

BOB'S BUCKWHEAT AND BOWTIES (KASHA VARNISHKES)

Ingredients

- 1 lb of coarse to medium grind buckwheat groats (kasha)
- 1 lb of bowtie pasta (varnishkes)
- 1 large egg, lightly beaten
- 3 large onions – chopped & caramelized (see other recipe)
- 1 cup water
- 2.5 cups home made chicken broth (see other recipe)
- 2 to 4 tablespoons schmaltz
- 1 tsp salt and ½ tsp pepper – more or less

Process

Make the caramelized onions and set aside. Add 1 cup of water to the onion pan and scrape up all the bits letting the pan soak for a short time. Then pour it all into a container for later use.

Start a pot of water boiling for the pasta according to directions.

Place the buckwheat in a bowl and add the lightly beaten egg. Mix continuously until all the kernels are coated with egg and no more clumps appear. Pre-heat a heavy 10" to 12" dry fry pan on medium high and add the egg coated buckwheat stirring continuously so that it doesn't burn. Continue stirring and cooking until all the granules separate and you get an earthy smell (about 5 minutes). Immediately add the reserved cup of water from the onions and the chicken broth. Turn the heat down to medium-low, cover the pan and cook until the buckwheat is done to your satisfaction and the moisture is absorbed (about 10 minutes). Remove from heat and partially remove the lid to let breath.

While the buckwheat is cooking, boil the bowtie pasta according to the directions in salted water to the degree of tenderness you like (about 10 minutes).

When all is ready, combine the onions, cooked buckwheat, drained pasta, schmaltz, salt and pepper in a large bowl and mix. Adjust the salt, pepper, and schmaltz as you like for best taste.

Serve hot immediately as a side dish.

All kinds of sauces can be used as you like too.

This can become a main dish depending upon the topping used.

This saves well in the refrigerator. To re-heat another day, place the mixture in a covered pot and place in the oven at 300° to 350° for about 10 minutes or so depending on the size of the pot. You may need to add a tiny bit of water.