

# BUCKWHEAT FOR DESSERT

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## SOMERSAULT CRANBERRY PUFFS

### Topping

1/3 cup firmly packed light  
brown sugar  
1/4 cup margarine softened  
1/4 cup fresh or frozen  
cranberries, thawed and  
coarsely chopped  
1 tsp. grated orange  
rind 1/2 cup chopped  
nuts

### Batter

1 1/2 cups unbleached all-purpose flour  
1 cup light buckwheat flour  
1/2 cup granulated sugar  
1 Tbsp. baking powder  
1/2 tsp. salt  
1/4 cup fresh orange juice  
1 cup milk  
1/3 cup margarine, melted  
2 egg whites, or 1 whole egg,

Heat oven to 400 °F. Stir together all topping ingredients. Divide equally into 18 well-greased nonstick muffin cups (about 2 teaspoons in each). In large bowl, combine flour, buckwheat flour, sugar, baking powder, and salt; blend well. Add orange juice, milk, margarine, and egg whites; stirring just until dry ingredients are moistened. Spoon batter over cranberry mixture in muffin cups, filling about 2/3 full. Bake 20-25 minutes, or until pick inserted in center comes out clean. Immediately invert onto cooling rack. Serve warm.

Makes 18 puffs

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

## PEANUT CAROB BARS

1 1/4 cup buckwheat flour (or buckwheat and millet 1/2 of each)  
1/4 tsp. baking soda  
1 tsp. cinnamon  
1/2 cup butter  
1/4 cup natural peanut butter  
1/3 cup honey  
1 egg  
1 tsp. vanilla  
1 cup chopped peanuts (divided, see below)  
1 cup carob chips

In a small bowl, sift together the flour, baking soda and cinnamon. In a large bowl, cream together the butter, peanut butter and honey until light. Beat in egg and vanilla. Stir in dry ingredients, 1/2 cup peanuts and 1/2 cup carob chips until thoroughly combined. Pat mixture evenly in a greased 13x 9 in. pan. Sprinkle evenly with the remaining 1/2 cup peanuts and 1/2 cup carob chips, pressing them lightly into the dough. Bake at 325 °F. for 20 to 25 minutes or until golden brown. Cool on rack and cut into bars.

These freeze very well and are very handy for school or office lunches.

Yield: 4 dozen bars

Recipe from *Naturally Yours* by Judy Zemliak

## HONEY CAROB BARS

1 cup buckwheat  
flour 1 tsp. baking  
powder 1/4 tsp. sea  
salt  
½ cup butter  
½ cup carob powder  
½ cup honey (optional) (can use 2 cup frozen apple juice concentrate  
instead) 2 eggs, well beaten  
½ cup chopped walnuts  
1 tsp. pure vanilla extract

Sift together the flour, baking powder and sea salt; set aside. Melt butter in a saucepan over low heat. Add carob powder and honey; blend. Remove from the heat. Beat eggs in another bowl, gradually add the carob mixture. Add the dry ingredients and mix well. Blend in vanilla and nuts. Flour into an 8 in. oiled pan. Bake at 350 °F for about 35 to 40 minutes.

Recipe from *Naturally Yours* by Judy Zemliak

## Creamy "I can't believe it's not rice!" Pudding

2 cups cooked whole white buckwheat  
groats 1 cup grated apple (cored but not  
peeled)  
1/4 cup  
raisins 2 eggs  
1 cup milk  
1/3 cup honey (preferably clover or other mild honey)  
1 tsp. vanilla extract  
1/2 tsp. ground  
cinnamon 1/2 tsp. grated  
lemon peel  
Grating or two off fresh  
nutmeg 1 Tbsp. dark rum  
(optional)  
1/2 cup dairy sour cream  
Whipped cream and chopped nuts or fresh fruit, for garnish

Prepare the groats according to directions below, using water as the cooking liquid and omitting salt and pepper. Beat together eggs, milk and honey until well blended; add vanilla extract, cinnamon, lemon peel, nutmeg and rum. In a large bowl, combine groats, apple, raisins and milk- egg mixture; mix thoroughly. Spread pudding into buttered 8 inch square pan. Bake at 350 °F for 25-30 minutes, stirring every 5 minutes. Remove from oven, let cool 15 minutes, then stir in sour cream. Serve warm or cold, garnished with whipped cream and chopped nuts and/or fresh fruit.

### Directions for groats

2 cups broth, bouillon, consomme or  
water. 4 Tbsp butter or margarine  
1/4 to 1/2 tsp salt  
1/8 tsp pepper  
1 cup buckwheat groats

Heat liquid, 2 Tbsp butter or margarine and seasonings to boiling in medium-sized pot. In separate medium-sized skillet or saucepan, stir groats over high heat for 2 to 3 minutes until they are hot. Reduce heat to low. Carefully add the boiling liquid. Cover pan tightly, simmer 10 to 12 minutes until grains are tender and liquid is absorbed. Makes about 4 cups

Makes 4-6 servings

## BUCKWHEAT PUDDING

1 cup buckwheat  
groats 2 cups water  
1 tsp. cinnamon  
1 cup raisins  
½ cup sunflower seeds

Bring 2 cup water to a boil. Add 1 cup buckwheat or millet. Bring to a boil. Stir once. Add raisins and seeds and cinnamon. Turn heat to low, cook uncovered for 20 minutes or until grain is cooked. Serve hot with yogurt and honey

Recipe from *Naturally Yours* by Judy Zemliak

## CINNAMON BUTTER BUCKWHEAT PUFFS

1/3 cup shortening

½ cup sugar

1 large egg

1 cup all-purpose flour

½ cup light or whole buckwheat flour

1 ½ tsp. baking powder

½ tsp. salt

1/4 tsp freshly grated nutmeg

½ cup milk

### **Topping**

½ cup (1 stick) butter or

margarine, melted and cooled

½ cup sugar

1 tsp. cinnamon

Cream together shortening and ½ cup sugar then beat in egg. Stir together flours, baking powder, salt and nutmeg. Add to creamed mixture along with milk, stirring only until dry ingredients are moistened. Divide batter among 12 buttered muffin cups (1/3 cup capacity). Bake at 350° F for 20 to 25 minutes or until golden brown. For topping, pour melted butter into bowl just large enough to hold 1 puff. Combine ½ cup sugar and cinnamon. Dip warm puffs, one at a time, in butter, coating completely. Then roll in cinnamon-sugar.

Makes 12 puffs

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

## WALNUT BARS WITH BUCKWHEAT HONEY

### Pastry

2/3 cup confectioners' sugar  
1 ½ cup unbleached white flour  
½ cup buckwheat flour  
½tsp.salt  
½ tsp. cinnamon  
1 cup (2 sticks) butter

### Topping

½ cup (1 stick) melted butter  
1 tsp. vanilla  
½ tsp. cinnamon  
½ cup buckwheat  
honey1/4 cup cream or  
milk  
½ cup brown sugar, packed  
3 cups walnuts coarsely chopped

**Pastry.** Mix confectioners' sugar, flours, salt and cinnamon. Cut in with fork or pastry blender until fine crumbs form. Pat into a well-oiled 9 x 13 inch baking pan. Bake at 350 °F for 20 minutes, then remove from oven.

**Topping.** Combine all ingredients and spread over warm crust. Bake for an additional 20 to 30 minutes or until golden brown and bubbly. Cool completely before cutting into 1 1/2-inch bars.

Makes about 48 bars

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



## Easy Granola

4 cups oats  
1 cup sunflower seeds  
1 cup buckwheat groats  
1/4 cup sesame seeds  
1/4 cup pumpkin seeds (optional)  
1/4 cup any available chopped nuts  
2 Tbsp. wheat germ (optional)  
1/2 cup or more any dried fruit, cut in small pieces  
1/2 cup oil  
1/2 cup sweetener (maple syrup, brown sugar or honey)  
1/2 tsp. cinnamon  
1/8 tsp. salt

Preheat oven to 300°F.

In large shallow baking pan, combine all of the grains and seeds.

Combine sweetener and oil in small pan, heat until it is smooth and hot. Pour over the seed mixture and stir. Add spices, put the whole thing in the oven and bake for about 30 minutes. Stir after about 15 minutes.

Let cool, add dried fruits; mix will keep in air-tight container.

Delicious as a cold cereal with soy milk, or add soy milk and fresh fruit and heat until slightly boiling (about a minute in microwave) for a quick and delicious porridge.

Serves: 8.

## CREAM CHEESE SHORTBREAD BARS

1 cup buckwheat flour  
½ cup melted butter  
1/4 cup finely chopped pecans

Press into a 9 x 13 in. buttered pan. Bake at 325 °F. for 25 to 35 minutes. Let cool..

Mixtogether:

8 oz. cream cheese  
1/4 cup honey

Add ½ cup yogurt and fold. Mix tog ether:

½ cup carob powder  
½ cup whey powder  
8 oz. cream cheese  
½ cup yogurt  
1/4 cup  
honey

Pour over the cheese mixture. Let set and refrigerate until ready to serve. Sprinkle carob chips ontop.

**Note:** You can serve this with banana ice cream.

Recipe from *Naturally Yours* by Judy Zemliak

## ALMOND BUTTER 'N HONEY BARS

½ cup butter  
¾ cup liquid natural  
honey ¼ cup almond  
butter  
1 tsp. vanilla  
2 eggs  
¼ soy flour  
1 ¾ cup buckwheat flour  
1 Tbsp. baking powder  
1 cup liquid (½ yogurt and water mixed together to make 1 cup)

Cream the butter and honey. Add the almond butter, vanilla and the eggs. Beat well. Blend together the flour, baking powder and the sea salt. Add to the creamed mixture alternately with the liquid, mixing well after each addition. Pour the batter into an oiled 13 x 9 in. baking pan.

Bake at 350 °F. for 30 to 35 minutes. Cool, leave in the pan. When cold, spread with the Almond Butter Frosting.

### Almond Butter Frosting

¼ cup butter  
¼ cup almond butter  
1 tsp. vanilla  
12 oz. Philadelphia cream cheese  
½ cup liquid natural honey

Cream butter, almond butter and vanilla. Add the softened cream cheese and beat until light and fluffy. Spread on cake that has cooled.

Recipe from *Naturally Yours* by Judy Zemliak

## CRANBERRY APPLEBARS

3 Tbsp. butter or  
margarine 1 cup sugar

2 eggs

1 Tbsp fresh grated orange rind

1 1/2 cups all-purpose flour

1 tsp. baking soda

1 tsp. baking powder

1 cup medium uncooked

kasha 1 cup whole cranberries

1 1/2 cups peeled, grated  
apple (two medium)

### **Frosting**

1/3 cup soft butter or

margarine 3 cups confectioners'

sugar

2-3 tsp. orange

juice 1 tsp. vanilla

Beat butter, sugar and eggs together in medium bowl until light and fluffy. Stir in orange rind. Combine flour, soda, baking powder and kasha. Stir into creamed mixture. Fold in cranberries and apples. Spread into 9 x 13 inch oiled and floured baking pan. Bake at 350°F for 25 to 30 minutes or until toothpick inserted in center "comes out clean". Cool on wire rack.

For frosting, combine butter and sugar. Stir in vanilla and enough orange juice to make a spreadable consistency. Spread over cooled bars.

Makes about 36 bars

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

## EASY ORANGE PARFAITS

2 1/4 cups orange juice  
1/2 cup cream of buckwheat  
3 to 4 tsp. sugar

1 (8 oz). carton frozen whipped topping  
orange flavored liqueur (optional)  
Fresh fruit of your choice

In large saucepan, bring orange juice to boil. Slowly stir in buckwheat. Lightly boil for 10 to 12 minutes or until liquid is absorbed, stirring occasionally. Remove from heat; stir in sugar. Cool 30 minutes. Fold in whipped topping and orange liqueur (1 to 2 Tbsp.) Alternate layers of "pudding" and fresh fruit in decorative stemmed glasses. Garnish with fruit. Chill.

Makes 6 to 8 servings

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

## LINZERTART

1 cup all-purpose flour  
1/4 cup sugar  
1/4 cup uncooked kasha  
(medium) 1/4 cup almonds or  
hazelnuts  
1 Tbsp. cocoa powder  
1/4 tsp. cinnamon  
1/8 tsp. ground cloves or  
cardamom

1 tsp. lemon zest  
½ cup (1 stick) cold unsalted  
butter or margarine  
3 Tbsp. kirsch or rum or ice water  
Raspberry jam  
1 egg, beaten

In mixer bowl or food processor, combine first eight ingredients. Divide butter into 6-8 pieces then cut into dry ingredients until blended. Add liquid and "pulse" or beat until dough forms. Wrap dough in plastic wrap; refrigerate for several hours. Roll out slightly more than half the dough and fit into bottom and sides of 8 or 9 inch tart pan (preferably with removable bottom). Spread generously with raspberry jam. Roll remaining dough and cut it into half-inch strips. Crisscross strips into lattice pattern on top of jam. Brush crust with egg. Bake at 375°F for 35 minutes or until jam in center of tart is bubbly and pastry appears done. Flavor is best after tart is allowed to "mellow" for 1 to 2 days in refrigerator.

Makes 10- 12 servings

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

## PEAR TART SUPREME

### Pastry

½ cup buckwheat flour  
1 cup all-purpose flour  
1 tsp. sugar  
Dash salt

½ cup cold butter or  
shortening  
1 Tbsp. lemon juice  
3 Tbsp. milk  
egg

Combine flours, sugar, and salt. Cut in butter or shortening with pastry blender until particles are pea-size. Combine lemon juice, milk, and egg yolk. Sprinkle over flour mixture, toss with fork until all flour is moistened and dough forms. Gather dough in ball. Press (or roll) dough into 12-inch tart shell. (Pie pan or individual tart shells can be substituted). Prick bottom and sides of pastry with fork. Chill. Brush with lightly beaten egg white. Bake at 475 °F for 12-14 minutes or until lightly browned. Cool before filling.

### Poached Pears and Cream Cheese Filling

4 pears  
1 cup water  
1/4 cup  
sugar  
1 Tbsp lemon juice

4 tsp. cornstarch  
1 package (8 oz) cream cheese, softened  
½ cup semi-sweet chocolate morsels  
2 tsp. butter

In wide pan or skillet, bring 1 cup water, sugar, and lemon juice to boil. Peel, core, and halve pears. Place halves cut side down in single layer in boiling liquid. Spoon liquid over pears, cover, reduce heat, and simmer 5-8 minutes or until pears are poached but firm. Remove pears; drain on paper towels. Combine cornstarch with 1 Tbsp. water. Add to poaching liquid. Bring to boil, cooking until thickened and clear, stirring constantly; cool. Whip cream cheese and add thickened pear syrup. Spread on bottom of baked tart shell. Arrange pears cut side down over filling. Melt chocolate and butter in small saucepan (or microwave), stirring until smooth. Drizzle over pears. Chill.

Makes 8 servings

