

[Source for recipe](#)

Recipe for borsch

Ingredients (enough for 4 servings)

- 2kg of cooked beets
- 2,5 liters of vegetable or meat broth (can be either bought or homemade)
- 1 medium sized onion, chopped and fried on 1 tbsp of butter
- 1 bay leaf, 3-4 allspice, few grains of black pepper
- 1 tbsp of vinegar or 2 tbsp of balsamic vinegar

Preparation

To boiling and strained broth add cooked, peeled and cut into slices (or bigger pieces) beets. Cook on small fire for **only** 10 to 15 minutes. 5 minutes before the cooking finishes add spices and fried onion. Remove from fire and leave for the night or for at least 6 hours.

Bring the borsch **almost** to the boil (from this point onward borsch can't be boiled, because it will start changing colour into darker). Remove from fire, add vinegar and strain. Add salt and pepper for taste (carefully!).

Tips

Two ways of preparing beets

Scrub beets and cook whole in water, until they are soft (around 1,5 hours)

Wrap scrubbed beets with skin in aluminium foil, put them on baking plate and bake in an oven preheated to 190 °C for 1,5 hours or until they are soft

Recipe for vegetable-meat broth

Put in a pot 2,5 liters of cold water, 300 g of meat (ex. the tip of ribs without bones or other meat). Cook, remove impurities, lower the fire, add half tsp of salt and cook covered until soft for 40 minutes for 40 minutes. Add peeled carrot and parsley, 2 cloves of garlic and 2-3 pieces of dried mushrooms. Cook for 20 minutes.

Strain before adding beets. Meat and vegetables from broth can be then used for making other dishes.



[Source for photo](#)