

Blintze Recipe Shared

By Specialist
in Nutrition

By Janet Beigle
Home Economics Editor

Have you got one or two favorite Passover recipes you would be willing to share, we asked Dorothy (Mrs. Sam) Schusterman, chief of the Nutrition Service of Cleveland's Department of Public Health and Welfare. (Usually we ask her questions about nutrition and food poisoning and such.)

She thought it over and sent us a recipe for beautiful, tender cheese-plumped Passover blintzes and a sweet potato tsimmes. As a bonus, she described some of the special Passover preparations she remembers from her childhood.

She pointed out that though leavened foods are not permitted for Passover, today's Jewish homemaker can choose from a wide variety of convenience foods, including cake mixes, canned fish, canned fruit, vegetable sauces, salad dressings, puddings and the like — all packed under rabbinical supervision and labeled kosher for Passover.

"FORTY to 50 years ago," said Mrs. Schusterman, "the variety was much more limited and planning menus — especially for dairy meals — presented quite a challenge. One of our favorites included beet borcht and cheese blintzes."

Today, she said, borcht can be bought in jars, ready to use.

"Years ago, women started their 'russel' about three weeks before the holiday. Beets were sliced and placed in an enamel crock with water to cover. They were allowed to ferment slowly, until sour enough to use without added lemon juice. If more tartness was desired, coarse sour salt was added.

"And Mother's blintzes were unusual. They were made with potato starch and were paper thin and so



transparent you could see through them. At other times of year, they were made with cornstarch."

WE tried the recipe. It turned out exactly that way. And the flavor was excellent. We ate them up, every one.

We found farmer's cheese in the West Side Market. Some nationality stores carry it also. We did serve our blintzes with sour cream — doubly good!

Mrs. Schusterman's father owned a kosher store; the sour cream he made was 40% butterfat. "No wonder we had rosy cheeks."

"Tsimmes is traditional any time of year," said Mrs. Schusterman. "It's usually a mixture of meat, vegetable and sweetening; the favorite being carrot tsimmes. My Passover favorite is a meatless sweet potato and prune tsimmes.

"We used to use sour Oregon prunes to give a tart flavor, but they aren't readily available today, so I've added dried apricots to my mother's original recipe. This dish is delectable with meat or poultry."

PASSOVER CHEESE BLINTZES

Blintzes:
3 eggs



1/2 cup milk (120 ml.)
mixed with 1/4 cup (60 ml.) water
1/4 cup potato starch (35 gr.)

1 teaspoon salt (2.5 ml.)
Cheese Filling:

1 pound farmer's cheese (450 gr.)
1 egg
1 teaspoon sugar (15 ml.)
1 teaspoon salt (2.5 ml.)

Sour cream (optional)

For blintzes, beat eggs with milk and water; beat in potato starch and salt. Beat together farmer's cheese, egg, sugar and salt for filling.

Heat lightly greased 6 or 7-inch (15 or 18 cm.) skillet; let cool slightly, then measure 2 tablespoons (30 ml.) of blintze batter. (Easiest way is to measure into a cup, then turn the batter into skillet all at once.)

Immediately turn the skillet this way and that so bat-

ter covers entire bottom of skillet. (If batter won't spread over whole pan, let pan cool a little more.)

Cook just till edges curl up. Lift or turn out onto clean towel. Spoon filling in center of blintze; fold ends in, then roll up.

Before making next blintze, stir batter well, as potato starch has a tendency to settle to the bottom.

When all blintzes are filled, chill until ready to serve.

To finish blintzes, either fry on all sides in butter or margarine or bake in 325-degree F. (163 degrees C.) oven for 45 minutes, or till brown. If desired, serve with sour cream. Makes one dozen.

NOTE: Meat or chicken blintzes are a delicious way to use leftovers. Grind or chop the meat fine and mix with egg. Remember to use only water, no milk, for the liquid in the blintzes.

PASSOVER MEATLESS POTATO AND PRUNE TSIMMES

2 tablespoons chicken fat
1/4 cup honey
2 tablespoons potato starch
1 teaspoon salt
2 cups water
1 tablespoon lemon juice

Pretty for Passover—Meatless Potato and Prune Tsimmes, converted for the holiday by Mrs. Sam Schusterman, who also gives us a beautiful blintze recipe.

Plain Dealer Photo
(Ralph J. Meyers)

4 large sweet potatoes, pared and cut into large pieces
1/2 pound washed large pitted prunes
1/4 cup washed dried apricots

Preheat oven to 325 degrees.

Melt chicken fat; add honey; heat and stir till blended. In bowl, mix potato starch and salt; gradually stir in water; add lemon juice.

In 13x9-inch casserole, layer sweet potatoes, prunes and apricots. Combine honey mixture and potato starch mixture. Pour over sweet potatoes and fruit.

Cover with foil and bake in preheated 325-degree oven for 1 1/2 hours. Remove foil and bake 10 minutes longer. Makes 8 servings.

NOTE: At other times of year, substitute 1/2 cup brown sugar for the honey and cornstarch for potato starch.

In the Markets

P.S. Use brown sugar for the tsimmes, but had to change it to honey for the blintze