

Andicar Cabbie's Soup

Serves 4

300g/12 oz lean ground beef

1 onion, coarsely chopped

5-7 whole pickled garlic cloves from the pickle jar (optional; if you don't have them, just add a little pickle juice and 2 or 3 cloves of fresh garlic, thinly sliced)

1-2 tablespoons vegetable oil

2 medium sized baking potatoes, cut into bite sized/smallish chunks (I didn't remove skins; you can if you like, but I like the skins).

1 can (about 350g/13.5 ounces) diced or whole, broken up with a fork, tomatoes, plus their juices

2 medium large pickles, thickly sliced or diced (preferably fermented rather than marinated)

Fresh dill, chopped

Generous pinch sugar

Generous pinch cinnamon

Salt and pepper to taste (you probably won't need salt as the pickles are salty)



In a heavy frying pan brown the ground meat, breaking it up with a fork or spatula, but keeping fairly large chunks here and there. If the meat is fatty, pour off the fat as it melts out; if it is dry, add a little bit of vegetable oil.

When the meat is browned, add the onion and the garlic, cook together a minute or two and remove to a separate bowl/pan while you saute the potatoes.

Heat the pan to medium high, add a drizzle of oil, then add the potatoes. Cook over medium high heat, turning once or two, until they are lightly browned (they do not need to be cooked through as they will continue to cook when you add everything else to the pan.

Now, return the meat and onions to the pan, and add the tomatoes, raise the heat and cook over high heat for about 5 minutes, then lower the heat and add the pickles.

Cook together 10-15 minutes or until the tomatoes are no longer liquidy or very saucy. Add the dill, sugar, cinnamon, salt (if needed) and pepper and cook together another 5 or 10 minutes. If pan seems too dry, add a little bit of water, stir together, and continue to gently simmer.