

MASTER CHEF NYU



The Ultimate Cooking Showdown!



Team: Cast Iron Man Blintz Breakfast

6 eggs	10 sprigs rosemary	
2 cups flour	2 Tbsp brown sugar	1 head garlic
1 pint milk	1 tsp ground cinnamon	10 pieces sage
1 lb ricotta	½ cup toasted walnuts	½ feta cheese
1 cup sour cream	1 bottle red wine vinegar	1 stick butter
3 green apples	(sweet wine or port if available)	2 pieces white bread
2 medium sweet potatoes	1 bunch Swiss chard	2 cups olive oil
2 medium red onion	1 package white mushrooms	1 bunch kale
½ lb soft goat cheese	1 medium white onion	
2 medium carrots		



Mix 4 eggs and 1 cup milk in a bowl and whisk together. Slowly add in 1 cup of flour, making sure to keep a smooth consistency. Add in 1tsp salt and refrigerate. [Blintz shell mixture]

Peel and slice rings of two red onions. Over medium heat with some olive oil, caramelize.

Wash, puncture and oil two sweet potatoes and then place in oven to roast.

Dice garlic and white onion and sauté with olive oil until onion begins to become translucent. Add chopped mushrooms and shredded carrot. When mushrooms become tender, add in equal portions of kale and swiss chard, as well as diced sage and pre-toasted pine-nuts. When greens are cooked turn off heat and mix in feta cheese. [This is the first filling]

When the potatoes are done peel. Just before mashing them into the caramelized red onion, add some red wine vinegar or if possible sweet red wine / port and deglaze. Mix the potatoes and onions, as well as diced rosemary chopped pre-toasted walnuts, brown sugar and cinnamon. Cook together for 5 minutes and then turn off heat and mix in goat cheese. [This is the second filling]

Take ricotta or farmers cheese and using cheese cloth, squeeze out any excess water. Then mix with one egg yolk. [This is the third filling]

Take blintz mix out of refrigerator and mix again. Heat small (6") cast iron skillet (I can provide this). Using a piece of white bread, spread enough butter to coat the bottom of the pan. Keep the bread as this will be used repeatedly to butter the pan. Measure about 2 Tbs of mix and pour into the pan, rotating the pan so as to spread the liquid evenly over the bottom. Cook only one side and when done remove and stack with other done blintz shells.

To assemble the blintzes, put the cooked side up and at one end add a Tbs or more of filling. Then fold long edges over and roll starting the with short edge on which the filling sits.

Heat canola oil in large cast iron skillet (I can provide also). When hot, add blintzes and cook each side until brown. Remove to drain on a brown paper bag.

Cut apple into thin slices. Arrange two blintzes of each type on plate. In center place a small bowl of sour cream, with the apple slices placed around the outside of the bowl.