

Nothing quite compares to buckwheat with its earthy, nutty flavor and definitive texture. It's one of our favorite grains and marries well with almost any topping. For this occasion we've chosen the savory mushroom sauce that can be prepared the day before. If you've never eaten buckwheat, you'll soon notice it adds the perfect balance to complete the dinner entrée.

BUCKWHEAT WITH SAVORY MUSHROOM SAUCE

3 C. (720 ml) water
1 1/2 t. salt

1 1/2 C. (360 ml) toasted buckwheat

Mushroom Sauce

1 lb. (450 g) cremini mushrooms, quartered

1 C. (240 ml) chopped onions
1/3 C. (80 ml) water

1 1/2 C. (360 ml) soymilk
1 T. soy sauce or Tamari
3/4 t. salt
Freshly ground pepper to taste

2 to 3 T. cornstarch
2 to 3 T. water

1. Combine water and salt in a 2-quart (2 liter) saucepan. Cover, and bring to a boil over high heat.
2. Stir buckwheat into the water. When water returns to a boil, cover saucepan, turn heat down to low, and steam 20 minutes. Lift lid briefly to see if all liquid has been absorbed. If it has, turn off heat.
3. If grains seem too dry, add a couple of tablespoons of water, and cover pan to retain moisture. Transfer to an attractive serving bowl. Serves 6 to 8.

SAVORY MUSHROOM SAUCE

1. Cut mushrooms into quarters, and pulse chop in food processor until finely minced. Transfer to a 4-quart (4 liter) saucepan.
2. Add water and onions, and cook on high heat stirring frequently until soft, about 2 minutes. Turn heat down to medium high.
3. Add soymilk, soy sauce, salt, and pepper, and bring to a gentle boil.
4. In a cup or small bowl, combine cornstarch and water, and stir until smooth. Add to bubbling sauce a little at a time until thickened to desired consistency, about 1 minute. Transfer to a gravy boat with a ladle, and serve along with buckwheat. Sauce makes 4 cups (1 liter).