

Fluffy Buckwheat Pancakes

These buckwheat pancakes are light and fluffy and made entirely from scratch. They're not too sweet and are scented with vanilla, making them extra delicious. You can make these with 100% buckwheat flour or use a 50% buckwheat to 50% all-purpose flour blend. The 50-50 blend will make fluffier, more tender pancakes.

In the first step of the recipe, we mix milk and vinegar (or lemon juice) together. This is an easy way to mimic buttermilk. The acid reacts with the baking soda and makes the pancakes light and fluffy. Instead of mixing the milk and acid, you can substitute buttermilk. Or, if you would prefer to use baking powder, we've provided tips in the notes section below.



Makes 4 servings, 2 pancakes each

Ingredients

1 ½ cups (187 grams) buckwheat flour (or use 50-50 blend of buckwheat and all-purpose flour, see notes)

1 ¼ cups (295 ml) buttermilk (or use regular milk, see notes)

4 tablespoons unsalted butter, melted, plus more for skillet

1 tablespoon sugar

¾ teaspoon baking soda, see notes for substituting baking powder

½ teaspoon fine sea or table salt

1 large egg

1 teaspoon vanilla extract

Preparation

Whisk the flour, sugar, baking soda, and the salt in a medium bowl.

Whisk the egg and vanilla into the buttermilk.

Make a well in the center of the flour mixture. Pour the milk mixture and melted butter into the well and use a fork to stir until you no longer see clumps of flour. It is okay if the batter has a few small lumps – it is important not to over-mix the batter.

Heat a large skillet (or use a griddle) over medium heat. The pan is ready if when you splatter a little water onto the pan surface, the water dances around the pan and eventually evaporates.

Lightly brush the skillet with melted butter. Use a 1/4-cup measuring cup to spoon batter onto skillet. Gently spread the batter into a 4-inch circle.

When the edges look dry, and bubbles start to appear and pop on the top surface of the pancake, turn over. This takes about 2 minutes. Once flipped, cook another 1 to 2 minutes or until lightly browned and cooked in the middle. Serve immediately with warm syrup, butter, and your favorite pancake toppings.

Notes

To substitute for buttermilk, in a 2-cup measuring jug or bowl, stir 2 tablespoons white vinegar

or fresh lemon juice into 1 ¼ cups regular milk, and then set aside for five minutes.

For the 50-50 blend of flour, use ¾ cup (90g) buckwheat flour and ¾ cup (90g) all-purpose flour.

For gluten-free buckwheat pancakes, use 100% certified gluten-free buckwheat flour or use a blend of 50% buckwheat flour to 50% gluten-free flour blend (like Bob's Red Mill).

As buckwheat pancake batter sits, it becomes thicker. If it seems too thick, stir in an extra splash of milk to thin it out.

When measuring your flour, before you scoop the flour into your measuring cup, fluff or stir the flour in the container (or bag) first, this aerates the flour and makes the measurement more accurate. Alternatively, you can stir the flour in the container, and then scoop it into your measuring cup. Then when the cup is full, use a straight edge to scrape away the excess flour. Doing this prevents adding too much flour to the batter, which causes the batter to be too thick.