

Buckwheat Pancakes or Waffles

Makes 8 pancakes or 4 waffles

Pancakes: ¼ C batter for each pancake, about 10-12 cm

Waffles: about 1/2–3/4 cup (120–180 ml) of batter per waffle



Dry Ingredients:

- 120 g buckwheat flour
- 60 g all-purpose flour
- 1 T sugar
- 2 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt

Wet Ingredients:

1 large egg (room temperature)

300 ml buttermilk (or regular milk + 1 T lemon juice or vinegar)

28 g melted butter or oil

1 tsp vanilla extract

Optional Add-ins:

62 g plain yogurt or mashed banana (for extra moisture)

1. In a medium bowl, whisk together the dry ingredients (**buckwheat flour, all-purpose flour, sugar, baking powder, baking soda, and salt**).
2. In a separate large bowl, beat the **egg** and then whisk in the **buttermilk, melted butter, and vanilla extract**. If using **yogurt** or **mashed banana**, mix it in now.
3. Gradually add the dry ingredients to the wet ingredients. Stir until just combined; some lumps are okay. If the batter seems too thick, add a splash more milk to reach a pourable consistency.
4. **Let the batter sit for 5–10 minutes**. This helps the flours hydrate and activates the leavening agents for fluffier pancakes or waffles.
5. Heat a nonstick skillet or griddle over medium heat and lightly grease it with **butter** or oil. Pour ¼ C of batter for each pancake. Cook until bubbles form on the surface and the edges look set, **about 2–3 minutes**. Flip and cook for **another 1–2 minutes** until golden brown.

OR

1. Preheat your waffle iron and lightly grease it with cooking spray or melted butter.
2. Pour the batter in and cook according to your waffle iron's instructions, typically **4–5 minutes** until crispy and golden.

Tips

If using 100% buckwheat flour, increase the buttermilk slightly (by about 2–3 tbsp) to avoid dryness and consider adding the optional yogurt or banana.

For a savory twist, skip the sugar and add chopped herbs or grated cheese.

this recipe can be doubled without any problems! Just scale up each ingredient proportionally, and you should be fine.

Here are a few tips when doubling:

Adjustments to Keep in Mind

Mixing the Batter:

Use a larger bowl to ensure you can combine the ingredients thoroughly without overmixing.

Overmixing can result in tougher pancakes or waffles, so stop stirring as soon as the dry and wet ingredients are combined.

Leavening Agents:

Ensure your baking powder and baking soda are fresh, as their effectiveness is key to maintaining fluffiness, especially in a larger batch.

Cooking Time:

You might need to cook in batches, so keep a warm oven (around 90°C) ready to hold finished pancakes or waffles while you cook the rest.

Buttermilk Substitution:

If you're making your own buttermilk (milk + lemon juice or vinegar), double the acid to ensure the reaction with the baking soda is balanced.

Storage:

Any extras can be cooled completely and frozen. Reheat pancakes in a toaster or oven, and waffles in a toaster or waffle iron.