

Classic Stuffed Crepes - Nalysnyky

*Nalysnyky **Налисники** are the Ukrainian version of crepes; actually, crepes are the French version of nalysnyky. The secret of cooking crepes is to cook the crepe until the top is dry before you flip it over, and then cook on the other side for a few seconds.*

4 large **Eggs**, lightly beaten
1 cup **2% Milk**
1 cup all-purpose **Flour**
1/2 tsp. **Salt**
Canola Oil or **Butter** for frying



- ♦ Whisk the eggs; add milk, flour, and salt.
- ♦ Beat until smooth with the consistency of cream.
- ♦ Let batter rest for at least 15 min. at room temperature (or refrigerate in an airtight container, up to 1 day; whisk before using).
- ♦ Heat oil in 12" non-stick skillet over medium heat.
- ♦ Add 1/4 cup batter and swirl to completely cover bottom of skillet.
- ♦ Cook until underside of crepe is golden brown; 2 to 3 min.
- ♦ Loosen crepe with rubber spatula; quickly flip the crepe. Cook 1 min.
- ♦ Slide crepe out of skillet and repeat with remaining batter. (Coat pan with oil as needed.) Spread cakes with your choice of sweet or savoury filling.

Cottage Cheese Filling

2 cups **Curd Cottage Cheese**
2 Tb. **5% or 10% Cream**
1/4 cup **Icing Sugar**
1/2 tsp. **Salt**



- ♦ Mash cheese; mix in cream, icing sugar and salt.
- ♦ Spread 2 Tb. filling on each cake and roll.
- ♦ Arrange them in buttered baking dish. Dot each with butter.
- ♦ Bake at 350F for 15 min., serve hot.
- ♦ Serve with sweetened fruit topping or fresh fruit.

Replace icing sugar with fresh dill or green onions to make savoury filling and serve with sour cream.

Curd cottage cheese is also known as pressed cottage cheese or pot cheese. If drained and dried until crumbly, it becomes farmer's cheese. Both pot cheese and farmer's cheese are found in many supermarkets or at your favourite deli or cheese shop. Polish soft curd Tvorozhok works in this recipe.

Apple Filling

5 Tb. unsalted **Butter**

9 tart **Apples**, cored, peeled, sliced

(Granny Smith or Golden Delicious)

1/3 cup light **Brown Sugar** (packed)

1/4 cup **Brandy**

1/2 tsp. ground **Cinnamon** (optional)



Icing Sugar

- ◆ Melt 2 Tb. of the butter in a large skillet over medium heat.
- ◆ Add as many apples as fit comfortably in the pan and sauté, stirring occasionally, until soft, about 15 min. Repeat with the rest of the apples, adding more butter as needed.
- ◆ Return the apples to the skillet, stir in the brown sugar, brandy and cook, stirring over high heat, until the brandy reduces by half: about 5 min.
- ◆ Transfer the apples to a bowl and add cinnamon, if desired.
- ◆ Let the filling cool to lukewarm before filling the nalyсныky.

These also make a delicious dessert; spoon apple filling over half the crepe and fold over. You can top with vanilla ice cream. Sprinkle with icing sugar.

Meat Filling

2 Tb. **Canola Oil**

1 cup **Onion**, chopped

1-1/2 lbs. cooked **Ground Beef**

or 1-1/2 lbs. **Ground Chicken or Turkey**

2 Tb. **Chicken Broth**

2 Tb. **Sour Cream**

Salt and Pepper, to taste



- ◆ Heat oil in a skillet over medium heat.
- ◆ Add onions and sauté until deeply browned, about 15 min.
- ◆ In a large bowl, mix the onion thoroughly with the remaining ingredients.
- ◆ Makes enough to fill 18.

The meat filling can also be made with cooked, shredded chicken breast. They are served hot, accompanied by sour cream or mushroom sauce.

Cabbage or Kapusta Filling

1 **Onion**, chopped
2 cups **Cabbage**, shredded
2 cups **Sauerkraut**, drained
6 Tb. **Canola Oil**
Salt and Pepper to taste
Breadcrumbs for coating
Unsalted **Butter** for frying



- ♦ Fry onion in 3 Tb. Oil. Remove from pan.
- ♦ Fry cabbage and sauerkraut in 3 Tb. oil until all liquid evaporates.
- ♦ Add fried onions to cabbage mixture and fry until tender, about 10 min.
- ♦ Season with salt and pepper.
- ♦ Divide filling according to number of crepes made.
- ♦ Place one portion of filling on each pancake and roll folding in the ends.
- ♦ Roll in breadcrumbs and fry in buttered frying pan until golden.
- ♦ Bake at 350F until golden brown, about 25 min.

Mushroom Filling

1-1/2 + cups finely chopped **Mushrooms**
1 tsp. **Onion** minced
2 Tb. unsalted **Butter**
2 Tb. **Sour Cream**
Salt and Pepper to taste
1 tsp. **fresh Dill** chopped



- ♦ Fry mushrooms and onion in butter until mushrooms are tender.
- ♦ Add sour cream and season to taste. Cook to blend the flavours.
- ♦ Add fresh dill when mixtures has cooled.
- ♦ Place 2 Tb. of filling on each pancake and roll up.
- ♦ Put the pancake rolls in a greased baking dish, drizzle with melted butter or oil and bake at 350F until golden brown, about 35 min.
- ♦ Serve with more sour cream.

Filled nalysnyky may be pan-fried in butter or baked in a buttered casserole dish until the filling is set. Some prefer to dip their nalysnyky in beaten egg and then in fine, dry breadcrumbs. They are then fried in butter or a small amount of hot oil until golden on all sides.