

Pancakes and buckwheat pancakes

(crêpes et galettes)

Pancake is a traditional dish in Brittany. It can be salty or sweet, it is a French food, made in Brittany, a region in France. It can be accompanied by jam, chocolate spread, butter, sugar ,...



<https://www.atelierdeschefs.fr/fr/recette/17089>
pancakes with jam



<https://www.750g.com>
pancakes with chocolate spread

"Galette"(in french) is like pancakes but made with a buckwheat flour. It's a Breton tradition and all Breton eat and like . The buckwheat pancakes can be eaten with cheese, ham, an egg, mushroom, ... In general, buckwheat pancakes is salty but sometimes, we eat it with jam, butter, sugar, ... Pancakes were born in 7000 before Jesus Christ but it was made with a dough mixing water and various crushed cereals and when buckwheat arrived in France from Asia, the real "Breton buckwheat pancakes" arrived. There is also another culinary specialty where in the buckwheat pancake, there is a pork sausage.



<https://encrypted-tbn0.gstatic.com>

Breton buckwheat pancakes

Recipe of pancakes :

It is a dough made from wheat flour , eggs, milk. It has a ring shape. We can eat it hot or cold. It is delicious !

Recipe of buckwheat pancakes :

It is a dough made from buckwheat flour, egg, water, salt. It has a ring shape too but generally we fold it into a square shape. We can eat it hot or cold. It's very good.

Certain peoples name it « crêpe salée » normally it's « galette »



marieclaire.fr

Accompany :

Pancake can be accompanied by chocolate spread, caramel, butter, sugar, cider, jam...

Buckwheat pancake can be accompanied by eggs, ham, cheese, butter, mushrooms, cream, ...

The Candlemas :

In 2023, Candlemas will be the 2 February. When it's the Candlemas, we eat a lot of pancakes, in France, Belgium and Switzerland. It's a Catholic celebration. There is a festive atmosphere, it's so fun, we can celebrate it with family or friends. Traditionally, we throw the pancake and we catch it.



[Francebleu.fr](https://francebleu.fr)

throw the pancake with friends



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it's the Candlemas