Kitchen Garden at Collingwood College Term 2-week 6-20018

Name of Recipe: Buckwheat Blinis (GF) with Labneh and Cumquats

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 Large dessert spoons 2 x trays Whisks, bowls, measuring cups, spoon, Spatula x 2	Collect equipment and ingredients
Blinis Mix: 1 large bowl Whisk 3 cups milk, add 3 tsp lemon juice 3-4 x eggs ½ tsp vanilla extract 1 x orange finely zested	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. Whisk the cracked eggs, add the milk, vanilla & orange zest slowly whisk together.
Bowl, measuring spoons, cups 2 cups Buckwheat flour 4 tblsp sugar 2 tsp GF Baking powder ½ tsp salt ½ tsp Baking soda	Measure all the dry ingredients into the bowl, mix well. Pour the flour mix on top of the milk and whisk slowly to a smooth batter. Ensure there are no lumps. The batter should be like thick pouring cream. Leave for 5 minutes to bubbles to form.
Melted butter to wipe the pans	Heat the 2 pans on medium heat. Wipe pans with butter and wipe excess away. 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. Top with 1st Labneh & drizzle of our cumquat compote. SERVE.