KIKKOMAN

Syrniki (Russian cottage cheese pancakes)

Total time **19 mins** **15 mins** preparation time **4 mins** cooking time

Nutritional facts (per portion):
2,100 kJ / 502 kcal

Fat: **24 g** Protein: **34 g**
Carbohydrates: **40 g**

INGREDIENTS

6 portion(s)

750 g	cottage cheese
3	eggs
210 g	plain flour
60 g	sugar
1 tsp	ground cardamom
	Extra flour for rolling
100 ml	oil, for frying
300 g	raspberries
2 tbsp	honey
2 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
1 tbsp	black sesame seeds, to garnish
	Mint leaves, to garnish

PREPARATION

Step 1

750 g cottage cheese - **3** eggs - **210 g** plain flour - **60 g** sugar - **1 tbsp** ground cardamom
Place the cottage cheese in a bowl and mash with a fork until mostly smooth; a few small lumps are fine. Add the eggs, sugar, flour and cardamom. Mix thoroughly by hand until well combined. The dough may be sticky—avoid adding too much extra flour.

Step 2

Extra flour for rolling
Dust the work surface with the flour. Divide the dough from Step 1 into 18 portions. Roll each portion into a ball, then flatten into round discs about 1 cm thick. Place on a tray lightly dusted with flour.

Step 3

100 ml oil, for frying
Heat a pan over medium heat and add the oil. Once hot, add the syrniki and fry for 2 minutes on each side until golden. Transfer to a plate lined with kitchen paper to drain any excess oil.

Step 4

300 g raspberries - **2 tbsp** honey - **2 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon - **1 tbsp** black sesame seeds, to garnish - Mint leaves, to garnish
In a bowl, mix the Kikkoman Lemon Ponzu, honey and raspberries. Blend until smooth to create a sauce. Drizzle over the cooked syrniki and sprinkle with the black sesame seeds. Serve warm, garnished with the mint leaves.