



# AYS MULTICULTURAL ARTS & PEOPLE

## WORLD CARNEVALE: Maslenitsa Bliny

*Blini* are small, leavened buckwheat pancakes which are traditionally during the Russian festival *Maslenitsa*. Blini are a symbol of the sun, due to their round form and were traditionally prepared at the end of the winter to honor the rebirth of spring.

During *Maslenitsa* there is a day for sharing blini with your sweetheart, a day to give blini to the poor, and a day when mother's-in-law cooked blini for their son's wives.

There are versions of blini throughout Europe. To make sure that your blin are not pancakes or crepes, you should make sure that they are made from buckwheat flour and yeast, the two things which set the Russian version apart.



### INGREDIENTS

- 1.5 lbs. flour
- 4-5 cups milk
- 3 tbsp. butter
- 2 eggs
- 2 tbsp. sugar
- 1 tsp. salt
- 1 pkg. dry yeast

### DIRECTIONS

1. Dissolve yeast in 2 cups of warm water. Add half of the flour and mix until smooth. Cover with a cloth and set aside in a warm place for about an hour, or until the batter becomes bubbly.
2. Add salt, sugar, egg yolks, melted butter and mix thoroughly.
3. Add remaining flour, a little at a time and beat until smooth. Gradually add milk, mixing batter completely.
4. Cover batter with a cloth, set aside in warm place and allow to rise. Beat batter back down, add whipped egg whites, let rise. Pour small portions on hot griddle and fry, turning once to cook on both sides

Blini with Caviar, Fruit and Cream

