



## JERNEJ KITCHEN

# BUCKWHEAT PANCAKES WITH HAM AND BRUSSELS SPROUTS

*These savory, mini buckwheat pancakes are a crowd pleaser.*

SERVES 2 PEOPLE  
PREPARATION: 30 MINUTES

### BUCKWHEAT PANCAKES

50 g old-fashioned oats (gluten free)

150 ml milk

50 g sour cream

2 eggs

15 g buckwheat flour

3 g salt

5 g fresh yeast

### TOPPING

50 g sour cream or crème fraîche

100 g ham

100 g brussels sprouts, fresh

1 tsp dijon mustard

1 tsp balsamic vinegar

1 tbsp olive oil (plus for cooking)

1 handful of chives, chopped

### TOOLS AND EQUIPEMENT

Sponsored

saucepan

blender

large pan

bowl

### COOK THE OATS

Set a saucepan over medium high heat. Add the oats and milk to the saucepan. Cook for 10 - 15 minutes. Set aside and let it cool.

### PANCAKES BATTER

Mix the sour cream, eggs and cooled oats in a blender. Add the salt, yeast and buckwheat flour. Mix again. The batter should be smooth. Transfer to a bowl and place in the fridge for at least 2 hours or overnight.

### PANCAKES

Place a large pan over low heat, add 1/2 teaspoon of olive oil. Using a spoon, drop a small amount of batter into the pan to make small pancakes. Cook them for about 3 - 4 minutes on each side then flip over until both sides are golden brown. in color. Repeat the process until all the pancakes are cooked.

### TOPPING

Clean the brussels sprouts and shred them to small pieces. Place them in a small bowl. Add the dijon mustard, balsamic vinegar, salt, pinch of pepper and olive oil. To serve, top the pancake with a teaspoon of sour cream (or crème fraîche), add a slice of ham, one teaspoon of brussels sprouts and sprinkle with chopped chives. Enjoy.