



# Lithuanian Šaltibarščiai

## *Summer Cold Beetroot Soup*

Recipe submission by Olga from  
Surrey



Photo by @theethnicfoodshop

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### KEY INGREDIENTS & WHERE TO BUY

- Kefir
- Beetroot
- Fresh cucumbers
- Spring onions
- Fresh dill

Seasonal ingredients  
available at Polish  
Deli Bartek Express:  
6, Central Parade,  
254 Streatham High  
Rd, London SW16 1HT

### PERSONAL SIGNIFICANCE

"The ingredients from the recipe came from the field, like beetroot, potatoes and greens (dill and spring onion) This is what is typically harvested by farmers in my culture."

"It came from my grand grandmother and has been passing from generation to generation."

For the full authentic recipe visit

<https://www.tasteatlas.com/saltibarsciai/recipe>