Ginger Pear and Buckwheat Pancakes

8 small pancakes; 2 servings of 4 · Active 25 min · Total 40 min

Skills: Confident beginner

Ingredients

- 3/4 cup buckwheat flour (100 g)
- 1/3 cup all-purpose flour (45 g)
- 1 1/2 teaspoons baking powder (6 g)
- 1/4 teaspoon baking soda (1 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/2 teaspoon ground cinnamon (1 g)
- 1 large egg
- 1/2 cup plain yogurt (120 g)
- 1/2 cup milk (120 ml), plus up to 1 tablespoon (15 ml) if needed
- 1 tablespoon finely grated fresh ginger (6 g)
- 1 large pear, cored and diced 1/4 inch (5 mm) (180 g prepared weight)
- 1 tablespoon neutral cooking oil (15 ml), for the pan
- 2 tablespoons maple syrup (30 ml), to serve

Set out

Large nonstick skillet or griddle, Two mixing bowls, Spatula, Instant-read thermometer

Allergens

Wheat, Egg, Milk. Check labels and substitutions.

Make it

1. Whisk the buckwheat flour, all-purpose flour, baking powder, baking soda, salt and cinnamon in one bowl. Whisk the egg, yogurt, 1/2 cup (120 ml) milk and ginger in the other.

2. Fold the wet ingredients into the dry ingredients until combined, then fold in the pear. The batter should fall slowly from a spoon; add up to 1 tablespoon (15 ml) more milk only if it is too stiff to spread.

3. Heat the skillet over medium-low heat and brush with a little of the oil. Scoop about 1/3 cup (75 ml) batter per pancake, spreading to roughly 4 inches (10 cm) wide. Cook 2–3 at a time for 3–4 minutes, until bubbles stay open and the edges look set.

4. Turn carefully and cook for 2–3 minutes more, until the center is cooked through and reaches 160°F/71°C. Transfer to warm plates. Repeat with the remaining batter and oil to make 8 pancakes, adjusting the heat if necessary.

5. Divide between two plates and drizzle each serving with 1 tablespoon (15 ml) maple syrup. If saving a portion, cool it in a single layer and refrigerate promptly instead of leaving it beside the stove.

One batch, two mornings

Separate the portion you are saving before adding syrup. The plain pancakes are easier to reheat evenly and will not stick together in their container.

A useful detail

Buckwheat itself is not wheat, but this recipe also contains all-purpose wheat flour. Do not describe the finished pancakes as gluten-free.

Keep it well

Refrigerate cooked pancakes within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Freeze between sheets of paper for up to 2 months. Thaw in the refrigerator and reheat to 165°F/74°C. Keep syrup separate until serving.