

BUCKWHEAT WAFFLE WITH SHARON FRUIT COMPOTE

Ingredients

For the Buckwheat Waffles:

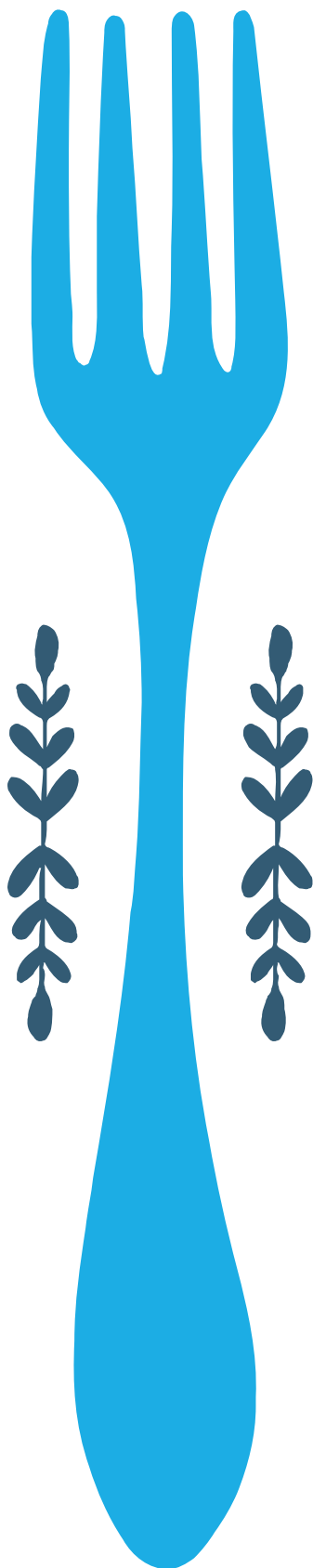
- Buckwheat Flour 260 g
- Caster sugar 40 g
- Gluten free baking powder 9 g
- Bicarbonate of Soda 10 g
- Salt 1 g
- Cinnamon 1 g
- Buttermilk 600 ml
- Semi skimmed milk 100 ml
- [MEADOWLAND Professional 250g 90 g](#)
- Egg 100 g

For the Sharon Fruit Compote:

- Lemon juice 40 ml
- Green cardamon powder 1 g
- Water 100 ml
- Maple syrup 45 ml
- Sharon Fruit(x5) 520 g

For the Toffee Sauce:

- [MEADOWLAND Double 1L 200 ml](#)
- [MEADOWLAND Professional 250g 55 g](#)
- Light brown soft sugar 65 g



Method

1. For the Buckwheat Waffles:

- Preheat the waffle iron. Melt the MEADOWLAND Professional in a pan or microwave and allow to cool slightly.
- Mix the melted MEADOWLAND Professional with the milk, eggs and buttermilk.
- In a bowl combine the dry ingredients. Whisk in the wet mix until a smooth batter is formed.
- Grease the waffle iron with oil spray and bake the waffles in batches until golden. Keep warm.

2. For the Sharon Fruit Compote:

- Peel and dice the Sharon fruit.
- Place in a pan along with the maple syrup, lemon juice, water and ground cardamom.
- Simmer gently for around 10 minutes or until the fruit is starting to break down. Add more water to adjust consistency if necessary.

3. For the Toffee Sauce:

- Put the cream, butter and sugar in a saucepan.
- Heat until melted and bubbling. Stir until a deep toffee colour and saucy consistency. Add salt to taste. Keep warm.

4. To Serve:

- Serve the waffles warm with ice cream and the sharon fruit compote. Finish with toffee sauce drizzled over.