



## Buckwheat Crepes with Honeyed Ricotta and Sautéed Plums

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



136 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- ☐ 0.5 cup g buckwheat flour
- ☐ 2 tablespoons butter melted plus more for greasing the pan
- ☐ 0.8 cup ml buttermilk
- ☐ 1 tablespoons coconut oil
- ☐ 2 large eggs
- ☐ 12 servings honey for serving
- ☐ 0.5 teaspoon kosher salt

- ☐ 1 cup ml milk
- ☐ 1 pound g plums italian sliced into 6 wedges (6 to 7 plums)
- ☐ 12 servings honeyed ricotta
- ☐ 0.5 cup g unbleached flour all-purpose
- ☐ 0.5 teaspoon vanilla extract pure

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ spatula
- ☐ glass baking pan

## Directions

- ☐ Whisk the flours, salt, milk, buttermilk, butter, and eggs together in a large bowl until very smooth. To save arm power, you can blend the ingredients in a blender instead.
- ☐ Let the batter sit for at least 1 hour at room temperature and up to 1 day in the refrigerator.
- ☐ Rub a small dab of butter (1/2 tablespoon or so) onto the bottom of a 9- or 10-inch nonstick crepe pan or sauté pan over medium heat and wait until it melts completely. (Too much butter will make for a soggy crepe.)
- ☐ Pour 1/4 cup of the batter into the hot pan and tilt it in a circular motion to ensure the batter spreads out into an even layer. Cook over low heat until the edges start to pull away from the pan, about 2 minutes. Using a nonstick spatula, carefully flip and cook the other side until golden brown, about 1 minute.

- ☐ Lay the crepe on a large plate and repeat until you've gone through all of the batter (it's okay to stack the crepes on the plate). If the crepe pan starts to get too dry, add another little dab of butter. I tend to cook these quickly while the plums are sautéing and assemble them right then, but if you're chatting with friends and taking your time, keep the finished, unfilled crepes warm in a 200°F oven until ready to assemble.
- ☐ To sauté the plums: In a medium saucepan over medium heat, melt the coconut oil.
- ☐ Add the vanilla and honey, swirl the pan so they combine with the coconut oil, and then add the plums. Sauté until juicy and warm, 2 to 3 minutes.
- ☐ To assemble: For each crepe, gently fold the crepe in fourths (fold in half, then in half again) and dollop 1 to 2 tablespoons of the Honeyed Ricotta and a few sautéed plums on top. Finish with a generous drizzle of honey.
- ☐ Make Ahead: You can cook the crepes and store them in the refrigerator, stacked between pieces of waxed or parchment paper, for up to 3 days. You can also freeze them for up to 3 months by allowing the crepes to cool completely, wrapping them well in plastic wrap, and placing them in an airtight container. To reheat, place them in a glass baking dish or a pie plate covered with aluminum foil.
- ☐ Heat in a 250°F oven until just warmed through.
- ☐ These crepes work in any season. Swap out the plums for stone fruit in the summer or pears and cranberries in the winter. For a more decadent brunch, I've used mascarpone thinned with just a little Greek yogurt as a topping instead of the ricotta. Alternatively, try a spoonful of Dark Chocolate Hazelnut
- ☐ Spread or, for a jammy filling, try Apricot Cherry Compote or Strawberry Rhubarb Quick Jam. For a savory option, make wraps filled with the Greens and Grains Scramble.
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## Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:7.94, Inflammation Score:-3, Nutrition Score:4.7847826325375%

Flavonoids

Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 136.46kcal (6.82%), Fat: 5.43g (8.35%), Saturated Fat: 3.22g (20.11%), Carbohydrates: 19.39g (6.46%), Net Carbohydrates: 18.2g (6.62%), Sugar: 11.41g (12.67%), Cholesterol: 40.62mg (13.54%), Sodium: 149mg (6.48%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 3.79g (7.57%), Vitamin B2: 0.14mg (8.39%), Manganese: 0.17mg (8.34%), Selenium: 5.77µg (8.25%), Phosphorus: 80.74mg (8.07%), Vitamin B1: 0.09mg (6.29%), Vitamin A: 295.86IU (5.92%), Calcium: 55.17mg (5.52%), Magnesium: 21.6mg (5.4%), Folate: 19.12µg (4.78%), Fiber: 1.18g (4.74%), Potassium: 161.53mg (4.62%), Vitamin C: 3.63mg (4.4%), Vitamin B12: 0.26µg (4.34%), Vitamin B3: 0.82mg (4.12%), Vitamin D: 0.59µg (3.92%), Iron: 0.69mg (3.86%), Vitamin B6: 0.08mg (3.83%), Vitamin B5: 0.37mg (3.66%), Zinc: 0.51mg (3.39%), Copper: 0.07mg (3.38%), Vitamin K: 3.1µg (2.95%), Vitamin E: 0.28mg (1.88%)