

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.



X6



medium

