

Klambari Shepherd Red-White Soup

A simple soup popular in the southeastern mountainous Klambari-speaking region, where it is often used as a weekday dinner in the later part of the year. It's made of fresh vegetables, cheese and when available and desired, minced meat. Fresh herbs are used as garnish.



Ingredients for one hungry person or two sharing a light meal:

*1 celery root
3-4 turnips (not swede turnips)
2 small tomatoes
½ bell pepper or similar
1 leek
50-100 g hard cheese, cubed
50-100 g minced meat (optional)
Fresh herbs as parsley (optional, as garnish)
Vegetable stock
Salt, Pepper, other seasonings as desired*

Create a batch of stock (0,5-1 liters) or use a pre-made one. Bring to a boil, clean the celery root and cube it. Repeat with turnips. Give to the stock and boil for at least 20 minutes. Meanwhile clean the leek, cut into rings and be sure to use some of the greenish parts, too (the really dark green parts can be used for stock some other time). Add to the soup. Now add the (quartered) two tomatoes and cut the bell pepper into stripes. Half those and add them as well.

After 20 minutes, try vegetables once every few minutes to check if they are almost ready. At that time, add the hard cheese and, if available and desired, the minced meat. Cook for a few more minutes until the cheese has softened. Season with salt, pepper and what else you would like and serve with parsley or other fresh herbs.