



# Beef Short Rib Borscht

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Categories: Main Dish - Stew

Servings: 8

Start to Finish Time: 5 hours 30 minutes

Preparation Time: 30 minutes

Description: A good change from the standard borscht.

## Ingredients - For The Stew

3 T Olive Oil, plus up to 3 tablespoons more as needed

3 1/4 lbs Bone-In Beef Short Ribs

1 1/2 t Celtic Sea Salt, plus more to taste

1 med Yellow Sweet Onion, peeled and thin sliced on a mandolin

3 lg Red Beets, scrubbed well. Tops removed. Coarsly grated after cooking

2 qts Beef Stock, plus 1 qt water

3 med Russet Potatoes, peeled and diced into 1/2-inch cubes and covered in cold water (to prevent oxidation)

2 med Carrots, peeled and coarsely grated

Freshly ground

Tellicherry Black Pepper, to taste

## Ingredients - For Serving

1/2 c chopped Scallion

1/2 c chopped Dill or Fennel Leaves

1/2 c Crème Fraîche or Sour Cream

Spicy Mustard (such as Russian or Chinese)

1 loaf very dark, dense Russian- or German-style bread

## Directions - For the stew

1) In a large heavy-bottomed pot or Dutch oven, heat the oil over medium-high heat. Season the short ribs with salt and add to the oil, cooking until browned on all sides, 12 to 14 minutes. Remove from the heat and transfer the short ribs to a 7 qt CrockPot; set aside. Discard all but 1/4 cup of the rendered fat from the pot. If the fat doesn't yield 1/4 cup, supplement with olive oil.

2) Return the pot to medium-high heat and add the onions. Cook, stirring often, until golden and tender, 10 to 12 minutes. Remove from the heat, transfer the CrockPot with the beef. Stir to mix.

3) Place the beets in the pot and add the beef stock. Bring to a boil over medium-high heat, reduce the heat to medium, then cook at a simmer, partially covered, for 45 minutes, until the beets are halfway cooked. Add more water if necessary. (You could flavor with a good Vidka if you wanted, too.) With tongs, carefully remove the beets and place in a separate medium bowl; set aside.

4) Add the broth to the browned short ribs, along with the reserved onions, the grated beets and carrots and diced potatoes. Set the CrockPot on High and cook until the short ribs are very tender, about 4 hours or maybe slightly more until the beef is very tender. You can either leave the meat on the bone or remove it. Your choice.

## Directions - To Serve

1) Ladle the soup into bowls and garnish with the scallions, dill and a dollop of crème fraîche. Serve with spicy mustard and slices of dark bread.

