Soups / Russia

Meat solyanka



A soup on strong stock with several meats, brined cucumbers, olives and lemon.

Time 145 min **Servings** 6

What you'll need.

- [ ] 500 g Beef on the bone
- [ ] 200 g Smoked ribs
- [ ] 150 g Boiled sausage — in strips
- [ ] 150 g Ham — in strips
- [ ] 4 piece Brined cucumbers — in strips
- [ ] 150 ml Cucumber brine
- [ ] 2 piece Onion
- [ ] 3 tbsp Tomato paste
- [ ] 100 g Olives and capers
- [ ] Lemon — to taste
- [ ] Soured cream and herbs — to taste
- [ ] Salt and pepper — to taste

Let's make it.

01 Make a stock from the beef and the smoked ribs: an hour and a half at a bare simmer, skimming. Lift the meat out and pull it apart.

02 Fry the onion until soft, add the tomato paste and cook three minutes, until it darkens and stops smelling raw.

03 Add the cucumbers and cook them with the onion for five minutes, so they do not stay hard in the finished soup.

04 Put the fried mixture, the pulled meat, the sausage and the ham into the stock, pour in the brine and simmer for fifteen minutes.

05 Add the olives and capers, warm for five minutes and take it off. Check the salt only now: the brine and the smoked meat have already seasoned it.

06 In the bowl: a slice of lemon, soured cream and herbs. The lemon goes into the bowl rather than the pot, where boiling would turn it bitter.

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