

Blintzes (Eastern European Pancakes) with Sweet or Savory Ricotta Fillings

Prep Time: 30 minutes | Cook Time: 20 minutes | Servings: 6-8 servings (makes about 10-12 blintzes)

Ingredients

- For the Blintz Batter:
 - 1 cup all-purpose flour
 - 1 cup milk
 - 3 large eggs
 - 2 tablespoons butter, melted
 - 1 tablespoon sugar (optional, omit for savory)
 - Pinch of salt
 - Butter or oil for frying
- For the Sweet Ricotta Filling:
 - 1 cup ricotta cheese
 - 2 tablespoons sugar
 - 1 teaspoon vanilla extract
 - Zest of 1 lemon (optional)
- For the Savory Ricotta Filling:
 - 1 cup ricotta cheese
 - 1/2 cup cooked spinach, squeezed dry and chopped (optional)
 - 1/4 cup grated Parmesan or feta cheese
 - Salt and pepper to taste

Instructions:

1. In a blender, combine flour, milk, eggs, melted butter, sugar (if using), and salt. Blend until
2. smooth. Let the batter rest for 10-15 minutes
3. Heat a nonstick skillet over medium heat and lightly grease with butter or oil
4. Pour about 1/4 cup of batter into the pan, swirling to coat the bottom thinly. Cook until the edges
5. lift and bottom is lightly golden, about 1-2 minutes. No need to cook the other side
6. Transfer to a plate and repeat with the remaining batter, stacking the pancakes
7. Prepare the Filling:

8. For sweet filling: Mix ricotta, sugar, vanilla, and lemon zest until smooth
9. For savory filling: Mix ricotta, spinach (if using), Parmesan or feta, salt, and pepper
10. Assemble the Blintzes:
11. Place a pancake cooked-side up. Add 2 tablespoons of filling near the bottom center
12. Fold the bottom edge over the filling, then fold in the sides, and roll up like an envelope
13. Final Cooking:
14. Heat butter in a skillet over medium heat. Place blintzes seam-side down and cook until golden
15. and crispy on both sides, about 2-3 minutes per side
16. Serve warm. Sweet blintzes can be topped with fruit, jam, or powdered sugar. Savory ones pair
17. well with sour cream or a salad

Notes

- Serve warm with love. Great for gatherings or weeknight meals.

Estimated Nutrition (per serving):

Calories: 700 kcal

Protein: 33g

Fat: 34g

Carbs: 54g



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