

# Borscht

Can be frozen (serves 7-8)



## Ingredients

400 g Cooking Apples  
600 g Beetroot (uncooked)  
2 tsp Cumin Seed  
250 g Onion  
200 g Beef Minced Meat  
1 Litre Water  
2 tsp Lemon Juice  
2 tsp Salt  
Sprig Lavender  
1 tsp Vegetable Bouillon  
3 cloves Garlic  
280 ml Double cream  
Chives (to garnish)

## Method

Briefly boil the Minced Meat in some water. Pour off the fat on top after leaving for 60 seconds off the boil. Top up with water from a hot kettle and repeat the process until most of the fat has gone. Drain off.

Core the Apples. Peel the Beetroot, Apples, Garlic, Lavender and Onion then put them in a food processor or liquidise.

Put the liquidised vegetables with the Minced Meat into a saucepan and add the Cumin seed, Bouillon, Salt, Lemon juice and Water. Bring to the boil and then lightly boil for about 35 mins. (If you like the texture to be creamy you may wish to liquidise again at this point). Leave to cool. This can then be put in the fridge until ready for use or the freezer for keeping.

## Serving

Serve cold in a soup bowl with cream in the centre. Some chopped Chives can be used to garnish.