



Chef Jenni Schrenk's

Seabuckthorn Berry Borscht

This comforting soup brings back memories of Grandma's garden. The citrusy tang of Seabuckthorn Berry packs a powerful nutritional punch while ginger and sesame add extra zing!

Ingredients:

2 cups Nvigate Seabuckthorn berries
4 to 6 small golden beets, about 2 cups chopped
2 cups shredded or finely chopped cabbage
1 medium onion, diced
4 cloves garlic, minced
4 celery stalks, diced
4 medium carrots, diced
2 Tbsp minced ginger
2 Tbsp fresh dill

2 cups Northern Lights Foods Organic Wild Rice
2 cups Daybreak Mills Organic Pot Barley
2 Tbsp sesame oil
2 Tbsp canola oil
1/4 cup Nvigate Seabuckthorn vinegar
2 Tbsp honey
1 Tbsp salt
1 tsp freshly ground pepper

Directions:

Cook wild rice in six cups water, covered, until rice just starts to split open. Remove from heat but don't drain.

In a large, heavy bottomed pot, heat sesame and canola oil then add onions, ginger, celery, garlic and carrots. Sauté until onions start to brown. Add barley and cook, stirring, for about 3 minutes.

In a blender or food processor, purée seabuckthorn berries until smooth. Add to vegetables in the pot along with beets, cabbage, dill, seabuckthorn vinegar, salt, pepper and wild rice and its cooking liquid.

Let simmer 20 minutes, until beets are tender. Check the seasonings and add more salt and pepper, honey and vinegar until a balanced flavour is reached.



Photos courtesy: Nvigate Northern Vigor Berries

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