

Alexander and his Veronica came to Glasgow 10 years ago, they were amongst the first of our Slovakian service users. It's been good to watch their progress in English which means we can actually get to them a bit better, and learn to laugh together! Borscht is classic Eastern European dish with every country doing it just a little differently, this is the recipe that Alexander and Veronica use.

6 Beetroots cut into 'matchsticks'
1tbsp Veg Oil
1/4 coarsely shredded white cabbage
2 coarsely shredded medium carrots.
2 leeks (white parts) sliced
2 cloves of garlic crushed
1 lit of veg stock
1 tbsp black peppercorns
2 whole cloves
1 bay leaf
Salt & Pepper

Fresh Dill for garnish and optional sour cream.

1. Heat the oil, and saute the beets, cabbage, carrots, leeks and garlic. Cook for 5 mins until tender.
2. Add the veg stock, peppercorns, cloves and bay leaf and bring to boil.
3. Reduce the heat and simmer for 1 hour.
4. Add seasoning as required.
5. Serve hot with dill and sour cream.