



Buckwheat Blini & Caviar with Traditional Accompaniments

READY IN



180 min.

SERVINGS



8

CALORIES



246 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup buckwheat flour plus a little more if necessary
- ☐ 1.5 ounce caviar per person
- ☐ 2 eggs separated
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoon heavy cream
- ☐ 1.3 cup milk
- ☐ 1 small onion red minced
- ☐ 0.5 teaspoon salt

- ☐ 1 cup cup heavy whipping cream sour
- ☐ 4 tablespoon butter unsalted
- ☐ 0.3 cup water lukewarm
- ☐ 1.5 teaspoon yeast

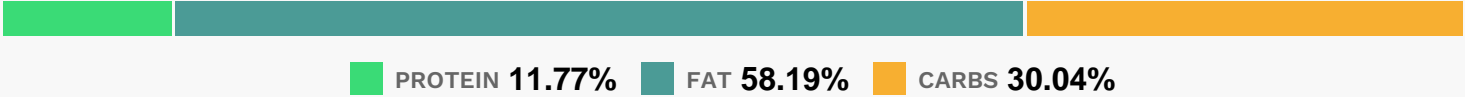
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Scald 1 cup of milk in a sauce pan set over medium heat, do not let it boil.
- ☐ Remove from heat and allow it to cool somewhat.
- ☐ Mix the yeast with the warm water, setting it aside for 5 minutes until it gets foamy. Sift the flours and salt together in a bowl. Make a well in the center of the pile and pour the yeast water and milk into that well. Gradually mix the flour into the liquid. Beat until smooth. Cover the bowl with a towel and set in a warm place for 2 or 3 hours until quite bubbly. Melt $\frac{1}{2}$ of the butter, then let it cool somewhat.
- ☐ Add the melted butter, an additional $\frac{1}{4}$ cup of milk, 2 egg yolks and the heavy cream, stirring to combine. The end result should have a consistency of heavy cream, you may need to add more milk to achieve this.
- ☐ Whisk the egg whites until medium stiff peaks form. Gently fold the egg whites into the batter, trying to keep the mixture fluffy.
- ☐ Heat the remaining butter on a large non-stick skillet or griddle. Wipe out the extra with a paper towel so that the skillet is coated with butter.
- ☐ Pour the batter into small rounds about 2-inches in diameter. Cook for 1 or 2 minutes until golden brown, flip the blini and cook an additional minute or so.
- ☐ Serve warm or at room temperature topped with caviar, hard-boiled eggs, red onion, and sour cream

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:5.27, Inflammation Score:-6, Nutrition Score:9.7521738539571%

Flavonoids

Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 246.02kcal (12.3%), Fat: 16.31g (25.09%), Saturated Fat: 8.73g (54.57%), Carbohydrates: 18.94g (6.31%), Net Carbohydrates: 17.22g (6.26%), Sugar: 3.87g (4.29%), Cholesterol: 113mg (37.67%), Sodium: 268.49mg (11.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.43g (14.85%), Vitamin B12: 1.45µg (24.09%), Selenium: 12.23µg (17.48%), Vitamin B2: 0.28mg (16.5%), Phosphorus: 158.97mg (15.9%), Manganese: 0.31mg (15.62%), Vitamin B1: 0.22mg (14.76%), Magnesium: 56.84mg (14.21%), Folate: 46.55µg (11.64%), Vitamin A: 578.71IU (11.57%), Calcium: 110.3mg (11.03%), Iron: 1.71mg (9.51%), Vitamin B6: 0.17mg (8.32%), Vitamin B5: 0.79mg (7.9%), Vitamin B3: 1.49mg (7.45%), Fiber: 1.73g (6.91%), Vitamin D: 0.96µg (6.39%), Potassium: 222.12mg (6.35%), Zinc: 0.94mg (6.24%), Copper: 0.1mg (4.96%), Vitamin E: 0.58mg (3.9%), Vitamin K: 2.09µg (1.99%), Vitamin C: 1.3mg (1.58%)