

Blackberry Galettes

Blackberries start ripening in the hedgerows in August. Who needs to pay out for the air-freighted, somewhat tasteless, so-called 'superfood', the blueberry, when we have our own tasty, nutrient packed berry, free for the picking. The colours in fruit and veg are often the antioxidants, so just ensuring that you eat range of colours – pink, orange, purple, red and blue will ensure that your body is benefiting from a whole range of antioxidants.

Galettes are pancakes made from buckwheat flour. Buckwheat is not in fact a cereal, but is the seed of sarrasin, a member of the rhubarb family, so is great for people who cannot eat wheat. Buckwheat is high in complex carbohydrates and contains complete protein

For 4 people you will need:

200g buckwheat flour
2 eggs
500ml cold water
40g melted butter
2 teaspoon sugar

2 handfuls blackberries, washed

Oil for frying

1 tub half fat crème fraiche

Clear honey

1. Place the first five ingredients into a large bowl and mix to a batter with a wooden spoon. Stir in the blackberries
2. Heat a splash of oil in a heavy-based non-stick frying pan. Add a cup of batter mix, or a little more if needed, and swirl until the batter covers the base of the pan. Cook for a couple of minutes until the underside is crisped and lacy in appearance. Flip the galette and cook the other side.
3. Slide the galette onto a plate. Place a tablespoon of crème fraiche in the centre of the galette. Drizzle over a teaspoon of honey.
4. Fold the galette in quarter and serve.