

August 22, 2019

**Release Date:** August 28, 2019

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## GO BONKERS FOR BUCKWHEAT

Buckwheat is an ancient grain, distinctive in taste and packed with nutrition. Farmers like it as it requires minimal maintenance and grows very quickly, maturing in just a month. It needs little or no fertilizer or pesticides so can easily be grown organically.

Buckwheat is important for making honey as the flowers attract bees and bloom for extended periods. This produces a dark colored honey with a different taste from clover honey, which some prefer. These facts make it a win-win crop to both consumers and farmers so consider adding buckwheat to your shopping list.

In a 100-gram serving providing 343 calories dry and 92 calories cooked, buckwheat is a rich source of protein, dietary fiber, B vitamins and several dietary minerals - magnesium, manganese and phosphorus. Virtually fat, cholesterol, and sodium free, it's a good choice for everyone's diet, even those who are gluten free.

With all this good news to report about buckwheat, I hope the food industry will create more products in the marketplace. You will typically see it combined with other grains for breakfast cereals, waffles, pancakes, etc. We have included a buckwheat pancake recipe which is delicious topped with apple butter that I know your family will love.

To promote local small businesses when buying buckwheat flour, The Common Market, a food co-op in Frederick, Martin's Farm Market in Myersville and also in Hagerstown, sells it in bulk. You can also order it from Stanton Mills, 125 Casselman Road, Grantsville, MD 21536, <http://www.pennalps.com/stantonmill>, Phone: 301-895-5985. Buckwheat flour is typically sold in the special foods section of the supermarket, a popular brand is Bob's Red Mill.

If you go BONKERS for Buckwheat, then attend the Preston County Buckwheat Festival in Kingwood, West Virginia, which is held September 24-29, 2019. This festival has been happening since 1939 and includes parades, arts and crafts, live music, a car show, carnival, livestock, a pageant, and of course delicious Buckwheat Cake dinners!

### ***BUCKWHEAT PANCAKE MIX***

2 cups buckwheat flour  
2 cups whole wheat flour  
4 Tablespoon sugar  
4 teaspoons baking powder  
2 teaspoon baking soda  
1 teaspoon salt

Combine all ingredients in medium bowl until well blended. Store in airtight container at room temperature up to 2 months. Makes about 4 cups.

### ***BUCKWHEAT PANCAKES***

1 cup buckwheat pancake mix (**see recipe**)  
2 Tablespoon oil  
1 cup milk  
1 egg, slightly beaten

Grease griddle or skillet with butter or nonstick cooking spray. Heat until hot.

Place pancake mix in medium bowl; make well in center.

Lightly beat the egg in a small bowl. Blend in oil and milk with wire whisk. Pour into well. Stir with wooden spoon just until blended (will have small lumps)

To make pancakes, drop 1/4 cupful of batter onto hot griddle. Cook 3-4 minutes or until bubbles appear and break on the surface of the pancakes. Turn pancakes with spatula. Cook 2-3 minutes or until bottoms are browns. (To check for doneness, gently lift bottom of pancake with spatula) Serve immediately. Makes about 12 large pancakes.

### ***BUCKWHEAT BROWNIES***

1/2 cup unsalted butter  
4 ounces bittersweet chocolate, chopped (70% Cacao or darker preferred)  
1 1/4 cups sugar  
1 teaspoon vanilla  
6 eggs  
1/2 cup flour  
1 cup buckwheat flour  
1/4 cup unsweetened cocoa powder  
1/2 teaspoon baking powder  
1/4 teaspoon kosher salt



Preheat oven to 350°F. Line a 9-inch square baking pan with foil and lightly grease the foil.

Melt the butter and chopped chocolate in a saucepan over low heat. Stir often. When melted, pour into a large mixing bowl and whisk in sugar and vanilla.

Separate eggs. Add egg yolks to chocolate, beating well after each.

In separate bowl, whisk together flours, cocoa powder, baking powder and salt. Add half to liquids, beating well before adding remaining dry ingredients.

Beat egg whites until peaks form, fold into batter until blended. Pour into prepared pan and bake for 30 minutes or until done. Place on wire rack to cool. May be frosted, dusted with powdered sugar or served plain. Yields 9 brownies.

## **BUCKWHEAT LOAF**

5 cups cooked buckwheat groats  
1 cup cooked rice  
1/2 cup onion, chopped  
2–4 tablespoons parsley, chopped  
1 tablespoon basil, chopped  
1/3 cup flour  
1 teaspoon salt  
1/2 teaspoon nutmeg

Combine all ingredients into a loose mixture. Add water as needed to moisten and bind ingredients. Press mixture into a well-greased loaf pan.

Bake at 350°F oven for about 1 hour or until heated through. Let set five minutes before slicing into servings.

Serve a slice of buckwheat loaf with 1/2 cup pasta sauce and garnish with parmesan cheese. Yields 1 loaf - 6 slices.

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