

July 31, 2018



KASHA VARNISHKES, Serves 4 to 6

This is Jewish comfort food—carbs on carbs—made with buckwheat (naturally gluten-free) and bow-tie noodles. If following a gluten-free diet, choose quinoa or brown rice pasta. The addition of mushrooms and pine nuts make this a well-balanced delicious dish.

Choose organic ingredients when available:

- 3 cups of RTE Cuisine (recipe-ready) kasha (buckwheat groats)
- 2 cups dry bow-tie (farfalle) pasta
- ¼-cup pine nuts
- 2 tablespoons cold-pressed extra-virgin olive oil
- 1 large sweet yellow onion, thinly sliced
- 1 garlic clove, chopped
- ½-pound cremini mushrooms, thinly sliced
- 3 tablespoons all-purpose flour
- 2 cups vegetable broth, preferably low-sodium
- 1/8-teaspoon freshly ground black pepper
- Salt to taste (optional)
- 2 tablespoons fresh flat-leaf parsley, chopped

Directions:

1. Prepare pasta according to package directions “al dente”- (boil about 10 minutes), drain and set aside in a large serving bowl.
2. Toast pine nuts in a toaster (or dry skillet on high heat) for 2 minutes and set aside.
3. Heat one tablespoon of the oil in a large sauté pan over medium to high heat. Add the kasha and stir for 3 to 5 minutes, until grains are toasted and the aroma is nutty. Mix the kasha into the bow-ties and sprinkle with parsley.
4. Add remaining olive oil to the pan. Sauté the onion, garlic and creminis over medium to high heat, stirring occasionally, until the onions are softened and caramelized, about 8 minutes.
5. Stir in the flour, then add the vegetable broth and stir until the sauce is smooth. Lower the heat and simmer, stirring until thickened, about 3 minutes.
6. Season pepper and optional salt.
7. Mix the sauce into the kasha and bow-ties or serve on the side. Top with pine nuts and enjoy. Bon Appetit!