

Dinner and A Book

Episode #311

Menu:

Vegetarian Borscht Kiev with Wild Mushrooms
Roast Beef with Horseradish Stuffing
Stuffed Pumpkin
Braised Cabbage
Sour Cherry Pudding
Kvass
Champagne

Recipe:

Vegetarian Borscht Kiev with Wild Mushrooms

From CLASSIC RUSSIAN CUISINE by Alla Sacharow

1/4 C dried wild mushrooms
1-1/2 quarts water
Salt, pepper
Bay leaf
1 medium beet, peeled and julieened
1 parsley root, peeled
1 carrot
1 medium onion
4 Tbsp butter
1 Tbsp tomato paste
2 medium potatoes, diced
3/4 pound white cabbage, sliced
2 C beet juice
1 Tbsp flour
Vinegar
Sugar
1/2 C Sour cream
2 egg yolks
1 bunch parsley, chopped

Soak wild mushrooms for 20 minutes in warm water. Add 4-6 cups of water, salt, pepper and bay leaf and simmer until soft. Strain and reserve broth. Rinse and drain mushrooms well. Cut into small pieces.

Braise beets in mushroom broth until tender.

Coarsely chop parsley root, carrot and onion. Brown in butter, add tomato paste

and stir.

Sate mushrooms in butter.

Simmer potatoes and cabbage in 3 cups of the mushroom broth for 15 minutes.

Mix flour with a small amount of mushroom stock until smooth and stir in to thicken the soup.

Season with salt, pepper, vinegar and sugar and simmer until all ingredients are cooked. Whisk sour Cream with the egg yolks and add some to each dish of borscht.

Sprinkle with parsley.

Stuffed Pumpkin

From CLASSIC RUSSIAN CUISINE by Alla Sacharow

1 1/2 C rice

Salt

1/2 C raisins

1 medium pumpkin

6 Tbsp butter

Cook rice and season with salt. In the meantime, soak raisins in war water for 30 minutes. Drain. Cut a lit from the pumpkin. Scoop out seeds with a spoon and, if necessary, take out enough meat for the stuffing to fit. Mix cooked rice with butter and drained raisins and stuff the pumpkin. Cover with the lid. Bake in a 375-degree oven until the pumpkin is soft, about 1 hour. (Use toothpick to test for doneness.) Cut crosswise into slices with a large knife and serve.