



New Brunswick "Ployes" Pancakes

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS: 12

PREPARATION: 10 MINUTES

INGREDIENTS

- 140 g (1 cup) all-purpose flour "*La Merveilleuse*"
- 140 g (1 cup) buckwheat flour
- 15 ml (1 tbsp) baking powder
- 1 ml (1/4 tsp) salt
- 2 medium eggs, beaten
- 250g (1 cup) plant-based milk substitute
- 300g (1 1/4 cups) boiling water

PREPARATION

1. In a bowl, combine dry ingredients.
2. Add beaten eggs and plant-based milk substitute and mix well, using a whisk. Let rest for 5 minutes.
3. Add the boiling water and whisk vigorously.
4. In a hot skillet brushed with oil, pour about 80 ml (1/3 cup) of the mixture into the center of the pan and tilt around to spread slightly. Cook over low heat and don't flip it... that's the secret of a good "poye!"
5. If your batter doesn't form bubbles on top quickly, it's because your pan isn't hot enough. The trick for this kind of pancake is a well-heated pan, that is then kept at low heat, to properly sear the pancake but prevent it from burning underneath before it has finished cooking.



A charming grandma from New Brunswick kindly passed on to me a few years ago the art of making ployes. Now here's the adapted "gluten-free" version!

TIP

* Always stir your batter between each pancake. If you find that your batter is too thick, add a little cold water.

