Orange Ricotta Buckwheat Pancakes

6 pancakes, about 4 inches/10 cm wide; 3 per serving with ricotta and orange | Active 20 min | Cook 15 min | Total 35 min

Ingredients

- 3/4 cup buckwheat flour (90 g)
- 1 teaspoon baking powder (4 g)
- 1/8 teaspoon fine salt (0.75 g)
- 2 large eggs (100 g without shells)
- 3/4 cup part-skim ricotta (180 g), divided: 120 g for batter and 60 g for serving
- 1/3 cup 2% milk (80 ml)
- 1 medium orange: 1 teaspoon finely grated zest (2 g) and 150 g peeled segments
- 1 tablespoon honey (21 g)
- 2 teaspoons neutral oil (10 ml), for the pan

Set out

Mixing bowls, Fine grater, Nonstick skillet or griddle, Wide spatula, Food thermometer

Allergens

Egg, Milk. Check labels and substitutions.

Make it

1. Whisk buckwheat flour, baking powder and salt in a bowl. In another bowl, whisk eggs, 120 g ricotta, milk and orange zest. Stir the wet mixture into the dry ingredients just until combined. Rest for 10 minutes.

2. Peel the zested orange, removing pith, and separate or slice the segments. Divide the remaining 60 g ricotta and the orange between two plates.

3. Heat a large nonstick skillet over medium-low heat. Brush with a little of the measured oil. Use one sixth of the batter for each pancake, spreading to about 4 inches/10 cm; cook in batches without crowding.

4. Cook for 2–3 minutes, until edges look set and bubbles stay open on top. Turn and cook for another 1–2 minutes until the centers are set and reach 160°F/71°C. Adjust the heat and use the remaining oil for subsequent batches.

5. Serve three pancakes per plate with the prepared ricotta and orange; divide the honey over the two servings.

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Estimated nutrition per serving

Calories: 475 kcal | Protein: 24.3 g | Carbohydrate: 56.9 g | Fat: 18.7 g | Fiber: 6.4 g. One of 2 servings. Batch yield: 6 pancakes, about 4 inches/10 cm wide; 3 per serving with ricotta and orange. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

A weekend batch without a long queue

Cook two or three small pancakes at once rather than one oversized pancake. They are easier to flip and divide into the stated servings. A second skillet shortens the queue if you are doubling the recipe, but give each pan enough attention to keep its heat moderate.

A useful detail

The batter contains no wheat flour, but use buckwheat flour labeled gluten-free if cross-contact is a concern. Do not taste uncooked batter.

Another way

Replace orange zest and segments with 1 teaspoon lemon zest and 150 g fresh blueberries; the flavor and nutrition estimate will differ.

Use 180 g well-drained whole-milk ricotta in place of part-skim ricotta if that is what you have.

Keep it well

Refrigerate cooked pancakes and ricotta separately at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Use within 3 days. Reheat pancakes to 165°F/74°C; add fresh orange and chilled ricotta afterward. Freeze plain pancakes with paper between them for up to 2 months.