

BORSCHT

From David Moody

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As you have probably noticed over the last several weeks, we are starting to move into the bountiful fall season, where each week our pickup is getting larger and larger, and more and more varied. This week's pickup includes beets, onions, garlic (and maybe even shallots depending on how they look to Dave on Friday morning), squash of all types (green zucchini, yellow summer, and winter delicata), and one of my favorites – spinach. All this abundance makes me think of soup, so I have included a meaty borscht, based on a recipe in the new [Joy of Cooking](#). This borscht is a pretty far cry from the cold borscht of the summer, but you should feel free to add a dollop of sour cream or dill if you like.

1 lb beets

1 lb boneless chuck steak, about 1 inch thick
2 tablespoons vegetable oil
flour for dredging

4½ cups of beef broth
1 large can plum tomatoes, drained of juice and chopped

½ cabbage, cored and shredded
1 medium onion, chopped
1 medium carrot, peeled and sliced
2 medium celery stalks, sliced
1½ teaspoons tomato paste

2 tablespoons red wine vinegar
2 teaspoons lemon juice
2 cloves garlic, minced
½ teaspoon salt
¾ teaspoon ground black pepper

1. Preheat the oven to 400°. Scrub beets, wrap individually in aluminum foil, and bake until they can be easily pierced with a fork, around 40 to 50 minutes. Remove from oven and let cool. When cool, peel the skin and dice the beets into ½-inch dice.
2. While the beets roast, trim the fat off the chuck, and slice into ½-inch wide strips. Then slice each strip into pieces ½-inch wide. Heat the oil in a large soup pot until almost smoking, lightly dredge the beef, and add to the oil. Cook until brown on all sides.
3. Add the beef broth and tomatoes to the beef. Bring to a boil; reduce to a simmer, and cook, partially covered, until the meat is almost tender, about 30 minutes. Be sure to stir the bottom of the pot to scrape up any meaty bits that may have gotten stuck to the bottom of the pot while browning.
4. Stir in the cabbage, onion, carrots, celery and tomato paste. Continue simmering, partially covered, until the vegetables are tender, about 30 minutes.
5. Add the beets, along with the rest of the ingredients and continue to simmer for another 15 minutes. If necessary, add water to thin the soup. Ladle into soup bowls and garnish with sour cream or snipped dill.

Serves 8-10.