



Blintz Recipes

From J&J Crepes:

- ⤴ 4 eggs beaten lightly
- ⤴ 2 cups milk
- ⤴ 1/4 tsp salt
- ⤴ 1 & 1/2 cup flour
- ⤴ 1 & 1/2 tablespoonfuls butter melted

Mix and allow mixture to rest (no bubbles) (about 25 ish?)

from J&J Cheese Filling #1:

- ⤴ 8 ounce Farmer's cheese (or cream cheese?)
- ⤴ 8 ounces Ricotta (or small curd cottage cheese?)
- ⤴ 1 egg
- ⤴ 1 tablespoonful sugar
- ⤴ 1/2 teaspoonful cinnamon
- ⤴ 1 grated lemon rind

(about 25 ish)

from J&J Cheese Filling #2:

- ⤴ 2 pounds Farmer's Cheese (or drained small curd cottage cheese, or combination of both)
- ⤴ 2 eggs
- ⤴ 2 tablespoonsful sugar
- ⤴ 1 teaspoonful vanilla
- ⤴ nutmeg and/or salt optional

(about 50 ish)

Potato Filling: yield: Makes 10 blintzes (5 servings)

Only 1 tablespoon of oil in the filling makes these a low-fat entrée, and using ready-made wrappers instead of crepes makes it an easy one. These freeze nicely.

- ⤴ 1 tablespoon vegetable oil
- ⤴ 1 1/4 pounds onions (about 2 large), sliced
- ⤴ Pinch of sugar
- ⤴ 1 1/2 pounds buttery potatoes (such as Yukon Gold) or russet potatoes, peeled, cut into 1-inch pieces
- ⤴ 1/4 cup milk (do not use low-fat or nonfat)

Heat oil in heavy large skillet over medium-high heat. Add onions and sugar. Cover skillet and cook until onions are well browned, stirring frequently, 20 minutes. Season with salt and pepper.

Meanwhile, place potatoes on vegetable steamer rack and steam in covered pot over boiling water until tender, about 15 minutes. Transfer potatoes to large bowl. Add milk and mash until almost smooth.

Season to taste with salt and pepper. Mix in half of onions. (Can be prepared 1 day ahead. Cover potato filling and remaining onions separately and chill. Rewarm onions before serving.)

Apple filling:

- ⤴ 5-6 apples, peeled & chopped
- ⤴ 1/4 cup raisins
- ⤴ 1/4 cup sugar (fine) (or 1 tablespoonful Splenda)
- ⤴ 1/2 teaspoonful cinnamon
- ⤴ 1 tablespoonful lemon juice

Simmer apples, raisins, sugar in a medium low heat until soft (5-6 minutes). Add lemon juice & cool.

Jewish Life (The Jewish Federation of North America)

POTATO BLINTZES

YIELD: 12 blintzes

CREPES:

- ⤴ 2 eggs
- ⤴ 1/2 cup water
- ⤴ 1/2 cup, plus 2 tablespoons whole milk
- ⤴ 1 ounce melted butter
- ⤴ 1 cup flour
- ⤴ Salt
- ⤴ Butter, as needed
- ⤴ Oil, as needed

In a medium sized bowl combine the eggs, water, milk and butter. Slowly whisk while adding the flour and salt.

Preheat an 8" skillet over medium heat. Add the butter and oil and heat. Pour enough batter into the hot pan to cover the bottom of the skillet. Place over the fire for approximately six seconds, then pour off the excess batter back into the bowl. Cook until the crepe is dry on top. With a wooden spoon, loosen the edges from the side of the pan and remove. Continue this process until all the batter is used up.

Once cooked, alternate the layers of crepes for ease in handling, (do not stack evenly). Set the crepes aside, covered lightly with a cloth towel.

FILLING:

- ⤴ 2 tablespoons oil
- ⤴ 4 tablespoons sugar
- ⤴ 1 tablespoon fresh rosemary, chopped
- ⤴ 2 apples, diced small, reserved in lemon water
- ⤴ 2 pounds mashed potatoes

In a small sauté pan place the oil, sugar and rosemary. Heat over low flame stirring constantly while the sugar melts. Add in the diced, well-drained apple pieces. Coat the apples in the caramel and cook 1 minute. Allow to cool slightly; fold into the mashed potatoes, in a large bowl.

Fill the center of each crepe with approximately 2 tablespoons of apple filling. To assemble, fold the left and right edges of each crepe toward the center; then the top and bottom. Turn over so the seams remain down. At this point the blintzes can be frozen in a single layer, or individually wrapped in plastic.

To cook, fry in a combination of hot butter and oil on both sides until golden, over medium heat. If using previously frozen blintzes, do not defrost and fry over low heat.

APPLE Sauce

- ▲ 2 1/2 cups peeled, seeded and chopped Granny Smith apples
- ▲ 1 cup sugar
- ▲ 1 tablespoon lemon juice
- ▲ 1 cinnamon stick
- ▲ Fresh grated nutmeg
- ▲ Ground cinnamon
- ▲ Salt
- ▲ 1/4 cup golden raisins

In a medium sauce pot place the apples, sugar, lemon juice and cinnamon. Cover and cook over low heat 15-20 minutes until soft. Remove cover and discard cinnamon stick. Season with ground nutmeg, additional cinnamon and a pinch of salt. Leave chunky, or process until smooth. Stir well and serve approximately 1 to 2 tablespoons on each blintz.

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Cookstr: Not your Store Bought Cooked Potato Blintzes (From Sally Bower)

Ingredients:

- ▲ Butter or margarine, for cooking the blintzes

For the blintz pancake:

- ▲ 5 large eggs
- ▲ water (1/2 cup + 2 tablespoons)
- ▲ 1 1/4 cups whole or 2% milk
- ▲ 1 1/4 teaspoons kosher (coarse) salt
- ▲ 1 1/4 cups all-purpose flour
- ▲ Solid vegetable shortening or vegetable oil, for greasing the skillet

Prepare the pancake batter: Whisk the eggs, milk, salt, and 10 tablespoons (1/2 cup plus 2 tablespoons) water in a medium-size bowl. Gradually add the flour, whisking until smooth. Allow to rest for 15 minutes.

For the filling:

- ▲ 1 cup vegetable oil
- ▲ 2 pounds onions, diced
- ▲ 5 pounds baking potatoes, peeled and cut into quarters
- ▲ 2 egg whites, lightly beaten
- ▲ 1 cup instant mashed potatoes
- ▲ 1 tablespoon plus 1 teaspoon kosher (coarse) salt
- ▲ 3/4 teaspoon white pepper, or to taste
- ▲ Solid vegetable shortening or vegetable cooking spray
- ▲ Yolks of 2 large eggs
- ▲ 3 tablespoons vegetable oil

Prepare the filling: Divide the oil between two large skillets and place them over medium-low heat. Add the onions to the two skillets and cook, stirring occasionally, until they are very soft and golden brown, 20 to 30 minutes. Meanwhile, bring a large pot of water to a boil. Add the potatoes and simmer until tender, about 30 minutes. (Testing with a skewer, rather than a fork, will prevent them from breaking up.) Drain the potatoes, discarding the water, and return them to the pot over medium heat. Heat, stirring, for a minute or two to dry them out a bit. Then transfer the potatoes to a very large mixing bowl. Add the sautéed onions (including the oil), egg whites, instant mashed potatoes, salt, and white pepper to the mixing bowl. Using a hand masher, mash the potato-onion mixture thoroughly. Set it aside to cool.

Ahuva's Blintzes, “the Best”

4 eggs
1 yolk
1/4 tsp salt
1 1/2 cups flour
2 1/2 cups milk
3/4 cup soft butter or margarine

In the blender or hand mixer beat eggs + yolk + salt + butter
Add milk, slowly until mixed in
Cool in refrigerator for 2 hours
Grease frying pan with margarine & fry pancakes

Ahuva's Blintzes, “the Second Best”

3 eggs
1 cup flour
1 1/2 cups milk
1/4 tsp salt
1 tablespoonful Sugar
50 grams soft butter

Mix eggs, milk, salt, sugar
add butter
add flour
Let stand about 30 minutes before frying pancakes.

Ahuva's Apple Filling

5-6 apples, peeled & chopped
1/4 cup raisons
1/4 cup sugar (fine) or 1 tablespoonful Splenda)
1/2 tsp cinnamon
1 tablespoonful lemon juice

In a pot, in medium-low heat; put in apples, raisons, sugar & stir for 5-6 minutes until apples are soft.
Add lemon juice and let cool.

Ahuva's Cheese filling #1

1 lb. Non-fat cheese,
1 egg
3-4 tablespoonfuls sugar
1/2 lemon juice
-or-
1 tablespoonful vanilla
raisons: optional

Ahuva's cheese filling #2

1 1/4 cup dry(?), non-fat cheese
1/4 cup sour cream
1 yolk
2 tsp sugar
1/4 tsp vanilla
1/4 tsp salt
raisins (optional)

Blintzes

Batter:

4 eggs
2 cups water
2 cups sifted all-purpose flour
1/2 tsp salt

Mix eggs, water & blend in thoroughly, beat in flour and salt. Mixture will be runny.

1/3 cup clarified butter for frying

Pour 2 tablespoons of the batter in a hot greased 7-inch omelet pan. Rotate skillet so bottom of pan is covered evenly. Cook for 3 or 4 minutes *on one side* or until golden. Remove from pan and repeat process using all the blintz batter. Pile one on top of the other, *uncooked side down* (we layered w/ parchment in between). At this point blintz pancake is ready to be filled, folded, and sauteed.