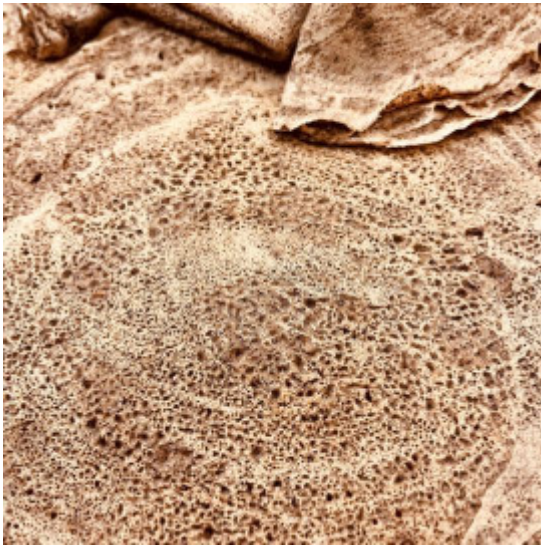


Buckwheat flour savoury pancakes |

Recipe for 4 pers



Description

A technically simplified recipe known in Brittany as buckwheat "galette". This differentiates it from its sibling, the Crêpe, which is considered necessarily sweet.

Note

Normally, you won't find egg in buckwheat pancakes (a more delicate mixture), but here the egg will help bind your elements together.

Ingredients

Pancake mix

- 350 Gr Buckweath flour
- 1 Unit(s) Egg
- 750 Ml Cold water
- 1 Tbsp Sea salt flakes

Preparation

- Preparation time **90 mins**
- Resting time **60 mins**

Pancake

Sift the flour and salt, then gradually whisk in the water.

Beat in the egg with a fork.

Leave the mixture to rest in the fridge for an hour.

In a hot non-stick frying pan, place a cloth moistened with butter or oil.

Cover the bottom of the frying pan with a thin layer of galette mixture, turning the galette over fairly quickly. Repeat the operation, but if the mixture seems too thick, add a little water.

Bon appétit!