

Gluten-Free Buckwheat Pancakes

Fluffy gluten-free buckwheat pancakes with earthy, nutty flavor. Made with naturally gluten-free buckwheat flour in under 30 minutes!

10 min

PREP

15 min

COOK

25 min

TOTAL

8

SERVINGS

Easy

DIFFICULTY

Gluten-Free Buckwheat Pancakes

Ingredients

- 1 cup wheat flour
- 1 tbsp granulated sugar
- 4 tbsp unsalted butter
- 2 egg
- 1 tsp baking powder
- 1 tsp baking soda
- 1 cup buttermilk
- 1 tsp vanilla extract
- 1 tsp salt

Instructions

- 1 Prepare the dry ingredients**

Whisk together 1 cup buckwheat flour, 1 tablespoon sugar, 1 teaspoon baking powder, 1 teaspoon baking soda, and 1 teaspoon salt in a medium bowl until evenly combined.
- 2 Mix the wet ingredients**

Beat 2 eggs in a liquid measuring cup until smooth. Add 1 cup buttermilk and 1 teaspoon vanilla extract, whisking until well combined.
- 3 Combine wet and dry ingredients**

Pour the wet ingredients into the dry ingredients. Stir gently with a fork or whisk just until combined, leaving some small lumps in the batter - do not overmix or the pancakes will be tough.
- 4 Heat the cooking surface**

Heat a large skillet or griddle over medium heat until it reaches 177°C (350°F). Test by sprinkling a few drops of water on the surface - they should sizzle and evaporate immediately.
- 5 Prepare for cooking**

Melt 4 tablespoons butter and brush a thin layer onto the hot cooking surface. Gently stir the batter once if the flour has settled.
- 6 Cook the pancakes**

Pour ¼ cup of batter per pancake onto the griddle, spacing them 2 inches apart. Cook for 2-3 minutes until bubbles form on the surface and the edges look set and matte rather than glossy.

7 **Flip and finish**

Flip the pancakes carefully with a spatula and cook for 1-2 minutes more until golden brown on the second side and they spring back lightly when touched.

8 **Serve**

Transfer finished pancakes to serving plates or keep warm in a 93°C (200°F) oven while cooking the remaining batter. Serve immediately with desired toppings.

Tips

Stir the batter gently before scooping each pancake, as buckwheat flour tends to separate from liquids and settle to the bottom of the bowl.

Keep your cooking temperature at medium-low heat to ensure the pancakes cook through evenly without burning on the outside while remaining raw inside.

Test your griddle temperature by sprinkling a few drops of water on the surface—if they sizzle and evaporate quickly, it's ready for cooking.

Don't flip the pancakes too early; wait until you see bubbles forming and about an inch of the perimeter becomes matte rather than glossy.

If the batter becomes too thick while standing, thin it with a tablespoon or two of additional buttermilk or milk to maintain the proper consistency.

For extra fluffy pancakes, separate the eggs and whip the whites to soft peaks, then fold them into the batter just before cooking.

Keep finished pancakes warm by placing them on a baking sheet in a 200°F oven while you cook the remaining batter.

Measure buckwheat flour by spooning it into the measuring cup and leveling with a knife—scooping directly can pack too much flour and create dense pancakes.