

TIMKEN-INSPIRED RECIPES



SHCHI, RUSSIAN CABBAGE SOUP

For today's Timken-inspired recipe, we pay homage to the 19th-century Russian icon, The Guardian Angel, Deed and Two Saints, pairing it with the traditional Russian cabbage soup, Shchi. The dish dates back to the 9th century soon after cabbage was introduced from Byzantium. Its slow preparation of winter vegetables provides culinary comfort, a devotion to healthy eating this time of year.

SHCHI, RUSSIAN CABBAGE SOUP

Serves 6

INGREDIENTS

Broth:

4 large chicken drumsticks
1 Tablespoon olive oil
8 cups chicken broth

1/2 cup sliced onions
3 bay leaves
1 teaspoon black peppercorns

Soup:

1 Tablespoon olive oil
2 cups diced onion
1 large carrot, grated
Salt & freshly ground pepper to taste
1 large potato, peeled and chopped in
1/2-inch cubes
1 cup cabbage, finely shredded

2 cups sauerkraut, drained
Prepared chicken broth
2 teaspoons caraway seeds
1 teaspoon smoked paprika
Cooked and shredded chicken
1/4 cup sour cream
Freshly cracked black pepper

DIRECTIONS

Heat oven to 425° degrees.

Rinse chicken, pat dry with paper towels, and season liberally with salt and pepper. Heat olive oil in Dutch oven on medium-high heat. Add the chicken and sear on both sides until skin is golden brown. Add four cups chicken broth, bay leaves, 1/2 cup sliced onions, and peppercorns. Cover Dutch oven with lid, place in oven, and cook for 45 minutes.

While chicken is cooking prepare vegetables and assemble soup ingredients. Once chicken is cooked, remove chicken, strain broth through a fine mesh strainer, and set aside for 10-20 minutes. Using a spoon skim off fat from the top of the broth.

Once chicken has cooled to handle, remove the skin and discard. Shred the meat and set aside.

Heat olive oil in a large stock pot and add the chopped onion and grated carrots. Season with salt and pepper to taste. Sauté the vegetables on medium heat for approximately 5 minutes, stirring occasionally, until the vegetables are tender.

Stir in the potatoes, cabbage, sauerkraut, prepared chicken broth, caraway seeds, and smoked paprika. Cover the Dutch oven with a lid and cook the soup, stirring occasionally, until the potatoes and cabbage are tender, approximately 30 to 45 minutes. Add the cooked chicken to the soup and cook an additional five minutes.

Ladle soup into serving bowls and garnish with sour cream and freshly cracked black pepper. Soup is best served with freshly baked bread.