

Galette Bretonne

(as per Treblec - traditional Buckwheat flour supplier)

Ingredients (Serves 4 people):

250g of Treblec Buckwheat flour
2 teaspoons of fluid flour
1 pinch of salt
1 pinch of guerande salt
1 egg
2 Teaspoon of oil
500 ml of water

Recipe for preparing the batter/dough:

- 1- Mix the flour with the egg yoke and add water until you have a thick batter
- 2- Batter the white of the eggs with salt and pepper until they are firm, add the fluid flour and then 2 teaspoons of oil
- 3- Add this second preparation in the batter (#1) and add water if necessary to obtain a fluid batter
- 4- Leave the batter to rest on hour and dilute with water if it has thickened a lot

Cooking:

- 1- Put a small amount of butter into a hot "crepiere" or large flat sauce pan, then pour one ladle of batter and spread it quickly around the pan.
- 2- Turn the 'Galette' over when it is brown on one side (usually after 2-3 minutes), then add your favorite topping like egg & bacon, scallops or mushroom with cream, shredded cheese (cooked in a separate sauce pan)

Serve this with a glass of Dry Kerisac cider, and enjoy...