



Buckwheat with Brown Butter Pears

Brown butter and sweet pears enhance the naturally nutty flavour of Buckwheat.

Ingredients:

2 cups (500 mL) milk
3/4 cup (175 mL) kasha (toasted Buckwheat)
1/4 cup (60 mL) packed brown sugar
1/4 cup (60 mL) butter
2 soft ripe pears, peeled, cored and chopped
1 pinch cinnamon

Procedure:

In saucepan, bring milk and 2 cups (500 mL) water to boil. Stir in kasha and 3 Tbsp. (45 mL) of the sugar; return to boil. Reduce heat and simmer, uncovered and stirring often, until grains are tender and liquid is absorbed, 15 to 20 minutes.

Meanwhile, in skillet, melt butter over medium heat until foaming and nutty brown, about 2 minutes. Add pears, cinnamon and remaining sugar; cook, stirring, until pears are softened but still retain shape, about 5 minutes. Stir into kasha.

