



Wholegrain Waffles with rye, rosemary & pecorino

Beautifully savoury. Light texture with crisp edges.

- 105g Wholegrain Rye Flour
- 120g Wholegrain Flour (I used 20g of Barley and 100g of Scout Wheat)
- 1½ tsp baking powder
- ½ tsp baking soda
- ½ tsp salt (I used Australian Pink Lake)
- Few good grinds of black pepper
- 25g grated hard cheese (I used pecorino)
- 1 tbsp fresh rosemary, finely chopped
- Pinch of dried chilli
- ¼ cup of sesame seeds
- 2 large, free range eggs
- 550g (2½ cups) buttermilk (shake well)
- 90g (generous ¼ cup)

1. Prepare the batter the night before and store in the fridge. Otherwise, make it up and leave to stand for at least an hour. This softens the bran, makes the nutrients easier to absorb and brings out the wholegrain flavours.
2. Lightly toast the sesame seeds and set aside to cool.
3. In a large bowl, mix the flours, baking powder, baking soda, salt & pepper together.
4. Mix in the cheese, rosemary, chilli and sesame seeds.
5. In a separate bowl whisk together the eggs, buttermilk & oil.
6. Add the wet ingredients to the flour blend and mix until just combined. There will still be some lumps.
7. When you're ready to make the waffles, preheat the waffle iron.
8. Place a wire rack on a baking sheet in the oven, set to about 100°C.
9. Lightly grease the waffle iron. Spoon the batter in and gently spread. Close the lid and cook for around 5 minutes, or until the waffles are crisp and golden brown.
10. Transfer the waffles to the rack in the oven while you cook the rest. Don't stack them, as they'll become soggy.
11. Serve with salad, cheese, hummus.... so good.

Adapted from an Simply Ancient Grains (Maria Speck) recipe