



Galette de Sarrasin Complète

(Buckwheat Crêpe with Ham, Egg & Cheese)

Serves: 4 galettes

Prep Time: 10 minutes (plus resting time)

Cook Time: 15–20 minutes

Difficulty: Easy



Ingredients

For the galette batter (makes 4 large galettes):

- 250g (2 cups) buckwheat flour (farine de sarrasin)
- 1 tsp sea salt
- 1 egg (optional, traditionalists omit it)
- 600 ml (2½ cups) cold water
- Butter or oil, for the pan

For the filling (per galette):

- 1 egg
- 1 slice of quality cooked ham (jambon blanc)
- 30–50g (¼–⅓ cup) grated Emmental or Comté cheese
- A small knob of butter
- Salt and pepper, to taste

Instructions

1.

Make the batter

1. In a large bowl, mix the buckwheat flour and salt.
2. Slowly add the water, whisking constantly to avoid lumps.
3. Add the egg if using (makes the batter more elastic and easier to handle).
4. Cover and let rest at room temperature for 1–2 hours (or overnight in the fridge).



Traditional Breton batter is egg-free and rests overnight for best texture.

2.

Cook the galettes

1. Heat a large non-stick or cast-iron crepe pan over medium-high heat.
2. Lightly grease with butter or oil.
3. Ladle in a small amount of batter and swirl to coat the pan thinly.
4. Cook 1–2 minutes until the edges curl and underside browns. Flip and cook 30 seconds more.
5. Slide onto a plate and repeat with remaining batter.

3.

Assemble the complète

1. Return one galette to the pan (golden side down).

2. Add a bit of butter in the center. Crack an egg on top and gently break the white to help it cook evenly.
3. Sprinkle cheese around the egg, then place a slice of ham folded around it.
4. Cover the pan with a lid and cook until the egg white is set but yolk is still runny.
5. Fold the four sides of the galette toward the center to frame the egg.



Season with salt and pepper before serving.

Serving suggestion

Serve hot with a green salad and a glass of breton cider (cidre brut). For variety, add sautéed mushrooms, spinach, or caramelized onions.

Crêpes au Sucre, Beurre et Citron

(Sweet crêpes with sugar, butter & lemon – with rum in the batter)

Serves: 4 (makes about 12 crêpes)

Prep Time: 10 min

Resting Time: 1 hour (optional but recommended)

Cook Time: 20–25 min

Difficulty: Easy



Ingredients

For the batter:

- 250g (2 cups) all-purpose flour (froment = wheat)
- 3 large eggs
- 500 ml (2 cups) whole milk
- 2 tbsp dark rum (traditional: Rhum Negrita or Rhum Agricole)
- 1 tbsp sugar
- 1 pinch of salt
- 50g (3½ tbsp) melted butter
- Optional: 1 tsp vanilla extract or lemon zest

For the topping:

- 50g melted salted butter (or unsalted + pinch of fleur de sel)
- 4–6 tbsp granulated sugar
- Juice of 1–2 lemons (freshly squeezed)

 Instructions

1.

Prepare the batter

1. In a large bowl, whisk together flour, salt, and sugar.
2. Add the eggs and begin whisking, gradually adding the milk until smooth.

3. Stir in the melted butter, rum, and vanilla or zest if using.
4. Let the batter rest 1 hour at room temperature (helps produce light, tender crêpes).

 If batter thickens, thin with a splash of milk before cooking.

2.

Cook the crêpes

1. Heat a non-stick or crepe pan over medium-high heat. Lightly butter the surface.
2. Pour a small ladle of batter into the pan, swirl to coat thinly.
3. Cook about 1 minute until golden, flip, and cook the other side briefly.
4. Repeat, stacking crêpes and keeping warm under foil or a clean towel.

3.

Serve with sugar, butter & lemon

1. To serve: brush warm crêpes with melted butter, sprinkle with sugar, and drizzle with lemon juice.
2. Fold into quarters or roll up. Serve warm.

Serving tip:

Pair with a glass of cidre brut (dry French cider) or a small glass of chilled rum for a true Breton flair.

