

This recipe won "Silver" at my 2014 Sochi Olympic Ceremonies Party. Sharing my method: "Cooking Under Pressure" will inspire you to use a pressure cooker without fear. Flavors are infused in record setting time.

My trademark style of Definitely Approximate Cooking gives you freedom! The ingredient amounts are not exact as the recipe is adjusted to accommodate the size of your pressure cooker. Please follow the manufacturer's instructions included with your pressure cooker. This is very important especially when it pertains to the maximum fill, heating and pressure gauge readings.



Base stock: create a broth with vegetables and meat. I used Beef Sirloin. You may prefer vegetarian style or use chicken or pork. Wash and chop Leeks, Carrots and Celery into 1-2" pieces, combine with seasonings of Bay leaves, pepper corns and meat. Cover with water and process according to manufacturer's instructions. Stay near the stove to monitor the pressure gauge and burner temperature. 20 minutes was more than enough time to cook meat to tenderness while pulling all the flavors into the broth.



This photo shows the "quick release" safe method of stopping the cooking process. The pot edge is held under a stream of cold water turning to cool around the entire pot edges. You will be amazed when the gauge gracefully "sighs" and pressure is released.



Upon complete pressure release, pour liquid through strainer and set aside. Discard the vegetables as their flavor is now present in the broth. The meat should cool before trimming to your desired size. The meat is easily cut to size while cooking the Borscht. Adding the meat upon completion keeps it tender and not overcooked.



Wash, trim and peel fresh beets. Grate half through large holes. Cube the other half into small 1/2" cubes. The color is beautiful. Your hands will stain proving you were the Borscht maker.



Russian Borscht

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Vegetable Preparation: the bright color of beets will disguise the supporting “cast members” of your signature Borscht. chop cabbage coarsely and an onion on the fine side.

Parsley is the is the “best friend” of the onion while it sautés in a little butter.



Invite a nice yellow potato to join the crowd. Peel and cut into 2” chunks. Upon completion they will be cut smaller. Keeping them a little larger while cooking under pressure will keep them the right texture.



The “symphony” of vegetables is combined with the sautéed onion and parsley couple. Pour in the stock, covering the vegetables. Add Apple cider vinegar and adjust to your taste. Process for 10-15 minutes. Remove from heat and let it cool naturally until pressure releases. Use the quick release method to stop quickly. Add the cooked meat that was set aside. Season with salt and pepper .



Garnish: mix a cup of Sour Cream with a small spoonful of Dill leaves.

Serve a generous spoonful on top prior to serving. A parsley sprig standing at attention will bring an Encore!

Serve this to Crown your Sochi 2014 Olympic Games memories with authentic Russian traditional cuisine.

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Please note: if you do not own a pressure cooker do not be dismayed. Use a covered pot and increase the cooking time.