

GRANDMA'S FAVORITES

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Nutrient Value Per Conga Bar:

150 calories, 6 g fat (3 g saturated),
2 g protein, 23 g carbohydrate,
68 mg sodium, 28 mg cholesterol.

BLINTZES

Makes: 6 servings (12 blintzes) at 64¢ each.

Prep: 60 minutes.

Cook: 40 minutes.

Bake: at 400° for 16 to 18 minutes.

Blintzes:

- 1 cup all-purpose flour
- 2 teaspoons sugar
- ½ teaspoon salt
- 4 eggs
- ⅔ cup milk
- ⅓ cup water
- 1 tablespoon butter, melted

Meat Filling:

- 1 teaspoon vegetable oil
- 3 medium-size onions, finely chopped (1½ cups)
- 1 pound ground beef, pork or veal
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon paprika

Dairy sour cream (optional)

Blintz Basics



A blintz is cooked when the bottom is browned, as shown. The other side should not look wet.

1. Prepare Blintzes: Combine flour, sugar, salt, eggs, milk, water and 2 teaspoons melted butter in a blender or processor for 1 minute, until smooth.

2. Heat remaining melted butter in 8-inch skillet (for 6-inch blintz) over medium heat just until bubbly. For each, pour about 2 tablespoons batter into hot skillet, rotating until batter covers the bottom. Cook until blintz bottom is golden brown, 1 to 2 minutes (see photo, above). Top should look cooked through and not wet. Turn out onto waxed paper; stack with sheet of waxed paper between each. When done, you should have 12.