

# Soups

- [Borsh \(Elvyra's recipe\)](#)
- [Bündner Gerstensuppe](#)
- [Carpathian Green Bean Soup](#)
- [Šaltibarščiai \(Elvyra's Style\)](#)
- [Split Peas Soup](#)

# Borsh (Elvyra's recipe)

From: Oma Elvyra



Probably the tastiest variant of the classical Ukrainian beetroot soup.

Prep	0:30
Cook	1:30
Yields	6 servings

## Ingredients

Soup:

- 2.5 l water
- 300 g pork meat with a bone
- 300 g raw beets, shredded, 600g = big beet
- 500 g potatoes, cut in cubes, 300g = big potato
- 1 tbsp canned beans, optional
- 140 g carrots, shredded, 140g = big carrot

- 140 g onions, finely sliced, 140g = big onion
- 90 g capsicums, sliced in thin stripes, 180g = one capsicum
- 2 tbsp tomato paste
- 4 tbsp vinegar
- 1 tsp sugar
- 3 tbsp of vegetable oil
- 3 bay leaves
- 1 tbsp salt
- 0.75 tsp pepper
- 1 tsp coriander
- 1 tsp dried leek
- 1 tsp dried oregano
- 1 tsp parsnip
- 2 cloves of garlic, finely sliced

Serving:

- 1 bunch of fresh dill, parsley
- 1 tbsp sour cream
- 1 slice of black bread or toasted white bread

## Instructions

1. Add water to the pot, drop in the meat. Bring it to boil and let it simmer for at least 50 minutes (the more the better).
2. Cut the veggies. With the hand colander remove the stains of meat in the boiling pot.
3. Drop in the beets and potatoes into the pot.
4. Fry onions with carrots on medium heat until softened but not completely cooked through. Then add capsicums, tomato paste, vinegar, and sugar, half a ladle of broth from the pot, and fry for a couple of minutes more.
5. Add fried ingredients and optionally beans to the pot. Season the soup with bay leaves, salt, pepper, coriander, leek, oregano, parsnip. Let it simmer for another 10 minutes.
6. Add chopped garlic into the soup. Put it off the heat and let it rest for 10 minutes.
7. When serving, pour the soup into a bowl, add the greens and then sour cream on top. Serve with a slice of (ideally black) bread.

# Bündner Gerstensuppe

From: [swissmilk.ch](http://swissmilk.ch)



Eine Bündner Gerstensuppe schmeckt nach dem Skifahren im Engadin am besten. Aber auch sonst ist das klassische Schweizer Suppenrezept sehr beliebt.

Prep	0:30
Cook	1:00

## Ingredients

- 1 Zwiebel, fein gehackt
- 1 Knoblauchzehe, gepresst
- 1 wenig Butter zum Dämpfen
- 300 g Speck, Bündnerfleisch- oder Rohschinkenabschnitte, klein gewürfelt
- 100 g Schinkenwürfelchen
- 0.5 Lauch, gerüstet, klein gewürfelt
- 1 Stück Sellerie, gerüstet, klein gewürfelt
- 2 Rüebli, klein gewürfelt
- 2 Kartoffeln, geschält, klein gewürfelt
- 2 Lorbeerblätter
- 100 g Gerste
- 2.5 l Bouillon
- 2 dl Rahm
- 1 Salz, Pfeffer
- 2 EL glattblättrige Petersilie, fein gehackt
- 1 glattblättrige Petersilie zum Garnieren

## Instructions

1. Gerste lassen für mindestens 20 Minuten kochen

2. Zwiebel und Knoblauch in der Butter andämpfen. Fleisch kurz mitbraten. Gemüse und Lorbeer mitdämpfen.
3. Mit der Bouillon alles ablöschen, unter Rühren aufkochen.
4. Suppe bei kleiner Hitze mindestens 30 Minuten unter häufigem Rühren köcheln lassen.
5. Würzen. Rahm und Petersilie beifügen, in vorgewärmte Suppenschalen geben, garnieren und heiss servieren.

# Carpathian Green Bean Soup

# Carpathian Green Bean Soup

Goes well cold and hot!

Yields	4 servings
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## Ingredients

- 500 green beans
- 200 gr creme fraiche
- Flour 1/2 table spoon
- Stock
- Fresh Herbs (dill, parsley)
- Salt, pepper

## Instructions

1. Rinse, remove the tails from the green beans and cut them in half
2. Boil the beans for 12 minutes (in salty water)
3. Meanwhile, take the creme fraiche and add slowly the flour to it so that there are no "komochki"
4. Remove excess water so that the water only partially covers the beans
5. Add stock, and slowly (spoon by spoon) add the creme fraiche.
6. Add salt, pepper, and herbs to your taste. Enjoy!

# Šaltibaršiai (Elvyra's Style)



## Ingredients

### For soup

- 3 onion leaves (chopped)
- 1 large (or 3 small, or 200 g) cucumber (grated)
- 2-3 (or 200 g) boiled beetroots (grated)
- 1 bunch of dill (chopped)
- 1 l kefir (1.5l kefir-drink)
- mineral water for dilution
- Salt, pepper

### For serving

- 2 eggs (boiled, peeled, then cut in halves)
- 500 g potatoes, boiled

## Preparation

1. Put potatoes to boil. Optionally, after 10-15 minutes, put it on a baking tray and shove to the oven (200 C) for the next 10-15 minutes.
2. Put all ingredients in a pot. Leave some dill for garnish.
3. Add kefir.

4. If the consistency is too thick, dilute it with mineral water.
5. Add salt and pepper to taste.
6. Serving: pour the soup in a bowl, garnish with dill, then 1 half of an egg. Serve with potatoes on a separate bowl.

# Split Peas Soup



## Ingredients

- 500 g dried split peas
- 4-5 potatoes, cut in cubes
- 2 onion, finely chopped
- 1 carrot, cut in cubes
- 1 celery (optional), cut in small pieces
- 2 l stock (preferred chicken, could be pork)
- dill
- salt, pepper

## Method

1. Prepare peas in a pressure cooker (30-40 min , 2 rings), keep the liquid for the soup later.
2. Fry onion in the pan, until onion starts to yellow.
3. Add carrots, celery, continue frying while constantly stirring.
4. In a pot, add stock, peas, potatoes, and ingredients from the pan.
5. Let it cook for 20 minutes on small heat, until the potatoes are ready.
6. Season with salt, pepper, and dill.