



## UCCE Master Food Preserver Program of Sacramento County

4145 Branch Center Road, Sacramento, CA 95827-3823

Office: (916) 875-6913

Email: [sacmfp@ucanr.edu](mailto:sacmfp@ucanr.edu)

Website: [ucanr.edu/mfpsac](http://ucanr.edu/mfpsac)

## Warszawa's Cold Borscht

<http://articles.latimes.com> (2017)

**Total time:** About 1 hour, plus cooling time for the beets

**Servings:** 4

**Note:** Adapted from Warszawa in Santa Monica.

1/2 pound red beets, tops and roots trimmed but unpeeled  
2 cups buttermilk or yogurt  
3/4 cup sour cream  
2 tablespoons sugar  
1/4 cup fresh lemon juice, about half a lemon  
2 teaspoons salt  
1/3 cup thinly sliced green onions, green part only  
1 large cucumber, peeled, not seeded, and diced into small pieces  
1/4 cup finely chopped fresh dill, plus more for garnish  
1/4 cup finely chopped Italian parsley  
1 hard-boiled egg, peeled and sliced crosswise or diced

1. **Cook the beets** in a medium saucepan with enough water to cover them by 1 inch. Simmer the beets until they are tender, about 45 minutes. Remove from heat, drain the beets and set them aside until cool enough to handle.
2. **Peel and grate** the beets, saving any liquid produced when grating. You should have at least 1 cup of beets (any extra can be used as a garnish for salads and will keep, refrigerated, for up to 1 week).
3. **In a large bowl**, combine 1 cup grated beets and reserved liquid, buttermilk, sour cream, sugar, lemon juice and salt using a large spatula.
4. **One hour before serving**, gently stir in the green onions, cucumber, dill and parsley. Cover and refrigerate to allow the flavors to marry. This makes a scant 5 cups of soup.

Serve each bowl with a sprinkling of dill and slices of hardboiled egg.

Each of 4 servings: 179 calories; 6 grams protein; 21 grams carbohydrates; 2 grams fiber; 8 grams fat; 5 grams saturated fat; 24 mg cholesterol; 18 grams sugar; 1,361 mg sodium.

Recipes are provided for educational purposes only. No endorsement by UC Cooperative Extension is implied. Trade and brand names are used only for information. The Cooperative Extension, University of California, and the U. S. Department of Agriculture do not guarantee nor warrant published standards on any product mentioned; neither does the use of a trade or brand name imply approval of any product to the exclusion of others which may also be suitable.

Research on food preparation is ongoing—recommendations may change. Make sure your food preservation information is always current. Always follow up-to-date, tested guidelines and recipes from reliable sources. Visit the National Center for Home Food Preservation – your source for current research-based recommendations for most methods of home food preservation. <http://nchfp.uga.edu/>