

Lithuanian cold beet soup



Ingredients (one serving):

SOUP

- 200 g boiled and cooled beets (about 2 medium beets)
- 100 g cucumber (about 2 large pickling cucumbers, either fresh or pickled)
- 6 spring onions or 10 green onion leaves
- 2 hard-boiled eggs
- 1.5 L kefir (or 500 mL thick natural yogurt and 1 L buttermilk)
- 1 bunch fresh dill
- 2 Tbsp. caper juice or juice of 1/2 lemon
- Salt to taste

FOR THE SIDE DISH

- 200 g potatoes



Step-by-step:

- Peel the potatoes and chop into bite-sized pieces. Place in a saucepan of boiling water, add a good pinch of salt, and boil until a knife can easily pierce the flesh.
- While the potatoes are boiling, assemble the soup.
- Finely julienne the beetroot and cucumbers.
- Chop the eggs into small dice.
- Chop the scallions or onions leaves into 1 cm (½ inch) pieces.
- Finely chop the dill. Pour the kefir into a large bowl or saucepan and add the chopped ingredients and half of the lemon or caper juice, saving some of the dill for garnish.
- Taste and season with salt and some more juice as needed.
- Ladle the soup into bowls and sprinkle with the remaining dill.
- Serve the potatoes on a side plate so that they do not heat the soup.

