

PICKLE SOUP (RASSOLNIK)

From the Kitchen of: Izzy Salomon, A²ZERO Ambassador, Community Member

Preparation Time: 15 minutes | **Cook Time:** 45 minutes | **Yield:** 6-8 bowls

Pickle soup (Rassolnik) is an Eastern European dish that, according to Izzy, “sounds wacky but might just make it into your soup rotation.” This is a lighter soup that can still be a “great comfort food, and takes well to plant-based, local ingredients.”

INGREDIENTS:

- 2 Tablespoons olive oil
- 2 carrots, chopped
- 2 ribs of celery, chopped
- 1 medium onion, chopped
- 8 cups water
- 4-5 yellow potatoes, cubed into bite-sized pieces
- 4 pickles, preferably lacto-fermented, chopped into 1/4 inch pieces
- 1/2 cup wild rice or barley
- 1 Tablespoon dill
- 1/4 cup pickled radish (optional)
- 1/2 cup pickle brine
- Salt and pepper, to taste

INSTRUCTIONS:

- In a large stock pot, heat the olive oil over medium heat.
- Once the pan has heated, add the carrots, celery, and onion and sauté for around 5 minutes.
- Add the water and bring to a boil.
- Once boiling, add the potatoes, pickles, wild rice, dill, and radishes (if using), then reduce the heat and simmer for 30 minutes.
- Add the pickle brine and season the soup with salt and pepper to taste.
- Make sure the potatoes and rice are fully cooked, then turn off the heat and enjoy the soup warm.

NOTES:

- Be sure to use wild rice, and not another type of rice! Other types of rice may absorb too much liquid and become mushy!

MANOOMIN | WILD RICE IN MICHIGAN

Wild rice is an ancient grain that has been harvested by Indigenous peoples for thousands of years in the Great Lakes region. Wild Rice, also known as **manoomin** and **mnomen**, meaning “the good berry”, is a sacred food of the Anishinaabe (Odawa, Ojibwe, and Potawatomi) peoples.

Wild rice populations in Michigan are under threat due to climate change, colonization, and environmental degradation. Efforts are underway to restore this ancient grain and ensure its survival. More information can be found on the Great Lakes Indian Fish & Wildlife Commission website:

<https://glifwc.org/stewardship/ganawenindiwag-manoomin-anishinaabeg>

