



JERNEJ KITCHEN

BUCKWHEAT PANCAKES WITH HAM AND BRUSSELS SPROUTS

These savory, mini buckwheat pancakes are a crowd pleaser.

SERVES 2 PEOPLE
PREPARATION: 30 MINUTES

BUCKWHEAT PANCAKES

50 g old-fashioned oats (gluten free)

150 ml milk

50 g sour cream

2 eggs

15 g buckwheat flour

3 g salt

5 g fresh yeast

TOPPING

50 g sour cream or crème fraîche

100 g ham

100 g brussels sprouts, fresh

1 tsp dijon mustard

1 tsp balsamic vinegar

1 tbsp olive oil (plus for cooking)

1 handful of chives, chopped

TOOLS AND EQUIPEMENT Sponsored

saucepan

blender

large pan

bowl

COOK THE OATS

Set a saucepan over medium high heat. Add the oats and milk to the saucepan. Cook for 10 - 15 minutes. Set aside and let it cool.

PANCAKES BATTER

Mix the sour cream, eggs and cooled oats in a blender. Add the salt, yeast and buckwheat flour. Mix again. The batter should be smooth. Transfer to a bowl and place in the fridge for at least 2 hours or overnight.

PANCAKES

Place a large pan over low heat, add 1/2 teaspoon of olive oil. Using a spoon, drop a small amount of batter into the pan to make small pancakes. Cook them for about 3 - 4 minutes on each side then flip over until both sides are golden brown. in color. Repeat the process until all the pancakes are cooked.

TOPPING

Clean the brussels sprouts and shred them to small pieces. Place them in a small bowl. Add the dijon mustard, balsamic vinegar, salt, pinch of pepper and olive oil. To serve, top the pancake with a teaspoon of sour cream (or crème fraîche), add a slice of ham, one teaspoon of brussels sprouts and sprinkle with chopped chives. Enjoy.