

Buckwheat Galettes with Egg, Ham and Cheese

A galette is a buckwheat crepe filled with savoury breakfast staples, such as egg, ham and cheese. It hails from Brittany and is enjoyed at any time of day. To prepare these galettes for a group that wants to eat together, have all your ingredients ready to go so you can assemble each one in the pan as the crepe finishes cooking. Note that buckwheat flour—despite the fact it has “wheat” in its name—is entirely gluten-free. It is ground from a seed, not a grain.

Gluten-free

Makes 4 large crepes

Prep Time: 15 minutes

Cook Time: 15 minutes

Galettes:

1 cup (160 g) buckwheat flour

1 tsp fine salt

1½ cups (375 mL) sparkling water, room temperature

1 large egg

¼ cup (60 g) unsalted butter, melted

Eggs and assembly:

3 Tbsp (45 mL) clarified butter, for the pan (see note)

4 large eggs

1 cup (90 g) coarsely grated Emmenthal, Comte or Swiss cheese

4 slices Black Forest ham

1. Preheat the oven to 300°F (150°C) and line a baking tray with parchment paper.
2. For the galettes, whisk the flour, salt, sparkling water and egg together until smooth.
3. For the eggs and assembly, preheat a medium non-stick skillet on medium-low heat and brush it with clarified butter. Break the eggs into the pan and fry, sunny side up, adjusting the heat so they cook and stay warm while you are preparing the galettes.
4. Preheat a large (12-inch/30 cm) non-stick skillet on medium-high heat and brush it with clarified butter. Whisk the melted butter into the galette batter. Ladle or pour a quarter of the batter (just over ½ cup/125 mL) into the pan. Lift and swirl the pan to fully coat the bottom in a thin, even layer of batter. Return to the heat and cook for about 2 minutes, until the surface of the crepe changes from shiny to matte.
5. Sprinkle a quarter of the cheese over the galette and place a slice of ham on top in the centre of the crepe. Set a cooked egg on top of the ham. Using a pancake flipper, lift one edge of the galette so that it covers the ham and cheese but only a little of the egg. Lift and fold the other three sides to create a square pocket from the round galette. Lift the pan and carefully slide the

galette onto the baking tray (or onto a plate if you are eating it immediately) and return to the oven to keep warm.

6. Repeat with the remaining batter and fillings until you have four filled galettes. Serve immediately.

Note:

Using clarified butter to cook the crepes prevents the butter from burning. To clarify butter on your stovetop, melt it in a small saucepan and set aside for a minute. Slowly pour the butter into a dish, stopping just before you reach the white liquid at the bottom. Discard those milk solids, which cause the butter to burn. Alternatively, microwave the butter to melt it and pour the clear butter off in the same way (no resting needed).

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