



Horseradish Soup with Fermented Rye Bread



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Introduction

The horseradish soup, known as zupa chrzanowa, is a traditional Polish dish that brings warmth and comfort, especially during colder months. This particular recipe utilizes fermented rye bread as a base, which adds a distinct tangy flavor that pairs beautifully with the spiciness of horseradish. This soup is not only hearty but also boasts health benefits, thanks to the ingredients used. Let's dive into the details of how to create this delightful soup.

Detailed Ingredients with measures

- 1 liter of vegetable broth
- 200 ml of sour rye soup (zakwas)
- 150 grams of freshly grated horseradish
- 2 medium potatoes, diced
- 1 large carrot, grated
- 1 onion, finely chopped
- 2 cloves of garlic, minced
- 3 tablespoons of olive oil
- 1 teaspoon of salt (or to taste)
- 1 teaspoon of freshly ground black pepper (or to taste)
- 1 tablespoon of fresh dill, chopped (for garnish)
- 1 tablespoon of sour cream (optional, for serving)

Prep Time

Preparation for this horseradish soup takes approximately 20 minutes. During this time, you will gather and chop all the necessary ingredients,

ensuring everything is ready for cooking.

Cook Time, Total Time, Yield

The cooking time for the horseradish soup is about 30 minutes. In total, you will spend around 50 minutes from start to finish. This recipe yields approximately 4 servings, perfect for a family gathering or a cozy meal at home.



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Detailed Directions and Instructions

Step 1: Prepare the Base

Start by heating 1 liter of vegetable or meat broth in a pot over medium heat.

Step 2: Add Vegetables

Chop 2 medium potatoes and 1 carrot into small cubes. Add them to the pot and let it simmer until the vegetables are soft, approximately 15-20 minutes.

See also Million Dollar Chicken Casserole

Step 3: Incorporate Horseradish

Grate fresh horseradish (about 3 tablespoons) and add it to the pot, stirring well.

Step 4: Season the Soup

Add salt, pepper, and a pinch of marjoram to taste. Allow the flavors to meld for another 5 minutes.

Step 5: Thicken the Soup

In a separate bowl, mix 2 tablespoons of flour with a bit of cold water until smooth. Gradually add this mixture to the soup while stirring constantly to avoid lumps.

Step 6: Final Touches

Pour in 200 ml of sour cream and mix thoroughly. Heat through but do

not boil.

Step 7: Serve

Ladle the soup into bowls and serve hot, garnishing with fresh dill or parsley if desired.

Notes

Note 1: Horseradish Variations

You can use prepared horseradish from a jar if fresh horseradish is unavailable. Adjust the quantity according to your taste.

Note 2: Additions

Feel free to add pieces of cooked meat or other vegetables, such as leeks or celery, for enhanced flavor.

Note 3: Storage

This soup can be stored in the refrigerator for up to 3 days. Reheat gently when serving again.

Note 4: Gluten-Free Option

To make this soup gluten-free, replace the flour with cornstarch or a gluten-free flour blend, adjusting the quantity as necessary.



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Cook techniques

Preparing the broth

Start by making a flavorful vegetable broth, which serves as the base for the soup. Use a variety of root vegetables and herbs to enhance the taste.

Fermentation of horseradish

Use fermented horseradish to add a distinctive sharpness to the soup. Ensure proper fermentation for the best flavor and health benefits.

See also Atta Chocolate Cookies on Pan

Thickening the soup

To achieve the desired consistency, you can either use a roux or blend some of the vegetables to thicken the soup naturally.

Balancing flavors

Taste the soup frequently and adjust the seasoning as needed. The right balance will enhance the overall flavor profile.

Garnishing the soup

Consider garnishing with fresh herbs or a dollop of sour cream for additional flavor and visual appeal.

FAQ

Can I use fresh horseradish instead of fermented?

Yes, you can use fresh horseradish, but it will have a different flavor profile and may not provide the same complexity.

How long does the soup keep in the refrigerator?

The soup can be stored in an airtight container in the refrigerator for about 3-4 days.

Is this soup suitable for vegetarians?

Yes, if you ensure that the broth is made without meat, this soup is suitable for vegetarians.

Can I freeze the soup?

Yes, you can freeze the soup. Just make sure to cool it completely before transferring it to freezer-safe containers.

What can I serve with horseradish soup?

This soup pairs well with crusty bread, a light salad, or roasted vegetables as side dishes.



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Conclusion

The horseradish soup on sourdough is a delightful dish that balances sharp flavors with a comforting warmth. Its unique taste, enriched by the fermentation process of the sourdough, creates a standout experience for the palate. This soup is not only nourishing but also embodies a traditional approach to utilizing seasonal ingredients, making it a perfect choice for those who appreciate a homemade touch.

More recipes suggestions and combination

Creamy Mushroom Soup

A rich and velvety mushroom soup can be paired with crusty bread. The earthy flavors complement the horseradish soup perfectly.

See also [Chicken and Wild Rice Soup](#)

Beetroot Soup

This vibrant beetroot soup provides a colorful contrast to the horseradish soup and adds a sweet, tangy taste to the meal.

Potato and Leek Soup

A classic combination that adds a creamy texture, making it a satisfying side dish to the spicy horseradish soup.

Carrot and Ginger Soup

This soup's sweetness combined with a hint of ginger offers a refreshing lightness that balances the horseradish's intensity.

Roasted Red Pepper Soup

The smoky flavor of roasted red peppers adds depth and richness, harmonizing well with the zesty notes of the horseradish soup.

Onion Soup Gratinée

A hearty onion soup topped with melted cheese can provide a comforting and robust pairing with the horseradish flavor.



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