

Chilled Buttermilk-Beet Borscht (“Moosewood Cookbook” Mollie Katzen)

6 servings

45 minutes to prepare; plus about 2 ½ hours, minimum to chill.

4 large, fresh beets (3” diameter)

4 cups water

1 tsp salt (or more, to taste)

1 medium cucumber

½ cup very finely minced scallions

2 tsp sugar, honey or orange juice concentrate

fresh black pepper

2 cups buttermilk

1 Tbsp fresh chopped dill (or 1 ½ tsp dried dill weed)

optional: 1 medium dill pickle, finely minced

Peel the beets and quarter them. Place in a saucepan with the water and salt, and cook, covered, for 15 minutes over medium heat. Cool the beets until handle-albe. Remove them with a slotted spoon, coarsely grate them, and return them to the cooking water. Add all remaining ingredients, except buttermilk. Mix well. Chill until very cold.

Whisk the buttermilk in before serving. Beet borscht is traditionally garnished with a spoonful of sour cream. Other condiments are chunks of cold boiled potato and chopped hard-cooked egg.