

## Yotam Ottolenghi's recipe for 100 years WUR



### Beetroot soup with rye and walnut dumplings

Beef stock gives this borscht a rich, deep flavour, but vegetable stock works well, too. Serves four.

**2 tbsp olive oil, plus extra to serve**  
**2 garlic cloves, peeled and crushed**  
**1 onion, peeled and finely diced**  
**1 tsp fennel seeds** Salt and freshly ground black pepper  
**1 liter beef (or vegetable) stock**  
**600g raw beetroot, peeled and cut into 2cm pieces**  
**1½ tsp lemon juice**  
**160g soured cream, to serve**  
**5g dill leaves, finely chopped**

For the dumplings

**3 slices German rye bread (100% rye), lightly toasted and roughly blitzed**  
**Finely grated zest of 1 lemon**  
**10g dill, finely chopped**  
**10g tarragon leaves, finely chopped**  
**40g walnut halves, toasted and roughly chopped**  
**1 tsp caraway seeds, lightly toasted and crushed**  
**2 eggs, beaten**

**P**ut all the dumpling ingredients in a medium bowl with a good grind of pepper. Mix to combine, then form into 12 dumplings weighing about 30g each, squeezing the mixture very firmly as you shape them; it's really important to compress the dumplings like this, or they won't hold together during the cooking. Refrigerate for at least an hour, to firm up.

**P**ut the oil for the soup in a large saucepan on a medium-high heat, then saute the garlic, onion, fennel seeds and half a teaspoon of salt for about five minutes, until soft. Cover with 750ml of stock, then add the beetroot, lemon juice and a grind of pepper. Turn the heat to medium-low and simmer gently for 50 minutes, until the beetroot is very soft.

**W**hen the soup has been cooking for 25 minutes, put the remaining stock in a medium saucepan with 250ml water and half a teaspoon of salt. Bring to a simmer, then turn the heat to low. Take the dumplings from the fridge and compress them again. Poach the dumplings in the liquid in two batches for three minutes a batch, turning them halfway, then transfer the cooked dumplings to a plate using a slotted spoon. Strain the stock and water into the soup pot and leave to cook until the 50 minutes is up.

**D**ivide the soup between four bowls and top each portion with three dumplings. Spoon the soured cream alongside, drizzle with a little olive oil, sprinkle with dill and serve.

Enjoy your meal!

