

# Pancakes with Béchamel & Ham



**Serves 6**

**Prep 15 mins**

**Cooking 30 mins**

**Easy**

## Ingredients

3 slices ham  
200g button mushrooms  
50g butter  
500ml milk  
6 buckwheat pancakes  
1 pinch nutmeg  
salt & pepper

Buckwheat pancakes  
100 g buckwheat flour  
1 pinch of salt  
1 egg  
300 ml milk  
50 g melted butter  
a little oil

1. **To make the pancakes:** put the flour, salt, egg and half the milk into a bowl. Beat to a smooth paste then stir in the remaining milk. Refrigerate for one hour.
2. Put a little oil into a frying pan, roll it around to cover the surface and heat until almost smoking.
3. Stir the butter into the batter then spoon some into the pan and roll it out to the edges.
4. Cook until the base is golden then turn it over and cook the other side. Repeat until the batter is used
5. **To make the filling:** preheat the oven to 200C/Fan 180C/ Gas 6. Prepare the béchamel. Melt the butter in a pan and add the flour while whisking. Gradually add the milk, stirring all the time until the mixture thickens to a smooth, silky texture. Add the nutmeg & salt and pepper.
6. Wash and slice the mushrooms. Fry them in a frying pan with the butter over a high heat for 3-4 minutes. Drain.
7. Cut the ham into small cubes. Add the ham & the mushrooms to the béchamel. Divide the sauce between the pancakes. Fold them and put them in an ovenproof dish. Bake for 15 mins & serve immediately.