

Blinitzes

We like to serve the cheese-filled blintzes with yogurt and applesauce. Spilt Pea-Cheese Sauce (p. 252) goes well with either the savory or the simple vegetable fillings. Mock Sour Cream (p. 254) is a fine topping for all three versions—for the cheese-filled blintzes, omit the chives.

CREPE

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| 1 cup skim milk | 1 tablespoon brown sugar |
| $\frac{3}{4}$ cup whole wheat flour | 1 tablespoon melted |
| 2 eggs (plus 1 white if you use a yolk in filling) | margarine or Better- |
| | Butter |
| 1 tablespoon oil | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ teaspoon salt | 2 tablespoons chopped |
| | toasted almonds |

CHEESE FILLING

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| 2 cups baker's cheese, ricotta cheese, or low-fat cottage cheese | 1 egg yolk (add white to crepe batter) |
| | 1 tablespoon raisins |

Put all ingredients in blender and mix on low speed, or use an electric or rotary beater.

Grease lightly a 7-inch skillet, Teflon pan, or griddle. Heat over medium-high flame as for pancakes.

Pour a scant $\frac{1}{4}$ cup of batter on the pan. Tilt the pan as you pour so the batter spreads evenly on the bottom. Brown the bottom of the crepe lightly, and as the top becomes visibly dry, remove from pan. Turn cooked side up onto a tabletop or counter covered with a smooth cloth. Make remaining crepes in the same manner; do not stack them. Makes about 15 crepes.

Preheat oven to 400°.

Put a rounded tablespoon of filling on the cooked side of each crepe. Turn in opposite sides and then roll up. Place seam-side down in a greased baking pan. Bake for 20 minutes. After 10 or 15 minutes, when the bottom is browned, turn to brown other side. Some filling may escape from the crepes, but they will be just as good. Instead of baking the blintzes, you may brown them on a Teflon or iron skillet if you prefer.

Choose the cheese, the savory, or the simple vegetable filling. Each recipe makes enough filling for about 15 crepes, which will serve 4 to 6.

CHEESE FILLING

Vary cheese filling as follows:

$\frac{1}{2}$ cup Add either $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon vanilla, or 1 tablespoon lemon juice.

$\frac{1}{2}$ cup Substitute a dash of pepper and $\frac{1}{2}$ teaspoon paprika for sugar and raisins.

SAVORY FILLING

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| 3 small green onions, sliced fine | $\frac{1}{2}$ cup baker's cheese, ricotta cheese, or low-fat |
| 1 tablespoon oil | cottage cheese |
| 1 cup finely cut green beans | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ cup vegetable stock or water | 2 tablespoons grated Parmesan cheese |
| | $\frac{1}{2}$ cup well-cooked green split peas |

Sauté onions in oil just lightly. Stir in green beans. Add stock and bring to a boil. Simmer for 10 minutes or more, until beans are tender. If there is too much liquid, drain and save for the sauce topping.

Combine beans and onions with remaining ingredients. Cool until ready to fill the blintzes.

This filling makes an excellent vegetable dish on its own.

SIMPLE VEGETABLE FILLING

Prepare $\frac{1}{2}$ cups of your favorite combinations of vegetables. Cut them quite small or grate them. Cook and season to taste. Try any of these:

Creamed spinach and celery
Asparagus and green onion
Green pepper and eggplant or okra
Shredded cabbage, carrots, and onions
Fresh corn, green onion, and parsley