

Chłodnik



Ingredients

0.25 l of beet sourdough or fresh cucumbers sourdough

0.25 l of sour cream

0.5 l of yoghurt

1 medium beetroot

1 bunch of dill

1 bunch of chives

1 cucumber

1 bunch of red radishes

1 pinch of powdered sugar

salt, pepper

to serve: hard-boiled eggs

Preparation

1. Mix 0.25 l of beet or cucumbers sourdough with 0.25 l of sour cream and 0.5 l of yogurt.
2. Time to make chłodnik soup pink coloured - we need some fresh beet juice. Most probably you can't buy it in grocery. Since beetroot is more like a potato, than a juicy fruit, electrical juicer cannot be overestimated :) I should mention salutary effect, that a red beetroot juice has on your health.
3. Add some salt to taste, and do not forget a pinch of powdered sugar. Soup should be gently but firmly sour.
4. Vegetables: add a big bunch of finely chopped dill and a small bunch of finely chopped chives.
5. Peel one fresh, green cucumber and dice it. Cut a bunch of red radishes into slices. Both diced cucumber and sliced radishes are another necessary addition to chłodnik.
6. Chłodnik should be left to 'mature' in a cool place for 2-3 hours (put it into your fridge).

7. When ready, serve chłodnik in bowls with a hard boiled egg, cut into quarters. Both eggs and chłodnik should be cold.

I prefer to eat chłodnik as stated above - cold, pure, simple and with no meat. However, some people like to add small pieces of good quality cold cuts, or roast veal. For sure, there's a reason if chłodnik is going to be served as a main dish. Therefore it should have some more sustenance. More exquisite addition is a cooked shrimp, but it isn't Polish tradition at all. And remember that chłodnik should always be served cold (almost directly from your fridge).

Notes

Chłodnik, also known as cold borscht, is a traditional soup of Polish and Lithuanian cuisines. The soup is served cold, as its name indicates. Chłodnik is rich in vitamins, has a nice tart aftertaste and is very refreshing. There are two-three basic kinds of chłodnik in Polish cuisine. The one below is the first recipe for chłodnik on Tasting Poland. Enjoy:)