BUCKWHEAT CREPES

Recipe provided by Greenmarket’s June Russell

Buckwheat: Beyond Low Carb, they’re good carbs! Unlike its name suggests, buckwheat flour is not wheat. It comes from the rhubarb fruit family. Gluten free, high in fiber, complex carbohydrates, & nearly a complete protein, it’s great for any diet.

Serves 4

Ingredients:
* 1 1/2 cups buckwheat
* 1 tsp salt
* 1 whole egg
* 12 oz water
* 10 oz milk
* Butter

Optional ingredients for la complete; Greenmarket version (a traditional crepe called “la complete” is made with ham, cheese and egg)
* Cato Corner Dairyere cheese
* Duck prosciutto
* Egg

* Ingredients available seasonally at your neighborhood Greenmarket

Instructions:

1. Whisk together the water, milk, eggs, buckwheat, and salt or whirl in a blender until uniform. Cover and chill for 1 hour (or up to two days). Place an oven-proof plate in the oven and turn the oven on to 200° F. Remove the crepe batter from the fridge and stir it up to unite everything.
2. Heat a large (12-17”) crepe pan or skillet over moderately high heat. Melt a dollop of butter in the pan, swirling to cover the surface.
3. When butter sizzles, add ¼ cup of the crepe batter and, again, swirl to cover the pan surface. Cook several minutes until the bottom develops a golden texture. Then flip the crepe over with the aid of a spatula/pancake turner.
4. Gently break one egg into center of the newly flipped crepe (try to keep the yolk intact). Cook the crepe and egg just until the white is set. Top with one slice of meat and one slice of cheese. Gently fold two sides (or four sides, as you prefer) of the crepe in to overlap the egg, cheese and meat. Use a spatula to transfer the finished crepe on to the warmed plate in the oven, to keep your completed crepes warm, repeat steps 3-7 with the remaining crepe batter, eggs, meat and cheese.
5. Serve crepes hot with a crisp green salad and a cold mug of dry cider.

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6. Crepes can be filled with anything - cooked greens, sautéed mushrooms, goat cheese, ham, bacon, anything you like!

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