

Red borscht with cream and potato



Ingredients

3 carrots
1 parsley
1/2 of leek
1/3 of celery
or ca 400 g of frozen vegetables instead of those above
5-6 stock cubes
2-3 beetroots
10 grains of pepper
5 grains of allspice
5 bay leaves
2 cloves of garlic
2 onions
butter or olive for frying onion
5-6 tablespoons of breadcrumbs
cream
sugar
potatoes
dill and/or parsley leaves

Preparation

1. Cut three carrots and one parsley into matchsticks. Slice half a leek. Grate 1/3 of celery. Instead of those raw vegetables you can also use frozen combination (use ca 400 g).
2. Pour 1.5-2 litres of pure water (filtered or mineral) over above vegetables. Throw 5-6 beef stock cubes and start boiling.
3. In the meantime grate two or three beetroots. Throw beets belts onto the frying pan.

4. After stock cubes dissolve and stock becomes hot, pour 1/3 or half of stock to the frying pan with beets. Stew beets under lid for about 20 minutes. At that time the juice is being extracted from beets and broth gains very beautiful colour
5. If beets soften that stewing can be deemed completed. Pour the content of the frying pan to clean pot through strainer (beetroot stays on strainer).
6. Take pot with stock (earlier put away) and pour through the sieve with beets to the 'new' pot that contains borscht. In this way you will separate carrot, parsley and leek. Pour the stock through strainer with portions, trying to squeeze the remaining juice still staying in beets.
7. You can throw a portion of vegetables and beets from the sieve to the clear borscht. Do it at your own discretion and taste, but don't exaggerate.
8. Place the pot with borscht on the cooker and start warming gently. Add ca 10 grain of black pepper, 5 grain of allspice and 5 bay leaves. Borscht should be cooked in the temperature of ca 80°C
9. Squeeze two cloves of garlic to the red borscht.
10. At that time cut two onions into fine dice. Throw onto the frying pan, add butter or olive and fry to browning.
11. Throw 1 of the fried onion into soup. Pour the remaining amount into the bowl and put away. This will be needed for us as the seasoning for potatoes, while serving borscht.
12. On the same frying pan, on which you fried onion, brown about 5-6 table spoons of breadcrumbs. In this way you obtain the roux (polish: zasmazka). Add it to the borscht and mix precisely.
13. Now time for adding the cream. Use fresh cream intended for soups. Pour half a cup of the borscht from the pot. Add two-three tablespoons of the cream and mix precisely.
14. After the cream we add the sugar.
15. After mixing borscht with the cream turn heating off and put soup aside for cooling.
16. Meanwhile peel the appropriate amount of potatoes, cut into cubes and cook.
17. Mash boiled potatoes and season with the salt to the taste.
18. When the borscht will cool heat it again. Put portions of potatoes on the plates, the pour the borscht. Sprinkle potatoes with the fried onion and shredded parsley and dill.

Notes

Barszcz [barʃtʃ] czerwony [tʃɛrvɔ̃ni] is known in English as beetroot clear borscht, while Polish expression barszcz czerwony simply means red borscht. This traditional Polish soup is made of red beetroot juice. Most typical and very traditional red borscht is dished up with uszka (read like ushka), kind of stuffed dumplings very similar to Italian ravioli. The taste of red beet dominates with its characteristic delicate flavor of natural sweetness.