

Blinis (Russian Buckwheat Pancakes)



Serves	2-3
Prep time	2 hours
Cook time	10 minutes
Total time	2 hours, 10 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Appetizer , Savoury Snack
Misc	Child Friendly , Pre-preparable , Serve Cold
Region	Russian

Ingredients

For the blinis:

- 1/2 teaspoon Lowan's Instant Dried yeast
- 125ml rice milk (warm)
- 75g buckwheat flour (115 ml)
- 1 egg (separated)
- pinch salt
- Sunflower oil (for cooking)

Topping Suggestions:

- Cream cheese or sour cream mixed with finely chopped spring onions, parsley or chives
- Fried preservative-free bacon
- Preservative-free ham
- Real Deli Chicken (Refer to recipe)
- Sliced cooked FAILSAFE sausage (Refer to recipe)
- Mayonnaise (Refer to recipe)
- Any kind of dip (Refer to recipes)
- Sliced cooked chicken

Directions

1. Dissolve the yeast in half the milk.
2. Sift the flour into a bowl and make a well in the centre. Whisk in the yeast mixture, it will look like bread crumbs. Cover with a clean tea towel and leave to stand in a warm place for 45 minutes.
3. Slightly warm the remaining milk and whisk in the egg yolk. Add to the flour mixture and stir until well combined. Leave to rest for another 45 minutes. The dough will rise and have holes in it.
4. Beat the egg white until stiff and fold into the mixture.
5. Heat a small amount of oil in a large frying pan. Add small spoonfuls of the blini dough and cook gently for 1-2 minutes on each side until golden brown.
6. Allow to cool then top with your choice of toppings and serve.



Note

Low Chemical, Gluten-free, Dairy-free

This recipe makes 7 or 8 blinis that are pikelet size, but you can make them smaller.

I've suggested a number of toppings, but you can use anything that takes your fancy. Here are the links to the recipes mentioned above: [FAILSAFE Sausages](#), [Mayonnaise](#), [Real Deli Chicken](#) and [dips](#).