



# UKRAINE CHICKEN BORSCHT SOUP



8 servings



3 hrs

## INGREDIENTS

**1 whole chicken (1.5 kilos, cut down)**

**1 medium head of green cabbage, sliced**

**2 large beetroots, peeled and cubed**

**2 carrots, peeled and dice**

**4 large potatoes, peeled and cubed**

**1 can diced tomatoes**

**1 onion, diced**

**3 cloves garlic, peeled and diced**

**2 tablespoons dill**

**2 dry bay leaves**

**Salt and pepper**

**2 tablespoons veg oil**

**8 cups water**

**300ml Sour Cream (optional)**

## METHOD

1. Heat oil over medium heat in a large, heavy pot/cast iron.

2. Season chicken with salt and pepper and place in pot-skin side down.

3. Allow skin to crisp and brown. Once all chicken has been browned, remove to a separate dish.

4. Use juice in pot to sauté onions, carrots and garlic until soft and lightly browned.

5. Add chicken back to pot along with tomatoes, beetroot, dill, bay leaves, 1 tablespoon salt, 1 tablespoon pepper, and water.

6. Bring to a gentle simmer and cook, uncovered for 1 to 1 1/2 hours until chicken is completely cooked through.

7. Remove chicken to a clean dish and set aside to cool slightly.

8. Add cabbage and potatoes to the broth and continue simmering for one hour until tender.

9. Season the broth to taste.

10. When chicken is cool enough to touch, pull meat from bones in large pieces - discarding bones and wings. And then add shredded chicken back to pot and heat through

12. Serve with a garnish of fresh chopped parsley and dill, a generous dollop of cream (optional) and crusty bread with butter.



8 servings



45 min

# Chicken & Rice Meatball Soup

This soup is a staple meal in many homes in Moldova & Romania. It is easy to prepare, and so very delicious.

## Meatballs

**600g of chicken mince**

**$\frac{3}{4}$  cup long grain white rice**

**1 egg**

**$\frac{1}{2}$  teaspoon sweet paprika**

**$\frac{1}{4}$  teaspoon dried dill**

**$\frac{1}{4}$  teaspoon dried parsley**

**1 teaspoon salt**

## Broth:

**4 tablespoons olive oil**

**12 cups chicken stock**

**2 brown onions chopped**

**$\frac{1}{2}$  bunch of celery**

**chopped**

**3 carrots (peeled and**

**chopped)**

**4 cloves of minced garlic**

**4 tablespoons fresh**

**chopped dill**



1. Prepare the vegetables (peel and chop)
2. Heat a soup pot to medium heat and add olive oil.
3. Sauté carrots, onion and celery until onions turn translucent and carrots take on some colour.
4. Add garlic and cook for another minute.
5. Add stock and dill to the pot and bring to the boil
6. Prepare meatballs while stock is heating.
7. Thoroughly mix all the ingredients for the meatballs together in a large mixing bowl with your hands or a wooden spoon.
8. Form meatballs using a tablespoon measure
9. Gently drop meatballs into boiling stock one at a time and reduce heat to a simmer.
10. Simmer partially covered for 20-30 minutes or until rice inside of meatballs is cooked through. (Depending on size of meatballs you may need to cook for 35 minutes.
11. Taste and adjust seasoning, add salt and pepper as desired.
12. Allow to cool for 10 minutes before serving. Garnish with fresh dill and a wedge of lemon.





# Bulgarian Bean Soup



8 servings



2hrs 30 min

Bean soup is a Bulgarian staple. It is an excellent vegetarian dish, but it can also be spiced up with some sausages. Bean soup in Bulgaria is a "national" dish. Most popular is the Monastery Version which is totally vegetarian.

This soup is best when made very early in the day or even the day before serving.

## INGREDIENTS

500grams dried Great Northern beans  
2 tablespoons olive oil  
1 1/2 cups diced onion  
1 1/2 cups diced carrot  
1 1/2 cups diced celery  
2 cloves garlic minced  
1/4 to 1/2 teaspoon crushed red pepper flakes (or chilli flakes)  
2 tablespoons sweet Hungarian paprika  
1 tablespoon salt  
1 teaspoon black pepper  
10 cups water  
1 large smoked ham hock  
1/2 cup chopped fresh mint  
3 tablespoons chopped thyme  
1/2 cup chopped fresh flat leaf parsley  
Additional salt, black pepper and paprika for re-seasoning

## DIRECTIONS

1. soak the beans in water for about 6 hours the day before. Rinse and cook the beans in water for 45-60 minutes or until tender.
2. After cooking your beans, heat the olive oil in a large soup pot and add the onion, carrot celery and garlic. Cook over medium heat until the onion softens.
3. Add the crushed red pepper, paprika, salt and black pepper and continue to sauté.
4. Add the water and ham hock, bring up to a boil and simmer for about an hour, partially covered.
5. Remove the ham hock from the pot to let cool. Take the pot off the heat, give it a stir.
6. Using a blender, blend the soup for just a minute to break up some of the beans. (Alternatively remove about a cup of the beans to a bowl and mash them with a fork and then return them to the pot).
7. Remove any meat from the ham hock, dice it finely and return it to the pot.
8. Return the soup to a simmer and season to taste.

# Creamy Moldovan Bacon & Potato Soup



6-8 servings ⌚ 35 minutes

## INGREDIENTS

6 slices of bacon  
3 tbsp butter  
1 diced onion  
2 cloves crushed garlic  
1/4 cup all-purpose flour  
2 cups chicken broth  
2 cups warmed milk  
700g potatoes, peeled and cut  
into 1.5cm pieces  
1 cup grated cheese  
1/2 cup sour cream  
salt & pepper to taste

### OPTIONAL GARNISHES:

**crispy bacon, croutons,  
cheese, spring onions**

## DIRECTIONS

1. Heat a soup pot over medium-high heat.
2. Add bacon pieces and cook until crisp.
3. Remove bacon from the pot and set aside.
4. Add 3 tablespoons of butter.
5. Add onion, garlic and thyme and sauté until soft.
6. Sprinkle flour on top and stir until combined.
7. Sauté for an additional minute, stirring occasionally.
8. Stir in the chicken broth until combined.
9. Add potatoes, milk and bacon and bring to a boil
10. Reduce heat to low; simmer until potatoes are tender, stirring occasional (12-15 min) .
11. Once potatoes are soft, stir in cheese and sour cream.
12. Season with salt and pepper.
13. Serve with chosen garnishes and Enjoy!