



CANADIAN (MENNONITE)

Mennonite Cabbage Borscht (Komst Borscht)

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	8	25 min	2 hr 45 min	Simmer	Shank

Ingredients

- 1.2 kg (2²/₃ lb) bone-in beef shank, in thick slices
- 3 litres (12 cups) water
- 1 onion, halved
- 2 bay leaves
- 6 whole allspice berries
- 1 tbsp salt, plus more to taste
- ½ medium green cabbage, finely shredded
- 4 potatoes, cut into 2 cm (¾ in) cubes
- 2 carrots, diced
- 1 large onion, chopped
- 400 ml (1²/₃ cups) canned tomatoes or tomato juice
- 1 star anise (optional)
- 3 tbsp chopped fresh dill
- 2 tbsp chopped parsley
- ½ tsp black pepper
- Sour cream, to serve

Steps

1. Put the shank, water, halved onion, bay, allspice and salt in a large pot. Bring to a boil over high heat and skim off the foam for the first 10 minutes.
2. Lower the heat and simmer gently, partly covered, for 2 hours, until the meat falls from the bone.
3. Lift out the shank and the onion halves. Pull the meat into bite-sized pieces and return it to the broth; discard the bones (or spread the marrow on bread).
4. Add the potatoes, carrots and chopped onion. Simmer 15 minutes, until the potatoes are nearly tender.
5. Add the cabbage, tomatoes and star anise and simmer 15 minutes more, until the cabbage is soft but still a little green.
6. Stir in the dill, parsley and pepper. Taste and add salt; the broth should taste clean, beefy and lightly tangy.
7. Fish out the bay leaves and star anise. Ladle into deep bowls with a spoonful of sour cream.

Notes

- **Make ahead:** like most soups it's better the next day; it freezes for 3 months. Reheat until steaming hot.
- **Other cuts:** soup bones with some meat, short ribs or oxtail all make a rich broth.
- **Heritage:** this beet-free borscht came to the Prairies with Russian Mennonite families; dill and anise are its signature.
- **Slow cooker:** cook the shank and broth on low 8 hr, then add the vegetables for the last 1½ hr on high.
- **Pair with:** fluffy zwieback buns or rye bread and butter.