

# Blintz Recipe



## Blintz Ingredients

- 4 large eggs
- 1 cup flour
- 1/3 cup sugar
- 3/4 cup milk
- 1/4 cup water
- 1 tsp vanilla
- Pinch salt
- Nonstick cooking oil spray
- Vegetable oil with a high smoke point for frying (grapeseed or peanut oil works best)



## Filling Ingredients

- 1 cup low fat ricotta cheese
- 8 oz cream cheese (1 package)
- 1/4 cup sugar
- 1 large egg yolk
- 2 tsp fresh lemon juice
- 1 tsp vanilla
- Pinch salt

\*\*The night before you make your blintzes, put your ricotta cheese ( the amount you will be using for your filling) into a strainer lined with cheesecloth and cover. Let the ricotta drain overnight in the refrigerator to remove excess liquid. This is OPTIONAL, I just find that straining it helps the filling to be thicker.

1. Blend all of the blintz ingredients together using a food processor, blender, immersion blender or electric hand mixer. Consistency of the batter should be smooth. You can use a fork or whisk as well, you just need to make sure you get rid of all lumps in the batter.

2. Warm up a nonstick skillet on medium heat until hot. Grease the entire surface of the hot pan generously with nonstick cooking oil spray

3. Pour the blintz batter by 1/3 cup into the pan and tilt the pan in a circular motion till the batter coats the entire bottom of the pan (as you would a crepe).  
Let each blintz cook for 60-75 seconds until the edges of the blintz brown and the bottom of the blintz is lightly golden.

\*\*\*Do not flip the blintz to cook the other side. Use a spatula to take the blintz out of the pan and place it on parchment paper.\*\*\*\*Keep the blintzes separated by pieces of parchment paper, wax paper, or paper towels.

5. When all of the blintzes are cooked, create your filling. Put all of the filling ingredients into a mixing bowl, then use a fork to mix them well. Filling should be well blended but slightly lumpy.

6. Now you're going to stuff and wrap up your blintzes! Put 3 tbsp of filling on the lower part of the blintz, about an inch from the edge.

7. Fold the sides of the blintz inward, as though you're folding an envelope.

8. Roll the blintz up and over the filling like a burrito, tucking the edges in as you roll.

9. When the blintzes are stuffed and rolled, you are ready to fry them. Pour ¼ cup of vegetable oil into the skillet and heat over medium until hot. Do not let the oil turn brown or start smoking. Cook the blintzes in batches of 3--Carefully place the stuffed blintzes flap-side down into the hot oil. The blintzes should fry for 1 ½ to 2 minutes until they're brown and crispy.

10. Turn the blintzes carefully using a spatula and/or tongs, then fry for an additional 1 ½ - 2 minutes. Blintzes should be evenly browned on both sides.

11. Serve blintzes warm. They can be served as-is or topped with fruit topping, sour cream, applesauce, whipped cream or maple syrup.