FOOD & COOKING
WITH CHEF ROSS

Buckwheat Pancakes (Gluten-Free)



Preparation: 10 minutes plus 10 minutes resting | Cooking: 10–15 minutes |
Serves: About 2 people

What you need

Ingredients



- 1 cup buckwheat flour (check gluten-free suitability)
- 1 teaspoon gluten-free baking powder
- Pinch of salt
- 1 egg
- ½ cup milk to start, plus a little more if needed
- 1 tablespoon melted butter
- Extra butter for cooking

Equipment



- Two mixing bowls and whisk
- Measuring cups and spoons
- Non-stick frying pan
- Spatula

Let’s make it



1. Mix dry and wet separately

Mix flour, baking powder and salt in one bowl.
In another bowl, whisk egg, ½ cup milk and melted butter.

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2. Combine and rest — 10 min

Stir wet ingredients into dry ingredients.
Leave for 10 minutes.
Add a little more milk if the batter is too thick.



3. Cook first side — 2–3 min

Heat the pan over medium heat.
Add a little butter.
Spoon in small pancakes.
Cook for 2–3 minutes, until the underside has set and bubbles appear.



4. Turn — another 1–2 min

Turn carefully.
Cook for another 1–2 minutes until cooked through.
Repeat with the remaining mixture.

Serving and storage

- Serve with fruit or yoghurt.
- To make thin crêpes, add a little extra milk or water and tilt the pan to spread the batter thinly.
- For coeliac disease, use verified gluten-free ingredients and clean utensils/pans free of gluten cross-contact.
- Contains egg and milk when using dairy products.
- Refrigerate cooked leftovers within 2 hours, at 5°C or colder, and use within 2–3 days.
- Reheat thoroughly.

Recipe ©2026 Deaf Chef Ross. Check labels for allergens. Follow appliance and storage instructions. Times and servings are estimates. Images are illustrative. Sources: NSW Food Authority; Victorian Government. Generated by ChatGPT for Deaf Chef Ross (C)2026.