

### **Kasha Varnishkes or Buckwheat Groats with Bowtie Noodles**

1/4 cup canola oil

2 large onions, peeled and chopped

20 nice size mushrooms, cleaned and sliced

2 cups (360 grams) buckwheat groats or kasha, uncooked

1 egg, beaten

2 tablespoons pareve chicken soup powder or 2 bullion cubes

1 teaspoon salt

4 cups boiling water

Cooking separately:

1 pound (500 grams) bowtie noodles or small shells

sour cream/butter for serving, optional

Directions:

Sauté onions in oil, when browned add mushrooms and cook till brown but don't give up their liquid. Scoop out of pan and place in bowl. Add kasha to remaining oil in pan (if none is left, add a teaspoonful) and toast about three minutes and the buckwheat will give off a nutty scent. Then add the beaten egg, stirring vigorously till kasha is coated with egg and is dry. Place soup powder in pot with boiling water and salt and pour over kasha, stir until combined. Cover pot, bring to boil and lower heat and cook on low for 15 minutes or till liquid is absorbed.

Cook bow tie noodles according to package instructions while buckwheat is cooking, until noodles are done and drain and return to noodle pot. Cover pot to keep warm.

Uncover buckwheat when liquid is absorbed and add onions and mushrooms and stir and continue cooking until the mixture is hot. Combine with cooked bowtie noodles thoroughly. Serve hot. It's delish served with sour cream or a pat of butter on the side.