



## Winter Borscht (Beet Soup)

### Serving:

8 generous servings

### Type:

Vegetarian Soup- Dairy- May be pareve by skipping the topping or by using dairy free sour cream or coconut cream

### Author:

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### Notes:

Borscht (beet soup) is all about subtle contrast of flavors (sweet and sour), textures (silky and crunchy), and colors (deep pink with a freehand swirl of white). It's seasonal, warming, healthy and absolutely gorgeous in all of it's fuchsia glory.

DO try to buy beets at your farmers' markets and keep the nutritious beet greens that top the roots. They are tasty simply sautéed with a bit of olive oil, garlic, salt and pepper.

About these croutons: Croutons are not essential, but a nice touch if you like crunch. Dry the bread overnight or a few hours before baking them.

## Ingredients:

### SOUP:

2 lbs. red beets, skins on

3 Tb. olive oil

3 large shallots, peeled and rough chopped

2 carrots, peeled and rough chopped

1 celery stalk, rough chopped

1 parsnip, peel and rough chopped

1 tsp. fresh ginger, peeled and finely chopped

4 cloves garlic, peeled and rough chopped

2 Tb. ketchup

Salt and pepper to taste

2 Tb. lemon juice

8 cups vegetable broth

10 sprigs fresh dill, stems on, tucked into a cotton spice bag

1 lb. yellow potatoes, peeled and cut into 1/8ths

Sour cream, whole fat yogurt or coconut cream (pareve) for serving

### CROUTONS:

4 slices sourdough bread, crusts removed, dried overnight on a cooling rack

2 Tb. honey

1 Tb. olive oil

1 heaping Tb. fresh dill

¼ tsp. salt

Cracked black pepper to taste

## Directions:

### MAKE THE SOUP:

Preheat the oven to 400 degrees F. Line 1 sheet pan with parchment paper.

Scrub the beets, keeping skin on. Wrap each beet with silver foil and place on a sheet pan. Roast beets for 30-40 minutes until fork tender. Remove from the oven, allow to cool and unwrap. Slide the peel off the beets and rough chop. Place them aside.

In a large soup pot, heat the olive oil.

Saute the shallots over medium heat for 3-5 minutes or until translucent. Do not brown.

Add carrots, celery, and parsnip to the pot. Sautee for 5-8 minutes.

Add ginger, garlic, ketchup and lemon juice to the pot. Season with salt and pepper and saute for another 3-4 minutes, stirring to combine.

Add vegetable broth, potatoes and dill to the pot. Add roasted beets and stir.

Bring soup to a boil and reduce to a simmer. Simmer for 25 minutes. Potatoes should be fork tender.

Remove the pot from heat, uncover and allow to cool.

Blend contents at high speed, in a blender or food processor, until velvety smooth. Refrigerate overnight.

## MAKE THE CROUTONS:

Preheat the oven to 400 degrees Fahrenheit. Line 1 sheet pan with parchment paper.

Cut or crumble dried sourdough into small pieces. If cutting into square croutons, they should be about ½" square. Place croutons into a medium mixing bowl.

In a small bowl, combine honey, olive oil, dill, salt and pepper. Stir to combine. Drizzle and coat the bread bits with the mixture. Spread coated croutons evenly onto the sheet pan and bake for 5 minutes or until golden.

Remove from the oven, allow to cool, and store in a tightly sealed container until ready to use.

## SERVE:

Warm soup gently on simmer. Ladle into bowls, top with a swirl of sour cream. Dot with croutons and enjoy.

## Tips:

Allow time to roast the beets and cool them before blending. This soup is better the day after you make it so hold off on adjusting seasoning until you've given it time to rest.