

Dear Shul Chefs,

Everything for the blintzes can be done in advance. Auntie Irene's Quiche can be prepped in advance, and leftovers can be easily re-heated.

So much fun cooking with you—

Lynn

### **Equipment and Ingredient Lists**

#### *For Blintzes:*

Rinsed-out milk or soda bottle for batter

A funnel

Medium bowl, measuring cup, and spoons

10" non-stick frying pan, spatula(s) for turning  
a clean cloth to turn out blintzes

#### Ingredients:

1 cup whole wheat or regular AP flour

4 eggs

2 Tablespoons oil

1½ Tablespoons honey for batter,

about 3 tablespoons more honey for filling

1 cup milk

¼ cup water

vanilla—about 1 teaspoon for batter and 1 for filling

2-3 tablespoons of apple juice (or pineapple or orange juice)

2 packages Friendship Farmer cheese—with salt!!

(2-4 Tablespoons cream cheese, optional)

(Some fresh blueberries or cut-up strawberries, optional)

1 stick of frozen butter

A little neutral oil to mix with butter to fry blintzes

Sour cream, Greek yogurt, and/or applesauce to serve.

## Quiche

9 1/2 " pie pan  
Frying pan to sautee onion  
2 mixing bowls  
box grater (for cheese)  
wire whisk  
rubber spatula

## Ingredients

2-3 Tablespoons olive oil  
1 onion or 2 shallots  
1/2 cup flour  
3/4 teaspoon baking powder  
1 1/2 cups milk  
salt, pepper, nutmeg  
3 eggs  
1 cup grated cheese of your choice—can mix!  
4 ounces of lox

## What to do in advance:

### For blintzes:

Assemble ingredients, freeze stick of butter  
Cut open farmer cheese packages

### For Quiche

Grate cheese.  
Chop lox  
Chop onion and sautee lightly  
Oven rack in middle of oven.  
Ingredients assembled.

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## Lynn's Healthy Blintz and Crêpe Batter

1 cup whole wheat flour

1/4 teaspoon salt

3 eggs

2 tablespoons oil

1 1/2 tablespoons pure maple syrup, honey, or molasses

1 teaspoon vanilla

1 cup milk – regular, almond, soy, etc.

1/4 cup water

Mix flour and salt together. Set aside.

Beat eggs, oil, sweetener, and vanilla in a bowl (with a spout).

Beat in 1/4 cup of the milk.

Then add all the flour and beat until smooth. Gradually add the rest of the milk. Add the water. Pour the mixture into the bottle, using the funnel if you need to.

Batter is best if you refrigerate 2 hours to overnight, but we're going to use it right away!

### To cook:

Use a 10" nonstick frying pan. Before frying each blintz, grease the pan with butter or oil. A good trick is to freeze a stick of butter and use the frozen butter stick to grease the pan. This way only a small amount of butter is used for each blintz. The pan must be hot before pouring in the batter.

The technique for making a thin, even blintz is to pour about 3 tablespoons of the batter onto one spot on a hot pan. Immediately swirl the pan so the batter coats the bottom evenly. When the first side is nicely browned, turn the blintz out of the pan onto a clean cloth. (Cooked side is up.) It takes 45 seconds to one minute to cook one side.

(French crêpes are initially cooked on both sides.)

Place filling halfway between the edge and the center of the flat blintz. Fold the small edge over the filling. Fold the sides in, and then roll up. Sauté the blintz on both sides in a mixture of butter and oil until nicely browned. Serve with apple sauce, sour cream, or Greek yogurt.

### Cheese filling for 10 blintzes:

Mix together well:

2 packages Friendship farmer cheese (with salt, 15 ounces)

(2-4 tablespoons cream cheese, optional)

1 egg yolk

2-3 tablespoons honey

1 teaspoon vanilla

2 tablespoons apple juice (or orange or pineapple juice)

(some fresh blueberries or cut-up strawberries, optional)

## **Regular(all- purpose flour) Blintz and Crêpe Batter**

About 10 *blintzes*

Have a rinsed-out empty milk or seltzer bottle to put the batter in and a clean cloth to turn out the "*blettel*." A funnel would be helpful.

3 eggs

2 tablespoons melted, cooled butter or 2 tablespoons oil

1/4 teaspoon salt

1 teaspoon pure vanilla extract

1 1/2 tablespoons sugar

1/2 cup milk

1 cup flour (unbleached all-purpose, *e.g.*, Hecker's)

1/2 cup water

1. Break eggs into bowl. (A bowl with a spout is great, if you have one.)
2. Beat in next 4 ingredients.
3. Beat in milk and flour very well to make sure batter is smooth.
4. Beat in water. (Use a funnel to pour into bottle.) Cover and refrigerate at least 2 hours, preferably overnight—but we're going to use it right away.

## Auntie Irene's Impossible Quiche, adapted\*

1 onion, finely chopped (and a little olive oil for sautéing)  
¼ pound lox, chopped (Trader Joe's pastrami lox is excellent)  
1 cup grated cheese (gruyère or a mixture of whatever you like)  
½ cup flour  
¾ teaspoon baking powder  
1/8 teaspoon salt  
1½ cups milk  
3 large eggs  
freshly ground pepper  
a sprinkle of nutmeg (optional)

Sauté onion in some olive oil until very lightly browned. Let cool.

Preheat oven to 350°, rack in the middle.

Spread onions in the bottom of a 9½-inch pie pan. Layer the lox and cheese on top of the onion.

Mix the flour, baking powder, and salt. Gradually whisk in the milk to avoid lumps. Beat in the eggs. Grind some pepper and a sprinkle of nutmeg. Pour over the ingredients in the pie pan.

Bake about 35-40 minutes until nicely browned.

Enjoy!

\*Irene is the aunt of Peter Grose, author of the book *A Good Place to Hide*, about the people of Le Chambon-sur-Lignon, who saved 3500 Jews during World War II.

