

Fruit & Nut Buckwheat Pilaf

By Margaret Dickenson,
Ottawa, Canada

With its charming flavours and textures, the versatility of this currant and nut buckwheat pilaf is remarkable. Fresh chives and the Mustard Herb Vinaigrette add an interesting “zip”. The buckwheat pilaf marries well with a variety of poultry and meats (e.g., lamb, pork, game), as well as, with scallops. Served warm, cold or at room temperature, it is always a treat! With cooked buckwheat groats on hand*, this is a “no skill” recipe.



Food Styling by Margaret Dickenson

Photo by Larry Dickenson

2 tbsp	crushed chicken bouillon cubes (or powder)	30 mL
2 cups	hot water	500 mL
1 cup	Wolff's or Pocono whole buckwheat groats**	250 mL
2/3 cup	currants	175 mL
½ cup	chopped hazelnuts or pecans	125 mL
¼ cup	finely chopped fresh chives	60 mL
2 1/3 tbsp	Mustard Herb Vinaigrette (recipe attached) or vinaigrette	35 mL
To taste	salt	to taste
To taste	crushed black peppercorns	to taste
Pinch	granulated sugar (optional)	pinch

Makes 3 ½ cups (875 mL)

In a small saucepan, combine water and bouillon and place over high heat and bring to a boil. Stir in buckwheat groats and immediately reduce heat to low, covering saucepan tightly. Simmer until groats are just tender (about 15 to 17 minutes). Avoid over cooking. Transfer groats to a couple of large platters and spread. With a fork, gently turn kernels to stop cooking process and to allow extra moisture to escape. Let groats cool and rest for at least 30 minutes before using or refrigerate.*** (This makes about 2 ½ cups or 625 mL of cooked groats.)*

Toss together cooked buckwheat groats, currants, hazelnuts, chives and vinaigrette. If desired/necessary, add a pinch of sugar to strategically balance acid flavour of the

International Association of Culinary Professionals Buckwheat Recipe Winner

vinaigrette. Refrigerate at least briefly (allowing flavors to develop) or until ready to use.* (It may be necessary to add a touch more of vinaigrette before serving.)

Serve pilaf warm, cold or at room temperature.*

- * Stored in airtight containers, cooked buckwheat groats as well as “left over” Fruit & Nut Buckwheat Pilaf retain their quality for 2 days in the refrigerator or for weeks in the freezer.
- ** These are dehulled, unroasted buckwheat kernels. They are available in health food stores, as well as, some supermarkets and specialty food stores.
- *** Groats become drier (i.e., less sticky) and firmer (i.e., not mushy) as they cool and rest.