



Season 10 - Episode 1007

## **A Russian Aristocratic Dinner**

### **Borscht**

*Serves 4-6*

2 pounds uncooked beets or canned (I prefer beet strips)  
2 carrots, peeled  
2 celery stalks  
3 T. butter  
2 onions, sliced  
2 garlic cloves, crushed  
4 tomatoes, peeled, seeded and chopped or use canned tomatoes (stewed)  
1 bay leaf  
1 large parsley sprig  
2 cloves  
4 whole peppercorns  
5 cups beef or chicken stock  
Salt and ground pepper  
Sour cream, garnished with snipped chives or sprigs of dill

- Cut beets, carrots and celery into thick strips. Melt the butter in a large pan and cook the onions over low heat for 5 minutes, stirring occasionally.
- Add the beets, carrots and celery and cook for another 5 minutes, stirring occasionally.
- Add the garlic and chopped tomatoes to the pan and cook, stirring for 2 more minutes.
- Place the bay leaf, parsley, cloves and peppercorns in a piece of muslin and tie with a string.
- Add the muslin bag to the pan with the stock. Bring to a boil, reduce the heat, cover and simmer for 1 1/4 hours or until the vegetables are very tender. Discard the bag. Stir in the beet kvas (2/3 cup stock and 2 t. lemon juice) and season. Bring to a boil. Ladle into bowls and serve with sour cream garnished with chives or dill.

## **Dried Fruit Compote**

*Serves 6*

2 cups mixed dried fruits, such as apples, pears, prunes, peaches or apricots

1 cinnamon stick

1 ¼ cups cider or water

½ c. raisins

2 T. honey

Juice of ½ lemon

Mint leaves to decorate

- Put the mixed dried fruit in a large pan with the cinnamon and cider or water. Heat gently until almost boiling, then cover the pan and lower the heat. Cook for 12-15 minutes, to soften the fruit.
- Remove the pan from heat and stir in the raisins and honey. Cover the pan and let cool. Remove the cinnamon stick and then stir in the lemon juice.
- Transfer the compote to a serving bowl, cover with plastic wrap and keep refrigerated until needed. Let the fruit compote come to room temperature before serving, decorated with a few mint leaves.

## **Cucumber Salad**

*Serves 4-6*

2 cucumbers, decorated with a cannelle knife and thinly sliced

1 t. salt

3 T. chopped fresh dill

1 T. white wine vinegar

2/3 cup sour cream

Freshly ground black pepper

1 dill sprig, to garnish

- Put the cucumber in a sieve or colander set over a bowl and sprinkle with the salt. Set aside for 1 hour to drain. Rinse the cucumber well under cold running water and then pat dry with paper towels.
- Put the slices of cucumber in a bowl, add the chopped dill and combine everything well.
- In another bowl, stir the vinegar into the sour cream and season the mixture with pepper.
- Pour the sour cream over the cucumber and chill for 1 hour before turning into a serving dish. Garnish with a sprig of dill.