

# WINTER BORSCHT

Source: Amanda Hesser NY Times Cookbook

Prepared by: Matthew Nelson , August 206

Serves 4 to 6

2 pounds beef shin (or beef shank)  
6 cups water  
1 small onion, unpeeled, cut in half  
2 medium carrots, peeled, 1 quartered, 1 grated  
3 medium red beets, scrubbed well  
6 tablespoons tomato paste  
4 medium cloves garlic, smashed  
½ pound red cabbage  
2 medium tomatoes, cored and coarsely chopped  
1 bay leaf  
2 tablespoons red wine vinegar  
2 tablespoons plus 2 teaspoons sugar  
1 pound firm potatoes, peeled, cut into ½-inch cubes, and cooked in boiling salted water until tender  
2 teaspoons kosher salt  
Freshly ground black pepper  
1/3 cup chopped dill

For the Garnish

½ boiled firm potato per person (optional)  
Sour cream  
Chopped dill

Cover the beef with the water in a large saucepan. Stir in the onion and quartered carrot and bring to a boil, skimming off any foam and fat that rises to the surface. Lower the heat and simmer gently for 1 ½ hours.

Strain the broth through a fine-mesh sieve; there should be about 5 cups. Reserve the meat.

Return the beef and liquid to the pan and bring to a boil. Add the beets and return to a boil. Lower the heat and simmer for 20 to 30 minutes, or until the tip of a knife easily pierces the beets.

Remove the beets and allow to cool slightly, then peel them and coarsely grate. Return the grated beets to the soup.

Dissolve the tomato paste in ½ cup of the soup, and stir back into the pan. Stir in the garlic, grated carrot, cabbage, tomatoes, bay leaf, vinegar, and sugar and bring to a boil. Lower the heat and simmer, stirring occasionally, for 1 ½ hours.

Remove the meat from the pan. Discard the bones and slice the meat ½ inch thick then stir into the soup, along with the cubed potatoes, salt, pepper to taste, and the dill. Return to a boil for 2 minutes.

If desired, place a half potato in the bottom of each large soup bowl. Ladle in the soup. Top each with a dollop of sour cream and a sprinkling of dill.

