

BEEF BORSCHT

Last Modified: 01/14/2017

PREP: 30 Min

COOK: 3 Hrs

STOVETOP & OVEN: 400

F EASY

SOUP-BEEF

MAKES 8 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	Pounds	Beef Short Ribs (English Cut)	Trimmed
1/4	Cup	Olive Oil	Divided
1	Large	Leek	Chopped
2	Quarts	Beef Stock (Swanson)	
4	Large	Red Beets (Peeled)	Julienned
1	Pound	Carrots	Julienned
1	Large	Russet Potato (Peeled)	1" Chunks
2	Cups	Green Cabbage	Thin Sliced
3	Tbsp	Red Wine Vinegar (Colavita)	
2	Tbsp	Tomato Paste (Contadina)	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
3/4	Cup	Fresh Dill Leaves (NOT Mammoth)	Divided
1	Cup	Sour Cream (Breakstone)	Divided

PREPARATION

HINTS	Borscht is the ancient Slavic word for beetroot. Borscht, therefore, is a very hearty Soup involving several varieties of Vegetables (and meat for us non-vegetarians), that MUST have beetroot in it. The major difference between Ukrainian and Russian Borscht is the omission of Potatoes and Salt Pork in the Russian version. Dill and Sour Cream are used as stir-in toppings to further enrich the Broth.
TOOLS	1) Dutch Oven & Lid 2) Large Stainless Steel Skillet 3) Vegetable Julienne Tool (See Picture) 4) Aluminum Half Sheet Pan
PREP	DISH 1) Separate the Short Ribs into individual Rib Sections if not already done. 2) Peel the Potato, cut it into 1/2" pieces and submerge them in water. 3) Peel the Beets and Julienne them and set them aside. 4) Peel the Carrots, Julienne them and add them on top of the Beets. 5) Thinly slice the Cabbage and set it aside. 6) Chop the Leek (Whites & Light Green parts) and set them aside. 7) Pull the Dill Leaf Fronds from the stems and set them aside.
1	STOCK: In a Dutch oven over medium high heat, add in the Beef Stock and heat until boiling, lower the heat to low and simmer.
2	SHORT RIBS: In a large skillet over medium high heat, add in 3 tablespoons of the Olive Oil and heat until it shimmers. Add in the Short Ribs and brown them on all sides, about 10 minutes. Add in the Chopped Leek and cook until tender, about 5 minutes more.

BEEF BORSCHT

3	STOCK: Add the Meat mixture into the Boiling Stock, lower the heat to a simmer and cook for about 2 hours (until the Meat is fall off the bone tender. Remove any white foam that forms on top of the Stock during this process. DO NOT allow the foam to re-incorporate!
4	VEGETABLES: Meanwhile, preheat the oven to 400 degrees with a rack in the center. In a large mixing bowl, toss the Julienned Beets and Carrots with the remaining Olive Oil until all are coated. Spread the mixture evenly on a foil-lined Sheet pan and roast for 15 minutes or until the Vegetables begin to brown.
5	STOCK: Using tongs, remove the Short Ribs one at a time, remove the Meat and discard the Bone. Cut the Meat into bite-sized pieces and return it to the simmering Soup.
6	SOUP: Stir in the Tomato Paste, roasted Vegetables, Potatoes, Cabbage and 1/2 cup of the Dill Leaves. Simmer until the Potatoes are fork-tender, about 15 minutes..
7	Stir in the Vinegar and season to taste with Salt and Pepper.
SERVE	Ladle the Soup into bowls, top with a large dollop of Sour Cream and a sprinkling of the remaining Dill Leaves. Serve while hot.