

## **SHORTBREAD CRUST**

1 cup buckwheat flour plus 1 Tbsp. soy flour

1/2 cup butter

1/4 cup chopped nuts

1 tsp. almond flavoring

1 Tbsp. liquid honey

Cut in all ingredients together with a fork. Pat in a buttered 9 x 13 in. pan. Bake at 350 F. for 8 to 10 minutes or so. Add favorite topping.

Recipe from Naturally Yours by Judy Zemliak

## **NUTTY PIE CRUST**

1 1/2 cup finely chopped nuts

1/4 cup coconut

1/3 cup sesame seeds

1/3 cup buckwheat flour

Cinnamon

Melt the following ingredients and pour on first mixture:

1/2 cup butter

4 tbsp. honey

Vanilla

Pat into a buttered pie plate. Add your favorite filling and bake.

Recipe from Naturally Yours by Judy Zemliak

## **PIZZA OR QUICHE CRUST**

1/2 cup shredded white cheese

1 1/2 cup buckwheat flour

1 tsp. salt

1/2 cup chilled butter, cut in chunks

4 to 5 Tbsp. cold water

1/2 tsp. basil

1/2 tsp. garlic powder

Preheat oven to 425 F. In a medium bowl, combine the cheese, flour, sea salt and seasonings. Cut in butter until mixture resembles peas. Sprinkle with water and mix until mixture forms a ball. Pat dough into a 15 x 10 x 1 in. jellyroll pan or 4 round cake pans. Prick bottom of dough with fork; bake for 15 minutes or until brown. Watch closely.

This can also be mixed in a food processor.

Note: Take out the spices and this can also be used as a pie crust.

Recipe from Naturally Yours by Judy Zemliak

## EASY BUCKWHEAT CRUST PIZZA

6 eggs

1/2 tsp. salt

1/2 cup buckwheat flour

Pinch of oregano, garlic powder, basil

Topping:

1 cup homemade tomato sauce (optional)

Ground beef, cooked

Chopped tomatoes

Mozzarella cheese Green pepper

Onions.

Finely chopped cabbage

Cooked buckwheat groats

Seasonings: garlic powder, cumin powder, thyme, oregano, basil

Place the eggs, salt, flour and oregano, garlic powder, basil in food processor. Process until smooth and creamy. Pour onto a greased cookie sheet. Bake for 12 minutes in a 350 F oven.

Remove from the oven and spread with the tomato sauce then the toppings. Put back in the oven for 7 minutes or until the cheese is melted. Can be refrigerated up to 3 days and frozen for at least a month.

You don't always have to use a tomato sauce as the diced tomatoes are juicy enough,

Recipe from Naturally Yours by Judy Zemliak

## **BUCKWHEAT FLOUR PIE CRUST**

1 1/2 cup buckwheat flour

1/2 tsp. salt

Add 2 cup chilled butter to the flour mixture. Cut butter in with a pastry blender until well mixed. Add stirring as little as possible until a dough is formed, 4 or more Tbsp. water

Option:

½ cup of the flour can be replaced by any of the following nuts that have been finely ground: walnuts, almonds, sunflower seeds, sesame seeds.

Note: put all ingredients in a food processor, sometimes it does an excellent job in making pastry.

Recipe from Naturally Yours by Judy Zemliak

## **BUCKWHEAT TORTILLAS**

1 1/4 cup buckwheat flour

1/4 tsp. salt

1/2 cup water; room temperature

1/2-1 tsp. oil, optional

Whisk 1 cup of flour and the salt together in a bowl. Make a "well" in the center and pour in the oil and water, Stir several strokes with a fork until the dough clumps together in a ball.

Preheat a large griddle or 2 skillets. Scatter the remaining 1/4 cup of flour on a breadboard or piece of wax paper.

Break off balls of dough the size of a golf ball. Roll them in flour. Flatten with your hand, turning often to keep them floured. As the dough absorbs flour, the texture becomes more workable - like "Playdough."

Roll each tortilla thinner with a rolling pin or a smooth, clean bottle. When thin, and 6-7 inches across, check both sides to see they're well floured. Bake them on the hot griddle, one or more at a time (depending on your equipment). Use no oil.

Bake about 3 minutes on each side. Once you get the feel of making and baking tortillas, you will do it quickly and easily.

Put the baked tortillas on wire racks or lay them on cotton towels.

TIP: To work on wax paper - wipe your counter with a damp sponge, lay the wax paper flat. the dampness holds the paper in place and keeps it from slipping. When finished, fold the paper several times and discard.

## **BUCKWHEAT CRACKERS**

1 cup ground buckwheat groats

1/4 cup arrowroot or tapioca starch

1/4 tsp. salt

3 Tbsp. sesame seeds

2 Tbsp. cold pressed sesame oil

1/2 cup water

Preheat oven to 400 F. Mix the flour, starch, salt and seeds in a small bowl. Make a "well" in the center of the flour and pour in the oil and water.

Stir with a fork. As the flour absorbs the liquid, the dough will start to clump into a ball.

Oil the center of a cookie sheet (the flat kind without edges is easiest to work on). Leave the outer edge, about 1 inch, unoiled. Scrape the ball of dough onto the middle of the cookie sheet. Pat it into a flat rectangle.

Oil one side of a sheet of waxed paper or foil. Place the oiled side down on the dough. Using a rolling pin or the side of a smooth bottle, roll the dough out very thin. (It will approximately fill the oiled space on the cookie sheet.)

Cut the dough into 2-inch squares. Salt the tops lightly if you wish (use a saltshaker to control the flow - and don't overdo it!).

Place cracker in the oven; immediately reduce oven temperature to 350 F. In 12 minutes remove them from the oven and lift off the crispy crackers around the outer edge. Put them on a wire rack to cool.

Separate the remaining crackers with a spatula. Turn the oven off and return those crackers to the oven for 10-20 minutes until they're crisp enough for your taste.

\*Buy unroasted buckwheat groats and grind them into flour in your blender. Measure the flour after grinding.

## BUCKWHEAT PRETZELS

3 1/2 cups all purpose flour

1 cup milk

2/3 cup buckwheat flour (light or whole)

1 egg white, slightly beaten

2 tsp. salt

Sesame seeds, poppy seeds

2 eggs

Coarse salt

In large bowl, mix two flours and salt. Add eggs and milk; blend to form a medium dough. Knead dough on a floured board for a few minutes. Place dough into a sealed container or zipper-top bag; let rest for about 20 minutes. Cut dough into 12 or 16 pieces, depending upon pretzel size you prefer. Roll each piece into a rope and twist into desired shape. Place pretzels on a lightly oiled baking sheet; brush with egg white. Sprinkle with salt, sesame or poppy seeds. Bake at 425 F for 15-20 minutes. Serve warm.

Makes 12-16 pretzels

Recipe from The Birkett Mills, Pen Yann, NY, USA.



## **BUCKWHEAT PILAF- VERSION ONE**

2 cups broth, bouillon, consommé or water.

4 Tbsp. butter or margarine

1/4 to 1/2 tsp salt

1/8 tsp. pepper

1 cup kasha

1/2 cup chopped onions

1/2 cup sliced mushrooms (or other chopped vegetables)

Heat liquid, 2 Tbsp. butter or margarine and seasonings to boiling in medium-sized pot.

In separate medium-sized skillet or saucepan, stir kasha over high heat for 3 to 3 minutes until kasha is hot and slightly roasted. Reduce heat to low.

Sauté chopped vegetables and mushrooms in 2 Tbsp butter or margarine. Carefully add the boiling liquid and the sautéed vegetables to prepared kasha but with no additional butter or margarine.

Cover pan tightly, simmer 10 to 12 minutes until grains are tender and liquid is absorbed.

Makes approximately 4 cups.

### Microwave method

Heat liquid to boiling. Microwave kasha in 2 quart microwave-safe casserole, uncovered on HIGH for 2 minutes. Carefully stir in liquid and remaining ingredients. Microwave, covered, on High 9 to 12 minutes, just until grains are tender and liquid is absorbed.

Recipe from The Birkett Mills, Pen Yann, NY, USA.

## BUCKWHEAT PILAF- VERSION TWO

2 Tbsp. butter or margarine	3 1/2 cups chicken stock or
1 cup uncooked, whole buckwheat	3 1/2 cups boiling water and 3 chicken
1/3 cup currants	Bouillon cubes
1/4 tsp. oregano	1 Tbsp. grated orange rind
Salt and pepper to taste	1/3 cup finely chopped pecans, optional
	2 Tbsp. chopped parsley

Melt butter in large saucepan. Add buckwheat. Stir well. Add chicken stock, cover and cook for approx. 20 minutes or until all the liquid is absorbed. Add rest of ingredients except parsley. Transfer to greased 2 1/2 quart casserole dish and bake at 350 F for 30 to 40 minutes. Garnish with parsley.

Serves 6

Recipe from The Birkett Mills, Pen Yann, NY, USA

## **BUCKWHEAT GROATS – BAKED**

2 cups buckwheat groats

1 tablespoon margarine or butter

1 quart boiling water

1 teaspoon salt

Boil 1 quart of water, preheat oven to 425 F. Place groats in wire sieve, and shake to remove the fine “dust”. In frying pan, heat butter and add groats. Over high heat, mixing constantly, heat groats until hot and each kernel is browned. Place groats in covered 1 1/2 quart oven casserole. Immediately add salt and boiling water. Water should cover groats, plus one inch.

Cover and place in hot oven. After 30 minutes reduce heat to 325 F. and remove cover. Bake an additional 30 minutes. Remove from oven and cover. To serve as kasha, place half cup of baked groats in a bowl and add hot milk. To serve as an accompaniment, sauté baked groats in butter and onion slowly to allow flavor to meld. Enjoy!

### **Basic Pasta Dough**

1 cup pastry flour (we've found it works much better if half of this is unbleached white)

pinch salt

1 tsp. olive oil

1/4 cup water

Put it into a mixer with bread hooks or a food processor, and knead until really smooth..

You can also substituted 1/4 of the flour with kamut, buckwheat, etc. to add extra flavor, and chopped spinach, herbs, or tomato paste can also be added.