

Buckwheat Blueberry Waffles

4 waffles

- 174 g buckwheat flour
- 42 g dark brown sugar
- 1 tsp baking powder
- ½ tsp grated nutmeg
- ¼ tsp baking soda
- ¼ tsp coarse kosher salt
- 2 large eggs, at room temperature
- 240 milliliters buttermilk
- 30 grams unsalted butter, melted, plus more for waffle iron
- 40 g fresh or frozen (not thawed) blueberries
- 1½ T fresh, finely grated lemon zest (from 1 to 2 lemons)
- Warm maple syrup, for serving



1. In a medium bowl, whisk together the **flour**, **brown sugar**, **baking powder**, **grated nutmeg**, **baking soda** and **salt**. Form a well in the center of the dry ingredients.
2. Separate the eggs and put the **whites** in a medium bowl. Beat yolks slightly.
3. Drop the **yolks** in the center of the dry ingredients.
4. Add the **buttermilk** and stir together gently to form a batter. Do not overmix.
5. Beat the **egg whites** to medium peaks using a whisk or a hand-held mixer.
6. Add the whipped whites to the batter and, using a rubber spatula, fold them in by gently scooping up some batter from the bottom and folding it over the whites on the top. Rotate the bowl and repeat until just incorporated. Fold in **2 T melted butter**.
7. Add the **blueberries** and **lemon zest**, and gently fold in.
8. Heat a waffle iron and, using a pastry brush or paper towel, lightly coat with melted butter (or use cooking spray).
9. Cook waffles (using about ⅔ **C batter** per waffle) until golden and crisp. Butter the iron between batches as needed.

Serve waffles immediately as they are ready, or keep them warm in a **100°C** oven until ready to serve. Top with warm maple syrup.