

Kasha with mushrooms (Kasha mit schvelm)

Suitable for Vegetarians

Ingredients

- 180g kasha (roasted buckwheat groats)
- 1 egg lightly beaten
- 450 ml hot water
- Pinch of grated nutmeg
- Salt and freshly ground pepper
- 3 tablespoons butter
- 2 medium onions thinly sliced
- 250g brown cap mushrooms thinly sliced
- Half a bunch of chopped parsley
- Sour cream to serve (optional)



Method

1. Place the kasha in a heavy saucepan and add the beaten egg. Stir well, so each grain is well coated, then cook over a gentle heat for 5 minutes or until the egg is set.
2. Pour in the hot water and season with nutmeg, salt and pepper. Cover and simmer for 15 minutes, or until the kasha is tender and the liquid has been absorbed.
3. Meanwhile, melt the butter in a large frying pan and add the onions. Cook over a gentle heat until they start to turn golden. Add the mushrooms and continue to cook until they are tender and any liquid has evaporated.
4. Stir the onions and mushrooms into the cooked kasha and simmer for 1–2 minutes.
5. Sprinkle with parsley and put sour cream on the side.