



today's main ingredient

A  LOCAL FOOD PODCAST



Russian Cabbage and Sauerkraut Soup (Schi)

This is a vegetarian take on a popular Russian soup, called "schi." For a richer flavor, substitute beef broth.

INGREDIENTS – serves 6

1 Tablespoon vegetable oil
1 medium onion, diced
1 celery stalk, sliced
1 carrot, peeled and diced
1 parsnip, peeled and diced
2 garlic cloves, halved
1 pound sauerkraut, drained and rinsed
1 small green or Savoy cabbage, shredded
6 cups vegetable stock
1 1/2 cups tomatoes, diced
1 teaspoon sugar
2 Tablespoons red wine vinegar
1 cup dry white wine or dry vermouth (optional)
Salt and pepper

STEP 1 – Sauté onion in oil until translucent, about 5 minutes over medium heat.

STEP 2 – Add sliced celery, diced carrot, diced parsnip, and garlic, and cook slowly 10 minutes.

STEP 3 – Add sauerkraut and cabbage and cook until the cabbage wilts.

STEP 4 – Add vegetable stock and tomatoes. Bring to a boil then lower to simmer and cook covered 20 minutes.

STEP 5 – Add sugar, vinegar, wine (if using), and salt & pepper. Simmer, covered for 20 minutes. Stir in fresh dill just before serving.