



THE FRIDAY RECIPE



RICH SHCHI

INGREDIENTS:

500 gr. Beef
500 gr. Sauerkraut
4-5 Dried Mushrooms
1 Large Carrot
1 Large Potato
2 Onions
Mixed fresh herbs (celery/ parsley/fennel etc)
3 Bayleaves
4-5 Garlic cloves
1 tsp. Butter
1 tsp. Cream
100 gr. Sour Cream
Salt and pepper

METHOD:

Place the beef, one of the onions and half the herbs in a pot of cold water and bring to the boil, turn down and simmer for 1 hour.

Filter the broth through a fine sieve or muslin and remove the herbs.

Put the sauerkraut in a pot (clay is best) add half litre of boiling water and the butter, place in a preheated oven.

Once the cabbage is soft remove from the pot and mix with the beef and filtered broth.

Cut the potato into 4 and place in another cooking pot with the

mushrooms, cover with water and bring to the boil, remove the mushrooms, cut them into strips then put back into the mushroom pot, when the potatoes and mushrooms are cooked add them to the beef broth.

Chop the remaining onion finely, chop the carrot and chop the remaining herbs, celery and fennel and add to the beef broth, sprinkle with salt and cook for 20 minutes more. Serve in bowls with Sour cream and chopped pickled mushrooms.

How to recover energy after a working day?

There are very few people who don't bother with these questions. Amid the hustle and bustle of the big city, many of us dream to find a welcoming place where we can rest and be taken care of.



We invite you to plunge into the atmosphere of Thailand, a truly fabulous Southeast Asian country. You can easily relax the mind, rejuvenate the body, and experience true delight even in the center of Moscow! Attentive even to the smallest details, SPAs «Wai Thai» on Ostozhenka street and at Krylatskoe have succeeded in creating a unique atmosphere reminiscent of the magnificent Land of Smiles, allowing you to immerse yourself in a world of harmony and relaxation.

If you have a sedentary lifestyle and willing to relieve stress and overcome chronic fatigue, traditional Thai massage is exactly what you need.

Wai Thai Ostozhenka +7 (499) 246-28-48 <http://www.waithaispa.ru/en/contacts/ostozhenka.html>

Wai Thai Krilatskoe: +7 (495) 222-30-45 <http://www.waithaispa.ru/en/contacts/krylatskoe.html>

If you need to make a reservation in English or check the prices, email us at ostozhenka@waithaispa.ru