Nina39s Russian Cold Beet Soup Kholdnyk

Jacob · 30/09/2024



Prep Time

2 hrs 20 mins

Dificult

Medium

Servings

5

Description

Super easy and absolutely great version of the longer and original recipe for this soup that my grandmother brought from Russia On a hot summer day a bowl of this soup is an energizing lift Add a piece of of rye or pumpernickel bread served on the side to complete the Russian experience

Ingredients

- - 4 cups fat-free buttermilk - 1 cucumber - peeled
- seeded
- quartered lengthwise and diced - 1 (15 ounce) can sliced beets with liquid - 3 green onions
- chopped - 2 tablespoons chopped fresh dill - ½ teaspoon salt
- or to taste - 2 tablespoons white vinegar
- or to taste

Instructions

1. Mix the buttermilk
2. cucumber
3. beets with their juice
4. green onions
5. dill
6. salt
7. and vinegar in a bowl; stir to mix thoroughly
8. and chill
9. covered
10. in refrigerator at least 2 hours or overnight for best flavor. Serve cold. Cook's Notes Feel adventuresome? Use fresh beets with tops. Clean and cook beets and tops on stove top in water until tender. Save and use the broth (strained) that is produced. Chill
11. and in place of canned beets add fresh along with the tops. One 16 ounce container of light sour cream and 16 oz. cold water can substitute for buttermilk or yogurt -- both work very well with the same amounts being used as the light sour cream. Basically use equal amount of yogurt or light sour cream and cold water to equal 1 quart of total liquid.