



UCCE Master Food Preserver Program of Sacramento County

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Warszawa's Cold Borscht

<http://articles.latimes.com> (2017)

Total time: About 1 hour, plus cooling time for the beets

Servings: 4

Note: Adapted from Warszawa in Santa Monica.

- 1/2 pound red beets, tops and roots trimmed but unpeeled
- 2 cups buttermilk or yogurt
- 3/4 cup sour cream
- 2 tablespoons sugar
- 1/4 cup fresh lemon juice, about half a lemon
- 2 teaspoons salt
- 1/3 cup thinly sliced green onions, green part only
- 1 large cucumber, peeled, not seeded, and diced into small pieces
- 1/4 cup finely chopped fresh dill, plus more for garnish
- 1/4 cup finely chopped Italian parsley
- 1 hard-boiled egg, peeled and sliced crosswise or diced

1. **Cook the beets** in a medium saucepan with enough water to cover them by 1 inch. Simmer the beets until they are tender, about 45 minutes. Remove from heat, drain the beets and set them aside until cool enough to handle.
2. **Peel and grate** the beets, saving any liquid produced when grating. You should have at least 1 cup of beets (any extra can be used as a garnish for salads and will keep, refrigerated, for up to 1 week).
3. **In a large bowl**, combine 1 cup grated beets and reserved liquid, buttermilk, sour cream, sugar, lemon juice and salt using a large spatula.
4. **One hour before serving**, gently stir in the green onions, cucumber, dill and parsley. Cover and refrigerate to allow the flavors to marry. This makes a scant 5 cups of soup.

Serve each bowl with a sprinkling of dill and slices of hardboiled egg.

Each of 4 servings: 179 calories; 6 grams protein; 21 grams carbohydrates; 2 grams fiber; 8 grams fat; 5 grams saturated fat; 24 mg cholesterol; 18 grams sugar; 1,361 mg sodium.

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Research on food preparation is ongoing—recommendations may change. Make sure your food preservation information is always current. Always follow up-to-date, tested guidelines and recipes from reliable sources. Visit the National Center for Home Food Preservation – your source for current research-based recommendations for most methods of home food preservation. <http://nchfp.uga.edu/>

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