

# BEETROOT & BORSCHT



**Rosie's Preserving School**  
PRESERVING PRESERVING

# EQUIPMENT LIST

- chopping board
- knife
- ladle
- wide mouth funnel
- small dish
- cloth
- head space gauge
- your chosen jars and seals
- large pan
- 

## \*\*\*\*CARE\*\*\*\*

Cook the beetroot prior to the Workshop. Cook extra if you would like to pressure can some plain as well as make the soup

Cut off the leaves about 5cms/2 inches from the top of the beet, leave on the roots, wash thoroughly. Cook in gently boiling, salted water for around 30 minutes. Drain

Don't stress about getting the equipment right or if you don't have certain bits of kit - there is always a way round it! The workshops will be relaxed and there is almost nothing you could come up with that hasn't been solved before - the aim is to enjoy it!

*Rosie*

# INGREDIENTS – BORSCHT

<input checked="" type="checkbox"/> medium beet	6	- see note on page 2
<input checked="" type="checkbox"/> carrots, large	2	
<input checked="" type="checkbox"/> onions, medium	2	
<input checked="" type="checkbox"/> celery, stalks	2	
<input checked="" type="checkbox"/> potatoes, large	2	
<input checked="" type="checkbox"/> red cabbage, small	1	
<input checked="" type="checkbox"/> tomatoes	4	
<input checked="" type="checkbox"/> garlic cloves	4	
<input checked="" type="checkbox"/> black pepper	half	teaspoons
<input checked="" type="checkbox"/> hot stock	3 litres	6 pints



# METHOD

## BEFORE THE WORKSHOP

Get your jars warmed, lids and seals organised

Canner prepped with water, heat turned on under the canner

## WORKSHOP

Remove the skins, roots and stalks from the beet and set aside 6 medium for the soup.

Cut the remaining beet into even sized pieces and pack into your jars. Add a small amount of sea salt to each jar and top up with hot water.

Seal the jars as usual - after de-bubbling and wiping the rims with vinegar.

Place into the canner and seal the unit. Process for 30 mins for 500ml jars and 35 mins for 1000ml, timed from when the canner is up to the pressure 10lb psi

## FOR THE BORSCHT

Prep all of the vegetables, dicing them evenly, shredding the cabbage and peeling the tomatoes.

Put the oil into a large pan and add all of the vegetables - except the cabbage and tomatoes - turning them in the oil to coat. Add the stock and the pepper, stir well.

Add the cabbage and the tomatoes and cook until everything until thoroughly heated through.

No need to cook until tender

Fill your jars, leaving 3cms.1 inch headspace,

# METHOD CONTINUED

## ...WORKSHOP CONTINUED

Wipe the rims of the jars, seal and add the lids or rings.

Place in the canner and add the remaining vinegar to the water

Close the canner and heat on high. Vent for 10 minutes

Apply the weight and bring the pressure to 10lbs psi

Process for 75mins for 500ml/1 pint jars and 90 mins for 1000ml/1 quart

To serve: Reheat thoroughly and top with crème fraiche or natural yoghurt, sprinkle with chopped fresh dill. Traditionally served with thin slices of steak laid on the top and some great fresh bread

The plain beetroot can be used straight from the jar with salad, dressings, or serve hot as a side to a roast dinner or as part of a casserole.

Process plenty during the Summer and get used to incorporating them into your vegetable diet as they are packed with goodness. It is difficult for us Brits as we are just used to having them occasionally swimming in vinegar with a couple of salads in the Summer.