

BORSCHT SOUP

There are many versions of this Russian beet & cabbage soup. This is a simple and delicious one. Serve with a dollop of sourcream.

2 cups beef broth + 2 cups water
or 4 cups chicken broth
2 cups peeled & finely diced beets
4 med. Carrots, diced
1 large onion, finely chopped
2 Tbs butter or ghee
1 cup shredded green or red cabbage
(or home made sauerkraut)
2 bay leaves
½ tsp caraway seeds
1 tsp lemon juice (or ½ cup beet kvass or brine from non-pasteurized pickles)
optional: 1 small can tomatoes or 1 Tbs tomato paste

garnish:

½ cup thick sour cream
fresh dill, chives or scallions

Heat butter/ghee in a heavy bottomed soup pan. Saute caraway and onion until soft, add carrots and shredded cabbage. (If using Sauerkraut, add it at the end).

Saute a few more minutes. Add beets, broth/water, optional tomatoes, bay leaves and bring to a simmer.

Cook for 30 – 40 minutes or until all vegetables are soft.

Season with salt, pepper, lemon juice or beet kvass. Add sauerkraut, if using. Serve warm and place dollop of cream on soup. Don't stir as the cream is a nice colour contrast.

Serve with rye bread, fresh butter and cheese. A salad of crisp lettuce with hard cooked eggs is also a great accompaniment.

THAI PUMPKIN & SEAFOOD CURRY

Adapted from a Nigella Lawson recipe

1 Tbs coconut oil
1 medium onion, sliced thin
1 can coconut milk (organic, full fat)
1 Tbs curry powder or Thai curry paste
hot cayenne to taste
1 cup fish or chicken broth
2 Tbs fish sauce (nam pla)
2 lemongrass stalks, each cut into thirds and bruised with the flat of a knife
1 1/2 lbs pumpkin or butternut squash, peeled and cut into bite-sized cubes (1 small butternut sq)
1/2 lb wild salmon fillet, cut into bite-sized chunks (skin on is fine)
1/2 lb raw shrimp or scallops
bok choy or any other green vegetables of your choice, washed & sliced
juice of ½ lime
cilantro to serve

Melt coconut oil in a heavy bottomed pan and sauté onion for a few minutes. Add curry powder or paste and stir. Add broth and coconut milk, fish sauce, lemongrass and bring to a boil. Add pumpkin or butternut squash and return to a simmer.

Simmer until squash is tender but not yet falls apart. (You can cook the curry up until this part in advance. Leave the pumpkin slightly under-cooked in that case)

5 minutes before serving, add the bok choy to cook for a minute, then add the seafood and simmer until just cooked. Taste and adjust seasoning. Sprinkle with chopped cilantro to serve.

Serve in warmed bowls. Rice is optional