# **Breton Specialty Recipes**

## **1. Galettes (Savory Buckwheat Crêpes)**

Ingredients:

* 2 cups buckwheat flour
* 1/2 tsp salt
* 3 cups water
* 1 egg (optional)

Steps:

1. In a large bowl, mix buckwheat flour and salt.
2. Gradually add water, whisking to avoid lumps.
3. If using, beat in the egg.
4. Let the batter rest for at least 2 hours or overnight.
5. Heat a large non-stick pan or crepe maker over medium-high heat.
6. Pour about 1/4 cup of batter onto the pan, quickly tilting to spread it thinly.
7. Cook for about 2 minutes until the edges start to curl.
8. Flip and cook for another minute.
9. Add desired fillings (e.g., ham, cheese, egg) to one half.
10. Fold the other half over and serve hot.

## **2. Crêpes (Sweet Wheat Flour Pancakes)**

Ingredients:

* 1 cup all-purpose flour
* 2 eggs
* 1/2 cup milk
* 1/2 cup water
* 1/4 tsp salt
* 2 tbsp melted butter

Steps:

1. In a large bowl, whisk together flour and eggs.
2. Gradually add milk and water, stirring to combine.
3. Add salt and melted butter; beat until smooth.
4. Let batter rest for 15-30 minutes.
5. Heat a lightly oiled frying pan over medium heat.
6. Pour about 1/4 cup batter into the pan, tilting to spread evenly.
7. Cook for about 2 minutes, until the bottom is light brown.
8. Loosen with a spatula, flip and cook the other side.
9. Serve hot with your choice of sweet toppings.

## **3. Kouign-amann (Layered Butter Cake)**

Ingredients:

* 2 cups all-purpose flour
* 1 tsp salt
* 1 tsp instant yeast
* 2/3 cup warm water
* 1 cup unsalted butter, at room temperature
* 1 cup sugar

Steps:

1. Mix flour, salt, and yeast in a bowl.
2. Add warm water and mix to form a dough.
3. Knead for 10 minutes, then let rest for 1 hour.
4. Roll out dough into a rectangle.
5. Spread 1/3 of the butter over 2/3 of the dough.
6. Fold the unbuttered third over the center, then the other side over that.
7. Roll out again and repeat the butter and folding process twice more.
8. Chill dough for 30 minutes.
9. Roll out dough and sprinkle with sugar.
10. Fold into thirds again, roll out, and cut into squares.
11. Place squares in muffin tins, folding corners to the center.
12. Let rise for 30 minutes, then bake at 375°F (190°C) for 25-30 minutes.

## **4. Far Breton (Prune Flan)**

Ingredients:

* 1 cup all-purpose flour
* 1/2 cup sugar
* 4 eggs
* 3 cups milk
* 1 tsp vanilla extract
* 1 cup prunes

Steps:

1. Soak prunes in warm water for 1 hour, then drain.
2. In a large bowl, whisk together flour and sugar.
3. Add eggs one at a time, mixing well after each addition.
4. Gradually stir in milk and vanilla extract.
5. Let the batter rest for 1 hour.
6. Preheat oven to 350°F (175°C).
7. Grease a baking dish and arrange prunes in it.
8. Pour the batter over the prunes.
9. Bake for about 45 minutes, until set and golden.
10. Let cool before serving.

## **5. Kig ha farz (Meat and Buckwheat Dumpling Stew)**

Ingredients: For the stew:

* 2 lbs beef or pork, cut into chunks
* 2 onions, chopped
* 2 carrots, sliced
* 2 leeks, sliced
* Salt and pepper to taste

For the dumpling:

* 2 cups buckwheat flour
* 1 cup wheat flour
* 1 tsp salt
* 2 eggs
* 1 cup milk

Steps:

1. Place meat and vegetables in a large pot with water. Bring to a boil, then simmer.
2. For the dumpling, mix flours and salt in a bowl.
3. Add eggs and milk, mix to form a thick batter.
4. Spoon the batter into a cloth bag or cheesecloth, tie securely.
5. After the meat has simmered for 1 hour, add the dumpling bag to the pot.
6. Continue cooking for another 2 hours.
7. Remove the dumpling, slice it.
8. Serve the stew with slices of dumpling on the side.