



THOUGHTFUL COOKING WITH TINA

Buckwheat Pancakes with Pear Jam (GF)

SERVES 2 · 30 MIN · GLUTEN-FREE

Gluten-free buckwheat pancakes with a sugar-free pear jam — fluffy, fibre-rich and quietly virtuous for a weekend breakfast.

INGREDIENTS

PANCAKE BATTER

300 g pear, peeled and chopped (approx. 2 small pears)
2 large eggs
2 tbsp extra virgin olive oil, plus extra for greasing the pan
100g dairy or coconut kefir
100g buckwheat flour
1/2 tsp Ceylon cinnamon powder
1 tsp baking soda
Pinch of sea salt

PEAR JAM

150g pear, peeled and diced (approx. 1 small pear)
120g water (approx. half cup)
2 tsp maple syrup or raw honey
1/2 tsp agar-agar powder (≈1 g) for a soft set, or 3/4 tsp (≈1.5 g) for firmer jam
1/2 tsp vanilla paste or cinnamon powder
Pinch of sea salt

TO SERVE

Chocolate kefir sauce (optional — see separate recipe)

ALLERGENS

Milk (Kefir) · Eggs

METHOD

1. First, prepare the pear jam by combining diced pear, cinnamon, salt, a drizzle of maple syrup and a few tablespoons of water in a small saucepan over medium heat. Cook, stirring occasionally, until the pear softens but still holds its shape, about 3–4 minutes. As it begins to simmer, sprinkle in the agar-agar and stir gently until the mixture thickens. Transfer to a small bowl and leave to set.
2. While preparing the batter, begin heating a non-stick pan over low–medium heat. A properly warmed pan will help the pancakes cook more evenly.
3. Grate the remaining pear using the large holes of a grater. Press the grated pear gently in a colander or food-safe kitchen towel to remove excess water — this step prevents the batter from becoming too wet.
4. In one bowl, whisk the egg with olive oil and kefir until combined. Stir in the drained pear and a pinch of cinnamon or a little vanilla, if using.
5. In another bowl, mix the buckwheat flour, baking soda, and salt. Fold the dry ingredients into the wet just until combined. Cook the batter immediately to take full advantage of the baking soda's leavening action.
6. Brush the heated pan lightly with olive oil. Spoon the batter into the pan, spreading each spoonful gently into an even round. Cook for 2–3 minutes, watching for bubbles to appear around the perimeter and the edges to look set — this is the sign it's time to flip. Carefully turn the pancakes and cook for another 2 minutes on the other side until golden brown.
7. To serve, stack the pancakes, drizzle with the chocolate sauce, and top with a spoonful of pear jam. Store any leftover jam in the fridge for up to five days. The pancakes and sauce are best when eaten fresh.

PER SERVING · estimated

~544 kcal · Protein ~13.0g · Fat ~22.0g · Carbs ~80.0g · Fibre ~14.0g