

Lentil blinis with cheese



Ingredients (serves 2 / makes 10 blinis)

For batter:

150 g canned lentils

60 g flour

15 g water

9 g baking powder

3 egg whites

Extra virgin olive oil

For topping:

40 g fresh cheese

Oregano

Method

1. Wash and drain the lentils thoroughly.
2. Place the lentils, egg whites, and water in a large bowl. Puree with an immersion blender to create a smooth, lump-free batter.
3. In a separate bowl, combine the flour and baking powder. Add the flour mixture to the batter and mix with immersion blender.
4. In a hot frying pan with a few drops of olive oil, pour small portions of batter to form discs of about 5 cm in diameter. Brown on both sides.
5. Place the blinis on a plate lined with kitchen paper to remove excess oil.
6. Serve with a piece of cheese on top and a pinch of oregano.

Recommendations

Different ingredients can be combined to create a variety of toppings and garnishes according to individual preferences. Other cooked vegetables can also be used in the batter, instead of lentils.