

Ukrainian / Eastern European

Soups & Stews

# Authentic Ukrainian Beef Borscht

⌚ Prep: 25m 🔥 Cook: 90m ❄️ Rest: 20m Σ Total: 135m 🍽️ 8 servings



📺 Video ref: Natasha's Kitchen (Natasha Kravchuk)

## MISE EN PLACE / INGREDIENTS [16]

- ☐ 1.5 lbs Bone-in beef shank or beef short ribs
- ☐ 3 medium Fresh red beets, peeled and coarsely grated (or julienned)
- ☐ 3 medium Russet or Yukon Gold potatoes, peeled and diced
- ☐ 1 whole Medium yellow onion, finely diced
- ☐ 2 tbsp Neutral oil or unsalted butter (for sautéing)
- ☐ 2 tbsp Fresh lemon juice or apple cider vinegar (to preserve red color)
- ☐ 1.5 tbsp Kosher salt
- ☐ 0.25 cup Fresh dill weed, finely chopped
- ☐ 14 cups Cold water or low-sodium beef broth
- ☐ 0.5 head Green cabbage, finely shredded
- ☐ 2 whole Medium carrots, grated
- ☐ 3 cloves Garlic cloves, pressed
- ☐ 1 cup Canned tomato sauce or diluted tomato paste
- ☐ 2 leaves Dried bay leaves
- ☐ 0.5 tsp Freshly ground black pepper
- ☐ 1 cup Full-fat sour cream (smetana), for serving

### 🛒 US SUPERMARKET BRAND GUIDE

**Fresh Beets:** Fresh Whole Red Beets with Greens  
Freshly grated beets yield supreme sweet earthy flavor and natural vivid red pigment. • 📍 **Produce section.**

**Bone-in Beef:** USDA Choice Beef Shank  
Marrow and connective tissue create an authentic, rich soup foundation. • 📍 **Butcher case.**

## COOKING SEQUENCE & CHECKPOINTS

- 1

**Simmer Beef Stock**

⌚ 1h (60m)

In a large stockpot, simmer the 1.5 lbs bone-in beef shank in 14 cups cold water, skimming any foam, for 1 hour until tender. Remove bone, shred the beef, and return meat to the broth.  
✓ Checkpoint: Fragrant, clear, golden beef stock.
- 2

**Add Potatoes and Cabbage**

⌚ 15 min

Add 3 diced potatoes to the simmering broth and cook 10 minutes. Stir in 0.5 head shredded green cabbage and cook 5 more minutes.  
✓ Checkpoint: Tender potatoes and soft cabbage.
- 3

**Sauté the Beet Sofrito**

⌚ 12 min

In a large skillet with 2 tbsp oil (or butter), sauté 1 diced yellow onion and 2 grated carrots for 5 minutes. Add 3 grated red beets, 1 cup tomato sauce, and 2 tbsp lemon juice (or apple cider vinegar); cook 7 minutes.  
✓ Checkpoint: Vivid magenta, glossy beet mixture.
- 4

**Combine, Season, and Rest**

⌚ 20 min

Transfer the beet mixture into the soup pot with 3 pressed garlic cloves, 2 bay leaves, 1.5 tbsp kosher salt, and 0.5 tsp black pepper. Simmer 5 minutes, stir in 0.25 cup chopped fresh dill, turn off heat, and rest covered 20 minutes before serving with 1 cup sour cream.  
✓ Checkpoint: Deep ruby-red, hearty soup crowned with sour cream and dill.

### 🛡️ FOOD SAFETY & INTERNAL TEMPERATURE: ≥165°F (74°C) SAFE INTERNAL COOKING AND SERVING TEMPERATURE (HOLD HOT AT ≥140°F / 60°C)

USDA/FDA Food Safety Standard: Cook to a minimum internal temperature of 165°F (74°C) for microbiological safety. Hold cooked food hot at ≥140°F (60°C) prior to serving and refrigerate any leftovers to ≤40°F (4°C) within 2 hours to prevent bacterial spore growth.

### 👁️ MASTER DONENESS CHECKPOINT:

Luminescent crimson broth packed with fork-tender vegetables, perfectly balanced between sweet, savory, and tangy.

### 🔬 WHY IT WORKS:

**Acid-Sealing the Betanin Pigment:**  
Sautéing grated beets with tomato sauce and lemon juice sets their natural betanin pigment so the soup stays glowing ruby-red instead of dulling to orange.

### ⚠️ TROUBLESHOOTING:

**Borscht turned muddy orange instead of vivid crimson:** Always add lemon juice to the sautéed beets and fold them into the pot during the last 10 minutes.