

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 Butter Milk

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 over 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?...