Soups / Belarus

Kholodnik

A cold beetroot soup on kefir with sorrel, cucumber and egg, pink and sharply sour.

Time 70 min **Servings** 5

What you'll need.

- ☐ 500 g Beetroot
- ☐ 1 l Kefir — cold
- ☐ 5 piece Eggs — hard-boiled
- ☐ 40 g Dill
- ☐ 800 g Potatoes — to serve, hot
- ☐ Salt — to taste
- ☐ 200 g Sorrel
- ☐ 3 piece Cucumbers
- ☐ 50 g Spring onion
- ☐ 200 ml Soured cream
- ☐ 1 tbsp Vinegar

Let's make it.

01 Boil the beetroot until tender with a spoon of vinegar so it keeps its colour, and cool it completely.

02 Cook the sorrel in a little water for five minutes, until it darkens, and cool it.

03 Grate the cooled beetroot coarsely and cut the cucumbers into matchsticks.

04 Mix the beetroot, the sorrel with its liquid, the cucumber and herbs with the soured cream and salt it.

05 Add the cold kefir and stir to an even pink.

06 Chill it an hour so the soup infuses and turns genuinely cold.

07 Boil the potatoes and serve them hot on a separate plate, with halved eggs in the soup.

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