

BUCKWHEAT AS A MAIN DISH

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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
1 cup sour cream	Cheddar cheese
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

BUCKWHEAT-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

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.

Cover and bring flame down to a simmer for 10 to 12 minutes, stirring occasionally.

Take Quinoa from stove and drain, saving vegetable stock. 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

MOROCCAN VEGETABLE STEW WITH ROASTED BUCKWHEAT

2 Tbsp. olive oil	1 cup tomato juice
2 garlic cloves, coarsely chopped	1 cup water
1 tsp. grated fresh ginger	1 1/2 cup cooked chickpeas
1 tsp. ground cumin	1/2 c seedless raisins
1 tsp. ground cinnamon	2 small zucchini; thinly sliced
1/2 tsp. ground turmeric	1 1/2 cup button mushrooms, halved if large
2 small onions, quartered	2 Tbsp. chopped fresh parsley
3 medium carrots, coarsely chopped	Salt
4 baby tumips, trimmed and quartered 1/2 lb	Freshly ground black pepper
sweet potatoes, peeled and cubed	

BUCKWHEAT

3 cups water
2 1/2 cups roasted buckwheat (kasha)
2 Tbsp. olive oil
1/2 tsp. salt
1/2 cup cashew nuts, toasted
Parsley sprigs, for garnish

Heat the oil in a large skillet and sauté the garlic, ginger, cumin, cinnamon, and turmeric for 2 minutes. Add the onions, carrots, turnips, and potatoes and stir-fry for 5 minutes, or until all the vegetables are well coated with the spice mixture.

Add the tomato juice and water; bring to a boil, cover, and simmer gently for 15 minutes. Add the chickpeas, raisins, zucchini, mushrooms, and parsley and simmer for 15 minutes more. Add buckwheat and nuts. Garnish and season to taste.

Preparing Buckwheat:

Bring the water to a boil in a heavy-bottomed 2-quart saucepan. Add the buckwheat and oil, cover, and simmer over very low heat for 15 minutes. Do not remove the lid during this time.

DOLMAS (STUFFED GRAPE LEAVES)

1/4 lb. lean ground lamb	1 tsp. dried dillweed
2 Tbsp. olive oil	1 tsp. crushed dried mint leaves
1 cup chopped onion	1/2 tsp. ground coriander
2 cloves garlic, minced	1/4 tsp. cinnamon
1 cup kasha (medium granulation)	2 1/2 cups hot seasoned chicken broth
1 egg, slightly beaten	1/2 cup fresh lemon juice
1/4 cup minced fresh parsley	1 jar (1 lb.) grape leaves in brine

In large skillet, sauté lamb, onions, and garlic in oil just until meat loses its pinkness. Combine kasha with egg, then add to skillet along with herbs and spices, 1 cup broth, and 1/4 cup lemon juice. Simmer, covered, 5 minutes; remove from heat and cool.

Plunge grape leaves briefly into hot water to separate them, then drain. On clean, flat surface, place leaf shiny side down, trim and discard stem. Spoon 2-4 Tbsp. filling at the stem end, fold sides of leaves over filling and roll up.

Arrange dolmas, touching each other, in an oiled 7x 11-inch baking dish, forming two layers. Pour remaining broth and 1/4 cup lemon juice over dolmas, cover dish with foil, weight the top with a heat proof pan or dish to keep the dolmas from unwinding.

Bake at 325 F for 60 minutes. Turn heat off but leave dolmas in oven 30 minutes more. Remove from cooking liquid before serving warm or chilled.

(Stuffed unbaked dolmas can be frozen up to 3 months) Makes about 50

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

TRADITIONAL BEEF ROULADEN

2 lb. thin-sliced round steak	1/4 cup diced celery
Salt (optional)	1/2 cup chopped mushrooms
Freshly ground black pepper	1 clove garlic, minced
1 cup uncooked kasha	flour
(medium or coarse)	1/4 cup oil
2 eggs or egg whites	1 cup red wine
2 1/2 cups hot beef broth, divided	1/4 cup sour or
2 Tbsp. margarine	non dairy sour "cream " (optional)
1/2 cup chopped onion	

Use flat mallet to pound meat until 1/4 inch thick. Cut into pieces about 3x6 inches and season with salt and pepper. In small bowl, beat 1 egg or egg white slightly, then stir in kasha. In large skillet, sear kasha until egg is set (about 2 minutes). Push kasha to side of skillet, melt margarine then sauté onions, celery, garlic and mushrooms. Add 2 cups hot broth, reduce heat to low, cover and simmer 10 minutes or until kasha is fluffy. Set aside to cool. Slightly beat 1 egg or egg white and add to cooled kasha. Place filling on 6 inch edge of beef pieces, fold in sides and roll up. Secure rolls with string or metal skewers. Dredge rolls in flour, then brown in hot oil; remove. Stir 2 tablespoons flour into pan juices, add wine and 1/2 cup broth. Return meat to pan and simmer, covered, until tender (about 1 hour). Serve with pan sauce, stirring in sour cream, if desired.

Makes 6 servings

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

ZESTY SAUSAGE NIBBLES

1/2 cup kasha (fine granulation)

1 cup water

2 1/4 cups wheat or all-purpose

flour

2 tsp. baking powder

3 cups (12 oz.) Shredded sharp

Cheddar Cheese

1 pound uncooked hot country

or Italian sausage

For country sausage: 1/4 cup chopped

fresh sage (or 1 tsp. dried)

For Italian sausage: 1/2 cup

chopped parsley

Prepare kasha according to directions below. Cover pan and reduce heat to simmer. Steam kasha for 7 minutes then stir gently to fluff and separate kernels; set aside to cool. (There should be approximately 1 1/2 cups of cooked kasha.) While kasha is cooling, sift flours and baking powder together in large bowl, Add cheese, uncooked sausage, and sage or parsley; mix well. Add kasha; mixing lightly. Shape into bite-sized balls, place on cookie sheets and bake at 450 F for 10 minutes. Serve warm. If made in advance, refrigerate or freeze. To serve, reheat frozen nibbles in oven or microwave.

Makes 5 dozen

Directions for kasha

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

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

In separate medium-sized or saucepan, stir kasha over 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

CHICKEN SANTA FE

3 cups cooked kasha (any granulation)

1 can (7 oz.) diced green Chiles

2 cups cooked chicken, cut into bite-sized pieces

1 1/2 cups (6 oz.) shredded Cheddar cheese

1/2 cup diced onion

1 cup bottled Mexican salsa

1/2 cup crushed nacho chips

Prepare kasha according to directions below. Preheat oven to 350 F in large bowl, combine chicken, kasha, onion, Chiles, 3/4 cup cheese and salsa. Pour into a well-oiled 9- by 13-inch baking pan. Sprinkle with remaining cheese and nacho chips. Bake for 30 to 40 minutes or until cheese is bubbly.

Makes 6 servings

Directions for kasha

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

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

In separate medium-sized or saucepan, stir kasha over 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

TURKEY MEATBALLS WITH LEMON SAUCE

1 cup cooked kasha (any granulation)	1 cup chicken or turkey broth
1 beaten egg	1/4 cup plain yogurt
1 tsp. Worcestershire sauce	1 Tbsp. cornstarch
1 tsp. grated lemon peel	1 Tbsp. lemon juice
1 1/2 lbs. ground raw turkey	1 small carrot, finely shredded
2 Tbsp. cooking oil	1 green onion, diced

Prepare kasha according to directions below, using chicken broth. Combine first 5 ingredients in mixing bowl; blend well. Shape into 12 balls. In large skillet, heat oil and brown turkey on all sides. Add broth; cover and simmer 20 minutes. Use slotted spoon to transfer turkey to serving dish. In a small bowl, combine yogurt, cornstarch, and lemon juice. Combine with pan juices in skillet and cook until sauce is thickened and bubbly. Add carrot and onion. Pour sauce over turkey. Makes 6 servings

Directions for kasha

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

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

In separate medium-sized or saucepan, stir kasha over 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

CRISPY OVEN-FRIED CHICKEN

1/2 cup butter or margarine

1 Tbsp. ranch salad dressing mix

1 egg

2 tsp. paprika

1/3 cup undiluted evaporated milk

1 tsp. baking powder

1/2 cup uncooked buckwheat grits

1 tsp. salt

1/2 cup all-purpose flour

1 frying chicken, cut up or chicken parts*

Melt butter in shallow pan, approximately 10 x 13 inches, in 350 OF oven. Beat together egg and evaporated milk. Combine buckwheat, flour, salad dressing mix, paprika, baking powder and salt. Dip chicken pieces in egg mixture, then in flour mixture, coating well. Roll in melted butter, then place, skin side up, in buttered pan. Bake at 350 OF for 30 minutes. Turn chicken and bake 15 to 20 minutes longer, until tender.

Makes 5- 6 servings.

* Chicken pieces may be skinned, if you prefer

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

SAVORY BUCKWHEAT BURGERS

1 3/4 cups water

1/2 cup uncooked roasted whole buckwheat kernels (groats)

3/4 cup dry bread crumbs

1/4 cup chopped green onion, (about 2 to 3 medium)

1/4 cup finely chopped green bell pepper

1/2 teaspoon seasoned salt

1/8 teaspoon pepper

2 eggs

1 clove garlic, finely chopped, or 1/8 teaspoon garlic powder

2 English muffins, split and toasted

1 large tomato, cut into 8 thin slices

1/4 cup reduced-calorie ranch dressing

Use English muffins that are on the thinner side for the sandwich bread. Very thick muffins will make the burgers too hard to eat. Or if you like, use whole-grain hamburger buns.

Heat water to boiling in 1-1/2-quart saucepan. Stir in buckwheat kernels; reduce heat to low. Cover and cook about 10 minutes u water is absorbed. Cool 5 minutes. Stir in remaining ingredients except muffins, tomato and dressing.

Set oven control to broil. Spray broiler pan rack with non-stick cooking spray. Shape buckwheat mixture into 4 patties, each about 3/4 inch thick. Place patties on rack in broiler pan. Broil with tops about 3

inches from heat 5 minutes; turn. Broil about 5 minutes longer or until hot in center. Place each burger on muffin half. Top each With 2 tomato slices and 1 tablespoon dressing. 4 servings

LAMB WITH KASHA

1 to 1 1/2 lb. lamb boneless shoulder

1/2 cup chopped onion (about 1 medium)

1 1/4 cups water

2 Tbsp. lemon juice

2 tsp. chopped fresh or 1/2 tsp. dried thyme leaves

2 tsp. chopped fresh or 1/2 teaspoon dried' oregano leaves 1/2 tsp. salt

1 clove garlic, finely chopped

1/2 cup uncooked roasted medium-grind buckwheat kernels (kasha)

1 (9 ounce) package frozen cut green beans

Spray non-stick Dutch oven with non-stick cooking spray. Trim fat from lamb shoulder. Cut lamb into 3/4 inch pieces. Cook lamb in Dutch oven over medium heat about 10 minutes, stirring frequently, until brown. Stir in onion, water, lemon juice, thyme, oregano, salt and garlic. Heat to boiling; reduce heat. Cover and simmer about 1 hour or until lamb is tender.

Stir buckwheat and frozen green beans into lamb mixture. Heat to boiling; reduce heat. Cover and simmer 10 to 12 minutes or until beans are tender and liquid is absorbed.

Makes 6 servings

NOT YOUR ORDINARY TUNA SALAD

¾ cup cooked kasha	2 Tbsp. chopped green pepper
1 can (7-oz) chunk or solid tuna, drained	½ cup mayonnaise
2 hard-cooked eggs, chopped	1 Tbsp. prepared mustard
¼ cup chopped celery	2 tsp. lemon juice
¼ cup chopped onion	

Prepare kasha according to package directions. Combine all ingredients. Chill for at least 2 hours before serving to allow flavors to mingle.

Makes 4 servings

Serving suggestions: Serve on lettuce garnished with tomato wedges and ripe olives or fill pita with the salad and garnish with shredded lettuce.

Directions for kasha

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

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

BAKED BUCKWHEAT WITH VEGETABLES

1 onion

4 Tomatoes

3 oz. buckwheat

1 oz. rice

1/2 pint water | tsp. dried basil

salt/pepper as you deem fit.

Chop onion, heat pan and fry until transparent

Chop tomatoes, add to onions until soft

Stir in buckwheat and rice and cook for 1 minute

Add remaining ingredients - bring to boil

Simmer the mixture for 20 minutes until liquid has been absorbed

Adjust seasoning, turn into 7" square cake tin

Heat oven to 375 F. Put in and leave for 30 minutes then remove.

BUCKWHEAT AND SPINACH

1 large Spanish onion

2 cloves garlic

2 cups buckwheat

1 tsp. salt

1 tsp. black pepper

1 pint vegetable stock

1 lb. spinach

Cook the finely chopped onion and the minced garlic in a little water. Meanwhile cook the buckwheat with the salt (only if needed) and pepper in the stock until tender. Finely chop the spinach and add it to the onions and garlic. Simmer for about fifteen minutes.

POLISH BUCKWHEAT KISHKA (SAUSAGE)

3 lb. pork steak

2 lb. coarse buckwheat grits

1/2 tsp. rubbed marjoram

salt and pepper

Chop meat into coarse bits. Cover with water and boil until tender. Add salt, pepper and marjoram. Wash the buckwheat grits, cover with the liquid from the cooked meat, and steam in a double boiler for 1/2 hour.

Combine the two mixtures.

If you have sausage casings, stuff the mixture into the casings.

ALTERNATIVE: Put in a decorative mold and refrigerate. Heat before serving.

Source: Treasured Polish recipes for Americans by Linda Fields.

BUCKWHEAT-LENTIL LOAF

4 oz. roasted buckwheat

1 carrot

1 onion

6 oz. red lentils

1 pint veg stock

dried herbs (parsley and rosemary are recommended)

pinch nutmeg

salt and pepper as required

Chop onion and carrot, sauté.

Add all other ingredients; bring to boil.

Simmer for 30 minutes, until liquid is absorbed.

Put mixture in loaf/flan dish.

Preheat oven to 400 F.

Put loaf/flan dish in and cook for 30 minutes

SOBA (BUCKWHEAT NOODLE) WITH CILANTRO-PEANUT PESTO

2 cloves garlic

1 cup peanuts

4 green onions, trimmed and cut into one inch pieces

6 Tbsp. olive oil

1 cup fresh lime juice

1 tsp red bell pepper flakes

1 cup fresh cilantro

1 package Soba noodles*

1 vegetable cooking spray

**soba noodles are made from buckwheat and wheat flour*

In food processor, combine garlic, peanuts, green onions. Process until chopped, scraping bowl as necessary. Add cilantro leaves and process until finely chopped.

Combine oil and lime juice and add to cilantro mixture, processing until well combined.

Remove to small bowl and add red pepper flakes

Cook Soba noodles until just tender, rinse under cold water and drain. Spray lightly with non-stick cooking spray.

Serve Soba noodles topped with pesto sauce.

WILD RICE AND BUCKWHEAT CASSEROLE

1/2 cup whole buckwheat groats (kasha)

½ cup raw brown rice

1/2 cup raw wild rice

1 quart water (or vegetable broth)

2 Tbsp. vegetable oil

2 med. onions, finely chopped

1 cup celery

1 1/2 tsp. salt

1/4 cup chopped parsley

2 tsp. cumin

Place buckwheat, rice and wild rice in a medium-sized pot. Add 1 quart water, bring to a boil, cover and simmer until tender (about 40 minutes). Add more water as necessary.

Heat oil in medium-sized skillet or saucepan and sauté onions and celery until tender. Add to cooked kasha and remaining ingredients. Turn into a 3 quart casserole and bake for one hour.

