

Borscht (Low Potassium)

Ingredients

- 1 pound beetroot, peeled and sliced
- ½ pound carrots, peeled and sliced into rounds
- 4 eggs
- 2 garlic cloves, finely sliced and peeled
- 1 large shallot, finely sliced
- 1 bay leaf
- 1 tsp coriander seeds
- 3 cloves
- Cayenne pepper (to taste)
- 1 Tbsp caster sugar
- 1 Tbsp extra-virgin olive oil
- 2 tsp red wine vinegar
- full fat yoghurt, for serving
- 1 Tbsp extra-virgin olive oil, for serving
- Fresh dill or chives, chopped



Preparation

1. Boil water in a medium pan and add the sliced beetroot, carrots and eggs
2. Boil for five minutes, then drain and set the boiled eggs aside to cool (once cooled, remove the shell and slice the eggs to use later for serving)
3. Place the parboiled beetroot and carrot into a large saucepan
4. Add cold water to the saucepan, along with the garlic, shallots, bay leaf, coriander seeds, cloves, cayenne pepper, sugar, olive oil and half the vinegar
5. Cover and bring to the boil, then reduce heat to medium-low
6. Simmer for 20 minutes or until the beetroot and carrot are tender
7. Remove the bay leaf and then purée the soup in a blender (if necessary, strain it through a sieve into a bowl or jug to make it super smooth)
8. Taste to see if it needs any black pepper or any more vinegar added
9. To serve, whisk in the yoghurt and garnish with the chopped dill or chives, a drizzle of olive oil and the sliced boiled eggs
10. Serve with bread or rolls on the side

This dish can be served hot or cold and is even better after a few days (refrigerated)