

Kasha* (Roasted Buckwheat): boil 2 cups water with a large pinch sea salt, add 1 cup kasha (or toasted buckwheat grains), bring to boil again, cover, reduce heat to low, and let simmer for about 20 minutes, or until all liquid has been absorbed and grains are cooked al dente. I recommend tossing in a few teaspoons high quality olive oil, paprika and lemon zest for a subtle flavor boost.

*If you cannot find the roasted version, toast your own grains in a sauté pan for 5 minutes over medium-high heat with no oil stirring frequently to increase flavor and reduce cooking time. Then cook according to method above.