

CHILLED BUTTERMILK BEET BORSCHT

(From the Moosewood Cookbook)

4 large beets
1 teaspoon salt
1 medium cucumber, peeled, seeded & chopped
½ cup minced green onions
2 teaspoons sugar or honey
fresh pepper to taste
1 tablespoon chopped fresh dill or ½ teaspoon dried dill weed
2 cups buttermilk
optional garnishes: sour cream or yogurt, chopped cold boiled potato,
chopped hard-cooked egg

Place beets in saucepan, add water to cover and salt. Bring to boil, reduce to simmer and cook until tender, approximately 35 minutes; cover and cook 15 minutes over medium heat. Remove beets (reserving cooking water), let cool, peel, and then coarsely grate beets and return to boiling water. Stir in remaining ingredients except buttermilk; chill. Whisk in buttermilk before serving. Top each serving with any or all optional garnishes.

Serves 6.