Šaltibarščiai



Traditional

Lithuanian dish

Ingredients:

For the soup:

200 g boiled & cooled beetroot (about 2 medium beets)

100 g cucumber (about 2 large pickling cucumbers, either fresh or pickled – see note above)

6 spring onions or 10 green onion leaves

2 hard-boiled eggs

1.5 litres | 3 pints kefir (or 500 ml | 1 pint thick natural yoghurt and 1 litre | 2 pints buttermilk)

Bunch fresh dill

Juice of ½ a lemon (optional)

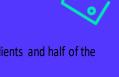
Salt to taste

For the side dish:

200 g potatoes

Method:

- 1. Peel the potatoes and chop into bite-sized pieces. Place in a saucepan of boiling water, add a good pinch of salt and boil until a knife can easily pierce the flesh.
- 2. While the potatoes are boiling, assemble the soup.
- 3. Slice the beetroot & gherkins into fine julienne.
- 4. Chop the eggs into small dice.
- 5. Chop the scallions or onions leaves into 1 cm (½ inch) pieces.
- 6. Finely chop the dill.
- 7. Pour the kefir into a large bowl or saucepan and add the chopped ingredients and half of the lemon juice, holding back some of the dill for garnish.
- 8. Taste and season salt and additional lemon juice as required.
- 9. Ladle the soup into bowls and sprinkle with the remaining dill.
- 10. Serve the potatoes on a side plate so that they do not heat the soup.











40 min.





medium

