

## Buckwheat Pancakes

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: makes 14-15 four-inch pancakes

### Ingredients

Vegetable oil for coating pan

¾ cup buckwheat flour

¾ cup all-purpose flour (can substitute with buckwheat flour for a 100% gluten-free pancake)

3 tablespoons sugar

1 teaspoon baking soda

½ teaspoon salt

3 tablespoons unsalted butter, melted

1 egg (optional)

2 cups buttermilk



### Method of Preparation

1. Heat a well-seasoned griddle, cast iron skillet, or non-stick pan on medium heat. Time preparation of batter so that the pan or griddle is ready as soon as it is mixed.
2. In a large bowl, whisk together both flours, sugar, baking soda and salt.
3. Pour melted butter over the dry ingredients and start stirring.
4. Beat the egg with a fork and stir into half of buttermilk. Add the buttermilk/egg mixture to the dry ingredients, then slowly add in the rest of the buttermilk as needed to obtain the right consistency for your batter (you may not need all of the buttermilk, depending on what type of buttermilk you are using and the brand of flour).
5. Stir only until everything is combined. Do not over-mix. A few lumps are fine.
6. Place a small amount (a half teaspoon) of vegetable oil onto the pan or griddle and spread it around with a paper towel to coat.
7. Ladle batter onto the hot surface to the desired size, about 4-5 inches wide (a quartercup measure will ladle about a 4-inch pancake). Reduce the heat to medium-low. Allow pancake to cook for 2-3 minutes on first side. Watch for bubbles on the surface. When air bubbles start to rise to the surface at the center of the pancake, flip. Cook for another 1-2 minutes, or until nicely browned.

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