



RUSSIAN

Shchi (Cabbage Soup)

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	6	20 min	3 hr	Simmer	Shank

Ingredients

- 800 g (1¾ lb) bone-in beef shank
- 2.5 litres (10 cups) cold water
- 2 bay leaves
- 6 black peppercorns
- 2 tsp salt, plus more to taste
- 2 tbsp butter or sunflower oil
- 1 onion, chopped
- 1 carrot, grated
- 2 tbsp tomato paste
- ½ small white cabbage, about 500 g (1 lb), shredded
- 3 medium potatoes, cut into 2 cm (¾ in) cubes
- 1 tsp sugar
- 1 tbsp white wine vinegar or lemon juice (or use 150 g sauerkraut)
- Fresh dill and sour cream, to serve
- Rye bread, to serve

Steps

1. Put the beef in a large pot with the cold water. Bring slowly to a boil over medium heat and skim foam for 10 minutes, until the broth is clear.
2. Add the bay, peppercorns and half the salt. Reduce the heat to low and simmer partly covered for 2 hours, until the meat is tender.
3. Lift out the shank, strip the meat from the bone and cut it into bite-size pieces. Return the meat to the pot and discard the bones.
4. Melt the butter in a frying pan over medium heat. Cook the onion and carrot for 7 minutes, until soft. Stir in the tomato paste for 2 minutes, until darker.
5. Add the potatoes to the broth and simmer for 10 minutes.
6. Add the cabbage and the fried vegetables. Simmer another 20 minutes, until the cabbage is soft and sweet.
7. Season with the remaining salt, the sugar and the vinegar. Taste: it should have a pleasant sour edge.
8. Turn off the heat, cover, and rest for 15 minutes. Serve with a spoon of sour cream, plenty of dill and rye bread.

Notes

- **Sour version:** use sauerkraut in place of fresh cabbage for the traditional "kislye shchi."
- **Make ahead:** the Russian saying is that shchi is best on the second day. It freezes for 3 months.
- **Other cuts:** beef brisket or short ribs also work.
- **Slow cooker:** cook the beef on low 8 hr. Add the potatoes, cabbage and fried vegetables for the last hour on high.