

SOUPS USING BUCKWHEAT

Contents

Cabbage Roll Soup	1
Fall Soba soup	2
HEARTY TOMATO SOUP	3
BALKAN SOUP	4
HOME STYLE CHICKEN SOUP	5
WHOLE GRAIN TOMATO SOUP	6
CHEESY BUCKWHEAT WITH GREEN CHILES	7
Stuffed Bell Peppers.....	8

Cabbage Roll Soup

8 large whole ripe tomatoes, quartered

1 1/2 cups diced cabbage

3 leeks, sliced thin

1/3 cup black eyes peas, (pre-soaked)

3 Tbsp. whole buckwheat

4 Tbsp. dried crushed parsley

1 Tbsp. dried crushed basil

3 shakes cayenne pepper

3 shakes salt

5 cups water

1 cup brown rice

Put tomatoes, black-eyed peas, cabbage, leeks, buckwheat and water into a large kettle or crock-pot. Heat and simmer for an hour or so. Add brown rice, salt and parsley. In a half hour, add cayenne and basil. Cook for at least 15 minutes, until the rice is cooked through. (Or put everything in a crock pot and

cook on low while you are at work). Whole buckwheat has a very tough outer bran, that softens very little with cooking. It provides additional texture to the soup.

Serves: 6

Fall Soba soup

8 dried shiitake mushrooms

1/2 pound soba (buckwheat noodles) or other Asian noodles

8 cups bouillon (see note)

1 teaspoon Thai Spice Mix

2 small sweet potatoes, peeled and cut in 1/2 in. cubes

1 small onion, chopped

1 lb. spinach, stems removed, cut in 1/2 in. strips

1 cup bean sprouts

1 tablespoon soy sauce

6 scallions, sliced (white and light green part only)

Soak the mushrooms in hot water to cover for about 20 minutes, or until soft. Remove the stems and cut the caps into bite-size pieces. Use the soaking liquid plus additional water to make the 8 cups of bouillon (see note below).

Bring the bouillon and the Thai Spice Mix to a boil in a large pot; add the sweet potatoes and onions and simmer until the sweet potatoes are tender, about 10 minutes.

Meanwhile, cook the soba or other Asian noodles according to the package directions, or until al dente (tender but firm to the bite.) Drain and rinse in cold water to stop the cooking.

Add the spinach to the soup and simmer until it is wilted. Add the bean sprouts, soy sauce, scallions and the soaked mushrooms. Stir in the noodles and serve immediately.

Note: Make the bouillon with chicken or fish bouillon cubes or granules (one cube or teaspoon of granules per cup of water), or use Miso, soup base (available in Asian markets), prepared according to the package directions.

HEARTY TOMATO SOUP

2 cups regular strength beef broth
or bouillon

1/2 cup whole buckwheat groats

2 Tbsp. butter

2 Tbsp. flour

3 cups cocktail vegetable juice*

1 tsp. dried basil leaves

Pinch each of sugar, freshly-ground
black pepper and marjoram

Sour cream

Lemon slices

In small saucepan, bring 1 cup of broth to a boil; stir in buckwheat groats. Reduce heat, cover and simmer for 10 minutes; remove from heat. In large saucepan, melt butter. Stir in flour and cook, stirring, until smooth and blended. Add remaining broth and bring to boil, stirring constantly. Add cocktail vegetable juice (see substitution), buckwheat and seasonings. Serve hot garnished with dollop of sour cream and lemon slices.

Makes 6 servings

*Substitution: Simmer 2 1/2 cups tomato juice, 1/2 cup chopped celery leaves and 1/4 cup chopped onion for 15 minutes; strain.

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

BALKAN SOUP

1 24-oz. pkg. frozen mixed vegetables

4 cups chicken broth

4 cups water

1 16-oz. can tomatoes

1 cup chopped celery

1 cup chopped onion

1 cup sliced cabbage

Salt (optional)

1 cup uncooked kasha

In large pot, combine mixed vegetables, broth, water, tomatoes, celery, onion, and cabbage. Cook over medium heat for 10 minutes or until raw vegetables are almost tender. Add kasha to soup and simmer for 30 minutes or until kasha is tender. Salt to taste. If soup is too thick, thin with broth, tomato juice or water. Serve hot.

Makes 8 servings

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

HOME STYLE CHICKEN SOUP

6 cups chicken broth

(canned or homemade)

1 medium carrot thinly sliced

1 stalk celery, thinly sliced

1/4 cup kasha (medium granulation)

1 cup cooked chicken (optional)

2 Tbsp. chopped parsley

2 Tbsp. pepper

Combine chicken broth, carrot, celery and kasha in saucepan. Heat to boiling. Reduce heat and simmer about 15 minutes or until vegetables are tender. Add remaining ingredients. Heat to boiling and serve.

Makes 8 servings

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

WHOLE GRAIN TOMATO SOUP

1 cup buckwheat groats

1 1/2 cup water

1 potato, diced

2 carrots, diced

1 onion, diced

1 1/2 cup tomato juice

1 cup green beans

1 large stalk celery

1 Tbsp. chopped dill

Bring water to a boil. Add the buckwheat. Cook 15 minutes. Add the remaining ingredients and simmer 1 to 2 hours.

Recipe from Naturally Yours by Judy Zemliak

CHEESY BUCKWHEAT WITH GREEN CHILES

4 cups cooked buckwheat grits	1 tsp. salt
1 cup chopped onions	1/2 tsp. pepper
1/2 cup butter	2 cups (8 oz.) shredded sharp Cheddar cheese
1 cup sour cream	
1 cup cottage cheese	1 4 oz. can green Chiles chopped

Prepare buckwheat grits according to directions below, using either milk, water or both. Saute onion in butter then combine with buckwheat, sour cream, cottage cheese, salt and pepper. In 2 quart casserole, layer buckwheat mixture, Cheddar and Chiles; repeat layers. Bake uncovered at 375 OF for 30 minutes, or until bubbly and golden. Let stand about 10 minutes before serving.

Makes 6 servings

Directions for buckwheat grits 2 cups milk or water.

4 Tbsp butter or margarine

1/4 to 1/2 tsp salt

1/8 tsp pepper

1 cup buckwheat grits

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 the buckwheat grits is 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.

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

Stuffed Bell Peppers

4 large bell peppers

1 cup Quinoa

1 cup buckwheat groats

5 cups vegetable broth

6-8 sun-dried Roma tomatoes

1 med. onion

3-4 garlic cloves

Rosemary, basil, oregano to taste

1 cup tomato puree

1 egg white or egg substitute (we use Ener-g)

Rinse Quinoa well and set aside to drain. Chop onion, garlic, and sun-dried tomatoes and set aside. Cut tops off of bell peppers, rinse the bodies clear of seeds. Trim the seedpod off the tops and save the tops.

Heat 2 cups of broth to a boil in a medium sized saucepan. Once broth has reached a boil dump in the Quinoa and sundried tomatoes. Cover and bring flame down to simmer for 12 minutes.

Add 1 cup of buckwheat groats to 1 egg white (or egg substitute) and mix until groats are coated. Turn mixture into a dry frying pan and cook over medium heat for 2 to 3 minutes, stirring well to keep groats separated. After 2 to 3 minutes add a cup and a half of broth, onion, garlic and other spices [or you might want to mix the spices into the tomato sauce - in the next step - instead]. Cover and bring flame down to a simmer for 10 to 12 minutes, stirring occasionally.

Take Quinoa from stove and drain, saving vegetable stock (you'll need it in a minute). Place Quinoa in a bowl and add the buckwheat groats once they have finished. Add 1 cup of tomato puree, your favorite tomato sauce, and mix well. Once mixed, spoon liberally into bell peppers and put pepper tops back on.

Take left over broth and put into large pot with steamer tray. Add broth or water until water just touches bottom of steamer rack [actually 1/4 - 1/2 inch is enough] and place Peppers into pot. Secure lid and place on stove. Bring to a boil then let simmer for 20 to 30 minutes, until peppers