Polish Cold Borscht
Printed from Borscht Recipes at http://www.borschtrecipes.com/

Perfect for hot summer days or when you’re simply feeling sluggish, this cold Borscht recipe will refresh and enliven you. It’s tart, sweet, grassy, and just a bit sour, and it has an amazing ability to make you feel as bright as the vibrant red soup itself.

Ingredients:

3 medium beets, trimmed, scrubbed
2 cups plain yogurt
½ cup sour cream
½ cup vegetable broth
2 tablespoons lemon juice
1 tablespoon sugar
1 teaspoon sea salt
Black pepper, to taste
1 medium cucumber, peeled, finely diced
2 scallions, finely chopped
¼ cup finely chopped fresh parsley
¼ cup finely chopped fresh dill

Directions:

1) Bring a large pot of water to a boil; add beets and cook until just tender, about 40 minutes. Remove from water and set aside until cool enough to handle.

2) Peel beets using a knife or vegetable peeler; grate beets with a cheese grates, reserving any excess beet juice.

3) Combine grated beets, beet juice, yogurt, sour cream, broth, juice, sugar, and salt in a large bowl; mix well to blend. Season with pepper.

4) Stir in remaining ingredients. Cover and chill 2 hours before serving.