



# SYSTEMA™ COOKBOOK

## VOLUME 1: BORSCHT







Cook time: 1.5 hours  
Servings: 8-10

# BORSCHT

borshch • борщ

This hearty soup with its famous ruby red colour, has been the most popular soup in Russia and Eastern Europe for centuries. The first written records date Borscht back to the 16th century. The sour soup is deliciously rich and packed with nutrients. Borscht has always been enjoyed by people of all ages and walks of life. It is known to be a cure for fevers and hangovers. When cooked without meat, it is also a great fasting or vegetarian meal option.

Borscht is the favourite soup of Systema founders to eat at any time of the day - even for breakfast!

## INGREDIENTS

15 cups water  
1 lb pork ribs or beef ribs or beef necks  
3 medium potatoes peeled & cut to bite size  
1 medium green cabbage thinly sliced  
3 medium beets peeled & grated  
1 large carrot peeled & grated  
1 large yellow onion finely chopped  
1 head of garlic minced  
8 tbsp tomato paste  
3 tbsp vegetable oil for frying  
1 tbsp white vinegar  
1 tbsp sugar  
Salt and pepper to taste  
Sour cream for garnish *optional*  
Dill and/or parsley for garnish *optional*



## DIRECTIONS

1. Place a large pot of cold water on the stove. Cut the ribs into pieces by the bones, add them to the pot, and add a pinch of salt to the water. Bring to a boil and reduce heat. Cook for 30-40 minutes, stirring occasionally.

The broth should simmer, not boil, it will make the borscht richer. Remove the foam during cooking.

2. While broth is cooking, prep the vegetables. Peel, grate and/or slice all the vegetables.

This can also be done ahead of time and have all the vegetables ready before starting on the soup.

3. Add the cabbage to the pot and continue to cook on low heat for 15-20 minutes.
4. Heat the vegetable oil in a large frying pan. Saute the chopped onions and grated carrots on medium-high heat for about 5 minutes. Add the grated beets and the white vinegar. Stir the vegetables and continue to saute for about 10 minutes.



## TIPS



Use gloves when handling beets or your hands may stain for a couple days.



Adding a spoonful of vinegar to the beets will help them to retain their color when frying.



5. Add the potatoes to the broth. Cook for 10 minutes.
6. Add tomato paste and 2-3 tablespoons of the broth to the frying pan and mix well. Add sugar. Add almost all the garlic and fry for another 1-2 minutes. Leave a bit of the chopped garlic for the end.
7. Add the sauteed vegetables to the pot. Stir and simmer for another 10-15 minutes, until the potatoes are at desired softness. Salt more to taste. Add freshly ground pepper. Turn off the heat and add the remaining garlic to the pot.

And your borscht is ready!

Borscht is usually served with a dollop of sour cream and fresh parsley and/or dill. And if you wish, with rye bread and salo.

Enjoy your meal!



To prevent the sliced potatoes from browning, keep them in a bowl of water until ready to use then drain.



Sugar will enhance the flavor of the beets and will give the borscht a little sweetness.





## GOOD TO KNOW

Beets and garlic are very popular in Russian cuisine.

**Beets** are an essential vegetable for those with heart problems. Beets dilate blood vessels and lower blood pressure. Beets also help speed up digestion, they warm up the body and raise energy levels.

**Garlic** is one of the best natural remedies for the prevention of colds and flu, as it strengthens the immune system.







## 5 REASONS TO EAT BORSCHT:

1. Perfectly balanced dish. It contains fats, proteins and carbohydrates, as well as vitamins and minerals.
2. The broth reduces blood viscosity, thinning the blood and strengthening the cardiovascular system.
3. Protein from meat helps to build muscle tissue.
4. Fiber from vegetables cleanses the body of toxins.
5. Garlic stimulates the immune system.

### НА ЗДОРОВЬЕ!

Eat borscht and stay healthy & strong!