



Sweet and Sour Cabbage Soup

Oscar · 28/09/2024



Prep Time

1 day

Difficult

Medium

Servings

1 day 7 hrs

Description

This hearty sweet and sour cabbage soup is my version of an old favorite Ashkenazi Jewish recipe I make a stock first then make the soup This allows for defatting the soup but you need to make this on two days so time accordingly Using savoy cabbage gives the soup superlative texture and flavor

Ingredients

- - 4 pounds bone-in beef shank - 12 cups water - 3 carrots
- peeled and cut into 3-inch pieces - 3 onions
- peeled - 4 stalks celery with leaves - 1 bay leaf - 16 peppercorns - 2 tablespoons vegetable oil - 1 onion
- peeled and diced - 2 cloves garlic
- minced - 1 tablespoon sweet Hungarian paprika - 1 head savoy cabbage
- coarsely chopped - 1 (14.5 ounce) can diced tomatoes with juice - 1 lemon
- juiced - ¼ cup white sugar - ¼ cup chopped fresh dill - salt and freshly ground black pepper to taste

Instructions

1. Combine beef shanks and water in a large stock pot. Bring to a boil and reduce heat to a very low simmer. Use a strainer to skim off any foam on the surface. Add carrot pieces
2. whole onions
3. celery stalks
4. bay leaf
5. and peppercorns. Simmer for 4 hours
6. skimming the surface occasionally. Strain the stock. Discard the vegetables but reserve meat. Allow stock to cool to room temperature
7. then transfer to a covered container and refrigerate overnight. When beef shanks are cool
8. remove meat from the bones. Discard bones and gristle. Dice meat and any remaining marrow into small cubes. Cover the container and refrigerate overnight. The next day
9. heat vegetable oil in a stock pot or Dutch oven over medium heat. Stir in garlic and 1 diced onion; cook and stir until onion has softened and turned translucent
10. about 5 minutes. Add paprika and cook 1 additional minute
11. stirring constantly. Gradually add cabbage and cook
12. stirring occasionally
13. until slightly wilted and reduced in bulk
14. about 8 minutes. Remove beef stock from the refrigerator; skim and discard any fat. Pour stock into the pot; stir in reserved chopped beef. Add tomatoes with their juice. Bring soup to a boil
15. and then reduce the heat to a simmer. Cook the soup
16. partially covered
17. until cabbage is quite soft
18. about 1 hour. Stir in lemon juice
19. sugar
20. dill
21. salt
22. and pepper. Add more water
23. if desired
24. for a thinner soup. Cook for 5 minutes
25. uncovered. Taste and adjust the seasonings before serving. Cook's Note You can use sucralose instead of sugar
26. if you prefer. There is virtually no taste difference in sweet and sour recipes such as this one.