

Borscht



A Taste of *The Café* AT THE FRICK

Serves: 12 Servings

Prep Time: 45 Minutes

Cook Time: 30 Minutes

Ingredients

Two large red beets
1 large onion diced
1 carrot diced
4 ribs of celery diced
3 large cloves of garlic sliced thin
1 baking potato medium diced
1 32ounce can of high quality canned tomatoes that have been pureed
32ounces vegetable stock
Salt and pepper
1/2 cup beluga lentils

Procedure

First take the whole beets and wash them thoroughly with cold water. Oil well and add the beets to a baking dish and sprinkle liberally with salt, then wrap with plastic and foil and place in the oven for around an hour until you are able to easily pierce them with a knife. While the beets are roasting, cook the diced potatoes in boiling water for about 15 minutes, or until just tender. When the beets come out of the oven, rub the skin off of them with a kitchen towel, and grate on a box grater, and then set aside. Next, in a large pot, sweat out the onions, celery, and carrots with a pinch of salt until just soft. Next add the sliced garlic and cook for an additional couple of minutes, then add the potatoes, tomatoes, beluga lentils and vegetable stock and continue to simmer for another 20 min. Just before serving, add the grated beets and heat the soup thoroughly. Salt and pepper. Garnish with sour cream and chopped parsley. Bon Appetit!