



Buckwheat Flour Galette

Rutin, a polyphenol found in buckwheat flour, has glycation reaction inhibitory and anti-glycation effects. Avocados are also recognized by the Guinness World Records as "the most nutritious fruit in the world," and contain a wealth of nutrients and dietary fiber, including vitamin E.



Anti-ageing foodstuffs

Buckwheat Flour
Avocado



Plate Tsunagu

<Ingredients> For 2 servings

- | | |
|------------------------|----------------------------|
| ■ Dough | ■ Topping |
| 80 g buckwheat flour | 2 eggs |
| 180cc water | 4 slices prosciutto |
| 1 g salt | 30 g pizza cheese |
| 1 tablespoon Salad oil | 1/2 avocado |
| | Black paper for garnishing |

<How to Cook>

1. Mix the buckwheat flour, water, and salt well into dough well and let it rise overnight in the refrigerator.
2. Lightly grease a frying pan with salad oil and cook over low heat. When the surface of the batter is dry, crack in an egg.
3. Place the cheese on the whites of the egg, cover with a lid, and steam until melted.
4. Remove the lid and cook until the dough is crispy, then transfer to a plate.
5. Top with sliced avocado and prosciutto.

