
Cabbage Soup

*Chef Henry Kubala - Cafe Vienna - Sarasota, FL
Sarasota's Chef Du Jour - 1992*

2 onions
2 carrots
8 ounces margarine
1/2 cup sweet paprika
1/2 teaspoon ground caraway seeds
1 cup crushed tomatoes
1 head green cabbage
1/2 cup white vinegar
2 tablespoons sugar
beef stock or bouillon
2 bay leaves
2 large potatoes, peeled and cubed
1/2 pound kielbasa, cut in half lengthwise and sliced thin
6 cloves garlic, pressed
marjoram
salt
pepper
sour cream (for garnish)
fresh chopped parsley (for garnish)

Chop the onions. Shred the carrots. Mix the onions and carrots in a large saucepan.

Saute' with margarine until fragrant. Mix the paprika and caraway in quickly so as not to burn. Add a little water to help mix.

Add the crushed tomato, cabbage (chopped fine), bay leaves, vinegar, sugar, beef stock and salt and pepper to taste. Let simmer for 20 minutes.

Add the cubed potatoes and thinly sliced kielbasa. If you like a spicy flavor, add hot pepper or cayenne pepper to your taste.

Cook until the potatoes are tender.

Just before serving, add the pressed garlic and marjoram.

If you like a thicker consistency, you may also add a roux at this time.

Ladle the soup into a serving bowl.

Place a dollop of sour cream in the center of each bowl and sprinkle with chopped parsley.

Yield: 12 to 16 servings

Soups, Chili, Stew

Per Serving (excluding unknown items): 2891 Calories; 246g Fat (74.8% calories from fat); 46g Protein; 140g Carbohydrate; 17g Dietary Fiber; 152mg Cholesterol; 4980mg Sodium. Exchanges: 3 Grain(Starch); 4 1/2 Lean Meat; 10 1/2 Vegetable; 45 Fat; 2 Other Carbohydrates.