

Beetroot & Vodka (or Gin) Soup

Serves 4-6

1 Onion Chopped
Half a tablespoon caraway seeds
1 Bouquet Garni – 2 parsley stalks, 1 bay leaf, 2 sprigs of dill or fennel
2 tablespoons of light olive oil
3 tablespoons Arborio rice (risotto rice)
1.5 lbs raw beetroot, peeled & grated
1 tablespoon lemon juice
1.75 pints chicken or vegetable stock
2 tablespoons of vodka or gin
Seasoning

To serve.

Half Fat Crème Fraiche
Chopped Chives or Dill Sprigs

In covered pan, sweat onion, caraway seeds and bouquet garni in the oil for 10 mins on a low heat. Add rice and stir for one minute. Add grated beetroot & lemon juice (important to retain the colour of the beetroot) and cook, stirring all the time for 2-3 mins.

Add stock, season with salt & pepper and bring to boil. Simmer for 25 mins until beetroot & rice are tender. Remove & discard bouquet garni. Liquidise the cooling soup until smooth. Return soup to pan and add vodka or gin. Heat until just before boiling.

Serve with a swirl of crème fraiche (balances sweetness of beetroot & sharpness of alcohol) and garnish with chives or dill.