



Recipes

Grains

Buckwheat with Carrot and Arame

Prep Time: 5 minutes

Cooking Time: 25 minutes

Yield: 4 servings

Ingredients:

1/2 cup arame

1 cup raw buckwheat

1 3/4 cups water

1 large carrot, shredded

Directions:

1. Soak arame and rinse.
2. Dry-toast buckwheat until its nutty and golden brown.
3. Bring water to boil.
4. Slowly add buckwheat and bring back to a boil.
5. Reduce heat and cover. Simmer for 15 minutes.
6. Remove pot from heat and let sit for 5 minutes.
7. Combine all ingredients in a large bowl.

Note:

Add toasted sesame oil and sprinkle with fresh scallion.