



## Summer Fruit Borscht

Borscht is a beet root soup found all over eastern Europe. The “borscht belt” extends from Poland to the Don River in Russia. The preparation of this beloved dish varies from region to region: Polish barszcz, for example, is a clear red broth often served with uszka (ravioli-style dumplings). Russian and Ukrainian borscht, on the other hand, is a stew with a variety of vegetables – added in such quantities that a wooden spoon is expected to stand upright when stuck into the soup!

This summer version of the traditional soup is a classic in Israel: it contains fresh seasonal fruit instead of beets, but its radiant red color will remind you of its eastern European namesake. Summer fruit borscht is served chilled and is far more refreshing in Israel’s sweltering heat than the steaming soups of eastern Europe.

### For 4 persons:

- 17 oz (500 g) plums, cut in half, pitted
- 10 oz (300 g) cherries, pitted
- 10 oz g (300 g) nectarines, cut in half
- 2 tablespoons lemon juice
- 2 long strips of peel, from either 1 organic lemon or 1 organic orange
- 1 cinnamon stick
- 4 cloves
- 1 ¼ cup (300 ml) red wine
- 1 ¼ cup (300 ml) water
- 1 teaspoon corn starch
- 1 pinch of salt
- 1 tablespoon sugar
- sour cream
- lemon slices or sprigs of mint for garnish



### Instructions:

Place the fruit together with the sugar, lemon juice, peel, salt, cinnamon, and cloves in a saucepan. Add wine and water and bring to a boil, stirring occasionally. Reduce the heat, cover the pot, and let it simmer for about ten minutes or until the fruit is done.

Discard the cinnamon stick and cloves, then pass the cooked fruit through a strainer. Pour the puree back into the saucepan.

Mix the corn starch with 2 tablespoons of slightly cooled puree, then slowly add this mixture to the fruit soup and bring it to a boil over high heat while stirring constantly. Reduce the heat and cook until the soup has reached the desired texture.

Season to taste with sugar and lemon juice. Pour into a bowl and chill for 2–3 hours.

Decorate with slices of lemon and mint leaves and serve with sour cream.