

# MOULIN / RECIPES

The Meunier du Moulin de la Falaise offers you its recipes using buckwheat flour, milled at the windmill in Batz-sur-Mer. Learn more about them, try them out and invent new recipes too. And don't forget to share them! You can buy the flour at the following outlets:  
in Batz-sur-Mer

## THE MILLER'S RECIPES

### Organic buckwheat flour blinis

#### Ingredients:

150g of "Moulin" organic buckwheat flour  
150g of white flour  
3 eggs  
20g of baker's yeast  
50cl of warm milk  
1 pinch of salt  
1 tablespoon of creme fraiche

#### Preparation:

Mix the two types of flour together, add the salt, three egg yolks and the yeast mixed in half a glass of warm milk.

Gently stir and gradually add the rest of the milk until you have a thick pancake batter.

Leave to rest in a fridge for 2 to 3 hours.

When making the blinis, add small spoonfuls of the beaten egg whites and the crème fraiche in a pan.

Brown the mixture just like pancakes.



Information in the Tourist Office 25 rue de la Plage. Tél. +33 (0)2 40 23 92 36  
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# THE MILLER'S RECIPIES

## Buckwheat cake

### Mix together:

150g of "Moulin" organic buckwheat flour

1 egg

1 sachet of dried yeast

2 full fat yoghurts

100g of melted butter

Bake in the oven at 180°C for 30 minutes.



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# THE MILLER'S RECIPIES

## Far Breton made with organic buckwheat flour

### Ingredients:

125g of "Moulin" organic buckwheat flour  
50g of sugar  
100g of salted butter  
1 litre of milk  
1 cinnamon stick or powdered cinnamon  
2 eggs  
150g of pitted prunes

### Preparation:

Bring the milk to the boil with the butter and cinnamon.  
Add, and whisk in, the eggs with the sugar.  
Gradually add the flour and mix well to avoid lumps.  
Gradually add the hot milk to the mixture.  
Return the mixture to the heat in a saucepan and thicken it for around 10 minutes.  
Put into a baking dish and add the prunes.  
Bake in the oven at 180°C for 45 minutes, keeping a close eye on it.



# THE MILLER'S RECIPIES

## Apple and pear cake made with organic buckwheat flour

### Ingredients:

4 eggs  
100g of sugar  
180g of "Moulin" organic buckwheat flour  
½ sachet of yeast  
1/2 teaspoon of cinnamon  
50g of olive oil  
2 pears  
2 apples

### Preparation:

Beat the 4 eggs and the sugar.  
Gradually add the flour, yeast, cinnamon and olive oil.  
Peel the apples and pears and chop into cubes.  
Add them to the cake mix.  
Pour the cake mix into cake tin lined with baking parchment.  
Bake in the oven at 180°C for 25 minutes.  
Leave to cool on a rack.



# THE MILLER'S RECIPIES

## Organic buckwheat pancakes

2 eggs  
2 tablespoons of sugar  
300g of "Moulin" organic buckwheat flour  
2 teaspoons of yeast  
1 - 2 teaspoons of melted butter  
400 ml of milk  
1 teaspoon of orange blossom water

Whisk the eggs and sugar.  
Add the melted butter.

Gradually mix the flour mixture and yeast together.  
Gradually dilute the mixture with the water.  
Add the orange blossom water.

Pour the batter into a pan over a medium-heat with a small ladle.  
As soon as bubbles appear on the surface, turn the pancake over and leave to cook for 1 minute.



# THE MILLER'S RECIPIES

## Organic buckwheat galettes

250g of "Moulin" organic buckwheat flour

80 cl of water

1 egg

1 pinch of fleur de sel

Add the "Moulin" organic buckwheat flour to a bowl, with a pinch of fleur de sel and the egg.

Mix and gradually add the water, stirring the batter well to make it as smooth as possible.

When the batter is smooth and creamy, continue stirring it vigorously with a wooden spoon, then let it rest. Add water, if necessary, before cooking the galettes.

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