

BARSZCZ (Polish beetroot soup)

INGREDIENTS

1 or 2 cartons of Krakus beetroot soup (“Barszcz”)
Piece smoked ham boiled for the stock
1-3 cloves crushed garlic
Bovril and/or beef/chicken stock cubes
Vinegar
Sugar, if necessary

METHOD

Pour the Krakus beetroot soup (“Barszcz”) into a large pan and add the smoked stock. Add crushed garlic and Bovril/stock cubes to liquid to taste. If necessary, add some sugar. Just before serving, add vinegar. NEVER BOIL the soup, especially after vinegar has been added.

VERSION FOR XMAS EVE (NO MEAT)

INGREDIENTS

1 or 2 cartons of Krakus (“Barszcz”).
Vegetable stock made from carrots, parsnips, celery, dill stalks, parsley
1-3 cloves crushed garlic
Dill water (see *Frozen dill* recipe)
Fresh chopped dill
Sugar if necessary
Vinegar

METHOD

Add vegetable and dill stock/juice to a carton or two of Krakus beetroot soup (“Barszcz”) in a ratio of no more than 50:50 and probably less of stock depending on taste. Add vegetable stock powder, garlic, sugar if needed, and fresh dill. Add vinegar just before serving.

NOTE

Keep the vegetables from the stock, purée it, freeze it and use it in turkey soup!

