



Lemon Blinis with Caviar and Scallion Crème Fraîche

 Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



54 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 cup buckwheat flour
- ☐ 2 ounces carrot such as trout caviar or salmon roe (see cooks' notes)
- ☐ 0.3 cup crème fraîche sour
- ☐ 1 large eggs
- ☐ 2 teaspoons lemon zest divided grated
- ☐ 1 pinch salt

- ☐ 2 tablespoons spring onion divided very thinly sliced
- ☐ 0.3 teaspoon sugar
- ☐ 2 tablespoons butter unsalted divided
- ☐ 3 tablespoons milk whole

Equipment

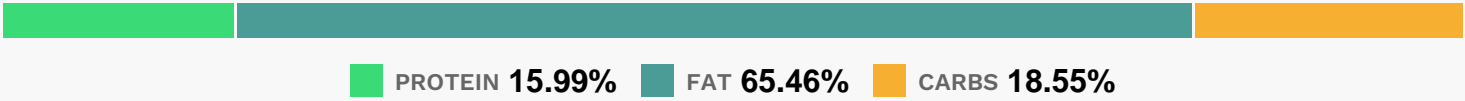
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Stir together crème fraîche and 1 tablespoon of the scallions.
- ☐ Melt 1 tablespoon butter in a large non-stick skillet over low heat and scrap into a small bowl.
- ☐ Whisk in milk, egg, and 1 teaspoon zest.
- ☐ Add flour, baking powder, sugar, and salt and whisk until smooth.
- ☐ Melt half of remaining butter in a large nonstick skillet over medium-low heat.
- ☐ Drop 6 rounded teaspoons of batter into skillet and cook until tiny bubbles form on the surface, edges appear dry, and undersides are golden, about 2 to 3 minutes.
- ☐ Flip and cook until golden and cooked through, about 1 to 2 minutes more.
- ☐ Transfer to a plate and cover with foil to keep warm.
- ☐ Melt remaining 1/2 tablespoon butter in skillet and make 6 more blinis (you will have a little batter left over).
- ☐ To serve, top blinis with a small dollop of scallion crème fraîche and some caviar, then sprinkle with remaining lemon zest and scallion.
- ☐ •Blinis can be made up to 3 days ahead and chilled wrapped well in foil. Reheat in foil in a 350°F oven until warm, about 10 minutes. •Leftover blini batter can be chilled, covered, at least 2 days and used for more blinis or a single serving of morning pancakes. •If you're short on time, buckwheat pancake mix is a good option for the blinis. Just follow package instructions

and add fresh lemon zest to the batter. •We love the Sunburst Trout Caviar from North Carolina. A 2-ounce jar costs \$24.99 before shipping (sunbursttrout.com). •Salmon roe is available at fish markets and in jars in supermarkets.

Nutrition Facts



Properties

Glycemic Index:19.34, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:2.5821739227875%

Flavonoids

Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg
Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 53.56kcal (2.68%), Fat: 4.03g (6.2%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 2.26g (0.82%), Sugar: 0.6g (0.67%), Cholesterol: 42.41mg (14.14%), Sodium: 26.4mg (1.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.43%), Vitamin B12: 0.45µg (7.55%), Selenium: 3.67µg (5.24%), Vitamin D: 0.73µg (4.88%), Phosphorus: 47.11mg (4.71%), Vitamin B2: 0.08mg (4.5%), Vitamin E: 0.47mg (3.13%), Vitamin A: 150.95IU (3.02%), Manganese: 0.05mg (2.75%), Vitamin K: 2.54µg (2.42%), Magnesium: 9.13mg (2.28%), Calcium: 22.09mg (2.21%), Folate: 8.04µg (2.01%), Vitamin B1: 0.03mg (1.85%), Vitamin B6: 0.04mg (1.75%), Vitamin B5: 0.16mg (1.62%), Vitamin C: 1.32mg (1.6%), Zinc: 0.22mg (1.48%), Potassium: 48.1mg (1.37%), Vitamin B3: 0.26mg (1.3%), Iron: 0.23mg (1.3%), Fiber: 0.31g (1.25%), Copper: 0.02mg (1.17%)