

Borscht recipe



From the kitchens of **Margarita McConnell** and **Agnes Sawchenko**

Sheri McConnell, Executive Director of Mary's Meals Canada, asked her mom to share her borscht recipe in celebration of Mother's Day. This recipe was passed down from her mother, Agnes Sawchenko, as made in the Ukraine.

Sheri heartily recommends this recipe, which her mom is keen to point out is not a soup: **"Borscht is a category of its own!"**

Ingredients

Oxtail bones (for less fat) or short ribs
(more meat/fat) or beef on the bone

2 medium onions, chopped

3-4 fresh garlic cloves, minced

1-2 tbsp gourmet peppercorns

2 bay leaves

½ can tomato paste & ½ can tomato soup
OR 1 can tomato soup

3 medium red beets (must be red)

3 medium potatoes

3 stalks of celery

3 medium carrots

1 medium-sized bag of coleslaw cabbage

1 can of sliced mushrooms (or equivalent
fresh)

1 can (19 oz) of diced tomatoes with liquid

1 can of pork & beans with liquid

Dill – added just prior to serving (about 2
tsp or more; fresh is best)



Method

1. In a slow cooker, cook the oxtail bones or short ribs with 1-2 tbsp gourmet peppercorns, 1 tbsp salt and 2 bay leaves for 1 hour on high then turn to medium heat and cook for several hours longer.
2. If using the stove top method, cook meat for 1.5 – 2 hours, until the meat is tender.
3. Drain to remove peppercorns and bay leaves, and remove any bones, leaving diced meat in the broth (this can be done the day before – refrigerate broth with meat; next day skim off fat before cooking).
4. Sauté the diced onions until tender, using some vegetable oil in frying pan. As the diced onions start to turn brown, add diced/crushed garlic cloves and the tomato soup/paste. Mix well and set aside.
5. In a large pot, bring broth and diced meat mixture to a boil.
6. Add the diced potatoes and beets and cook for about half an hour.
7. While above is cooking, dice 2-3 stalks of celery and 2-3 carrots and add them to the pot.
8. Add the bag of coleslaw cabbage, pork and beans, sliced mushrooms and diced tomatoes, all with liquid.
9. Bring to a boil, turn down element to medium and continue to cook for about half an hour, to allow all flavours to blend well.
10. Then add the onion/garlic/tomato soup mixture, stir well and cook for about 10-15 mins.
11. When element is turned off, add about 2 tsp of chopped dill and mix.

Borscht tastes even better the second or third day and keeps well in the fridge for up to a week. It also freezes well.

In the Ukraine, it is always served with sour cream, which is placed separately on the table for people to take as much or as little as they want, or not at all (it would not be added automatically to each serving).

N.B. The above recipe can be altered somewhat, according to taste, but the beets, cabbage, potatoes, garlic and onions are all essential. My mom also used to add cut green beans/ golden beans/lima beans/kidney beans, whatever would be in the garden or on hand.

This recipe is intended for home cooking and makes a large pot. ENJOY!