

MB Buckwheat Growers Association: Tested Recipes

Buckwheat for Breakfast

Kasha for Breakfast

Can add: raisins, currant, sunflower seeds, ground flax, oatmeal, chopped dates, apple or other dried fruit or sprinkle with cinnamon

2 1/2 cup (650 ml)	water or milk
¼ tsp (1ml)	salt
½ cup (125ml)	kasha

In a saucepan bring water or milk with salt to a boil. Add kasha. Cook uncovered for 12-15 minutes, stirring frequently while maintaining a gentle boil until desired consistency. Serve with milk and sugar.

Makes: 4 servings

Single Serving Microwave Kasha for Breakfast

2 tbsp (25ml)	kasha
Dash	salt
½ cup (125ml)	water or milk

In a bowl microwave on Medium (M), 4-7 minutes stirring occasionally until desired consistency. Let stand 2-3 minutes. Serve with milk and sugar.

Breakfast or Snack Bars

For breakfast on the run or the lunch bag.

1/3 cup (80ml)	buckwheat flour
1 ½ cup (375 ml)	very finely chopped nuts
¼ cup (50 ml)	coconut
1/3 cup (80 ml)	sesame seeds
1 cup (250 ml)	chopped raisins or dried apricots
tsp (5ml)	cinnamon
½ cup (125ml)	butter
¼ cup (50 ml)	honey
1 tsp (5ml)	vanilla

Preheat oven to 350°F (175°C). Combine buckwheat flour, nuts, coconut, sesame seeds, raisins and cinnamon. In microwave melt together butter and honey on High (H) for approx. 1minute. Stir in vanilla. Pour butter honey mixture over flour and nut mixture. Press into an 8"x8" (20 cm x20cm) greased pan. Bake 20-25 minutes or until set. Allow to cool and cut into bars. Makes: 16 bars 2"x 4" (5cm x 10 cm)

Buckwheat Crepes

The buckwheat crepe aka galette, a regional specialty from Brittany, France is a versatile base for fillings both savory and sweet.

¾ cup (180 ml)	buckwheat flour (or ½ cup buckwheat + ¼ cup all purpose)
½ tsp (2ml)	salt
2 tbsp (25ml)	sugar (only for dessert fillings)
3	eggs
1 ¼ cup (300ml)	milk
2 tbsp (25 ml)	melted butter
	butter for crepe pan

Combine ingredients in given order in a blender jar. Blend until well blended. Allow to stand in the refrigerator at least 1 hour or up to a day before making crepes. Reblend before using.

To make crepes: Heat skillet over medium high heat. When hot remove pan from heat and brush with butter. Ladle ¼ cup (50ml) batter onto pan and tilt so that the batter thinly covers the whole pan. Return pan to heat. When surface looks dry and edges are starting to lift, run a knife around the edge and flip the crepe.

Makes 10 - 8" (20cm) crepes

Filling suggestions:

- i) Smoked salmon, sour cream with dill, capers, thinly sliced red onion, lemon juice and baby greens
- ii) Spinach and shrimps sauteed with crab tossed with creme fraiche and grated Swiss cheese
- iii) Sliced ham, cheese, egg, tomato and lettuce with cayenne mayonnaise

Maple Buckwheat Waffles

With the syrup in the mix you can eat this out of hand. Add in some raisins for a taste surprise. Batter can also be used for pancakes.

1 ¼ cup (300ml)	buckwheat flour
2 tsp (10ml)	baking powder
1 tbsp (15 ml)	sugar
½ tsp (2 ml)	salt
2	eggs, separated
1 cup (250 ml)	milk
¼ cup (50 ml)	maple syrup
¼ cup (50 ml)	oil

Sift buckwheat flour, baking powder, sugar and salt together. Beat egg yolks with milk, syrup and oil. Stir into dry ingredients. Beat egg whites until stiff and fold into waffle mixture. Make using a waffle iron.

Makes: 6 waffles

Buckwheat-based Main Dishes for the Whole Family

Vegetarian Kasha Casserole

A vegetarian meal in one.

1 Can (28oz/796 ml)	canned tomatoes
3 cups (750 ml)	diced cabbage
1	leek, thinly sliced
1/3 cup (80 ml)	dried peas or small white beans
1/2 cup (125 ml)	whole buckwheat groats
5 cup (1.25L)	vegetable broth or water
1/2 cup (125 ml)	brown rice
1/2 tsp (2ml)	salt
1/2 tsp (2 ml)	cayenne pepper
1 tsp (5ml)	dried basil or 1 Tbsp (15 ml) fresh
1/4 cup (50 ml)	chopped fresh parsley

In crock-pot or large Dutch oven combine tomatoes, cabbage, leeks, peas or beans and vegetable broth. Cover and simmer for an hour. Add brown rice, salt, cayenne and basil. Add more liquid if needed. Continue cooking for additional 20-30 minutes. Add parsley just before serving.

Makes: 6-8 servings

Easy Chicken Kasha Soup

Fresh tasting and fast. Perfect for weekday meals.

6 cups (1.5 L)	chicken broth
3	carrots, thinly sliced
2	stalks celery, thinly sliced
1/4 cup (50 ml)	medium kasha
8 oz (250g)	boneless, skinless chicken breast, cubed ²
1 Tbsp (25ml)	chopped fresh parsley
	freshly ground pepper to taste

In medium saucepan combine broth, carrots, celery and kasha. Simmer covered over medium heat about 10-12 minutes until vegetables are almost tender. Add chicken cubes and simmer an additional 8-10 minutes depending on size of chicken cubes. Add parsley and pepper to taste just before serving.

Makes: 4 serving

Apple Kasha Stuffing

Use as a side dish or stuffing for poultry or pork.

1 cup (250ml)	kasha
1	egg, slightly beaten
2 cups (500ml)	hot chicken broth (or half broth and half cider)
2	tblsp (25ml) butter or margarine
1 cup (250 ml)	EACH chopped onions and celery
2 cups (500ml)	chopped apples
2 tblsp (25ml)	finely chopped fresh sage or 1 tsp (5ml) dried
	salt and pepper to taste

Combine kasha and egg. Heat a heavy skillet with tightly fitting lid. Brown kasha 2-3 minutes until egg is cooked. Carefully pour hot (boiling) broth; reduce heat and simmer covered until liquid is absorbed 8-10 min. Add butter, onion, celery, apples and sage. Season to taste. Bake in covered casserole at 350°F (180°C) for 45 minutes or cool thoroughly if using to stuff poultry.

Makes: 6 cups (enough for 12 lb/5.4Kg bird)

Recipes Using Cooked Kasha (Buckwheat groats)

Directions for Cooked Kasha

2 cups (500 ml)	broth, boullion, consomme or water
¼ cup (50ml)	butter, margarine or oil
¼ tsp (2ml)	salt
1 cup (250 ml)	kasha

Combine liquid, butter and seasonings and heat to boiling. In a separate medium saucepan, stir kasha over high heat for 2-3 minutes until kasha is hot and slightly roasted. Reduce heat to low. Pour boiling liquid over kasha, cover and simmer 10-12 minutes until grains are tender and liquid is absorbed

Makes: 4 cups (1L)

Tabbouli

A buckwheat-based version of the Middle Eastern classic salad.

1 cup (250 ml)	cooked kasha
1/3 cup (80ml)	sliced green onions
15	fresh mint leaves chopped or 2 tsp (10 ml) dried
¼ cup (50 ml)	chopped fresh parsley
1	large tomato, seeded and chopped

Dressing

3 tbsp (45 ml)	olive oil
1 tbsp (15 ml)	lemon juice
2 tbsp (25ml)	red wine vinegar
¼ tsp (1 ml)	salt

Combine salad ingredients in salad bowl. Combine dressing ingredients and pour over salad. Chill at least 2 hours before serving.

Makes: 4 servings

Rueben Reborn as a Casserole

2 cups (500 ml)	cooked kasha
8 oz (250g)	corned beef, sliced, cubed or shaved
1 can (20oz/796 ml)	sauerkraut, drained and rinsed
1 tsp (5ml)	caraway seeds (optional)
½ cup (125 ml)	Thousand Island Dressing
8 oz (227 g)	Swiss cheese, sliced or grated

Preheat oven to 350°F (175°C). Layer the ingredients in the order given in a 2- quart (2L) greased casserole dish. Bake uncovered for 30 minutes or until heated through.

Makes: 4-6 servings

Bistro Kasha with Italian Sausage

..spicy and delicious

3 cups (750 ml)	cooked kasha
1 can (8oz/225ml)	tomato sauce
1 lb (500g)	hot Italian sausage
1 cup (250 ml)	chopped onions
1 tsp (10ml)	Italian seasoning
2 cups (500 ml)	thinly sliced zucchini
1/3 cup (80ml)	grated Romano cheese
1 cup	shredded Mozzarella cheese

Preheat oven to 350°F (175°C). Combine kasha and tomato sauce, set aside. In a skillet, crumble sausage; add onions and Italian seasoning. Cook until sausage is browned, stirring frequently. Drain reserving a tablespoon of drippings. Place sausage mixture in a 2-qt (2L) greased casserole dish. Fluff kasha with a fork and spread over the sausage. Saute zucchini in reserved drippings until almost tender. Arrange over kasha. Sprinkle with cheeses. Bake for 20-25 min or until hot and cheeses melt.

Makes: 6 servings

Asian Kasha Salad

Serve it chilled or heat the dressing and try it warm

3 cups (750 ml)	cooked kasha (coarse or whole)
1 cup (250 ml)	shredded Chinese, Nappa or regular cabbage
1	large carrot, shredded
¼ cup (50 ml)	frozen green peas
1 can (8oz/227ml)	water chestnuts, thinly sliced
1/2 cup (125ml)	sliced almonds
1	green onion, thinly sliced

Dressing

1/3 cup (80ml)	oil
2 tbsp (25ml)	sesame oil
1 tbsp (15 ml)	each of soy sauce, dry sherry and grated ginger
1	clove garlic, minced

Combine salad ingredients in a salad bowl. Combine dressing ingredients and pour over salad. Toss. Makes: 6 servings

Baking with Buckwheat Flour

Buckwheat Almond Raspberry Torte

¾ cup	180 ml	butter, softened
¾ cup	180 ml	sugar, divided
3		eggs, separated
2 tsp	10 ml	vanilla
1 ½ cups	375 ml	skin on almonds, finely ground
1/8 tsp	.5 ml	salt
1/2 cup	125 ml	buckwheat flour
1/2 cup	125 ml	raspberry jam
1 tbsp	15 ml	icing sugar

Preheat oven to 350°F (175°C). In a large bowl cream butter with 6 tbsp (90ml) sugar. Beat in egg yolks one at a time. Stir in vanilla and ground almonds. In a separated bowl beat egg whites and salt to soft peaks; gradually add remaining sugar until glossy peaks form. Fold ¼ beaten egg whites into batter. Sift ¼ flour over batter and combine. Repeat. Pour batter into a greased and papered 9" (22cm) round pan. Bake for 30 minutes or until a tester comes out clean. Cool on rack for 10 minutes and remove from pan. When cool, slice horizontally into two layers. Spread bottom layer with raspberry jam. Replace top layer and dust with icing sugar.

Makes: 12 servings

Sweet Crust for Bars and Slices*

Versatile base to try with other favourite fillings.

1/2 cup	125 ml	butter
¼ cup	50 ml	sugar
1 cup	250 ml	buckwheat flour
¼ cup	50 ml	finely chopped nuts

Cream butter and sugar. Blend in flour and nuts. Press into an 8"x8" (20cm x20cm) pan. Bake at 350°F (175 °C) for 15 minutes.

Makes: 1 crust

Lemon Slice

1 prebaked crust*

Filling

2		eggs
1 cup	250 ml	white sugar
2 tbsps	50 ml	buckwheat flour
¼ tsp	1 ml	salt
1		lemon- grated rind +
3 tbsps	45 ml	fresh lemon juice
1 tbsps	15 ml	icing sugar

Beat eggs. Stir in remaining ingredients. Pour over hot prebaked crust. Continue baking at 350°F (175°C) for 25- 30 minutes or until set. Let cool. Dust with icing sugar. Cut into squares.

Makes: 25 pieces

Savory Snacker Crust for Pizza

½ cup	125 ml	grated cheese
1 1/2 cup	375 ml	buckwheat flour
1 tsp	5 ml	seasoning'
1 tsp	5 ml	garlic powder or 1 clove, finely minced
½ cup	125 ml	butter
¼ cup	50 ml	water

Preheat oven to 400°F (200°C). Combine cheese, flour and seasoning. Cut in butter until mixture resembles coarse meal. Slowly add water and mix with a fork until the mixture can be formed into a ball. Press dough into 13" (33cm) round pizza pan or 15"x10" (38cm x 25cm) cookie sheet or jellyroll pan. Prick bottom with fork. Bake 10-12 minutes.

Seasoning Options:

Pizza crust: 1 tsp oregano. Best baked before adding toppings.

Cheese Straws: use old aged cheddar plus ½ tsp (2ml) basil and ½ tsp (2 ml) cayenne. Cut into straws after baking.

Nacho Crackers: ½ tsp chili powder, ½ tsp cumin. Cut in squares after baking.

Buckwheat Corn Muffins

2		eggs
1 cup	250 ml	buttermilk
¼ cup	50ml	oil
1 tbsp	15 ml	seeded, minced jalapeno pepper
1 cup	250 ml	fresh or frozen corn niblets
1 cup	250 ml	buckwheat flour
1 cup	250 ml	cornmeal
1 tsp	5ml	baking powder
1 tsp	5ml	baking soda
1/2 tsp	5ml	salt
1 tsp	5 ml	cumin or chili powder
Pinch		cayenne

Preheat oven to 375°F (190°C) In a large bowl whisk together eggs, buttermilk, oil, jalapenos and corn. Stir in buckwheat flour, cornmeal, baking powder and soda, salt, cumin and cayenne, being careful not to over mix. Divide batter into greased or lined muffin tins. Bake for 20-25 minutes. Serve warm.

Makes: 8 medium or 12 small muffins