



## Savoury Pancakes with egg and Spinach

This traditional style of savoury pancake, popular in Northern France, is filled with spinach, cheese and egg then folded into a square for finishing in the oven. A great alternative on Shrove Tuesday if you don't have a sweet tooth.

**Serves: 6, Prep time: 00:15, Cook time: 00:15**

## Instructions

### Buckwheat Galettes

1. Melt the butter.
2. Put the flour into a large bowl, add the salt and stir to combine.
3. Break the egg into the bowl, add 150ml of milk and beat to a smooth paste.
4. Stir in the remaining 150ml of milk to make a thin batter. You can use the batter immediately or refrigerate for up to 12 hours if you wish.
5. Lightly oil a frying pan so that the oil just covers the surface and get the pan nice and hot.
6. Stir the melted butter into the batter.
7. Pour or spoon some batter into the hot pan and roll it out to the edges.

## Ingredients

- 50 grams Butter (2 oz)
- 100 grams Flour, wheat, wholemeal, Buckwheat (3.5 oz)
- 1 pinch or to taste Salt, Pinch
- 2 Eggs
- 300 milliliters Milk (10 oz (U.S.))
- 1 tablespoon Oil, olive, For frying
- 25 grams Spinach (1 oz)
- 1 tablespoon Cream
- 25 grams Comte Cheese, Grated (1 oz)
- 1 pinch or to taste Salt and Pepper, to taste

8. Cook the pancake on a medium heat for 2-3 minutes, loosening the edges, until the base is golden.
9. Turn the pancake over and cook the other side for 1-2 minutes.
10. Transfer the galette onto a plate.
11. Repeat until the batter is used.

## Spinach and Egg Filling

1. Pre-heat the oven.
2. Rub some butter around the inside of an oven tray.
3. Wash and drain the spinach and put it into a saucepan over a medium heat.
4. As it starts to wilt, stir in the cream, season with salt and pepper and remove from the heat.
5. Lay out the galette(s) on a clean work surface.
6. Rub a little softened butter in the middle of each galette.
7. Arrange the spinach in a 10cm/4" circle in the middle of the galette.
8. Finely grate the Comté; and sprinkle it over the spinach.
9. Break an egg into the centre of the cheesy spinach circle.
10. Fold the edges of the galette over to cover the egg white and form a square.
11. Transfer the square galette onto the prepared oven tray.
12. Bake for 5-12 minutes or until the egg is set.
13. Serve immediately.

## Equipment

frying pan, oven tray, mixing bowl and saucepan

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## Temperature

180C, Fan 160C, 350F, Gas 4

## Cooking time

15 minutes

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