



Greenmarket Recipe Series

**Natural
Gourmet
Institute**

BUCKWHEAT PANCAKES WITH SAUTÉED APPLES

Recipe by Natural Gourmet Institute

YIELD: 8 SERVINGS

Sautéed Apples

2 tablespoons butter*

4 apples* (Golden delicious, Braeburn, Gala, and/or Empire), peeled, cored, and diced

Pinch of sea salt

Pancakes:

1 cup buckwheat flour*

1 teaspoon baking powder

¼ teaspoon baking soda

¼ teaspoon sea salt

2 teaspoons maple crystals or other granulated sugar

1 ¼ cups milk*

1 egg*, beaten

1 tablespoon melted butter*

Procedure:

For Sautéed Apples

1. Melt butter in a medium skillet over medium heat. Add apples and salt and sauté until tender-crisp, about 7 minutes.

For Buckwheat Pancakes

2. Heat griddle to high.
3. In a medium bowl, whisk buckwheat flours, baking powder, baking soda, sea salt, and maple crystals. Set aside.
4. In a separate bowl, whisk milk, eggs, and melted butter.
5. Add wet ingredients to dry; whisk batter only until blended. Let stand for 5 minutes.
6. Using a 1-ounce ladle, pour batter onto hot griddle. Cook cakes until bubbles form on the surface; flip and cook until browned.
7. Serve pancakes immediately with warm apple compote.

****Ingredients available seasonally at your neighborhood Greenmarket***

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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