

Buckwheat pancakes with honeyed figs

Ingredients: (Serves 4)

1 cup buckwheat flour
1 tablespoon caster sugar
1 teaspoon baking powder
1 teaspoon bicarb soda
1 teaspoon ground cinnamon
pinch of salt
1¼ cups buttermilk
1 egg
1 teaspoon vanilla bean extract
30g unsalted butter, cubed
50g honey
juice of 1 lemon
6 thyme sprigs
4 large figs, quartered
⅔ cup Greek yoghurt

Method:

1. Combine buckwheat flour, sugar, baking powder, bicarb soda, cinnamon and salt in a medium bowl. Make a well in the centre. Whisk buttermilk, egg and vanilla together in a separate bowl. Pour wet ingredients into well and mix until just combined.
2. Heat a large frying pan over medium heat and add a heaped teaspoon of butter. Add ¼ cup portions of pancake batter. Cook for 2-3 minutes or until small bubbles form on the surface. Flip and cook for a further 1-2 minutes or until light golden. Repeat process with remaining batter, adding more butter when needed.
3. Meanwhile, make the honeyed figs. Combine honey, lemon juice, thyme and two tablespoons water in a small saucepan over medium-high heat. Simmer for 3-4 minutes or until a syrup consistency forms. Add figs and cook for a final minute or until figs are well coated and warmed through.
4. Serve pancakes topped with a dollop of Greek yoghurt, figs and a drizzle of syrup.