

Okroshka Russian Cold Soup

A refreshing and delicious soup that keeps you hydrated

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INGREDIENTS

(makes 6-8 portions)

- 5 medium potatoes
- 5 eggs
- 1 cucumber (big)
- 100-150g salty/smoked sausage
- about 10 small radishes
- 2-3 spring onions
- a bunch of fresh dill
- 1l kefir/natural flavoured yogurt (low fat)
- 1l sparkling water (mild)
- ½ -1 tsp salt
- ½ tsp fine black pepper



DIRECTIONS

1. Boil the whole potatoes until they are cooked through. I boil mine with the skins on and I also leave the skins on in the soup. If you prefer to peel the skins of you can do that prior to boiling or after boiling the potatoes. Once boiled, drain the water and leave to cool completely.
2. In the meantime also hard boil the eggs and leave aside to cool completely.
3. Once the potatoes and the eggs have cooled completely you can start preparing the soup. You will need a big (5-6 litres) pot or a bowl (preferably one that has a lid) for storing the soup. Cube the potatoes, the cucumber and the sausage. Remove the greens and the ends from the radishes and slice them finely. Also slice the spring onions finely. Remove the hard ends from the dill, then slice the ends with the stalks really finely and the leafy parts more roughly. Peel and slice the eggs leaving one aside for decoration if you wish. Add all of the aforementioned ingredients to the pot.
4. Season well with salt and black pepper.
5. Pour over the kefir and the sparkling water and mix thoroughly.
6. Cover the soup and chill it in the fridge for at least 2-3 hours before serving (preferably overnight).
7. Taste whether the soup needs extra seasoning. Add some more salt and pepper if needed.
8. Serve cold with some dark bread.