



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

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



779 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 pinch salt
- 1 teaspoon salt
- 0.3 cup sugar
- 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)
- 8 servings frangelico
- 8 servings frangelico

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 350F 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 5.11% **FAT 48.22%** **CARBS 46.67%**

Properties

Glycemic Index:70.91, Glycemic Load:36.73, Inflammation Score:-8, Nutrition Score:22.109565258026%

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: 778.99kcal (38.95%), Fat: 43.55g (66.99%), Saturated Fat: 14.04g (87.76%), Carbohydrates: 94.82g (31.61%), Net Carbohydrates: 85.2g (30.98%), Sugar: 58.7g (65.22%), Cholesterol: 190.1mg (63.36%), Sodium: 392.59mg (17.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.37g (20.75%), Manganese: 2.19mg (109.3%), Fiber: 9.62g (38.48%), Vitamin A: 1872.99IU (37.46%), Vitamin K: 37.8µg (36%), Vitamin E: 3.89mg (25.95%), Selenium: 17.46µg (24.94%), Vitamin B2: 0.38mg (22.43%), Potassium: 782.28mg (22.35%), Copper: 0.44mg (21.91%), Phosphorus: 211.81mg (21.18%), Calcium: 204.29mg (20.43%), Iron: 3.06mg (17.02%), 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 (11.79%), Vitamin B3: 1.81mg (9.07%), Vitamin D: 1.28µg (8.53%), Vitamin B12: 0.45µg (7.52%)