

## Savory Kasha

A love for tasty kasha is fondly rooted in my Ukrainian farm background. Serve it hot or cold as the basis for kasha pilafs or as a component for salads, appetizers or stuffings. This is a basic recipe for cooking savory kasha. I have found that the secret to making great kasha is to add deep flavoured beef bouillon (along with butter, garlic and crushed black peppercorns) to hot roasted kernels of buckwheat. My cooking technique ensures that the final product is splendidly rich in flavour and colour, and not overcooked.

1 ½ tbsp	crushed beef bouillon cubes (or powder)	22 mL
2 cups	boiling water	500 mL
2 tbsp	butter	30 mL
½ tsp	finely chopped fresh garlic	3 mL
1/8 tsp	crushed black peppercorns	pinch
1 cup	Wolff's Kasha (whole granulation)	250 mL
To Taste	salt (optional)	To Taste

*Makes about 3 ¾ cups or almost 1 litre*

In saucepan, bring water, bouillon, butter, garlic, and crushed black peppercorns to a boil. Meanwhile, heat a large nonstick (or heavy) skillet over medium-high heat. Add kasha and stir constantly for 2 to 3 minutes until kernels are hot and slightly toasted. Reduce heat to low and carefully add bouillon mixture to hot roasted kasha (beware of splattering) stir; and cover skillet tightly. Summer over lower heat until kernels are tender and liquid is basically absorbed (about 8 to 10 minutes). (Avoid removing lid during cooking.)

Transfer cooked kasha to 2 large platters. Turn hot kasha gently with a fork to stop cooking process, to separate kernels and to allow excess moisture to escape. Adjust seasoning if necessary (e.g., add salt to taste). Allow kasha to cool thoroughly (at least 30 minutes) on platter. Note: The kasha definitely becomes less sticky and firmer as it is allowed to rest on platter. If not using until later, store cooked kasha refrigerated in an airtight plastic container for up to five days.