

buckwheat pancakes

Despite the name, buckwheat is not related to wheat, as it is not a grass. Instead, buckwheat is a fruit seed and is related to sorrel and rhubarb. More nutritionally dense than wheat, it's also gluten free.

Our buckwheat was grown near camp at Quality Organics and farmer Brian and his son joined us for a dinner during camp one week. We experimented with different recipes each week and this is our favorite. *Serves three people.*

ingredients

1 cup buckwheat flour	1 egg
1 teaspoon baking powder	¼ teaspoon vanilla extract
¼ teaspoon salt	1 tablespoon unsalted butter, or as needed
¼ teaspoon baking soda	
1 ¼ cups buttermilk	

directions

Whisk buckwheat flour, baking powder, salt, and baking soda together in a bowl.

Beat buttermilk, egg, and vanilla extract together in another bowl. Pour flour mixture into buttermilk mixture; whisk until batter is thick and smooth. Let batter rest for a few minutes until bubbles form and batter relaxes.

Melt butter (or substitute with an oil) on a griddle over medium heat. Drop batter by large spoonfuls onto the griddle and cook until bubbles form and the edges are dry, 3 to 4 minutes. Flip and cook until browned on the other side, 2 to 3 minutes. Repeat with remaining batter.

Because our recipe was void of sugar we used sweeteners for our toppings, e.g. maple syrup, jam (from Pear Tree Preserve), plus options for nut butters.

Quality Organic buckwheat can be purchased online at [or](#) at Green City Market in Chicago.

