

Pancakes with kefir whey



Serves 4.

Ingredients:

- 125 g (4,5 oz) buckwheat flour
- 125 g (4,5 oz) wheat flour
- ½ tsp fine salt
- 500 ml (17 oz) whey (from making kefir cheese)
- fat for baking (oil, butter)

Pancakes with whey preparation

Allow the whey to ripen for a few days in a cool place before using it. Combine both flours and salt. Make a hole in the centre. Gradually pour in the whey, incorporating a little of the flour at a time, so it does not go lumpy. Cover with a cloth and let it rest at mild room temperature for a few hours, until the batter increases in volume and is covered with bubbles.

Just before baking them, incorporate the melted butter into the batter, this will prevent you from having to grease the frying pan between each baking. If necessary, adjust the consistency with a little water if the batter is too thick. Bake them like crepes in a hot greased frying pan and savour them like crepes, with jam, honey, or, in salty version, with cooked pork meats or cheeses.

See more recipes like pancakes [here](#).

Products used to prepare this recipe:



Cheese Maker

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[Sea Salt](#)

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