EASTERN EUROPEAN · LUNCH · DINNER

Šaltibarščiai (Lithuanian Cold Pink Kefir and Beet Soup)

80 min · plus at least 1 hour chilling · Serves 4 · 472 kcal a serve

Video 14:36 · My Name Is Andong

Vegetarian · Gluten-free ingredients · Nut-free

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A litre of kefir makes the base, so a bowl with egg and the buttery potatoes gives about 19 g protein, 7 g fibre, nearly half a day's folate (from the beetroot) and over a quarter of a day's calcium for about 470 kcal.

Ingredients 11 · SERVES 4

- [ ] 1 litre **kefir** (or buttermilk)
- [ ] 2–3 **beetroots** (about 350 g), boiled about 1 hour, peeled and grated
- [ ] 3 **eggs**, hard-boiled (2 finely chopped, 1 quartered to garnish)
- [ ] 1 large **cucumber** (or 3 small, crunchy ones), grated
- [ ] 2 **spring onions**, finely chopped
- [ ] 8 sprigs **dill**, finely chopped (keep a little for garnish)
- [ ] **salt**, to taste (season generously, about 1 tsp)
- [ ] a little **black pepper**
- [ ] a splash of **white or herb vinegar**, to taste (about 1 tbsp)
- [ ] 4 **waxy potatoes**, boiled, then fried in butter, to serve
- [ ] 2 tbsp **butter**, for frying the potatoes

Contains: Egg, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Boil the beetroots for about an hour until tender, cool, then slip off the skins (gloves help) and trim the ends. Hard-boil the eggs and peel them. 6:11
2. Grate the beetroots straight into a large bowl. Finely chop 2 of the eggs and add them; set the prettiest egg aside. 7:03
3. Grate in the cucumber, then add the finely chopped spring onions and most of the dill. 8:17
4. Pour in 1 litre kefir and stir until bright pink. Season generously with salt, add a little pepper and a splash of vinegar for tang; thin with a little water or buttermilk if you like it thinner. 9:21
5. Cover and chill for at least 1 hour so the colour deepens and the flavours blend. Taste again for salt before serving. 10:24
6. Meanwhile boil the potatoes, then fry them in 2 tbsp butter until golden. Ladle the soup into bowls, top with the quartered egg and dill, and serve with the hot potatoes. 10:40

> **Tip** Serves 4 (our estimate). For a lighter meal, serve plain boiled potatoes instead of fried. Andong's recipe comes from Lithuanian food writer Denise (@essenmitdenise).

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
472 kcal	19 g	60 g	6.8 g	18 g	830 mg
1,980 kJ	38% of a day	53 g net · 23 g sugars	24% of a day	9.6 g saturated	36% of a day
		22% of a day		24% of a day	

Energy from net carbs 47% · protein 17% · fat 36%

High in (20%+ of a day) Vitamin B12 65% · Folate 46% · Vitamin B6 44% · Selenium 41% · Potassium 37% · Vitamin C 29% · Calcium 28% · Vitamin K 27% · Magnesium 26% · Vitamin A 26% · Zinc 24% · Iron 20%

Recipe and video: My Name Is Andong (@mynameisandong) on YouTube — youtube.com/watch?v=SbBLx2ms6Vo, published 22 August 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/saltibarsciai-pink-kefir-beet-soup