

SAINT-MALO

BUCKWHEAT PANCAKES

Ingredients (for 4 persons)

- 150g buckwheat flour
- 100g flour
- 3 eggs
- 250 ml milk
- 250 ml water
- 1 pinch of salt
- Garnish (to choose from: eggs, ham, mushrooms, cheese, etc.)

Preparation:

Prepare the pancake dough by briskly whisking all the ingredients, starting with the 2 flours; add the salt, then the eggs and wet with the liquid mixture, never stopping to whisk, until obtaining a smooth dough.

Let the dough rest for some time, then bake the pancakes in a hot frying pan with some fat in it, either oil or butter.

Gradually garnish each crêpe with the chosen ingredients: eggs, ham, mushrooms and end with the cheese.

Fold the pancakes so that the garnish remains warm inside and serve with some salad leaves.

