



Yesterday we went to Ukraine on our round the world for £4 or less virtual tour. Beetroot plays a big part in Ukrainian cuisine, so here is Sue's take on Mlynti ? Beetroot Pancakes & Chicken Kiev.

Ingredients for the Mlynti:-

320g GF flour
2 tsp Sugar
50ml Buttermilk
1 tsp of salt
375 ml milk
1 Egg
300g fresh Beetroot
Vegetable oil

Method for the Mlynti:-

- (1) Boil beetroots in a large pan of water. Peel and shred them and then add the Buttermilk to the prepared beetroot.
- (2) Pour into a blender and whip it at high speed.
- (3) Cool to 35°C and add an egg. Mix everything carefully.
- (4) Combine salt, sugar and flour in a separate bowl and whip.
- (5) Combine all the ingredients into a batter.
- (6) Leave the batter for 30 minutes.

(7) Heat vegetable oil in a pan. Fry the pancakes on both sides at medium heat.

Ingredients for the Kiev:-

1 Chicken Breast per person

Garlic Butter

Juice of a lemon

1 Egg, beaten

Oil to fry

(GF) Flour

(GF) Breadcrumbs

Salt & Pepper

Method for the Chicken Kievs:-

(1) Freeze the Garlic Butter rolled in a sausage shape in cling film.

(2) Beat the Chicken out with a rolling pin and season with Salt & Pepper.

(3) Place the Garlic butter in the centre, add a squeeze of Lemon Juice and wrap the meat around it.

(4) Place back in the fridge to stop the Garlic Butter from melting too much.

(5) Flour on all sides.

(6) Dip each Kiev in the beaten Egg and then roll in Breadcrumbs to coat evenly.

(7) Fry on all sides over a low heat to brown the Breadcrumbs.

(8) Place in a pre-heated oven at 180c for about 20 minutes.

We filled our Mlynti with a little soft Blue Cheese and served with a fresh dressed salad. The Mlynti were really good. Well to be fair the whole meal was really good. We?ll not be having issues with Vampires here today though?...