

FAMILY RECIPES

This wonderful collection of tried and tested recipes comes from the family kitchens of our relentless volunteers, donors and staff.

Many of the recipes have been passed down through generations, while others are newly discovered favourites. But they are all treasured and specially chosen to share with you.

GRANOLA

(Shared by John & Jocelyn Barford)

6 cups rolled oats
1 cup unsweetened shredded coconut
1 cup wheat germ
1 cup nuts (any kind)
1 cup sunflower seeds
½ cup pepitas
¼ cup flaxseeds

¾ cup coconut oil
¾ cup maple syrup or honey
1 tsp salt

Optional: 1 cup dried fruit: raisins, dates, apricots or whatever you like (chopped if need be)

DIRECTIONS

1. Mix first seven ingredients in a large bowl.
2. Combine next three ingredients in a small pot and heat gently, then add to bowl and mix well.
3. Spread on a large cookie sheet and bake at 300°F for 40 minutes, stirring once or twice.
4. Cool and stir in dried fruit.

Makes about 12 cups

DUTCH SPECULAAS COOKIES

(Shared by Pat Lace)

INGREDIENTS

1 cup butter	¼ tsp. cloves
2 cups sugar	1 tsp. nutmeg
3 eggs	1¼ cups sliced almonds
3½ – 4 cups flour	Lemon peel, grated
4 tsp. baking powder	1 package whole blanched almonds to decorate top of cookies
4 tsp. cinnamon	
2 tsp. allspice	

DIRECTIONS

1. In a large bowl, whisk together flour, baking powder, ground spices and lemon peel. Add sliced almonds.
2. In the bowl of your electric mixer fitted with paddle (or with a hand mixer) beat butter and sugar till light and fluffy. Beat in egg till well combined. Add flour mixture and beat until combined. Place batter in bowl, cover with plastic wrap and refrigerate for at least one hour.
3. Remove chilled dough and form into one-inch balls. Place balls on prepared cookie sheet spacing about 2 inches apart. Using the bottom of a glass dipped in sugar, flatten each ball of dough to a 2 inch round, about ¼ inches thick. Place a whole almond in the centre of each cookie.
4. Bake for 15 – 20 minutes or until lightly browned around the edges.
5. Remove from oven and cool.

“My mother, Delphine Cramer Webber, made many delicious Christmas cookies. All her best recipes came with her family from Holland when they emigrated to Canada in the early 1900s. Here is one of my favourite Christmas cookies she made every year.”

CORN BREAD-SAUSAGE STUFFING WITH APPLES

(Shared by Jane Humphreys)

INGREDIENTS

- | | |
|---|---|
| 12 tbsp. (1 ½ sticks) unsalted butter | 3 cups coarsely crumbled white bread (French or homemade preferred) |
| 2 ½ cups finely chopped yellow onions | 2 tsp. dried thyme |
| 3 tart apples (Jonathan and Winesap are good), cored and chunked; do not peel | 1 tsp. dried sage |
| 1 pound lightly seasoned bulk sausage (breakfast sausage with sage is best) | Salt and freshly ground black pepper, to taste |
| 3 cups coarsely crumbled corn bread | ½ cup chopped fresh Italian (flat-leaf) parsley |
| 3 cups coarsely crumbled whole-wheat bread | 1 ½ cups shelled pecan halves |

DIRECTIONS

1. Preheat oven to 325°F.
2. Melt half of butter in a skillet over medium heat. Add chopped onions and cook, partially covered, until tender and lightly coloured, about 25 minutes. Transfer to a large mixing bowl.
3. Melt remaining butter in the same skillet. Add apple chunks and cook over high heat until lightly coloured but not mushy. Transfer to the mixing bowl.
4. Crumble sausage into the skillet and cook over medium heat, stirring, until lightly browned. With a slotted spoon, transfer to the mixing bowl and reserve the rendered fat.
5. Add remaining ingredients to the mixing bowl and combine gently. Cool completely before stuffing the bird; refrigerate if not used promptly.
6. If you do not wish to stuff the bird (goose or duck, for example, can make the stuffing greasy), spoon it into a casserole. Cover the casserole and set into a large pan. Pour hot water around the casserole to come halfway up the sides.
7. Bake 30 to 45 minutes, basting occasionally with the cooking juices from the bird or the reserved sausage fat.

YIELD: Enough stuffing for a 20-pound turkey

“This recipe is from the Silver Palate and my family and friends won’t let us deviate at all from this stuffing recipe at Christmas. My son triples it for his friends at Thanksgiving and my daughter always makes it for her Canadian Thanksgiving in NYC.”

A TURNIP DISH FOR PEOPLE WHO DON'T LIKE TURNIPS!

(Shared by Suzy Brenninkmeyer)

INGREDIENTS

4 cups mashed turnips	2 tsp. salt
2 cups breadcrumbs	¼ tsp. pepper
½ cup melted butter	4 eggs, slightly beaten
2 tbsp. sugar	

DIRECTIONS

1. Preheat oven to 375°F.
2. Mix all ingredients with electric mixer.
3. Spoon into buttered soufflé or casserole dish.
4. Brush top with additional melted butter.
5. Bake for 1 hour.

MAX & KYLE'S FAVOURITE CHICKEN TACOS

(Shared by Nita Reed)

INGREDIENTS

2-3 lbs. boneless, skinless chicken breasts
2 cups chicken broth
1 pkg. taco seasoning
1½ jars mild or medium salsa (650ml)
Taco shells
Fresh tomatoes, chopped
Cheese, grated
Sour cream

DIRECTIONS

1. Place chicken in a slow cooker.
2. Mix taco seasoning into chicken broth and pour over chicken.
3. Add the ½ jar of salsa.
4. Cook on low for 6 hours, or on high for 3-4 hours.
5. Shred chicken with 2 forks (do not drain juice).
6. Mix in the jar of salsa.
7. Cook for 30 minutes on low.
8. Enjoy on taco shells with cheese, tomatoes and sour cream.

"A favourite in San Francisco on the kids' busy hockey weekends."

BAKED BRIE WITH APPLES & CRANBERRIES

(Shared by Fiona MacAlpine)

INGREDIENTS

1 (8-ounce) round Brie cheese	1 tbsp. packed brown sugar
½ medium apple, chopped	¼ tsp. cinnamon
¼ cup sliced almonds	1 tbsp. butter
¼ cup dried cranberries	Crackers/baguette

DIRECTIONS

1. Preheat oven to 350°F (180°C).
2. Combine apple, almonds, cranberries, sugar and cinnamon and mix gently. Stir in butter just until ingredients are moistened.
3. Cut Brie in half horizontally. Spoon half of the apple mixture onto bottom half of Brie, spreading evenly. Top with remaining half of Brie, rind side up. Spoon remaining apple mixture over Brie.
4. Bake 12-15 minutes or until Brie begins to soften.

Serve with apple wedges or assorted crackers.

BEST EVER MINI CHEESECAKES

(Shared by Keisha Whyllie)

INGREDIENTS

- 2 eggs
 - 2 tsp. vanilla
 - 1 cup sugar
 - 16 oz. cream cheese, softened
 - 18 vanilla wafers
 - 14 oz. cherry pie filling
-

DIRECTIONS

1. Preheat oven to 350°F.
2. Place cupcake liners in muffin tins.
3. Put a vanilla wafer, flat side down, in the bottom of each liner.
4. Beat eggs, vanilla, sugar, and cream cheese together until smooth.
5. Fill each liner 2/3 full with the cheesecake batter.
6. Bake for 15 minutes.
7. Remove from oven and cool.
8. Top each mini cheesecake with cherry pie filling.

Keep refrigerated until you are ready to serve.

CRÈME BRÛLÉE

(Shared by Julie Tsao)

INGREDIENTS

4 egg yolks	1 tsp. vanilla extract
¼ cup white sugar	1 pinch of salt
2 cups cream	

DIRECTIONS

1. Preheat oven to 350°F.
2. Whisk eggs.
3. Heat 2 cups of cream and add sugar.
4. Mix cream slowly into egg mixture a little bit at a time while whisking to prevent cooking the eggs.
5. Add salt and vanilla extract.
6. Pour mixture into a strainer and then into little ceramic bowls.
7. Remove any bubble foam on the surface.
8. Cover with foil and place in a pan with some hot water.
9. Bake for 40 minutes.
10. Let it cool.

Sprinkle with sugar and torch (or leave it plain)

WHITE CHOCOLATE AND CRANBERRY COOKIES

(Shared by Nazneen Khan)

INGREDIENTS

½ cup butter, softened	1 ½ cups all-purpose flour
½ cup packed brown sugar	½ tsp. baking soda
½ cup white sugar	¾ cup white chocolate chips
1 egg	1 cup dried cranberries

DIRECTIONS

1. Preheat oven to 375°F.
2. Line cookie sheets with parchment paper.
3. In a large bowl, cream together butter, brown sugar and white sugar until smooth. Beat in eggs.
4. In a separate bowl, combine flour and baking soda and stir into sugar mixture.
5. Mix in white chocolate chips and cranberries.
6. Drop spoonfuls of mixture onto baking sheet and bake for 8-10 minutes.

TRADITIONAL CHRISTMAS PUDDING

(Shared by Mary Dickie, thanks to Heather Birchall)

INGREDIENTS

3 cups seedless raisins, washed and dried	1/3 tsp. ground cloves
1 cup currants	1/3 tsp. ground mace
1/2 cup cut-up, pitted raw prunes	1 1/2 tsp. salt
1 cup chopped mixed candied peel and citron	1 1/2 cups finely chopped suet
3/4 cup almonds, blanched and halved	1 1/2 cups coarse soft breadcrumbs
1 1/2 cups sifted pastry flour	1 1/2 cups lightly packed brown sugar
1 1/2 tsp. baking powder	1 1/2 cups shredded raw apple
3/4 tsp. baking soda	1 1/2 cups shredded raw carrots
1 1/2 tsp. ground cinnamon	1/2 cup shredded raw potato
3/4 tsp. grated nutmeg	4 eggs
1/3 tsp. ground ginger	1/3 cup fruit juice
1/3 tsp. ground allspice	

DIRECTIONS

1. Prepare raisins; mix with next 4 ingredients (as far as almonds).
2. Measure and sift together three times flour with next 9 ingredients (as far as salt).
3. Mix this dry mixture with raisin mixture.
4. Add suet, breadcrumbs, sugar, apples, carrots, potatoes. Combine thoroughly.
5. Beat eggs until thick and light. Add to the mixture, stir in juice. Combine well.
6. Turn mixture into 2 greased pudding bowls. Pack lightly. Smooth tops.
7. Bowls should be 3/4 full. Cover with cooking parchment or well-greased paper. Tie down with string. Steam in large tightly covered pot over lightly boiling water for 3 1/2 hours. Water should reach halfway up sides of dish. Use a trivet or bent metal hanger to keep bowl off bottom of pot. Refill water as needed. Uncover. Let stand in bowls until cold. Cover with dry tea towel. Tie down, store in a cold place.
8. Re-steam for 1 1/2 hours to serve.

Makes two puddings

LENTILS WITH LOCAL APPLES

(Shared by Robin Fowler)

INGREDIENTS

- | | |
|------------------------------|---|
| 1 minced onion | 1 tsp. fresh thyme |
| 1 clove minced garlic | 1 small local apple, diced - I love honeycrisp but any apple will do! |
| 1 tsp. olive oil (or butter) | A sprinkle or two of sea salt and freshly ground pepper |
| 1 tbsp. Canadian Riesling | |
| 1 cup lentils | |
| 2 cups vegetable stock | |

DIRECTIONS

1. Melt butter in a small saucepan over medium-high heat.
2. Add onions and garlic and lightly sauté for a few minutes.
3. Splash in the wine and stir for a moment or two longer.
4. Add lentils and stock and bring to a simmer.
5. Add apple, thyme, salt and pepper.
6. Cover, reduce heat to low and continue simmering until the lentils are tender, about 20 minutes.

"This is one of my favourites and everyone always loves it when I make it. I adapted it to make it veggie from chef Michael Smith, who wrote about how this was one of the winning Canadian entries in the International Culinary Olympics."

BEST CAESAR SALAD DRESSING

(Shared by Brenda McDowell)

INGREDIENTS

LIST 1:

- 1 egg
- 2-3 tbsp. grated Parmesan cheese
- 1-2 tsp. minced garlic
- 3 anchovies in oil chopped or anchovy paste to your liking
- ½ tsp. salt
- ½ tsp. grated pepper

- 1 tbsp. capers and some juice
- 1 tbsp. Dijon mustard
- 2 tbsp. sour cream
- Dash of hot sauce
- 1 tsp. Worcestershire sauce
- 1 tsp. soy sauce

LIST 2:

- ¾ cup vegetable oil
- ½ cup olive oil
- 2 tbsp. fresh lemon juice
- 1 ½ tbsp. red wine vinegar

LIST 3:

- 6 cups chopped/torn Romaine lettuce
- ½ cup grated Parmesan cheese
- Croutons to your liking

DIRECTIONS

1. Mix lists 1 and 2 in separate bowls.
2. Put list 1 in a tall container, wide enough to accommodate an upright hand-held mixer and puree while slowly pouring in list 2. It should emulsify beautifully.
3. This dressing is much more than needed for 6 cups of Romaine—you will have leftover dressing.
4. Make your salad!

RUTLEDGE FAMILY CHRISTMAS MORNING BREAKFAST

(Shared by Tim Rutledge)

INGREDIENTS

16 slices white bread	½ tsp. salt
¼ cup chopped green pepper	½ tsp. pepper
6 eggs	¼ cup minced onion
3 cups milk	1-2 tsp. Worcestershire sauce
Peameal bacon	dash Tabasco sauce
Corn flakes or Special K	1 tsp. dry mustard
Sharp cheddar cheese	¼ cup butter

DIRECTIONS

Night before

1. In a large (9x13) well-buttered glass baking dish, place 8 slices of bread – add pieces to cover bottom entirely.
2. Cover bread with slices of peameal bacon, sliced thinly.
3. Lay slices of cheese on top and cover with slices of bread – like a sandwich.
4. In a bowl, beat eggs, salt, pepper, Worcestershire and Tabasco sauces, milk, dry mustard, onions, and green pepper.
5. Pour mix over bread, cover and refrigerate overnight.

Morning

1. Cover with cereal.
2. Melt butter, pour evenly over top.
3. Bake uncovered 1 hour @ 350°F.
4. Let sit 10 minutes before serving.
5. Serve with fresh fruit.

*“This is a recipe that has become a tradition in our immediate family for Christmas morning - we've had this every Christmas morning for over 20 years!
We prepare it the night before so that makes a great breakfast with minimal fuss.”*

EASY TOMATO SOUP

(Shared by Nita Reed)

INGREDIENTS

2 tsp. butter or margarine	1 bay leaf
1 cup onions, chopped	½ tsp. dried oregano
1 cup celery with leaves chopped	8 cups tomatoes
2 cloves garlic, chopped	Salt & pepper to taste

DIRECTIONS

1. Melt butter in a medium saucepan and sauté onion and garlic, stirring until golden, about 3 minutes.
2. Add other ingredients and simmer 15 minutes, stirring occasionally.
3. Puree if desired.
4. Season to taste.
5. Serve hot or cold.
6. Add a dollop of yoghurt to each bowl.

“A great soup to make when your garden is full of tomatoes, and you are wondering why you ever thought you would need so many plants!”

HILTON FAMILY FOAMY BRANDY SAUCE

(Shared by Anne Hilton)

INGREDIENTS

¼ cup butter

1 cup brown sugar

2 tbsp. brandy

2 eggs

½ cup milk or cream

DIRECTIONS

1. Cream together butter and sugar and slowly add brandy.
2. Separate the eggs.
3. Beat egg yolks well and add to mixture.
4. Stir in cream or milk.
5. Cook in a double boiler until custard thickness.
6. Beat egg whites until stiff.
7. Blend into other mixture.

“This brandy sauce is the perfect accompaniment to Christmas/plum pudding but it’s so delicious that you’ll be tempted to eat it all on its own!”

KATY'S ENGLISH SAVOURY SCONES

(Shared by Brenda McDowell)

INGREDIENTS

2 cups flour (extra for kneading)	½ cup milk
½ tsp. salt	1 large egg
2 tbsp. granulated white sugar	1 cup grated or chunked cheddar (or more)
1 tbsp. baking powder	⅓ to ½ cup chopped green or vidalia onion
½ cup cold butter	

DIRECTIONS

1. Mix the 4 dry ingredients thoroughly.
2. Crumble in the cold butter until pea-sized.
3. Add onion and cheese.
4. Whisk together the egg and milk and add to above, stirring quickly (you will need to finish mixing with your hands).
5. Spread some flour on your working surface and add the mixture.
6. Knead strongly 15 times (no more, no less, according to Katy!) until well blended (add a bit more flour if sticky).
7. Break into 2 mounds and flatten into two 6" x 1" rounds.
8. Cut each into 8 triangles and place on an ungreased baking sheet (may use a 'silpat' or other pan insulator).
9. Bake at 400°F for 9 minutes, then turn off oven and bake for 1 minute longer.

These scones come out buttery, fluffy and melt-in-your-mouth!

"This recipe is from my mother, Kathleen McDowell (nee Shatford). Three generations now look forward to these at breakfast year-round!" in the morning!"

MOM'S NUTS & BOLTS

(Shared by Nita Reed)

INGREDIENTS

1½ cups salted butter, melted	8 cups Cheerios
2 tsp. celery salt	5 cups Shreddies
1 tsp. onion salt	4 cups pretzel sticks
2 tbsp. Worcestershire sauce	2 cups roasted salted peanuts

DIRECTIONS

1. Preheat oven to 250°F.
2. In a large roaster, combine cereals, nuts and pretzels. In microwave (or on stove), melt butter and mix in spices and Worcestershire sauce.
3. Pour over dry ingredients and stir gently to mix thoroughly.
4. Bake at 250°F for 1½ to 2 hours, stirring gently with a spoon every 20 minutes.

DOUBLE CHOCOLATE AND NUT BISCOTTI

(Shared by Lili Litwin)

INGREDIENTS

- | | |
|--|--|
| 3 squares of your best semi-sweet chocolate, quartered | 1 tsp. salt (5ml) |
| ½ cup butter, softened (125 ml) | 1 tbsp. grated orange rind (15ml) |
| 1 ½ cups sugar (375 ml) | ¼ cup orange juice (50ml) |
| 2 eggs | 3 squares semi-sweet chocolate, coarsely chopped |
| 2¾ cups all purpose flour (675 ml) | ¾ cup Trophy whole almonds, toasted (175 ml) |
| 2½ tsp. baking powder (12ml) | ¾ cup Trophy walnut pieces, toasted (175ml) |

DIRECTIONS

1. In a microwave bowl, partially melt 3 squares quartered chocolate on Medium for 2 minutes. Stir until chocolate is completely melted and smooth. Cool.
2. In large mixer bowl, beat butter, sugar and eggs. Beat in melted chocolate. Add remaining ingredients except chopped chocolate and nuts, beating until blended. Stir in chopped chocolate and nuts.
3. Spoon half of dough onto long side of greased and floured cookie sheet, shaping into a long log, about 2" (5cm) wide. About 2" (5 cm) apart, repeat with remaining dough.
4. Bake at 350°F (180°C) for 30 minutes. Cool for 10 minutes. Remove from pan and cut logs into ¾" (2cm) thick slices.
5. Return cookies to cookie sheets, cut side down. Bake 20 minutes longer, turning over once during baking. Cool completely. Store in airtight container.

To toast nuts; bake on cookie sheet at 350°F (180°C) 3-5 minutes.

Dip cookies in additional melted semi-sweet chocolate if desired

Cookies will keep for 3 months in freezer

CHICKEN ARGO

(Shared by Bob Howard and Brenda McDowell)

INGREDIENTS

- | | |
|---|--|
| 1½ cups walnut pieces (1 cup ground) | 1 tbsp. olive oil |
| 2 tsp. salt | 1 tbsp. butter |
| 1 tsp. freshly ground pepper | 1 large onion chopped (I did coarsely) |
| 1-2 tsp. cinnamon (I used 1 because I was low!) | 2 cups chicken stock |
| 2 tsp. turmeric | ¼ cup pomegranate molasses * |
| 2 tsp. ground coriander | 2 tsp. sugar |
| 1 tsp. ground cardamom (the most important spice) | Garnish: ¼ cup coriander leaves and 2 tbsp. pomegranate seeds (optional) |
| 2½ to 3 pounds (1.2 to 1.4kg) boneless, skinless chicken thighs cut in half or thirds | |

DIRECTIONS

1. Preheat oven to 350°F.
2. Toast walnuts in skillet over medium-high heat until fragrant and browned (3 minutes) then finely grind in food processor.
3. Combine salt, pepper, cinnamon, turmeric, ground coriander, and cardamom in small bowl.
4. Season chicken with 1 tbsp. of the spice mixture and put aside the rest.
5. Heat oil and butter in skillet and on medium-high heat sear chicken on both sides for 2 minutes or until browned but pink in the middle. Transfer to a casserole dish.
6. Add onion to skillet and sauté 5 minutes or until edges are just beginning to brown.
7. Add remaining spice mixture to onions and sauté for 30 seconds.
8. Add chicken stock and pomegranate molasses and bring to a boil.
9. Stir in ground walnuts and sugar and season to taste with salt and pepper.
10. Pour sauce over chicken and bake uncovered for 15-25 minutes until chicken is done.
11. Serve on a bed of rice +/- the garnish.

***Pomegranate molasses:** mix 3 cups pomegranate juice, ½ cup sugar and ¼ cup lemon juice and simmer until reduced to the consistency of maple syrup.

"This is an Iranian stew that was featured in the Globe and Mail February 2013. It is absolutely delish and aromatic."

GREEN TOMATO RELISH

(Shared by Brenda McDowell, modified from Sadie Courtice)

INGREDIENTS

2½ lbs. green tomatoes or tomatillos	¾ tsp. turmeric
3 large white onions (I use vidalias if available)	A pinch or more cayenne
1½ tbsp. coarse salt*	1½ cups + 1½ tbsp. (= 1.6 cup!) cider or malt vinegar
Enough water to cover the vegetables once sliced*	½ cup H ₂ O
2 cups white sugar	¼ tbsp. prepared mustard
½ cup flour	

DIRECTIONS

1. Thinly slice onions and tomatoes—cut in half to slice if large.
2. Soak in a LARGE pot overnight in the brine* (using the coarse salt and water).
3. Drain and double rinse the onions and tomatoes and rinse and dry the large pot.
4. Mix the dry ingredients well and put into large pot followed by the liquid ingredients.
5. Boil this mixture until thickened about 4 minutes, stirring constantly.
6. Add drained onions and tomatoes and simmer on “low boil” (Sadie’s words) for 20-30 minutes again, stirring constantly.
7. Bottle while still quite warm in jars that you have sterilized in your dishwasher – I use the “sani-wash” cycle.

Makes 6-7 jars – Fantastic on sandwiches, burgers, hotdogs etc.

FRUIT TOPPED PAVLOVA

(Shared by Tony and Shannon Graham)

INGREDIENTS

3 egg whites
pinch of cream of tartar
 $\frac{3}{4}$ cup granulated sugar
1 tsp. vanilla

Filling

1 cup whipping cream
2 tbsp. granulated sugar
1 tsp. grated lemon zest
1 tsp. vanilla

Topping

3 cups fresh berries (blueberries, raspberries, strawberries)

DIRECTIONS

1. Preheat oven to 275°F and line a cookie sheet with parchment paper.
2. In a large bowl beat egg whites and cream of tartar until soft peaks form. Add sugar 1 tbsp. at a time. Fold in vanilla. Place on cookie sheet lined with parchment paper and spread meringue into a 9" circle with slightly raised edges.
3. Bake in oven for 1 hour. Turn off oven and leave meringue in oven for another 30 minutes. Meringue should be firm to the touch.
4. Whip the cream until thickened, adding 2 tbsp. sugar and 1 tsp. lemon zest. Spread over meringue shortly before serving and top with fruit of your choice.

Serves 6

"The recipe is one of our favourite party desserts that Shannon has served for years. It is very easy and spectacular!"

TOBLERONE SHORTBREAD

(Shared by John & Jocelyn Barford)

INGREDIENTS

2 cups butter, softened

¼ cup light brown sugar

¾ cup icing sugar

4 cups flour

Toblerone chocolate bar, chopped into chunks

DIRECTIONS

1. Beat butter and sugars in mixer until very light, about 10 minutes.
2. Add flour a cup at a time, beating well. Drop by spoonfuls on parchment covered cookie sheet.
3. Nestle a chunk of chocolate in centre of each and bake for 10-12 minutes at 325°F.
4. Cool and dust with icing sugar.

Makes about 4-5 dozen

UKRAINIAN CHRISTMAS BORSCHT

(Shared by Melanie Anderson)

INGREDIENTS

- | | |
|---|---|
| 4 medium to large beets, thoroughly washed | cup to garnish) |
| 3 lbs. small pork spareribs, boiled for 20 minutes (meat will be cut from bones into small pieces) OR three thin pork chops cut into small pieces after boiling | 3 large cloves fresh garlic, minced |
| 3 medium/large new white potatoes | 1/3 head of cabbage, thinly sliced |
| 1 medium onion, finely chopped | 2 1/2 cups chicken broth |
| 3 large carrots, julienned | 4 cups beet broth (from pot beets were boiled in) |
| 1 1/2 cups yellow or green beans (or both), trimmed and cut in half | 1-2 cups water |
| 3 small ripe vine tomatoes, diced | 1 cup tomato juice |
| 2 cups fresh dill (1 1/2 cups for the soup and 1/2 | 1 tbsp. white sugar |
| | Salt and pepper to taste |

DIRECTIONS

1. Boil beets (skins on) in a very large pot for about 20 minutes, with water covering the beets plus 3 inches (about 4 cups salted water).
2. Remove beets, peel and cut into julienne pieces. Save beet water. Set the cut beets aside.
3. While beets are cooking, boil the pork spareribs in a separate small pot for 20 minutes, then cut the meat from the bones into tiny pieces. Set the meat aside.
4. Into the pot with the beet broth, add the cooked pork pieces and cabbage.
5. Add garlic, onion, carrots, beans, potatoes, beets and dill.
6. Add chicken broth, fresh chopped tomatoes, tomato juice, 1 1/2 cups water and sugar. Season with salt and pepper and additional fresh dill if desired.
7. Bring to boil for 10 minutes, then turn down to medium/low heat for 20 minutes, and to low/simmer heat for 20 more minutes. Make sure to stir every 10 minutes. Add salt and pepper to taste. Serves 10... with some extra!
8. Serve! Top each bowl with a dollop of sour cream (1-2 tbsp.) and a fresh dill sprig.