

BUCKWHEAT PANCAKES WITH SMOKED SALMON & CITRUS CREAM CHEESE

Serves 8 – A delicious breakfast



Ingredients

400ml dairy-free milk or cow's milk
125g buckwheat flour
40g gram flour
1 tbsp cornflour
Pinch of *Halen Môn Sea Salt*
200g soya or regular cream cheese
Juice of 1 lemon
Zest of 1 lemon
Rapeseed oil, for frying
200g *Smoked Salmon*
small bunch of chives, chopped
25g *Smoked Pumpkin & Sunflower Seeds*
1 tbsp caperberries, roughly chopped

Whisk together the milk, flours, *salt* and 65ml/2¼fl oz water in a large bowl. Leave the mixture to rest for at least 1 hour.

Meanwhile, mix the cream cheese, lemon juice and lemon zest together in a bowl. Beat until smooth and creamy then store in the fridge until ready to use.

Heat a 20-25cm/8-10in non-stick frying pan over a medium heat until hot. Brush lightly with *oil* and pour in a little of the batter, swirling it around so that it forms a thin layer on the bottom of the pan. If the batter isn't thin enough you can add a little more liquid to the mixture.

When the top of the pancake is dry (about 1 minute) flip the pancake and cook the other side for a further minute, the pancakes should colour just slightly. Repeat with the remaining batter. You can keep the cooked pancakes warm by wrapping in foil and placing in a low temperature oven.

Spread a generous layer of cream cheese over the pancake and top with a slice of *smoked salmon*, chives, *smoked seeds*. Roll the pancake to enclose the filling and serve.