

## Kitchen Garden at Collingwood College Term 2--20018

Name of Recipe: Buckwheat Blinis (GF) and Cumquats compote

Volunteer Notes; Don't try to rush the cooking by turning up the heat.

Buckwheat is a seed not a grain. It is gluten free. The seed is de-hulled and the groats are ground into a flour. It is related to rhubarb and sorrel. It contains the 9 other essential amino acids our bodies cannot naturally produce.

| What to collect  | What to do  |
|--|---|
| Thick bottomed pans x 2<br>Large dessert spoons<br>2 x trays<br>Whisks, bowls, measuring cups, spoon,<br>Spatula x 2   | Collect equipment and ingredients   |
| <u>Blinis Mix:</u><br>1 large bowl<br>Whisk<br>3 cups milk, add 3 tsp lemon juice<br>3-4 x eggs<br>½ tsp vanilla extract<br>1 x orange finely zested<br><br>Bowl, measuring spoons, cups<br>2 and ½ cups Buckwheat flour<br>4 tblsp sugar<br>2 tsp GF Baking powder<br>½ tsp salt<br>½ tsp Baking soda<br><br>Melted butter to wipe the pans | Check the eggs 1 at a time in a bowl of cold water. If they fully float on-top of the water-they are off. Do not use.<br>Whisk the cracked eggs, add the milk, vanilla & orange zest and then slowly whisk together.<br><br>Measure all the dry ingredients into the bowl, mix well.<br>Pour the flour mix on top of the milk and whisk slowly to a smooth batter. Ensure there are no lumps.<br>The batter should be like thick pouring cream. Leave for 5 minutes to bubbles to form.<br><br>Heat the 2 pans on medium heat. Wipe pans with butter and wipe excess away.<br>Fry a large spoonful per person. Gently turn over when golden brown on the base of each blinis. Put onto a tray to cool when cooked both sides.<br><br>Drizzle over our cumquat compote. SERVE. |