

SAINT-MALO

BUCKWHEAT PANCAKES

Ingredients (for 4 people)

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

Preparation:

Prepare the pancake batter by briskly whisking together all the ingredients except the filling, starting with the flours; add the salt, then the eggs, and moisten with the liquids, continually whisking to obtain a smooth batter.

Allow the batter to rise for some time, then fry the pancakes in a hot frying pan with a small amount of oil or butter.

Fill each crêpe with the selected ingredients: eggs, ham, mushrooms, and finally the cheese.

Fold the pancakes so that the filling remains warm inside and serve with a green salad.

