

Hungarian Stuffed Crepes Hortobágyi Palacsinta

Stew:
1/4 cup olive oil
1/2 cup onion, diced
1 lb. ground veal, chicken, pork, or beef
1 10 oz diced tomatoes
1 cup water
4 tsp paprika
1/4 tsp caraway seeds
2 Tbs freshly chopped parsley
1/2 cup sour cream

Crepes:
4 large eggs
1 cup flour
1 cup milk
Oil for pan
Sauce:
1/4 cup Drained liquid from meat
1 cup flour
1 cup sour cream
salt and pepper to taste

- 1 In a large pan, drizzle olive oil over medium heat. Add onions and cook, stirring occasionally, until softened and translucent. Stir in the meat and break it up into small pieces. Cook, continuing to break it up, until browned. Stir in tomatoes and water. Add paprika, caraway seeds, and parsley. Cook, stirring occasionally, until sauce thickens. Stir in 1/2 cup sour cream.
- 2 Place a fine mesh sieve over a medium bowl. Pour meat sauce into the sieve and let drain.
- 3 In another medium bowl, whisk together eggs, flour, and milk until a smooth batter form.
- 4 Heat a large non-stick skillet over medium low heat. Brush with about 1/4 teaspoon oil. Pour in about 1/4 cup batter and quickly tilt the pan to coat with a thin circle of batter. When the top begins to dry, flip to cook the other side.
- 5 Cook until the bottom begins to turn golden, about 1 minute. Repeat with remaining batter, brushing the pan with oil as needed.
- 6 Preheat oven to 350 degrees. Lightly grease a large baking dish.
- 7 Place a layer of drained meat along the lower third of a crepe, leaving a 1-inch border on the edges. Fold in the sides and roll up. Place in prepared baking dish, seam side down. Repeat with remaining crepes and filling.
- 8 Whisk 1/4 cup flour and 1 cup sour cream into the drained liquid from the meat until smooth. Pour over the prepared crepes. Bake in preheated oven until heated through and sauce is bubbly, about 15 minutes.
- 9 Serve hot with sour cream.

Servings: 6 Yield: 6

Degree of Difficulty: Easy

Oven Temperature: 350°F

Cooking Times: 35 minutes Preparation: Time: 25 minutes

Total Time: 1 hour

Nutrition Facts

Serving size: 1/6 of a recipe (11 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients. 7 of the recipe's ingredients were not linked. These ingredients are not included in the recipe nutrition data.



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Amount Per Serving	
Calories	378.99
Calories From Fat (58%)	219.74
% Daily Value	
Total Fat 24.93g	38%
Saturated Fat 9.51g	48%
Cholesterol 157.15mg	52%
Sodium 212.57mg	9%
Potassium 443.76mg	13%
Total Carbohydrates 29.51g	10%
Fiber 2.44g	10%
Sugar 6.78g	
Protein 10.53g	21%