

Ukrainian Borscht

By: Artem M.

Spring Write@Home 2023

Pre-Reading:

- Is there a traditional food dish in your culture that takes a lot of time to cook? What is the dish? How is it made?
- Are there food dishes in your culture that are cooked differently in different places? What are the differences?
- Are there traditional ingredients that are used often in your dishes? What are they?
- What are "comfort foods? What are your comfort foods?

Reading:

Ukrainian Borscht fully reflects the nature of the country's cuisine: this soup is hearty, colourful, thick, and incredibly tasty. And, by the way, it is very useful, because it contains a large number of root crops and vegetables. Plus, there are greens with garlic at the very end of cooking! In general, it is a real gift for both the soul and the body. Many do not dare to take up the preparation of Ukrainian Borscht because of the duration of cooking and the large number of subtleties that must be taken into account.

Ingredients:

- beef - 300 g
- beet - 300 g
- white cabbage - 400 g
- potatoes - 500 g
- carrots - 100 g
- root parsley - 2 PCs.
- onions - 2 heads
- garlic - 3 cloves
- clarified butter - 2 tbsp. spoon
- fat - 50 g
- sweet pepper - 1 PC.
- bay leaf - 1 PC.
- sour cream - 150 g

- parsley and dill
- ground black pepper and salt to taste

Instructions:

- Boil the meat in 3 liters of water, and add salt and pepper. Cut the beets, cabbage and onions into strips. Slice the potatoes.
- Fry the beet in butter, add a tablespoon of vinegar (3%), stew until tender in small amount of broth, and add sugar (1 tablespoon), tomato paste (2 tablespoons).
- Strain the broth and continue to cook.
- Cut the meat into cubes and put them in boiling broth.
- Add potatoes, cabbage and cook for 15 minutes. Then add the beets, vegetables and sweet pepper cut in shreds and spices.
- Cook for another 15 minutes.
- Add chopped garlic, pounded with fat and bring to a boil.
- Then wait for another 20 minutes.

Comprehension Questions:

A.

1. What kind of dish is being described in the recipe?
2. What is your favourite soup recipe? Is soup part of your traditional cuisine? If so, describe your traditional soups.
3. According to the author, why do some people avoid cooking Borscht?

B. Organize the recipe ingredients into the table below. An example has been done for you.

Vegetable	Meat	Dairy	Spices & Herbs
Beet			

C. Re-read the recipe instructions. Make a list of ingredients that do not appear in the “Ingredients” list.

- 1.
- 2.
- 3.
- 4.

Focus on Grammar:

1. Below are verbs from the article. Complete the table by providing the correct verb tenses. The first example has been done for you. Be careful with your spelling!

Infinitive	Simple Past	Present	Present Perfect
(to) Boil	Boiled	Boil	Have boiled
(to) Add			
(to) Cut			
(to) Fry			
(to) Stew			
(to) Strain			
(to) Cook			
(to) Wait			
(to) Pound			
(to) Bring			

2. Make your own sentences using the present perfect tenses of the verbs.

-
-
-
-
-
-
-
-
-
-