RUSSIAN · LUNCH · DINNER

Shchi (Siberian Russian Cabbage and Beef Soup)

Сибирские щи

120 min · Serves 12 · 205 kcal a serve · Video 9:40 in Russian · Любовь Сазонова

Gluten-free ingredients · Nut-free

About 13 g net carbs and 10 g protein a bowl (about 450 g): a big pot of slow-simmered beef broth packed with cabbage and vegetables, where potato is only a small part of each serve.

Diet notes: Dairy-free if you leave out the smetana.

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Ingredients 16 · SERVES 12

- [ ] 700 g **beef** on the bone (brisket or flank, plus a marrow bone if you have one)
- [ ] 4 litres **water** (about 3.4 litres left after simmering uncovered)
- [ ] 2–3 **bay leaves**
- [ ] 400 g **white cabbage**, finely shredded (350–500 g — more for a thicker shchi)
- [ ] 200 g **onion**, diced
- [ ] 150 g **carrot**, cut into thin strips
- [ ] 100–150 g **red capsicum**, cut into strips
- [ ] 200 g **tomatoes**, chopped
- [ ] about 40 g **vegetable oil** (30–50 g)
- [ ] 5–7 g **sugar**
- [ ] 500 g **potatoes**, peeled and cut into batons
- [ ] 20 g **salt**
- [ ] 3–5 g **ground black pepper**
- [ ] chopped **spring onion**, to serve
- [ ] chopped **dill or parsley**, to serve
- [ ] **smetana** (sour cream), to serve — about 1 tbsp a bowl

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

Method TIMES = THE MOMENT IN THE VIDEO

1. Rinse the beef and bones. Put the bones in a large pot of cold water so they flavour the broth; add the meat chunks once it boils so they stay juicy. 2:17
2. As soon as it boils, turn the heat to low, add the bay leaves and simmer uncovered about 1 hour, skimming off the foam regularly. 3:00
3. Meanwhile shred the cabbage, dice the onion, and cut the carrot, capsicum and tomatoes. 3:48
4. After about an hour, add the cabbage to the simmering broth and keep skimming as it cooks. 5:08
5. Heat the oil in a frying pan and soften the onion until translucent, then add the carrot, then the capsicum, and finally the tomatoes. Stir in the sugar to soften the tomato's sharpness and set aside. 5:58
6. Peel the potatoes, cut them into batons and add to the pot; cook until almost tender. 7:17
7. Season with salt and pepper, stir in the fried vegetables, turn off the heat and let the shchi stand at least 20 minutes. Serve with herbs and a spoon of smetana — it's even better the next day. 7:42

> **Tip** Makes about 12 large bowls of about 450 g (the cook doesn't say). Chop the meat off the bone before serving. For fewer carbs use half the potato. Keeps 3–4 days in the fridge; freezes well.

The method is a summary in our words, in English — the video (in Russian) shows every step.

One serve gives you 1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
205 kcal	10 g	16 g	3 g	11 g	690 mg
860 kJ	21% of a day	13 g net · 4.7 g sugars	11% of a day	3.6 g saturated	30% of a day
		6% of a day		15% of a day	

Energy from net carbs 27% · protein 21% · fat 52%

High in (20%+ of a day) Vitamin C 39% · Vitamin K 31% · Vitamin B12 31% · Zinc 22% · Omega-3 21% · Vitamin B6 20%

Source of (10–19%) Vitamin A 17% · Selenium 13% · Potassium 11% · Folate 11%

Recipe and video: Любовь Сазонова (@Liubov_Sazonova) on YouTube — youtube.com/watch?v=7uZQDK4CVnU, published 18 October 2020. 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/sibirskie-shchi