

BUCKWHEAT CREPES

or Savoury Pancakes

GRUNCH

Ingredients for 8 pancakes

You'll need: chopping board, knife, mixing bowl, jug, frying pan, saucepan, fork, ladle, tablespoon, whisk, spatula

For the crepes:

100g plain white flour
40g buckwheat flour
1 egg
Pinch of salt
200ml milk
100ml water
20g melted butter

For the Fillings:

8 mushrooms, finely sliced
2 handfuls spinach
100g ham, chopped
pinch nutmeg
1 tbsp creme fraiche
50g cheese, grated
Freshly ground black pepper

To cook:

1 tbsp melted butter or oil

Prepare The Ingredients First. Then Follow Steps 1 to 8.

Step 1



First make the batter. Place plain flour and buckwheat flour in a bowl. Add salt. Add the egg and start mixing with a wooden spoon or whisk.

Step 2



Combine the water and milk in a jug. Gradually pour into the flour mix, whisking all the time until the batter is smooth and like thin cream.

Stir in the melted butter.



Step 3



Time to cook your crepes!

Heat a frying pan. Keep the heat low. Add teaspoon of oil or melted butter. Coat the base by tilting the pan.

Step 4

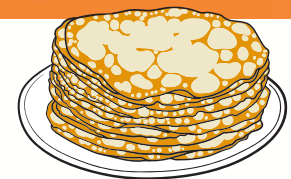
Add a ladleful of batter to the pan and quickly swirl around so you have a thin layer of batter covering the base of the pan. Cook for 2 minutes over medium heat.

Step 5



When the crepe comes away easily from the pan when you shake it it's time to toss your crepe over

Step 6



Cook for another 2 minutes then set aside on a plate and repeat the process to make more crepes until you've used up the batter.

Step 7



Add a knob of butter to a saucepan and saute the mushrooms for 2 minutes. Add the spinach, creme fraiche and nutmeg. Set aside.

Step 8



Time to assemble your crepes! Add a knob of butter to the saucepan and add one of your crepes. Spoon on 8th of your fillings - spinach, mushrooms, ham and a tablespoon of grated cheese onto one half of the crepe. Fold the plain half over the filling and then fold in half again. Cook on a gentle heat until the cheese has melted. Set aside and repeat with the rest of the crepes.