



Recipes

Grains

Very Russian Buckwheat

Prep Time: 5 minutes

Cooking Time: 25 minutes

Yield: 4 servings

Ingredients:

- 1 cup buckwheat
- 1 cup water
- 1 cup sauerkraut juice
- 1/2 cup sauerkraut

Directions:

1. Dry-roast grains.
2. Mix water with the sauerkraut juice and bring to boil.
3. Add grains slowly, reduce heat then cover and simmer for 15 minutes.
4. Remove from heat and keep covered for 5 minutes.
5. Add sauerkraut, mix and serve.