

America Eats
Albert St. George
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B o r s c h t

Russian borscht soup. We quote from George Ractor's 'Soup's On,' the world's foremost soup connoisseur:

"Even sour cream has a spot in soup, as the finishing detail of Russian borscht. Here again the peasant working on simple materials rang the bell so hard it echoed around the world. Borscht is also the name for the omnipresent Russian meat-and-cabbage soup, but I mean the deep crimson breed made of beets which has become the Volga Boat Song of the soup world. Start with chopped bacon again, but four slices this time, with a fine chopped onion frying colorless along with it. Then a small and innocent young cabbage finely shredded, a couple of cups of water, three cups of good stock--I'm a crank on this stock business--and, yes, I mean it, three tart apples cored, peeled and sliced good and thin. The seasoning is a little salt, less pepper and a lightish pinch of cayenne. Simmer it for an hour in a covered casserole--in the oven, for the best possible results--and, at the end of the hour, add six medium sized cooked beets, finely shredded, and a couple of tablespoons of vinegar go in. After a few minutes more simmering, you serve, with a tablespoon of sour cream in each portion. The mixture should be the color of good Burgundy before the cream hits it--with the cream it changes to a gorgeously variegated harmony of orange and yellow and red. A treat for the eye and a regular blowout for the olfactory nerve.

The same borscht, strained clear and served cold with sour cream is a beauty, if you are one of the rapidly-growing modern army of cold-soup addicts."