



Buckwheat & Turmeric Pancakes

Serves 2 generously, making approx. 4 - 6 pancakes*

Ingredients:

1 cup/approx. 140g buckwheat flour (or other flour eg chickpea, whole wheat, oat)
1 large cup/280mls water
1 heaped teaspoon turmeric powder
1 tablespoon sesame seeds or other seed
1 heaped teaspoon miso paste or 1 teaspoon dried miso powder or a big pinch of salt (you may need extra salt if your miso isn't very salty)
1 tablespoon extra virgin olive oil plus a little olive oil for frying
A big pinch ground pepper or big pinch ground ginger
Optional - 1 tablespoon chopped coriander leaves & stalks

Scrambled Tofu or Scrambled Egg Ingredients:

200g firm tofu, crumbled or 4 eggs, beaten
2 spring onions, finely chopped (2 heaped tablespoons once chopped)
1 mild long red chilli, finely chopped (1 tablespoon once chopped)
1 tablespoon coarsely grated fresh ginger
2 cherry tomatoes, chopped
Optional - 1 clove garlic, peeled & finely chopped
Salt to taste

Method:

Mix all the pancake ingredients together in a bowl using a fork to whisk together well.

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Add a little oil to a fry pan set on medium/high heat, so the oil only just moistens the pan, stopping the pancake from sticking. If you have too much oil, wipe some of it out with a clean cloth/paper towel.

Add $\frac{1}{6}$ of the pancake mixture, allow it to spread out in the pan.

Fry on one side until set (about 1 minute), then turn over and cook on the other side (about 30 seconds).

Tip out onto a warmed plate. Continue cooking the rest of the pancake mixture.

Mix the tofu or egg with the scramble ingredients.

Once the pancakes are cooked, to the hot pan add all your scramble ingredients. If the pan has no oil left in it add another teaspoon.

Stir around to warm the tofu or cook the egg, then tip out onto the pancakes.

I like to eat these with a pancake wrapped around some of the scrambled tofu, delicious.

* You can also make little baby pancakes by adding just $\frac{1}{2}$ tablespoon of pancake mixture to the pan and cooking smaller pancakes.

Low Histamine Swaps:

- swap the sesame seeds for hulled hemp seeds, or leave the seeds out.
- Use salt not miso.
- Leave out the tomato.
- Use egg rather than tofu; Tofu may be ok for some with histamine intolerance but not everyone.

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