 tablespoons unsalted butter
- 4 cups vegetable broth (you may also use chicken or beef, if preferred)
- 4 tablespoons apple cider vinegar
- 3 tablespoons finely chopped fresh dill and more to add at the end
- 4 tablespoons sour cream
- salt and pepper to taste

Group content visibility:
Use group defaults
Promoted text:
Recipe: Vegetarian Borscht

Source URL: http://kgi.org/recipes/vegetarian-borscht

Links:

[1] http://www.flickr.com/photos/calliope/5033415296/
[2] http://kgi.org/crops/beet
[3] http://kgi.org/cuisine/eastern-europeanrussian
[4] http://kgi.org/recipe-type/soups-stews
[5] http://kgi.org/season/fall
[6] http://kgi.org/season/winter