

Cold Borscht



Makes 2 quarts; serves 8 to 12 in bowls & makes about 30 2-ounce shooters

I experimented with canned beets and vacuum sealed cooked beets; I think the vacuum sealed tasted better. Of course, fresh beets roasted until they're soft would be best, but honestly, I wasn't in the mood.

To keep the borscht parve for a meat meal, I tried both plant-based yogurt and plant-based sour cream. Yogurt was better; the sour cream had a weird texture that I didn't like. Make sure you get **PLAIN UNSWEETENED** yogurt; the one I used is a mixture of almond and coconut yogurt. If dairy is okay with you, regular sour cream is delicious too.

Ingredients

1 LB cooked beets
2 lg garlic cloves, crushed
4 C vegetable stock
1 tsp honey
Juice from one lemon
1 C plant-based yogurt or real sour cream
3 scallions, chopped
Salt & pepper

Directions

1. Grate the beets into a medium saucepan, using the largest holes on a 4-sided grater.
2. Add garlic, stock, honey & lemon juice to the pan. Bring to a boil, turn down to simmer for 10 minutes.
3. In the meantime, use the bottom of a small glass to smash the chopped scallions with some kosher salt until they're pulpy.
4. When the borscht is cool, use an immersion blender to puree. Make as smooth or chunky as you like.
5. Add scallions to the borscht; stir in the yogurt. Season liberally with freshly ground pepper and taste for salt.
6. Serve in bowls or shooter glasses with a small dollop of yogurt and scallions for garnish.

