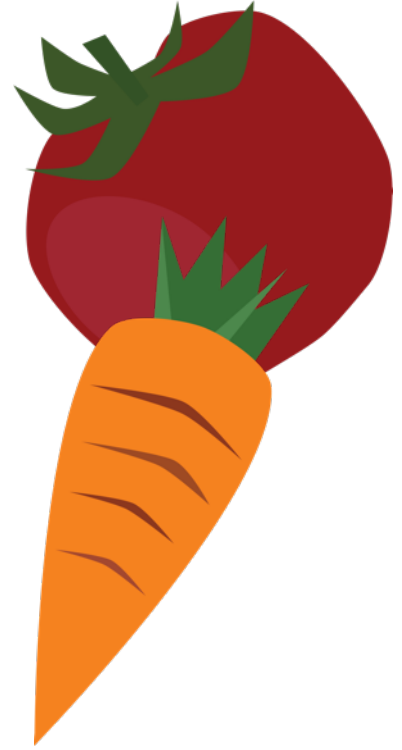


If you watched the Harvest Live Lesson, why not try making Suzie Lee's recipe, **Hong Kong Style Borscht Soup**, with help from an adult? It makes 8 – 10 portions.

You will need:

- 1 tablespoon of oil
- 1 small onion, roughly cubed
- 1 medium carrot, peeled and cut into chunks
- 1 large celery stick, cut into chunks
- 3 large garlic cloves, crushed
- 2 large tomatoes, sliced
- 1 or 2 small white cabbages (around 300g), cut into chunks
- 2 vegetarian stock cubes
- A pinch of sugar
- 1 bay leaf
- 1 tin of chopped tomatoes (400g)
- 2 tablespoons of tomato puree
- 1 and a half tablespoons of brown sauce
- 1 and a half teaspoons of paprika
- 1 large white potato, cubed
- Salt and pepper
- Cornflour paste (cornflour and water)
- Around 750ml water



Instructions:

In a large stock pot, fry off the onions, carrots, celery and garlic in the oil until the garlic starts to become fragrant.

Make sure the other vegetables do not burn. If they start to catch, add a splash of water.

Then add in the tomatoes, tinned tomatoes, potato, cabbage, bay leaves, tomato puree, brown sauce and paprika.

Crumble in the stock cubes and a pinch of sugar.

Add in 750ml of water, then bring everything up to the boil and simmer for 20 to 25 minutes.

Taste and season it with salt and pepper. If you would like a sharper flavour, add more brown sauce.

This soup is ready after 30 minutes, but you can simmer it for at least another 30 minutes so the flavour of the soup gets more intense.

The soup tastes even better the next day!