

# BUCKWHEAT SALAD RECIPES

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## CURRIED CHICKEN SALAD

3 cups cooked kasha (Coarse or whole)	Honey Curry Vinaigrette
2 cups diced cooked chicken	2/3 cup oil
1 large red apple	1/4 cup vinegar
1/2 cup raisins	2 Tbsp. honey
2 green onions, sliced	2 tsp. curry powder
1/4 cup chopped celery	
1 red bell pepper, chopped	

Prepare kasha according to directions below, using chicken broth. When kasha is cool, combine all salad ingredients in a large bowl. In a small bowl, whisk together vinaigrette ingredients until smooth. Pour over salad and toss gently.

Makes 4-6 servings

Directions for kasha

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

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 2 to 3 minutes until kasha is hot and slightly roasted. 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.

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

## WARM SPINACH BUCKWHEAT & HAM SALAD

2 cups chicken broth	1/2 cup pecan halves toasted
1 cup whole kasha	Tomato wedges, if desired
1 tsp. dried oregano leaves, crumbled	
1 tsp. dried thyme leaves, crumbled	<b>Dijon Vinaigrette</b>
2 cups sliced fresh mushrooms	2/3 cup salad oil
12 oz. smoked cooked ham	1/3 cup red wine vinegar
1 red or yellow sweet pepper	2 Tbsp grainy Dijon mustard
1/2 cup thinly sliced red onion rings	2 tsp. minced fresh garlic
8 cups torn spinach leaves	1/2 tsp. freshly ground black pepper

In medium saucepan, boil broth and stir in kasha, oregano and thyme. Reduce heat to medium-low, simmer, covered, 10 minutes or until water is absorbed. While kasha is cooking, prepare vinaigrette. In jar with tight-fitting lid, combine oil, vinegar, mustard, garlic and pepper; shake well. Cut ham and pepper into julienne strips. In large skillet, combine mushrooms, ham, pepper, onion and vinaigrette. Cook on medium heat just until heated through, about 4 to 5 minutes. In large bowl, combine hot mixture, kasha and spinach. Transfer to serving platter, sprinkle with pecans. Garnish with tomato wedges, if desired. Serve immediately.

Makes 6 servings

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

## SANTORINO SALAD WITH FETA

1 cup water	1/3 cup sliced green onion
1 1/3 cups Italian salad dressing	1/3 cup diced, red or orange sweet pepper
1 cup whole buckwheat groats	1/3 chopped, fresh basil
1 cup diced plum tomatoes	1/3 p minced flat-leaf parsley
6 oz. jar marinated artichoke hearts, drained and coarsely chopped*	1 cup diced feta or mozzarella cheese
1 cup pitted Kalamata olives or oil-airod black olives	Spinach or raddichio leaves

In two-quart saucepan, boil water and 1 cup salad dressing. Stir in buckwheat, reduce heat, cover pan, and simmer 15 minutes or until liquid is absorbed. Toss cooled buckwheat groats with remaining 1/3 cup salad dressing, tomatoes, artichoke hearts, olives, onions, peppers, herbs and cheese. Serve on bed of spinach or raddichio.

\*Sliced marinated mushrooms may be substituted

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