

# Buckwheat Groats

Buckwheat groats are eaten in Russia, Poland and Eastern Europe. They fill the same niche as rice or cous cous and their nutty flavour works perfectly with a rich, hearty stew. They are the traditional side dish for stroganoff.

*¼ - ½ cup of buckwheat groats per person*

*Some butter*

*Some stock or water*

1. Preheat your oven to 180 degrees
2. Measure some groats into the bottom of a stove-proof oven dish (or into a separate frying pan - it doesn't matter).
3. Dry fry the groats until they are toasted. Keep them moving, and don't leave them! You don't want to brown them too much, and if they go black then they'll taste horrible.
4. Either tip the groats into a casserole dish or something that can go in the oven, or move your stove-proof dish off the heat.
5. Add a knob of butter, to taste. The heat from the buckwheat and pan will melt it and you can stir it through.
6. Add stock or water - about 1 and a half times the amount of buckwheat is usually perfect and stir.
7. Cover your dish tightly and put it in the oven for 30-45 mins. The buckwheat is cooked when it is tender, all the liquid has been absorbed, but still has a nice "bite" to it. A sort of al dente thing. It will probably stick a bit to the bottom, but then you just get some nice crispy bits.

Serve hot with a rich stew. Any leftovers can be reheated the next day and eaten for breakfast like porridge with milk and sugar (actually quite a lot yummier than it sounds!)

