

# Frank Zema's Polish Kasha (Kasza) or Buckwheat

*This recipe was developed by Frank Paul Zema (1915-2001), son of Polish immigrants Stanislaw John Zema (1880-1957) and Sophia Knybel (Knaybel) Zema (1888-1970) who settled in Cleveland, Ohio in the early 20th Century. Frank was a career chef at General Motors Corp. in Detroit in the private dining room for GM executives. Over his career Frank developed many delicious recipes. He shared this one with his sister Mary Bernice Zema Leisz (1921-2000), who prepared many Wigilia feasts for their family once their parents had passed on. It's shared here by Mary's daughter Denise Marie Leisz Pazur. Beaten egg is used to coat the roasted buckwheat kernels so they don't stick together. And boullion, onion and garlic add flavor.*

1# buckwheat, such as Wolff's Kasha 100% roasted whole-grain buckwheat  
2-3 Tbsp. butter  
1 large onion, chopped fine  
2 cloves garlic, chopped fine  
2 large eggs  
4 cups chicken (or vegetable, if for meatless Wigilia) broth, brought to a boil  
Salt and pepper to taste

Melt butter in large fry pan over low-med heat. Add onion and garlic, and sauté until soft and lightly brown. Remove onion and garlic, and set aside.

Meanwhile, gently beat eggs in a large mixing bowl and add dried buckwheat kernels. Stir until kernels are coated with egg.

Add buckwheat/egg mixture to fry pan and stir kernels until dry (about 3-5 min). Add onion, garlic, salt and pepper, and stir all to blend. Transfer mixture to a large baking casserole and stir in boiling broth. Cover tightly and bake at 350°F for about 40 minutes or until liquid is absorbed. Buckwheat kernels should be dry, not sticky. Cool, then store in Tupperware.

To heat, stir in a frying pan with a little butter on low heat. Enjoy!

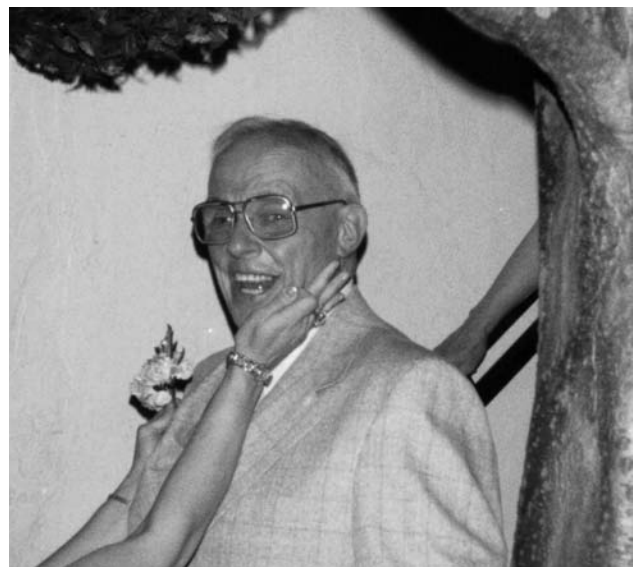
## Frank Zema's parents and brother



*My maternal grandparents, Stanislaw John Zema (1880-1957) and Sophia Knybel (Knaybel) Zema (1888-1970), on Christmas Eve Wigilia circa 1950 at their home in Cleveland. Shown here with one of their five sons, John (1918-1969).*

*Their son Frank Paul Zema (1915-2001) was a chef who shared his recipe for kasha with my mom.*

## Polish Chef Extraordinaire Frank Zema



*My maternal uncle, Frank Zema (1915-2001), the chef who shared his recipe for kasha with my mom. Taken in 1978 at the 25th wedding anniversary for Frank and wife Alice Louise Zeleznik Zema (1911-2002). Frank was chef in the executive dining room at General Motors Corp. in Detroit.*