

CREATE

COOKING BUCKWHEAT

Buckwheat Groats: Method 1

1 tablespoon butter or oil
1 cup raw buckwheat
2 cups liquid* (water, chicken broth, vegetable broth)
Pinch of salt if using water as liquid

Heat butter or oil in heavy pan until butter melts. Add buckwheat and stir 2-3 minutes to coat grains with fat and to lightly toast them. Slowly add liquid (and salt if liquid is water) and bring to boil over high heat. Lower heat, cover pan, and simmer 12-15 minutes or until liquid has been absorbed. Take pan off heat and let stand 5 minutes.

Yield: 3 ½ cups buckwheat groats.

*The liquid you use will depend on what you plan to do with the end product. If you want a breakfast cereal, use water. If you will be using the groats in a side dish for your evening meal, the chicken or vegetable broth would be preferred

Buckwheat Groats: Method 2

1 egg
1 cup raw buckwheat
2 cups liquid* (water, chicken broth, vegetable broth)
Pinch of salt if using water as liquid

Lightly beat an egg in a small bowl and then add groats to the egg. Stir well to coat each grain with egg. Heat a nonstick skillet over medium heat. Add buckwheat/egg mixture to skillet and stir until mixture is dry; set aside. Heat liquid in heavy pot until it boils (add a pinch of salt if using water). Stir in buckwheat/egg mixture. Reduce heat to low, cover pot, and let it simmer for 12-15 minutes or until the liquid is absorbed. Turn off heat and let the pot stand for 5 minutes. The groats will be separated, light, and tender. Use them as you would rice.

Cooked buckwheat groats will stay good in the fridge for about 5 days. They do not freeze well. They pair especially well with chicken, bacon, sausage, mushrooms, onions, cottage cheese, and sour cream. Use creamy buckwheat as cereal or grits. Use egg coated buckwheat as rice.

Buckwheat Flour

Use in combination with wheat flour to produce nutty, robust flavored pancakes, waffles, muffins, quick breads, rolls, etc. Experiment by replacing ¼ to ½ of flour in your favorite pancake, muffin, or roll recipes with buckwheat. Buckwheat works really well with whole-wheat to produce a superior, nutrient-dense baked product.

Soba Noodles

This Japanese noodle has a wonderful flavor. It works especially well in recipes with an Asian flare but can be used in any recipe calling for noodles. If you tried whole-wheat pasta before and didn't like it, give soba noodles a try! Cook them like other noodles – just add them to boiling water. Follow recommendations on the package for time needed to cook.

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Begging for Buckwheat

These fun recipes are a great way to get some buckwheat on your menu!

Basic Buckwheat Burgers

2 teaspoons butter	½ cup whole-wheat bread crumbs*
1/2 cup raw buckwheat	2 green onions, sliced thin
1 cup chicken broth	1-2 cloves garlic, minced
2 eggs	Salt and pepper to taste

Heat butter or oil in heavy pan until butter melts. Add buckwheat and stir 2-3 minutes to coat grains with fat and to lightly toast them. Slowly add chicken broth and bring to boil over high heat. Lower heat, cover pan, and simmer 12-15 minutes or until broth has been absorbed. Take pan off heat and let stand 5 minutes.

Place cooked buckwheat in medium bowl. Add eggs, breadcrumbs, onions, and garlic. Mix well. Add salt and pepper to taste. Form 4-6 patties and fry in nonstick pan coated with cooking spray until brown on both sides.

Yield: 4 servings

These burgers are great served on a bun with mayonnaise, ketchup, tomato, melted cheese, etc. or as a side dish with chicken or pork.

Egg Fried Groats

½ cup raw buckwheat	1 small red or green bell pepper, diced
1 egg	3 green onions, sliced
1 cup chicken stock	½ ribs celery, diced
1 tablespoon canola oil	1 carrot, grated
½ teaspoon sesame oil (optional)	1 cup spinach, chopped
2 cups shredded cabbage	1 tablespoon soy sauce

Lightly beat an egg in a small bowl and then add groats to the egg. Stir well to coat each grain with egg. Heat a nonstick skillet over medium heat. Add buckwheat/egg mixture to skillet and stir until mixture is dry. Heat chicken stock in heavy pot until it boils. Stir in buckwheat/egg mixture. Reduce heat to low, cover pot, and let it simmer for 12-15 minutes or until the liquid is absorbed. Turn off heat and let the pot stand for 5 minutes. Heat oils in skillet over medium-high heat. Add vegetables and stir-fry until vegetables are tender-crisp. Add buckwheat/egg mixture to skillet. Season with soy sauce. Serve hot.

Yield: 4 servings

Buckwheat is higher in protein than most grains. It contains lysine, an essential amino acid that is lacking in most other grains. It also contains B vitamins, minerals, and phytochemicals that may have a positive effect on blood cholesterol, blood glucose, and blood pressure.

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Colorful Chicken Vegetable Stir- Fry with Soba Noodles

2 tablespoons cornstarch	3 cups broccoli florets
2 teaspoons sugar	2 medium carrots, thinly sliced
6 tablespoons soy sauce	Hot cooked soba noodles
½ cup apple juice or water	½ small onion, thin sliced
1 pound chicken tenders	1 red pepper, large diced
6-8 button mushrooms, thin sliced	2 tablespoons vegetable oil, <i>divided</i>

In a bowl, combine cornstarch, sugar, soy sauce, and apple juice or water until smooth. Add chicken and toss to coat; set aside. In a large skillet, stir-fry broccoli, carrots, pepper, onion, and mushrooms in 1 tablespoon oil for 4-5 minutes; remove and keep warm. In the same skillet, stir-fry chicken and sauce in remaining oil until chicken is cooked through and sauce thickens. Return vegetables to pan and toss to mix. Serve over soba noodles.

Yield: 4 servings

Buckwheat Pancakes

½ cup whole-wheat flour
½ cup buckwheat flour
¼ cup quick cooking oats
3 teaspoons baking powder
1 cup skim milk
3 tablespoons vegetable oil
2 tablespoons honey
1 egg, lightly beaten

Combine wheat flour, buckwheat flour, oats, and baking powder into large bowl. Stir in milk, oil, honey, and egg. Heat a lightly oiled griddle or frying pan over medium heat. Pour ¼ cup batter onto griddle for each pancake. Cook over low to medium heat on both sides until lightly browned and serve hot.

Buckwheat can be stored on the pantry shelf. It does best in a cool, dark place in an airtight container. Buckwheat flour can be stored in the pantry but does best if kept refrigerated or frozen. For best quality, plan to use the buckwheat products you buy within six months to a year.