BALANCE

BUCKWHEAT PANCAKES STUFFED WITH RICOTTA AND LEEKS

Ingredients
(For 4 people)

- For the pancake batter:
- 330 g buckwheat flour
- 75 cl cold water
- 1 egg
- Salt
- For the filling:
- 250g ricotta
- 2 tbsp Parmesan
- 500 g chopped leek
- 1 shallot
- Thyme
- 2 tbsp mild olive oil
- Salt, pepper

Preparation:

Preparation of the pancake batter

Combine the flour and the salt in a mixing bowl. Add the water and beat with a whisk. Incorporate the egg and beat until the mixture is smooth.

Cover the mixture with cling film and leave to chill for 1 to 2 hours in the refrigerator.

Fry the pancakes one by one in a slightly oiled frying pan and reserve them on a plate.

Preparation of the filling

Sauté the leek and the shallot in a frying pan with some olive oil. Cook the leek until tender, season, and set aside.

Combine the ricotta with the leek, season with pepper, and distribute evenly over the pancakes. Roll into cylinders.

Preheat the oven to 180 °C.

Cut the stuffed pancakes into equal parts and place them in a lightly oiled baking dish.

Sprinkle with Parmesan and bake in the oven for 30 minutes.