

Blintzes

Blintzes: (Yields 24 blintzes)

4 large beaten eggs
1/2 cup water
1/2 cup milk
1/2 teaspoon salt
1 cup all-purpose flour

Filling:

1 pound dry curd or farmers cheese or ricotta
1 tablespoon melted butter
1 large egg yolk
2 teaspoons vanilla
1/4 cup sugar or more to taste

This recipe was created by
a former IIBA client.



1. **To make the blintzes**, beat together all the blintz ingredients and let the batter rest for at least a half hour. Heat a small skillet (about 7 inches) and add butter. Pour about 1/4 cup batter into the pan and swirl it around, pouring off excess. Don't let it brown. Flip and cook the other side for a few seconds. Then turn blintz out onto a towel. Repeat with with remaining batter and butter.

2. **To make the filling**, mix together all the filling ingredients in a large bowl.

3. **To assemble**, place 1 blintz on a work surface and place 1 tablespoon on top. Fold envelope style and roll up. Continue with remaining blintzes and filling.

4. **Fry** filled blintzes in butter until golden brown. Serve with sour cream and / or fruit toppings.

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Pecan Tassies

INGREDIENTS: (Yields 24 pecan tassies)

- 1 3oz. package of cream cheese
- 1/2 cup butter or margarine
- 1 cup sifted all-purpose flour
- 2/3 cup coarsely broken pecans
- 1 egg
- 3/4 cup brown sugar
- 1 Tbsp. butter or margarine softened
- 1 tsp. vanilla
- Dash of salt

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1. **Cheese Pastry:** Blend together room temperature cream cheese and 1/2 cup butter/margarine. Stir in flour and chill dough for 1 hour. Shape dough into 2 dozen 1-inch balls; place in cooking-sprayed 1 3/4 inch muffin pans. Press dough evenly against bottoms and sides.

2. **Pecan Filling:** Beat together egg, brown sugar, 1 tbsp. softened butter/margarine, vanilla, and salt until smooth. Divide half the pecans among pastry-lined pans; add egg mixture and top with remaining pecans.

3. **Bake** in oven at 325° for 25 minutes or till filling is set. Cool for 10 minutes before removing from pans.

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Piroshkis

Dough: (Yields 15 piroshki)

1 (3/8 ounce) package dry yeast

1/4 cup warm water

2 tablespoons sugar

1 teaspoon salt

1 1/2 cups milk

1 egg

1/4 cup oil or 1/4 cup butter

4 1/2 cups flour

Filling:

1 medium onion, chopped

2 lbs ground beef

1 garlic clove, minced

Fresh-ground pepper, to taste

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a former IIBA client.



1. Dissolve yeast in water and let stand 10 minutes. In large bowl, combine flour, sugar and salt. Make a well in flour and add milk, egg, oil and yeast. Combine to make a soft dough. Knead about 10 minutes. Let rise one half hour to one hour.
2. Brown chopped onion and garlic. In separate pan, brown ground beef. Season with salt, pepper, garlic and onion. Cool meat mixture and remove solidified fat.
3. Pinch a golf-ball sized piece of dough, flatten with fingers or roll out to 1/8" thickness. Place 2 Tbsp filling in center and bring opposite edges of circle together. Pinch securely. (The traditional shape is a plump center with tapering ends.).
4. Let piroshkis rise seam side down, 30 minutes. Heat oven to 350. Brush with egg and bake until golden brown (approx 20 min, it depends on the size). The piroshky may also be deep fried.



Fried-Wontons

Ingredients: (Yields 10 wontons)

- 1 16 oz. pack wonton wrap
- Vegetable oil for frying
- 3/4 ground meat (pork, shrimp, or beef)
- 8 chopped water chestnuts
- 1 tbsp. soy sauce
- 1/4 chopped green onion
- 1 tsp. cornstarch
- 1/2 tsp. salt
- 1/2 teaspoon grated fresh ginger root

This recipe was created
by a former IIBA client.



1. Combine ground meat, water chestnuts, green onions, soy sauce, cornstarch, salt and ginger in medium bowl; mix well. Place 1/2 teaspoonful ground meat mixture in center of each wonton skin. Fold wonton skin over filling to form a triangle. Turn top of triangle down to meet fold. Turn over; moisten 1 corner with water. Overlap opposite corner over moistened corner; press together firmly.

2. Heat oil in wok or large saucepan over medium-high heat to 375 degrees F. Deep-fry wontons, a few at a time, 2 to 3 minutes, or until brown and crispy. Drain on paper towels. Serve warm with sauce of your choosing.

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Cheese Balls

Ingredients: (Yields 12 cheese balls)

1 cup cheese-grated

2 eggs

1/4 cup flour

1 tsp salt

1/4 tsp chilli powder

1/2 tsp baking powder

Oil for frying

This recipe was created
by a former IIBA client.



1. Mix all the ingredients except the oil, and beat to a fluffy batter.
2. Rest in a cool place about 15 minutes.
3. Heat the oil and deep fry spoonfuls of the batter to a golden color, first at high then medium.

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Pâte à Choux

Ingredients: (Yields 50 French Pâte à Choux)

- 1 cup boiling water
- 1/2 cup unsalted butter
- 1 cup sifted flour
- 4 eggs
- Salt

This recipe was created
by a former IIBA client.



1. Put the butter and a pinch of salt in a saucepan over high heat; add 1 cup water and bring to a boil. Turn the heat to low and add all the flour at once; stir constantly until the mixture pulls away from the pan and forms a ball, about 30 seconds. Remove the pan from the heat and beat in the eggs one at a time; use an electric mixer if you like, and beat until the mixture is smooth.

2. Use two spoons to form your desired shape onto oiled cookie sheet. Bake at 400 degrees for 30-40 minutes or until golden brown. Fill as desired.

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Yebra Parves

Ingredients: (Yields 24 stuffed grape leaves)

- 1 cup uncooked white rice
- 2 pounds ground lamb
- 2 (16 ounce) jars grape leaves, drained and rinsed
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 tablespoon ground allspice
- 6 cloves garlic, sliced
- 1 cup lemon juice

This recipe was created
by a former IIBA client.



1. Soak rice in cold water, and drain. In a large bowl, mix together the ground lamb, rice, allspice, salt and pepper until well blended. Place about 1 tablespoon of the meat mixture onto the center of each leaf. Fold the leaf over once, turn in the edges on each side, and then roll the leaf closed.

2. Stack the leaf-rolls in a large pot, covering each layer with slices of garlic. Add just enough water to cover the rolls, then pour in the lemon juice. Add the olives to the pot for flavoring, if desired. Place a plate on top of the rolls to keep them under water.

3. Bring to a boil, then reduce heat, cover and simmer for 1 hour and 15 minutes. Taste the rice for doneness. Grape leaves taste even better after sitting for several hours. Serve and enjoy.

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Marinated Chicken Wings

Ingredients: (Yields 6 servings of wings)

- 3 pounds chicken wings
- 1 egg, lightly beaten
- 1 cup all-purpose flour for coating
- 1 cup butter
- 3 tablespoons water
- 1 cup white sugar
- 1/2 cup white vinegar
- 1/2 teaspoon garlic powder
- 1 teaspoon salt
- 3 tablespoons soy sauce

This recipe was created
by a former IIBA client.



1. Preheat oven to 350 degrees F (175 degrees C).
2. Cut wings in half, dip in egg and coat with flour.
3. Heat butter in a large, deep skillet over medium-high heat. Fry wings until deep brown. Place in a shallow roasting pan.
4. In a small bowl combine soy sauce, water, sugar, vinegar, garlic powder and salt. Pour over wings.
5. Bake in preheated oven for 30 to 45 minutes, basting wings with sauce often.

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Toasted Pita Triangles

Ingredients: (Yields 100 pita triangles)

- 10 pita bread rounds
- 1 pound butter
- 12 oz. freshly grated Parmesan cheese

This recipe was created
by a former IIBA client.



1. Slit open pita bread rounds, separating into two. Use small, sharp knife to open.
2. Melt butter and brush on rough side of bread, then sprinkle generously with Parmesan cheese.
3. Make a pile of 5 buttered rounds, then slice like a pie into 5 triangles.
4. In a small bowl combine soy sauce, water, sugar, vinegar, garlic powder and salt. Pour over wings.
5. Bake in preheated oven for 30 to 45 minutes, basting wings with sauce often.

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Sugar Cookies

Ingredients: (Yields 18 cookies)

- 3/4 cup butter
- 1/3 cup white sugar
- 3 eggs
- 1 teaspoon vanilla extra
- 2 tablespoons fresh orange juice
- 3 cups all-purpose flour
- 1 tablespoon baking powder
- 2 1/2 cups confectioners' sugar

This recipe was created
by a former IIBA client.



1. Cream margarine or butter and sugar thoroughly; add eggs, vanilla, and 2 tablespoons of orange juice. Combine flour and baking powder and gradually add to creamed mixture.
2. Knead dough on lightly floured board for about 5 minutes. Using tablespoonfuls of dough, roll in 6-inch lengths; press ends together to form rings. Let stand on ungreased cookie sheets at room temperature for 15 minutes.
3. Bake 350 degrees F (180 degrees C) for 15-17 minutes or until lightly golden.
4. To Make Icing: Combine 2 1/2 cups confectioner's sugar with enough orange juice to make a thin glaze. Dip each hot cookie into glaze; cool on racks. Decorate with confetti sprinkles, if desired.

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