

# BUCKWHEAT CRÊPES

*Galettes de Sarrasin* are from Brittany in northwest France. You can eat them with any sweet or savoury fillings, just as you would with any pancake. Once you've really cracked the recipe, try making them into traditional egg-filled parcels – the perfect brunch dish.

## MAKES 6 LARGE OR 8-10 SMALLER PANCAKES

100g/<sup>3</sup>/<sub>4</sub> cup buckwheat flour

3 tbsp plain flour

1 large egg

200ml/generous <sup>3</sup>/<sub>4</sub> cup milk (dairy or plant)

200ml/generous <sup>3</sup>/<sub>4</sub> cup water

a large pinch of salt

2-3 tbsp butter, rapeseed oil, or other vegetable oil, for frying

## ONE FOR THE PROS

Preheat the oven to 180°C/350°F/ Gas mark 4. Once you've flipped the crêpe, make a ring of grated cheese on top and crack an egg into the middle. Carefully fold in the sides of the crêpe with a fish slice and wait for 2 minutes for the egg white to set a little. Lift the parcel out of the pan with the fish slice and transfer it to a baking sheet. Bake in the hot oven for about 5 minutes to finish cooking the egg.



**1** Put both of the flours into a large mixing bowl. Crack in the egg, then add about half of the milk. Mix with a fork until you have a thick, smooth paste. *Don't add all the liquid now or you'll have a very lumpy batter.*

**2** Now slowly pour the rest of the milk and water into the bowl, whisking with the fork as you go.

**3** Leave the batter to rest for at least 1 hour.

**4** Heat up a frying pan or crêpe pan and add a tiny knob of butter or 1 tsp of oil. **!!!**

**5** Once the butter is frothing and covering the bottom of the pan, or the oil is hot, tip in about half a

ladleful of batter (although this will depend on the size of the ladle and the pan!). Swirl the pan around to get a really thin bubbly covering all over the pan base. Cook over a medium heat until you see the entire pancake move when you shake and shudder the pan.

**6** It's time to flip the pancake! You may have a champion flipper in the household who can show you how or you could just use a fish slice or palette knife to gently turn it over. Cook until the second side is nicely browned and then serve with whatever you like.

**7** Add another knob of butter or 1 tsp oil and cook a second crêpe. Continue until all the batter is used up.

## SAVOURY IDEAS

Grated cheese: Comté, Gruyère, Emmental or any leftover cheese

Cooked mushrooms

Tomato salad

with hummus

Roasted vegetables

with pesto

## SWEET IDEAS

Maple syrup or honey

Fresh fruit

Grated chocolate and

chopped nuts

Fruit compôte

1



5



6



Buckwheat is actually not wheat at all. Rather than being one of the grass/cereal family, it comes from a luscious leafy plant with plenty of blossom to keep bees and other pollinators happy.

