

Café Tamayo

Chilled Beet Soup (Cold Borscht)

Serves 6

Ingredients

Beets	5 medium beets, 20 oz., peeled and shredded on a large hole grater
Vegetable Stock	6 cups
Salt	1 tsp.
Sugar	2 Tbs.
Lemon Juice	1/4 cup
Sour Cream	3 Tbs.
Dill	chopped, to taste

Method

Place first 4 ingredients in 4 quart pot, bring to a simmer until beets are very tender, about 20 minutes. Remove from heat, cool to room temperature. Add ingredients to blender and puree until smooth. Then refrigerate until cold. Add lemon juice. Garnish with sour cream and dill

Vegetable Stock (for chilled beet soup) Yield 6 Cups Broth

Ingredients

Onion	8 oz
Celery	8 oz
Carrots	8 oz.
Cabbage	4 oz.
Beet Stems	4 oz.
Dill Stems	1 oz.
Whole Peppercorns	6
Water	10 cups

Method

Add all ingredients to a 4 Quart pot. Bring to a boil, simmer for 45 minutes. Strain and cool.