

Doukhobor Borscht

One of my most favourite recipes in late summer, when garden bounty is plentiful, is a steaming bowl of Doukoubour borsch with a slice of homemade bread. Please don't be intimidated by the various steps. It is well worth the effort and is truly a salt-of-the-earth recipe!

Step 1: For mashed potatoes

- 2½ quarts water
- ½ can tomatoes
- 1 Tbsp salt
- 5-6 medium potatoes, peeled, cut in half
- ½ cup grated beets
- ½ cup grated carrots

Step 2: Tomato sauce

- 3 Tbsp butter
- ¾ cup onion, finely chopped
- 3 cups canned tomatoes

Step 3: Sauteed cabbage

- 3 Tbsp butter
- 2 cups shredded cabbage (to saute)
- 2 cups shredded cabbage (raw)

Step 4: Mashed potatoes, cont'd.

- 2 Tbsp butter
- 1 small carton of cream

Step 5: Assemble the soup

- 1½ cup diced raw potatoes
- 2 Tbsp butter
- ½ cup chopped green pepper
- Black pepper to taste

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1. Boil 2½ quarts of water in large stock pot. Add ½ can tomatoes. When water is boiling, add 1 tbsp salt, drop in 5 or 6 medium potatoes, peeled and cut in half. Add ½ cup each of grated carrot and beet, and 1 medium onion, finely chopped.
 2. While this is cooking, get yourself another large pot or cast iron pan – melt 3 tbsp butter and add ¾ cup finely chopped onion and let sauté for a few minutes until very soft and translucent – but DO NOT brown. Add 3 cups of canned tomatoes, and let simmer until it becomes a thick sauce. (Cooking this well removes the acid from the tomatoes so your cream won't curdle).
 3. Into yet another frying pan melt 3 tbsp butter and add 2 cups shredded cabbage. Saute but do not brown. Allow to cook until cabbage is soft and tender. Shred another 2 cups of cabbage to add (raw) to the borscht later.
 4. When potatoes are tender, remove them to a large bowl, add 2 tbsp butter and mash well until they are nice and creamy – slowly adding 1 small carton of cream. Mix well and set aside.
 5. Add 1½ cup diced raw potatoes to stockpot and ½ of the tomato sauce mixture along with 2 tbsp butter. When diced potatoes are tender add the raw shredded cabbage (from step 3) and bring almost to boiling, but DO NOT BOIL!! When cabbage is tender, add the fried cabbage, the rest of the tomato sauce and mashed potatoes. Add ½ cup chopped fresh green pepper and black pepper to taste.