



SWEET NALYSNYKY – UKRAINIAN CREPES

INGREDIENTS FOR THE CREPES

- 2 eggs
- 500 ml milk
- 2 tbs vegetable oil
- 1 tbs sugar
- 200 g plain flour
- 1 tsp baking powder
- A pinch of salt

INGREDIENTS FOR THE FILLING

- 30 g walnuts
- 500 g cottage cheese
- 2 heaped tbs honey

INGREDIENTS FOR THE BERRY SAUCE

- 300 g frozen mixed berries
- 3 tbs orange juice

PREPARATION METHOD

1. To prepare the crepes, beat the eggs, sugar and salt in a large bowl until the mixture becomes light and fluffy. Add the vegetable oil and milk and beat well.
2. Once the liquid mix is well combined, add the baking powder and gradually add the flour with a sieve to avoid any clumps. Beat well until it reaches a smooth runny consistency.
3. Now that your batter is ready, heat your pan on medium heat and grease it with vegetable oil. Pour a small amount of batter into the hot pan and swirl it so the pan's surface is covered in a thin even layer.
4. Cook the crepe on medium heat for about a minute or until it turns golden brown. Turn it over with a spatula and cook for another half minute. Continue this process until the batter is used up. Set your crepes aside.
5. To prepare the filling, place the walnuts in your blender and blend until roughly chopped. Add the cottage cheese and honey and continue to blend until all ingredients are properly combined. Set aside.
6. To prepare the berry sauce, heat your saucepan on medium heat and place the berries and juice inside. Once the berries begin to simmer, reduce the heat to low and allow to simmer for five minutes or until the berries have become a saucy consistency. Set aside.
7. Bring back your crepes and filling. To prepare your nalysnyky into an envelope shape, spread an even layer of the cottage cheese filling across the top quarter of your crepe and then fold the right and left sides of the crepe towards the centre. Take the upper quarter or the crepe with the filling and roll.
8. Finally, pour the warm berry sauce across your nalysnykys and serve with dried apricots or raisins. Enjoy!