

Toasted buckwheat tuile, glazed chicory, buckwheat-infused milk

Recipe for 4 pers

Description

A traditional recipe from Brittany, a region in northwestern France.

Note

A beaten or broken egg is easier to incorporate into a fluid mass.

To be on the safe side, make the granita the day before.

Ingredients

Buckwheat pancake

- 100 Gr Icing sugar
- 4 Gr Salt
- 150 Gr Softened butter
- 140 Gr Buckweath flour
- 180 Gr Egg white

Endive chicory granita

- 1 Liter(s) Water
- 50 Gr Sugar
- 65 Ml Hydromel wine
- 25 Gr Chicory root

Creamy chicory

- 300 Ml 35% whipping cream
- 25 Gr Sugar
- 30 Gr Chicory root

Preparation

- Preparation time **90 mins**
- Preheat your **Oven** at **350 F°**
- Resting time **60 mins**

Buckwheat pancake

Sift the flour, mix all the ingredients together and leave to rest in the fridge for 24 hours.
Roll out the dough thinly on a Silpat or baking paper, and bake for eight minutes at 175°C.
Break up the tiles as you wish.

Endive chicory granita

Make a syrup with (water, sugar), add the mead and chicory root off the heat.
Leave to infuse with a cling film, then once cool, strain and pour the syrup into a flat container.
Place in the freezer and, once set, scrape off the granita with a fork.
Spoon into verrines at the last minute, before serving.

Creamy chicory

In a saucepan, bring the cream, sugar and chicory to the boil, leave to infuse for a few minutes, then strain.

Pour into a siphon, add two cartridges (max) of gas, and set aside in the fridge, with the siphon lying on a shelf.

Assembly

In a bowl or verrine, place the granita at the bottom, cover with the chicory siphon and place two beautiful tuiles.

Bon appétit!