



## **"The Local Buy" Recipe, Episode 301**

### **Buckwheat Crepes**

***Courtesy Rumbleway Farm and Chef Ward Tatnall***

#### *Ingredients*

- 8 ounces milk
- 4 large eggs
- 4 ounces buckwheat flour
- Good pinch of kosher salt
- 2 tablespoons coconut oil (you can also use butter or olive oil)

Makes 4 to 6 crepes.



#### *Directions*

Whisk together the milk and eggs. Add the buckwheat flour. Pinch in the salt. Whisk them together fully.

You could make the crepes immediately if you want. Some like to make the batter a couple of hours ahead and let it sit in the refrigerator, allowing the flavors to mingle fully. If you do this, be sure to whisk the batter fully before cooking the crepes. Any starches in the gluten-free flour mix tend to sink to the bottom of the bowl.

To cook the crepes, set a large cast-iron skillet over low heat. Slowly, bring it up to medium-high heat. Put some of the coconut oil in the hot skillet. When the oil has melted, swirl in about 2 ounces of the crepe batter. Tilt the skillet back and forth until the batter covers the entire surface. When the edges are set and starting to curl up from the pan, after about 30 seconds to 1 minute, run a metal spatula under all the edges of the crepe. Flip the crepe. Cook for 30 seconds then turn the crepe out onto a cutting board or plate. Repeat with the remaining crepe batter.