

Buckwheat Blinis (gluten and egg free)

Number of Servings: 6

Prep Time: 20 minutes

Cook Time: 20 minutes

Ingredients

Pre-ferment (6-12 hours before you make)

25g gluten free sourdough starter

200g buckwheat flour

200g milk or water for a dairy free version

Bilini Batter

400g of pre-ferment

1 tsp salt

125g milk or water

2 tsp organic sugar (optional, but helps with browning)

1/2 tsp baking soda

additional milk or mineral water if batter is too thick.

Instructions

In a glass bowl measure and mix well the pre-ferment, cover and let sit on counter for 6-12 hours.

For the final batter;

Mix the 400g of pre-ferment with all ingredients. Using a hand mixer or whisk, whisk all ingredients until the consistency of thick pancake batter. If too thick, add a small amount of milk or mineral water.

Heat a shallow pan. Lightly grease with ghee, butter or coconut oil. Drop by 1-Tbsp scoops onto the hot pan (blini's are small). Continue until pan has several scoops of batter but don't over crowd or you'll have a hard time flipping them.

Cook for 2-3 minutes, then flip and cook about 1 minute. Transfer to a plate to keep warm or let cool.