RECIPE

Whipped-Egg Buckwheat Pancakes with Strawberries

Nutty buckwheat breakfast pancakes made light with whipped egg whites and skim milk, topped with fresh strawberries instead of syrup.

MAKES

5 servings US Metric

TOTAL

35 min

Ingredients

- [ ] 1 ¼ cups buckwheat flour
- [ ] 1 ¾ tsp baking powder
- [ ] 0 tsp salt
- [ ] 1 tsp ground cinnamon
- [ ] 1 ¼ cups plus 2 tbsp skim milk
- [ ] 2 large eggs, separated
- [ ] 1 tbsp olive oil, in the batter
- [ ] 1 tbsp maple syrup
- [ ] 1 tsp vanilla extract
- [ ] 2 tsp olive oil, wiped on the skillet
- [ ] 1 tbsp skim milk, held back to loosen the batter
- [ ] 2 cups sliced fresh strawberries, for the top

Method

1. Whisk the buckwheat flour, baking powder, salt and cinnamon in a large bowl.

2. In a second bowl, whisk the egg yolks with the 1¼ cups plus 2 tbsp skim milk, the 1 tbsp olive oil, the maple syrup and the vanilla. Pour it into the flour and stir until no dry flour shows.

3. Beat the egg whites in a clean, dry bowl with a whisk or hand mixer until they hold a soft peak that just bends over. Fold them into the batter in two additions, with a light hand, until only a few white streaks remain. The batter will be thick; if it stiffens between batches, fold in the held-back 1 tbsp skim milk.

4. Warm a nonstick skillet over medium-low heat. Wipe it with about a third of the 2 tsp olive oil on a paper towel; wipe again with a third more after each two batches.

5. Scoop the batter by ¼ cup, about 10 pancakes in all, 3 at a time. Cook 2 to 3 minutes, until the edges look dry and small bubbles pop on top. Flip and cook 1 to 2 minutes more, until they spring back and a thermometer in the center of one test pancake reads 160 °F. Lower the heat if they brown before the center sets.

6. Keep cooked pancakes on a rack in a 200 °F oven while you finish. Serve 2 pancakes per plate with ⅖ cup (66 g) of the sliced strawberries on top.