

Name: Elena Dyer, MD, PhD

Specialty: Internal medicine

Country: USA/Russia



Name of dish	Russian Cheese Pancakes (Syrniki)	
Ingredients	Ingredients	Quantity (makes 8 patties)
	Farmer's cheese, firm and dry. In US: Amish farmer's cheese is best, do not use cottage cheese.	1 lbs (450 gm)
	Salt	1/2 teaspoon
	Sugar (to taste)	1 to 4 table spoons
	Egg	1
	Flour	1 to 3 table spoons A dash of vanilla extract
	Vanilla extract	A dash
	Raisins briefly soaked in hot water (optional)	1/3 cup
	Butter	1 tablespoon
Directions and Preparation time	Beat all ingredients together. Shape into small patties using extra flour. Grease a skillet with oil or butter and fry patties until golden-brown on each side. Garnish with fruit preserves/jam over sour cream or honey, maple syrup. Yields 8 small patties. Time: 15-20 min (includes frying). Serves as nutritious breakfast/branch food when	

	fresh and supper, when refrigerated. Refrigerated leftovers will make a great snack the next day. Eat them cold or reheat in a microwave.	
Other relevant information	This traditional fried treat has been a special in Russia and Eastern Europe for centuries. Simple ingredients made it widely popular in poor villages. When Leo Tolstoy became a vegetarian, in his ascetic quest for the good life, syrniki was one of his favorite foods.	