

# Borsch

## Ingredients:

Beef (with or without bones) - 400 g (1 pound)  
red beets -700 g (1 ½ pounds) ( 3 average ones)  
cabbage -200 g (½ pound)  
potatoes - 200 g (½ pound) (4 little ones)  
carrots - 100 g (¼ pound) ( 1 little one)  
onions - 100 g (¼ pound) ( 1 average one),  
tomatoe paste - 50 g (2 ounces) or 2 tomatoes  
vinegar - 1 teaspoon  
salt and pepper on your taste  
parsley  
dill  
spring onions

## Directions:

### Preparing meat broth:

Put beef into a large saucepan and cover with 3 l (3 quarts) coldwater.  
Bring to a boil; reduce heat.  
Remove the grease and froth from the broth surface with a spoon.  
Add one onion.  
Cook at low heat for 1-2 hours.

### Simmering red beets:

Melt 1 tablespoon margarine in a saucepan.  
Cut red beets into thin sticks and add them into the cooking pot.  
Add tomato paste or sliced tomatoes.  
Simmer at low heat for 1 hour.  
If there is not enough liquid, add some broth.  
Add vinegar.

### Pan-frying vegetables:

Melt 1 tablespoon margarine in a frying pan.  
Add chopped onions and carrots cut into thin sticks.  
Cover and saute for 15 minutes, stirring occasionally.  
Heat broth to boiling.  
Add chopped cabbage and potatoes cut into bars.  
Cook for 5 minutes.  
Add saute and cook another 10 minutes.  
Add simmered red beets.  
Cook another 5 minutes.  
Add salt, black pepper.  
If you like garlic, you can add about 5 g (2 ounces) grated garlic,  
it is supposed to be in borsch.  
I don't like it and never add it here.  
Borsch is served with sour cream.