

Smoked Haddock, Kale and Tomato Galettes

I made these for pancake day. Galettes are made with buckwheat flour, you could also use crepes. Makes 6

Galettes

100g buckwheat flour
1 egg
300ml milk
Pinch of salt
50g butter

1. Beat the flour, egg, salt and milk together allow to sit for about 1 hour, or make the day before and keep in the fridge.
2. Melt the butter and whisk through the batter.
3. Heat a heavy based frying pan over a high heat, smear a little oil over the surface with a piece of kitchen towel. When the pan is smoking hot, add enough batter to make a thin layer over the surface of the pan. Reduce the heat a little and when the batter is beginning to brown around the edge, flip the pancake over and cook on the other side. Repeat with the remaining batter. Stack up on a plate ready to use.



Filling

½ bag of kale
1 leek, finely sliced
3 large tomatoes, cut into 5mm dice
2 fillets smoked haddock, cut into thirds
1 tbsp oil
1 ball mozzarella cheese, cut into 6 slices

Hints, Tips and Adaptations

Gluten free,

Try coarsely grated root vegetables instead of tomatoes.

The mozzarella helps keep the parcels closed,

Try plain fish and stronger cheese

Use spinach, broccoli or cabbage instead of kale.

1. Heat the oil in a large pan, add the leeks and kale. Fry gently with the lid on for a couple of minutes.
2. Add the diced tomatoes, stir and cook with the lid on the pan again for a few minutes, until everything has softened. Season with pepper and a little salt.
3. Lightly grease a baking sheet or line with foil. Heat the oven to 200C/400F/Gas6.
4. Divide the kale and tomato mixture between 6 pancakes, top with a piece of smoked haddock and fold up the edges to create a square parcel. Use a slice of mozzarella to keep the edges closed.
5. Place on the baking sheet and put into the oven for 10 to 15 mins to heat the kale and tomato, cook the fish and melt the mozzarella.
6. Serve with vegetables or salad.