

LOVE THY CARROT

real food made with love

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MUSHROOM STEW WITH BUCKWHEAT GROATS

This recipe makes 3 - 4 servings.

INGREDIENTS

2 tbsp. olive oil
1 large onion, chopped
3 cloves garlic, chopped
1 medium carrot, diced
1 stalk celery, diced
1 1/2 lbs assorted mushrooms, sliced (use whatever you kinds if mushrooms you can find)
3 tbsp dried mushroom, rinse well and then soak for 10 minutes,
1/2 cup white or red wine
1 tbsp fresh thyme, remove from stalk
1 tbsp fresh sage, chopped, (or you an use dried)
pinch of red pepper flakes
1 cup buckwheat groats
5 cups mushroom stock, you may need more at the end of cooking, (see recipe below), or you could use a store bought vegetable stock.
salt to taste
freshly ground black pepper to taste
parsley, chopped for garnish
lemon zest, for garnish

DIRECTIONS

1. Heat the olive oil in a large sauté pan over medium heat. Add the onion, celery and carrots. Cook for about 5 minutes, or until softened.
2. Add the garlic to the pan and continue cooking until you can smell the garlic.
3. Add the sliced mushrooms and cook for about 7 to 10 minutes or until the mushrooms are soft and have released all the juices.
4. Pour in the wine, the soaked dried mushrooms with their liquid. Add the thyme, sage, red pepper flakes and salt and pepper. Cook 2-3 minutes more, or until most of the liquid has evaporated.
5. Add the mushroom stock and buckwheat groats. Bring to a boil, then reduce heat to low.
6. Partially cover and cook 15 minutes, or until groats are tender.
7. Taste and adjust seasonings.
8. Serve with chopped parsley, lemon zest and freshly ground black pepper.

M U S H R O O M S T O C K

I N G R E D I E N T S

1 large yellow onion, sliced
1 leek top, chopped
2 medium carrots, chopped
½ lb. white mushrooms, sliced
1 oz. dried shiitake mushrooms
4 cloves garlic, smashed, skins left on
6 sprigs parsley
2 sprigs fresh thyme
2 sprigs fresh oregano or marjoram
1 bay leaf
1 tsp. salt
½ tsp. black peppercorns
10 cups of water.

M U S H R O O M S T O C K

D I R E C T I O N S

1. Place all ingredients in large pot with 10 cups water, and bring to a boil. Reduce heat to medium-low, and simmer 1 hour.
2. Strain, pressing as much liquid from vegetables as possible.
3. Discard solids.
4. If not using right away, cool and then store in the fridge or can be frozen.

C O O K S N O T E S

I have tested this recipe using red and white wine. The red wine will give the stew a bit more depth in flavour and colour.

Do not overcook the buckwheat, it should have a little bite to it.

I like to taste as I cook, feel free to add salt and pepper or more spices to your taste.

Don't leave out the garnishes, the lemon zest add brightness and the parsley colour.

Next time I make this recipe I will try adding some chopped spinach.

If making ahead and reheating, you may need to add a bit more stock as the buckwheat tends to soak up some of the liquid.