



Russian Borsch

Soup served at the Russian Pavilion World Expo 2015

- 1 cup sliced cabbage, coarse chop
- 1 Tablespoon red wine vinegar
- 2 Tablespoons olive oil
- 1 cup (each) chopped onions; chopped carrots
- 6 ounces sliced honey ham, slice, coarse chop
- 2 large tomato, peeled, seeded, chopped
- 1/2 cup tomato sauce
- 2 large red beets, peeled, chopped
- 4 cloves garlic, peeled, minced
- 3 to 4 cups beef stock or broth or as needed, divided
- 1 teaspoon fresh minced dill, optional
- 1 teaspoon salt or to taste
- 1/4 teaspoon ground black pepper or to taste
- 1/4 cup chopped parsley or as desired

Garnish: 1/2 Tablespoon ghee or butter; 1 apple, peeled, cored, sliced.
1 Tablespoon honey

Serve with sour cream or yogurt; parsley sprig

Pickle Cabbage: In a small bowl, stir together sliced cabbage and vinegar; set aside.

Sauté Ham: Place oil in large soup pot; add onions and carrots; sauté for 5 minutes; add ham; cook over medium heat for 10 minutes and medium high for 5 minutes or light brown. Remove from skillet to bowl.

Prepare Beet Vegetable Soup: Place tomatoes, tomato sauce, beets and garlic in soup pot; cook on medium heat for 5 minutes. Set aside 2/3 cup cooked onion/carrots/ham; place the remainder in soup pot with beets and add 3 cups beef stock; bring to a boil; reduce heat to medium; cook for 10 to 15 minutes or beets are tender; add pickled cabbage, dill, salt and black pepper; bring to a boil; cook 5 minutes on medium heat. Before serving, stir in chopped parsley. Soup will thicken as it cools; add additional hot beef stock for a thinner soup consistency if desired.

Cook Honey Glazed Apples: Meanwhile, place ghee or butter in small skillet; add sliced apples; cook over medium heat to lightly brown apples; toss with honey; remove from heat.

To Serve: Ladle soup in bowl; top with several Tablespoons of reserved ham mixture; spoon dollop of sour cream or yogurt on top; garnish with parsley sprig and add a couple of fried honey apple slices. Yield: serves 4

Cook's Note: You can use duck or chicken in place of ham. This recipe was served at Expo 2015.

Recipe Inspired by Russian Federation for Russia Expo2015

About the Recipe: This traditional Russian recipe is a hearty supper soup filled with beets, honey ham, onions, and carrots. It has a light beet flavor and each serving is topped with a dollop of sour cream and honey glazed fried apples. It's a popular recipe in many Eastern European homes to serve for dinner.