

Russian-Style Cabbage (and Pork and Sausage) Soup

Inspired by a recipe in *Splendid Soups* by James Peterson



Also called Shchi in Russian.

I used a spicy Spanish dry chorizo, but ordinary Polish sausage would be fine, or even ground Italian sausage (cook about 10 minutes first). The sour cream and fresh dill are the capper to this soup - don't eliminate it as you'll be missing some of the authenticity and flavor of this soup. The pork broth concentrate comes from Penzey's spices (online). They produce a line of broth concentrates that are amazing, low in salt, and keep for months in the refrigerator. If you want to remove some of the fat from the pork shoulder, chill the broth and remove the congealed fat before continuing with the soup. Do not use canned sauerkraut.

Servings: 10

From Carolyn T's Food Blog, Tasting Spoons: <http://tastingspoons.com>

PORK:

*2 1/2 pounds pork shoulder, boned, trimmed
1 large onion, peeled, halved
2 whole carrots
2 stalks celery, cut in 3-inch pieces
2 teaspoons dried thyme
2 teaspoons dried rosemary
1 teaspoon freshly ground black pepper
1 teaspoon salt
2 quarts water (or more if needed)*

SOUP:

*1/2 pound fresh mushrooms, cleaned, chopped
4 tablespoons unsalted butter
1 large onion, chopped
2 stalks celery, chopped
2 whole turnips, peeled, cubed
1 large head of cabbage, thinly sliced, then crossways in about 2-inch lengths
2 cups sauerkraut, rinsed
1/2 pound smoked sausage, cubed
2 teaspoons pork soup base (or chicken concentrate or a quart of meat broth)
Salt and pepper to taste
2/3 cup sour cream
fresh dill, chopped, for garnish (do not omit the garnish!)*

This is a complete meal with some crusty bread.

Per Serving (excluding unknown items): 414 Calories; 31g Fat (65.6% calories from fat); 21g Protein; 15g Carbohydrate; 5g Dietary Fiber; 96mg Cholesterol; 863mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 2 1/2 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat.

1. PORK: Combine the pork, vegetables and herbs in a 4-quart pot. Pour over enough cold water to cover the meat by an inch. Bring the pot to a slow simmer. Ladle off any froth and fat that floats to the top. Simmer for 2-3 hours, until the meat is completely tender so that a knife inserted into the meat offers no resistance, adding water as needed to make up for any evaporation. Allow mixture to cool for an hour, then strain out the vegetables (and discard them), reserving all of the meat and broth. When the meat is cool enough, chop it up into 1-inch pieces.
2. SOUP: In a large soup pot melt the butter and saute the mushrooms for 2-4 minutes. Add the onion, turnips, carrots, celery and garlic, then add all the broth from the pork. Bring to a simmer and cook for 5 minutes. Add the cabbage. If there is not sufficient liquid, add some water or chicken broth (or the Penzey's pork soup base) and continue cooking for another 10 minutes or until the cabbage is just barely tender. Then add the rinsed sauerkraut, the cooked pork and the sausage. Simmer very slowly just until heated through. Season with salt and pepper.
3. Serve about 2 cups of soup mixture in a wide bowl (heated bowls, preferably) with a dollop of sour cream on top and sprinkled with fresh dill.