



BUCKWHEAT
Your Natural Choice



Buckwheat Recipes

THE TASTY WAY TO BETTER HEALTH

Buckwheat...

A Good Source Of **Dietary Fibre**
High In **Minerals** And **Antioxidants**
100% **Gluten-Free**

Why Eat Buckwheat?

A biologically rich food, buckwheat offers a wide range of health benefits. It possesses high levels of dietary fibre, antioxidants and vitamins and is nutritionally superior to many of even the most healthful grains. Buckwheat is also a good option if you are eliminating gluten from your diet because it is entirely gluten-free. But the health benefits don't end there. The latest research indicates that buckwheat may even help with the management of diabetes and with the prevention of cancer and cardiovascular diseases.

Try it Today

Buckwheat has a rich, nutty flavour that complements many dishes. The recipes in this booklet show just how versatile buckwheat truly is, and are just some of the great ways it can be added to your diet. So go ahead – prepare one of these delicious, easy to make dishes and discover how tasty healthy eating can be. If you are following a gluten-free diet, choose gluten-free versions of all ingredients and select pure buckwheat flour that has not been mixed with wheat flour.

Buying And Storing Buckwheat

Buckwheat can be found in most grocery stores and health food stores. After purchase, it should be placed in an airtight container and stored in a cool, dry place. Buckwheat flour should always be stored in the refrigerator, while other buckwheat products only need refrigeration if you live in a warm climate or experience periods of warmer weather.

Using Buckwheat

Buckwheat is available in number of different forms, each with its own distinct taste and texture. When following these recipes, selecting the right type of buckwheat will help to ensure that each dish is prepared to perfection:

Groats These are buckwheat kernels that have been stripped of their inedible outer coating and crushed into smaller pieces but otherwise not processed.

Kasha Groats that have been roasted for a unique nutty flavour are sold as kasha and are often available in a coarse, medium or fine grain.

Buckwheat Flour

Made from ground groats, buckwheat flour can be used for pancakes, bread, muffins and more.

Biological Value

Egg	100.0%
Buckwheat	93.1%
Barley	76.3%
Soybeans	73.0%
Oats	65.0%
Wheat	64.0%
Rice	64.0%
Beans, dry	58.0%



Bistro Kasha with Italian Sausage (p.8)

Warm'N Toasty Kasha Breakfast

Servings: 4

Topped with your favourite fruit or eaten alone, this nourishing hot cereal offers a tasty alternative to oatmeal.

2 1/2 cup	650 ml	water or milk
1/4 tsp	1 ml	salt
1/2 cup	125 ml	kasha

- Heat** water or milk in a saucepan with salt until it comes to a boil.
- Add** kasha. Cook uncovered for 12–15 minutes, stirring frequently at a gentle boil until desired consistency is achieved. Serve with milk and sugar.
- Tip** For variety, add sunflower seeds, ground flax, oatmeal, chopped dates, cinnamon, apple, raisins, currants or other dried fruits.

Nutrition Facts: Serving Size 169 g | Calories: 70 | Fat: 0.5 g | Cholesterol: 0 mg | Sodium: 150 mg | Carbohydrates: 15 g | Fibre: 2 g | Sugars: 0 g | Protein: 3 g | Diabetic Exchanges: Starch: 0.91

On The Run Breakfast Bars

Servings: 16 bars 2" x 4"
(5 cm x 10 cm)

Packed with nuts, seeds and fruit, these all-natural bars make a delicious on the run breakfast or snack.

1/3 cup	80 ml	buckwheat flour
1 1/2 cup	375 ml	very finely chopped nuts
1/4 cup	50 ml	coconut
1/3 cup	80 ml	sesame seeds
1 cup	250 ml	chopped raisins or dried apricots
1 tsp	5 ml	cinnamon
1/2 cup	125 ml	butter
1/4 cup	50 ml	honey
1 tsp	5 ml	vanilla

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

Nutrition Facts: Serving Size 40 g | Calories: 190 | Fat: 13 g | Cholesterol: 15 mg | Sodium: 45 mg | Carbohydrates: 18 g | Fibre: 2 g | Sugars: 12 g | Protein: 3 g | Diabetic Exchanges: Starch: 0.12, Fat: 2.46, Other Carbs: 0.24

4

Did you know?

Buckwheat contains high amounts of antioxidants, which may offer protection from serious conditions such as cancer and heart disease.

Marvelous Maple Buckwheat Waffles

Servings: 6
waffles

With syrup lending distinctive sweetness, these hearty buckwheat waffles are marvelous on their own and even better when smothered in fresh berries.

1 1/4 cup	300 ml	buckwheat flour
2 tsp	10 ml	baking powder
1 tbsp	15 ml	sugar
1/2 tsp	2 ml	salt
2		eggs, separated
1 cup	250 ml	milk
1/4 cup	50 ml	maple syrup
1/4 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.

Cook using a waffle iron.

Tip Try using this batter for pancakes as well.

Nutrition Facts: Serving Size 107 g | Calories: 250 | Fat: 12 g | Cholesterol: 65 mg | Sodium: 360 mg | Carbohydrates: 31 g | Fibre: 3 g | Sugars: 11 g | Protein: 6 g | Diabetic Exchanges: Meat: 0.26, Milk: 0.17, Other Carbs: 0.61, Starch: 1.05, Fat: 2.15

Hearty Vegetarian Kasha Casserole

Servings: 6-8

Hearty legumes and kasha are complemented by succulent leeks and piquant cayenne in this savoury and substantial casserole.

1 can	28 oz – 796 ml	tomatoes
3 cups	750 ml	diced cabbage
2		leeks, thinly sliced
1/3 cup	80 ml	dried peas or small white beans
1/2 cup	125 ml	coarse kasha
5 cup	1.25 L	vegetable broth or water
1/2 cup	125 ml	brown rice
1/2 tsp	2 ml	salt
1/2 tsp	2 ml	cayenne pepper

cont. >>

1 tsp	5 ml	dried basil or 1 Tbsp (15 ml) fresh
1/4 cup	50 ml	chopped fresh parsley

Combine tomatoes, cabbage, leeks, peas or beans, kasha and vegetable broth in a crock-pot or large Dutch oven.

Simmer covered for an hour. Add brown rice, salt, cayenne and basil. Add more liquid if needed.

Cook for additional 20 – 30 minutes. Add parsley just before serving.

Nutrition Facts: Serving Size 447 g | Calories: 200 | Fat: 1.5 g | Cholesterol: 0 mg | Sodium: 390 mg | Carbohydrates: 41 g | Fibre: 7 g | Sugars: 6 g | Protein: 8 g | Diabetic Exchanges: Very Lean Meat: 0.05, Starch: 1.82, Vegetables, 2.23

Buckwheat is not a grain, but a broadleaf plant related to rhubarb.

Did you know?

5

Easy Chicken Kasha Soup

Servings: 4

Adding kasha to chicken soup brings a fresh new twist to this familiar favourite.

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

Combine broth, carrots, celery and kasha in medium saucepan.

Simmer covered, over medium heat 10–12 minutes or 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.

Nutrition Facts: Serving Size 505 g | Calories: 150 | Fat: 1.5 g | Cholesterol: 35 mg | Sodium: 1280 mg | Carbohydrates: 15 g | Fibre: 3 g | Sugars: 2 g | Protein: 18 g | Diabetic Exchanges: Very Lean Meat: 2.06, Starch: 0.46, Vegetables: 0.89

Cooked Kasha

Servings: 4 cups (1L)

Follow the simple directions below to prepare cooked kasha for use in the following recipes.

2 cups	500 ml	broth, bouillon, consomme or water
1/4 cup	50 ml	butter, margarine or oil
1/4 tsp	2 ml	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.

Nutrition Facts: Serving Size 178 g | Calories: 250 | Fat: 13 g | Cholesterol: 30 mg | Sodium: 620 mg | Carbohydrates: 31 g | Fibre: 4 g | Sugars: 0 g | Protein: 6 g | Diabetic Exchanges: Starch: 1.83, Fat: 2.24

6

Did you know?

Because it does not belong to the cereal family, buckwheat is ideal for use in a gluten-free diet.

Asian Kasha Salad

Servings: 6

Add an exotic flavour to your day with this fresh and tasty alternative to greens.

Salad

3 cups	750 ml	cooked kasha (coarse or whole), p.6
1 cup	250 ml	shredded Chinese, Nappa or regular cabbage
1		large carrot, shredded
1/4 cup	50 ml	frozen green peas
1 can	8oz – 227 ml	water chestnuts, thinly sliced
1/2 cup	125 ml	sliced almonds
1		green onion, thinly sliced

Dressing

1/3 cup	80 ml	oil
2 tbsp	25 ml	sesame oil
1 tbsp	15 ml	EACH soy sauce, dry sherry, rice or white wine vinegar
		grated fresh ginger
1		clove garlic, minced

Combine salad ingredients in a bowl.

Combine dressing ingredients and pour over salad. Toss.

Tip Serve this salad chilled or heat the dressing and try it warm.

Nutrition Facts: Serving Size 176 g | Calories: 350 | Fat: 27 g | Cholesterol: 15 mg | Sodium: 490 mg | Carbohydrates: 23 g | Fibre: 4 g | Sugars: 2 g | Protein: 6 g | Diabetic Exchanges: Meat: 0.23, Other Carbs: 0.03, Starch: 0.97, Vegetables: 0.73, Fat: 5.16

Fabulous Kasha Tabbouli Salad

Servings: 4

The distinctive, full flavours of this tabbouli salad are sure to tickle your taste buds.

Salad

1 cup	250 ml	cooked kasha, p.6
1/3 cup	80 ml	sliced green onions
15		fresh mint leaves chopped or 2 tsp (10 ml) dried
1/4 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	25 ml	red wine vinegar
1/4 tsp	1 ml	salt

Combine salad ingredients in salad bowl.

Combine dressing ingredients and pour over salad.

Chill at least 2 hours before serving.

Nutrition Facts: Serving Size 123 g | Calories: 170 | Fat: 13 g | Cholesterol: 10 mg | Sodium: 310 mg | Carbohydrates: 12 g | Fibre: 2 g | Sugars: 1 g | Protein: 2 g | Diabetic Exchanges: Fruit: 0.02, Other Carbs: 0.03, Starch: 0.46, Vegetables: 0.49, Fat: 2.54

Buckwheat has been eaten in Japan for centuries, primarily in the form of soba noodles.

Did you know?

7

Rueben Reborn

Servings: 4-6

If you're a lover of Rueben sandwiches, this delicious variation will take your enjoyment to new heights.

2 cups	500 ml	cooked kasha, p.6
8 oz	250 g	corned beef, sliced, cubed or shaved
1 can	20 oz – 796 ml	sauerkraut, drained and rinsed
1 tsp	5 ml	caraway seeds (optional)
1/2 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 qt (2 L) greased casserole dish.
- Bake** uncovered for 30 minutes or until heated through.

Nutrition Facts: Serving Size 313 g | Calories: 640 | Fat: 46 g | Cholesterol: 135 mg | Sodium: 1880 mg | Carbohydrates: 27 g | Fibre: 4 g | Sugars: 2 g | Protein: 31 g | Diabetic Exchanges: Meat: 3.81, Other Carbs: 0.32, Starch: 0.94, Vegetables: 0.60, Fat: 6.95

Bistro Kasha with Italian Sausage

Servings: 6

This innovative dish features kasha smothered in tomato sauce, fresh zucchini and a blend of Romano and Mozzarella cheese.

3 cups	750 ml	cooked kasha, p.6
1 can	8 oz – 225 ml	tomato sauce
1 lb	500 g	hot Italian sausage
1 cup	250 ml	chopped onions
2 tsp	10 ml	Italian seasoning
2 cups	500 ml	thinly sliced zucchini
1/3 cup	80 ml	grated Romano cheese
1 cup	250 ml	shredded Mozzarella cheese

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

Nutrition Facts: Serving Size 319 g | Calories: 500 | Fat: 33 g | Cholesterol: 95 mg | Sodium: 1440 mg | Carbohydrates: 25 g | Fibre: 4 g | Sugars: 4 g | Protein: 26 g | Diabetic Exchanges: Meat: 3.10, Starch: 0.91, Vegetables: 1.28, Fat: 4.72

8

Did you know?

Buckwheat flowers are very fragrant and attractive to bees that use them to produce a special, strongly flavored, dark honey.

Sensational Buckwheat Sweet Crust

Servings: 1 crust

Use this versatile crust as a delicious and healthy base for your favourite bars, slices and pies.

1/2 cup	125 ml	butter
1/4 cup	50 ml	sugar
1 cup	250 ml	buckwheat flour
1/4 cup	50 ml	finely chopped nuts

Preheat oven to 350° F (175° C).

Cream butter and sugar.

Blend in flour and nuts. Press into an 8" x 8" (20 cm x 20 cm) pan.

Bake for 15 minutes.

Nutrition Facts: Serving Size 306 g | Calories: 1540 | Fat: 107 g | Cholesterol: 240 mg | Sodium: 660 mg | Carbohydrates: 139 g | Fibre: 15 g | Sugars: 54 g | Protein: 21 g | Diabetic Exchanges: Meat: 0.68, Other Carbs: 2.75, Starch: 5.02, Fat: 20.14

Buttertart Raisin Slice

Servings: 25 pieces

Rich and chewy, this yummy slice is just as good as Grandma's – only healthier.

Crust

1		prebaked Sensational Buckwheat Sweet Crust, p.9
---	--	---

Filling

2		eggs
1 cup	250 ml	brown sugar
2 tbsp	25 ml	melted butter
2 tbsp	25 ml	buckwheat flour
1/2 tsp	2 ml	baking powder
1 tsp	5 ml	vanilla
1 cup	250 ml	raisins

Preheat oven to 350° F (175° C).

Beat eggs. Stir in remaining ingredients. Pour over hot prebaked crust.

Bake or 30 minutes or until set. Let cool before cutting into squares.

Nutrition Facts: Serving Size 33 g | Calories: 130 | Fat: 6 g | Cholesterol: 25 mg | Sodium: 50 mg | Carbohydrates: 20 g | Fibre: 1 g | Sugars: 15 g | Protein: 2 g | Diabetic Exchanges: Fruit: 0.33, Meat: 0.09, Other Carbs: 0.58, Starch: 0.23, Fat: 1.02

Buckwheat contains all nine essential amino acids in good proportions.

Did you know?

9

Lovely Lemon Slice

Servings: 25 pieces

The smooth, refreshing flavour of lemon perfectly tops a crispy buckwheat crust in this tasty slice.

Crust

1		prebaked Sensational Buckwheat Sweet Crust, p.9
---	--	---

Filling

2		eggs
1 cup	250 ml	white sugar
2 tbsp	50 ml	buckwheat flour
1/4 tsp	1 ml	salt
1		lemon – grated rind
3 tbsp	45 ml	fresh lemon juice
1 tbsp	15 ml	icing sugar

Preheat oven to 350° F (175° C).

Beat eggs. Stir in remaining ingredients. Pour over hot prebaked crust.

Bake for 25 – 30 minutes or until set. Let cool.

Dust with icing sugar. Cut into squares.

Nutrition Facts: Serving Size 27 g | Calories: 100 | Fat: 4.5 g | Cholesterol: 25 mg | Sodium: 55 mg | Carbohydrates: 14 g | Fibre: 1 g | Sugars: 11 g | Protein: 1 g | Diabetic Exchanges: Fruit: 0.01, Meat: 0.09; Other Carbs: 0.57, Starch: 0.23, Fat: 0.84

Buckwheat Almond Raspberry Torte

Servings: 12

The flavours of raspberry jam, vanilla and almonds unite harmoniously in this decadent desert.

3/4 cup	180 ml	butter, softened
3/4 cup	180 ml	sugar, divided
3		eggs, separated
2 tsp	10 ml	vanilla
1 1/2 cups	375 ml	almonds, skin on, finely ground
1/8 tsp	0.5 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).

Cream butter with 6 tbsp (90 ml) sugar in a large bowl. 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 1/4 beaten egg whites into batter. Sift 1/4 flour over batter and combine. Repeat. Pour batter into a greased and papered 9" (22 cm) 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.

Nutrition Facts: Serving Size 69 g | Calories: 290 | Fat: 19 g | Cholesterol: 75 mg | Sodium: 120 mg | Carbohydrates: 28 g | Fibre: 2 g | Sugars: 22 g | Protein: 5 g | Diabetic Exchanges: Meat: 0.54, Other Carbs: 1.20, Starch: 0.21, Fat: 3.47

10

Did you know?

Buckwheat is useful in the management of diabetes and may help to lower blood glucose levels when eaten regularly.

Jalapeno Buckwheat Corn Muffins

Servings: 8 medium or
12 small muffins

Wake up your taste buds with the jalapeno peppers, cayenne and chili powder in these zesty corn muffins.

2		eggs
1 cup	250 ml	buttermilk
1/4 cup	50 ml	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	5 ml	baking powder
1 tsp	5 ml	baking soda
1/2 tsp	5 ml	salt
1 tsp	5 ml	cumin or chili powder
Pinch		cayenne

Preheat oven to 375° F (190° C)

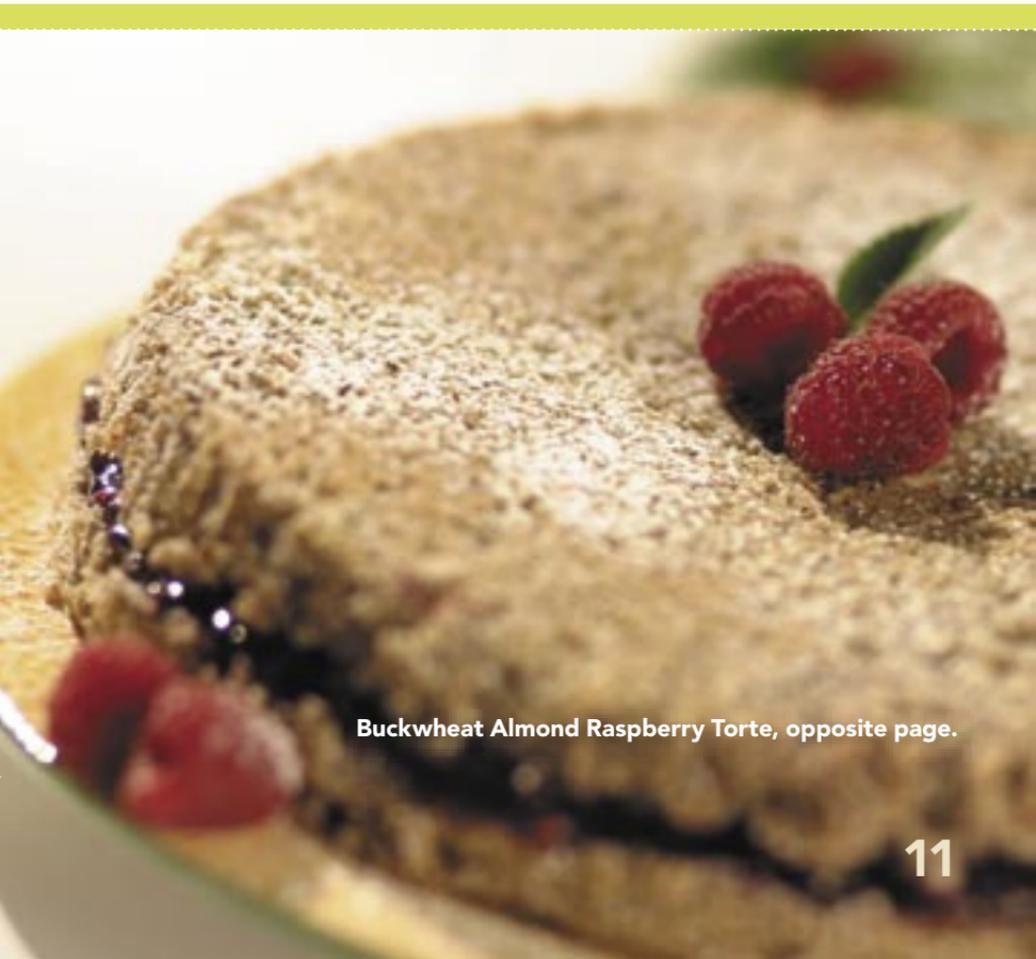
Combine eggs, buttermilk, oil, jalapenos and corn in a large bowl and whisk together.

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.

Tip Alternatively, this recipe makes great corn bread when baked in a greased 9" (23 cm) cast iron skillet for 50 to 60 minutes.

Nutrition Facts: Serving Size 82 g | Calories: 150 | Fat: 6 g | Cholesterol: 15 mg | Sodium: 320 mg | Carbohydrates: 22 g | Fibre: 2 g | Sugars: 3 g | Protein: 4 g | Diabetic Exchanges: Meat: 0.07, Milk: 0.09, Other Carbs: 0.02, Starch: 1.18, Vegetables: 0.07, Fat: 0.95



Buckwheat Almond Raspberry Torte, opposite page.



**Jalapeno Buckwheat Corn Muffins
in a 9" skillet (p.11)**

BUCKWHEAT

Your Natural Choice

Visit our website for
more detailed information:

www.buckwheat.mb.ca



**CANADIAN SPECIAL
CROPS ASSOCIATION
ASSOCIATION CANADIENNE
DE CULTURES SPÉCIALES**

This project was made possible by financial contributions from Agriculture and Agri-Food Canada and Manitoba Agriculture, Food and Rural Initiatives.

Photography provided by Manitoba Agriculture, Food and Rural Initiatives.

1215 – 220 Portage Avenue
Winnipeg, Manitoba R3C 0A5
Phone: (204) 925-3780
Fax: (204) 925-3785

office@specialcrops.mb.ca
www.specialcrops.mb.ca