



Knorr[®]
PROFESSIONAL

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BUSINESS

PRESTON WALKER | ELDERLY CARE | 10 SERVINGS

BUCKWHEAT 'BILINIS' PANCAKES

INGREDIENTS

FOR THE BUCKWHEAT PANCAKES

200g Buckwheat flour
50g Melted butter
20g Knorr Professional Vegetable Bouillon Powder
5g Baking powder
2no. Eggs, separated
300g Milk
Oil, for frying

METHOD

FOR THE BUCKWHEAT PANCAKES:

- In a bowl combine the flour, baking powder and KNORR Professional Vegetable Bouillon Powder.
- Whisk in the egg yolks, milk and melted butter and mix to a smooth batter.
- Whisk the egg whites in a mixer until stiff peaks have formed, then gently fold these into the batter.
- To cook the pancakes, heat a pan on the stove, add the vegetable oil and spoon in the mixture to create the pancakes.
- Cook for 1-2 minutes on each side until golden brown.
- Repeat until you have used all the mix.

Once you have the base you can serve with all different toppings, such as:

Pea and goats' cheese

Tomato relish, avocado and olive

Devilled egg, spinach

Chef tips

The pancakes can be made different sizes for finger foods or eating with a knife and fork. Pancakes can be made in advance and frozen until required.