

## Peter's Borscht Recipe 2002

I got this recipe from Taffy Glenn, chef at the Ucross Foundation in beautiful downtown Ucross, Wyoming, population 25. Ucross is an old cattle ranch turned into an artists' retreat. I was lucky enough to be accepted to do a residency this fall and ate a lot of great home cooked meals by Taffy.

We were talking one day about recipes and she shared this recipe with me.

I've always loved Chili Verde, and for some odd reason have never attempted to make it. When she told me this recipe verbally it took all of about one minute. I was surprised at how easy it sounded. So as soon as I got home from Wyoming I tried it out. Sure enough, it was a no brainer. The key to is is to let it cook slowly over a long period of time, until the meat just falls apart. Knock yourselves out.

### Ingredients

- Beef bones (for stock)
- 1 1/2 to 2 pounds beef (I usually get sliced up beef pre-packaged for stroganoff or stir-fry)
- 1 large container beef broth or 2 cans beef broth
- 1 large onion (chopped finely)
- 3 beets (sliced into thin sticks)
- 4 carrots (cut into bite-sized pieces)
- 5 medium potatoes (cut into bite-sized pieces)
- 1 cup black or navy beans (soaked overnight)
- 1/2 small head of cabbage (shredded)
- 1 28 ounce can of tomatoes
- Salt and pepper to taste
- 2 tbs beef bouillon (I use Gourmet Award brand)

Soak the beans overnight. Rinse and discard water before using.

Bring the beef bones to a boil in 2 quarts of water and let simmer for a few hours. Discard the bones, and skim off any fat and crud. Keep broth simmering and add the beans.

In a frying pan add 2 tablespoons of oil and saute onions until clear. Add the beef to the onions and saute until evenly browned.

Add the beef and onions to the simmering beef broth. Add the tomatoes, carrots, beets, potatoes and canned broth to the simmering broth. Add pepper (1 tbs). Let simmer 30 to 45 minutes, or until the beans and vegetables are tender.

Add shredded cabbage and 2 tbs. beef bouillon. Let simmer another 5 minutes.

It should be done! Taste for saltiness (beef bouillon is salty, so you may not want to add any additional salt). Serve with dollops of sour cream, fresh dark crusty bread like pumpernickel or rye, and of course, raw cloves of garlic (dipped in salt and eaten raw).

I also make this recipe using chicken or turkey. The only thing that would change is that you would need to substitute chicken stock and chicken bouillon. Rather than beef bones, I just get a whole chicken and simmer that in a pot for 2 hours to make the stock. Then cool the chicken and take the meat off the bones. Add the meat after the vegetables have cooked for 20 minutes or so.