

BORSCHT (Beetroot soup)

This recipe does include meat, but it can be made vegetarian by leaving out the meat and using a vegetable stock.

2 tablespoons coconut oil
600 grams braising beef, diced
1 onion, sliced
1 red capsicum, sliced
1 carrot, diced
3 cloves garlic, crushed
1 tablespoon paprika
2 teaspoons caraway seeds
2 large beetroot, grated
8 cups beef stock



To serve:

1 tablespoon red wine or balsamic vinegar
½ beetroot, grated
½ cup sour cream
parsley

Heat the oil in a large saucepan. Brown the beef on all sides. Remove to a plate.

Add the onion, capsicum, carrot and garlic and cook until the vegetables are tender. Stir in paprika, caraway seeds and the first lot of beetroot, turning to coat. Add the stock and beef and bring to the boil. Simmer very gently for about 2 hours, stirring occasionally or until the meat is very tender. Stir in the vinegar.

To serve: Divide the soup between bowls and top with the raw grated beetroot, a dollop of sour cream and the parsley.

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