



Blinis with Tapioca Caviar, Candied Fruits, Toasted Pecans, and Crème Fraîche

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



747 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 cup flour
- ☐ 1 cup candied cherries red halved
- ☐ 8 ounces apricot dried sliced cut in half horizontally, then crosswise into 1/4-inch-wide strips
- ☐ 1 cup crème fraîche
- ☐ 3 large egg whites (reserved from tapioca)
- ☐ 3 large egg yolk for blinis (reserve whites)
- ☐ 3 large eggs

- ☐ 0.3 cup ground cinnamon
- ☐ 0.5 cup honey
- ☐ 0.5 pound parsnips peeled cut into 1/2-inch cubes (1 1/2 cups)
- ☐ 1 cup pecans toasted
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 0.5 cup .3 oz. of pearl tapioca
- ☐ 1 piece vanilla pod split
- ☐ 8 servings vegetable oil
- ☐ 3 quarts water
- ☐ 1 cup whipping cream
- ☐ 0.3 cup milk whole
- ☐ 0.5 pound yukon gold potatoes peeled cut into 1/2-inch cubes (1 1/2 cups)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Bring 3 quarts water to boil in large saucepan.
- ☐ Add tapioca and boil until tapioca is clear, stirring occasionally, about 16 minutes.
- ☐ Drain; rinse under cold water until cool.

- ☐ Transfer tapioca to medium bowl.
- ☐ Pour cream into heavy small saucepan. Scrape in seeds from vanilla bean; add bean. Bring to simmer.
- ☐ Whisk egg yolks, sugar, and salt in medium bowl 1 minute. Gradually whisk hot cream mixture into yolks. Return mixture to saucepan and stir over medium heat until mixture is thick enough to coat back of spoon, about 5 minutes; do not boil.
- ☐ Transfer custard to medium metal bowl. Set over bowl of ice water and stir until custard is cool. Stir 3/4 cup custard into tapioca. Do ahead Can be made 1 day ahead. Cover and chill tapioca and remaining custard separately. Stir all remaining custard into tapioca to loosen before continuing.
- ☐ Cook potatoes and parsnips in separate medium saucepans of boiling salted water until very tender, about 15 minutes.
- ☐ Drain vegetables well, then transfer to sieve set over medium bowl. Force potatoes and parsnips through sieve into bowl. Stir in milk.
- ☐ Whisk in flour in 3 additions.
- ☐ Add eggs 1 at a time, whisking to blend after each addition.
- ☐ Whisk sugar and salt into batter. Using electric mixer, beat egg whites until stiff but not dry. Fold egg whites into batter.
- ☐ Line rimmed baking sheet with foil.
- ☐ Heat griddle over medium heat.
- ☐ Brush with oil. In batches, drop batter by rounded tablespoonfuls onto griddle, spreading to form 2 1/2- to 3-inch rounds. Cook until brown, about 2 1/2 minutes per side.
- ☐ Transfer to sheet. Do ahead Can be made 1 day ahead. Cool, cover tightly with foil, and chill. Rewarm uncovered in 350°F oven, about 7 minutes.
- ☐ Divide tapioca among 8 small bowls.
- ☐ Place 1 bowl on each of 8 plates. Divide warm blinis among plates. Arrange dried cherry halves, candied apricot slices, and toasted pecans on plates.
- ☐ Place dollop of crme frache and honey and small mound of ground cinnamon on plates.

Nutrition Facts



■ PROTEIN 5.33% ■ FAT 50.26% ■ CARBS 44.41%

Properties

Glycemic Index:62.15, Glycemic Load:30.91, Inflammation Score:-8, Nutrition Score:22.099130402441%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 746.9kcal (37.35%), Fat: 43.52g (66.95%), Saturated Fat: 14.04g (87.76%), Carbohydrates: 86.52g (28.84%), Net Carbohydrates: 76.9g (27.96%), Sugar: 50.38g (55.98%), Cholesterol: 190.1mg (63.36%), Sodium: 387.66mg (16.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.37g (20.75%), Manganese: 2.19mg (109.29%), Fiber: 9.62g (38.48%), Vitamin A: 1872.99IU (37.46%), Vitamin K: 37.8µg (36%), Vitamin E: 3.89mg (25.95%), Selenium: 17.41µg (24.87%), Potassium: 782.11mg (22.35%), Vitamin B2: 0.38mg (22.33%), Copper: 0.44mg (21.88%), Phosphorus: 211.81mg (21.18%), Calcium: 204.2mg (20.42%), Iron: 3.06mg (17%), Folate: 59.01µg (14.75%), Magnesium: 57.96mg (14.49%), Vitamin C: 11.65mg (14.12%), Vitamin B6: 0.28mg (13.83%), Vitamin B1: 0.2mg (13.47%), Vitamin B5: 1.28mg (12.8%), Zinc: 1.77mg (11.78%), Vitamin B3: 1.81mg (9.07%), Vitamin D: 1.28µg (8.53%), Vitamin B12: 0.45µg (7.52%)