



The Birkett Mills Recipes

The Birkett Mills © 2014

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Entrées: Kasha Florentine

Serves: 10 servings

Ingredients

1 cup coarse or medium kasha
1 egg white
1/2 teaspoon salt
1/4 teaspoon white pepper
1/2 teaspoon ground thyme
1/4 teaspoon ground nutmeg
1 (16 ounce) can fat free chicken broth
1 teaspoon olive oil
4 ounces mushrooms, sliced
1 clove garlic, pressed
1 carrot, peeled and diced
1 medium onion, peeled and diced
6 sun dried tomatoes, soaked in 1/2 cup warm water
1 (10 ounce) package frozen spinach, drained and squeezed
1/4 cup grated Parmesan cheese

Directions

Stir together kasha and egg white until every grain is coated.

Bring chicken broth to boil, add kasha and salt, white pepper, thyme, and nutmeg; cover, reduce heat to simmer and cook 8-10 minutes or until water is absorbed. Turn off heat and allow to stand covered 5 minutes.

In large, nonstick skillet, heat olive oil and saute mushrooms, onion, garlic, and carrot 5-7 minutes, or until onion begins to brown and vegetables are tender. Drain tomatoes and reserve soaking water; chop and add to vegetable mixture. Stir in spinach and cheese and cook 2-3 minutes longer. Stir in reserved water from tomatoes and hot kasha. Taste and adjust seasonings.

Note: Medium-ground kasha will have a slightly more compact texture than coarse ground kasha. Whole, uncrushed groats are also available. These have a slightly chewier texture. For a vegetarian version, substitute clear vegetable broth for chicken.