

## **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 egg  
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