

NOVEMBER - RUSSIAN CUISINE

BEET BORSCH

Ingredients needed: serves 4

- ½ cup onion (finely chopped)
- 2 cloves garlic (minced)
- 3-4 tbsp coconut oil
- 2 medium beets (grated)
- 2 carrots (grated)
- 2 medium potatoes (cubed)
- 1 cup cabbage (shredded)

Step 1: In a large skillet sauté the onion & garlic in the coconut oil for 5 minutes

Step 2: add the water with the beets, carrots, cabbage, tomatoes and potatoes and simmer on low heat for 15 minutes

Step 3: add the seasoning: dill, sea salt, lemon and bay leaves and let simmer for another 30 minutes

Step 4: eat as it is or you can puree it to make a really smooth soup as in the picture.



- 4 cups water
- ½ cup tomatoes diced
- 2 tbsp dried dill
- 2-3 tsp sea salt
- 2-3 tbsp lemon fresh juice
- 2 bay leaves



WARM RUSSIAN POTATO SALAD

Ingredients needed: serves 4

- 3-4 medium potatoes (cubed into bite size pieces with the skin on)
- 2 carrots (diced)
- ½ cup frozen peas (thawed)
- ½ cup cucumber (diced)
- 3-4 dill pickles (diced)
- ½ cup green onion (finely chopped)
- Season with about 1 tsp sea salt

Step 1: Boil the potatoes & carrots until tender then put aside

Step 2: Put the peas, cucumber, green onion dill pickles into a bowl and add the potatoes once they are slightly cooled then toss with the sea salt and Dill Mayonnaise Dressing below.

Dill Mayonnaise: makes ½ cup

Put the following ingredients into your blender and blend until a creamy mixture:

- ½ cup extra virgin olive oil

- 2 lemons juiced
- 1 tbsp dill pickle juice
- 2 tsp dried dill (or 1-2 tbsp. chopped fresh dill)
- 3 tbsp sunflower seeds