



The Birkett Mills Recipes

The Birkett Mills © 2014

P.O. Box 440, Penn Yan, NY 14527

(315) 536-3311

Entrées: Kasha Veggie Burgers

From Executive Chef Arthur A. Kelly, Glenora Wine Cellars

Serves: 4-5 people

Ingredients

1 cup Whole kasha
1 1/4 cups Red wine or vegetable broth
1 1/4 cups Tomato juice
1 ounce Butter
2 cups Fresh bread crumbs
1/2 cup Finely chopped red, yellow and/or green bell pepper
1/2 cup Finely chopped onion
1/2 cup Finely chopped celery
2 Eggs, lightly beaten
1/4 cup Barbecue sauce
1 ounce Worcestershire sauce (optional)
1/2 cup Fine
ground kasha
2 tablespoons Vegetable oil
Recipe follows Cucumber Yogurt Dressing (optional)

Directions

In a saucepan, cook and stir kasha until toasted, about 3 minutes. Add wine, tomato juice and butter; bring to a boil. Reduce heat and simmer, covered, until liquid is absorbed, about 10 minutes. Cool.

In a bowl, combine bread crumbs, bell pepper, onion, celery, eggs, barbecue sauce and Worcestershire, if using. Stir in cooled kasha.

To prepare each patty: Form about 3/4 cup kasha mixture into a 1/2-inch thick patty. Coat on both sides with fine-ground kasha. Chill until firm.

To cook patties: Over medium heat, heat oil in a large skillet (preferably nonstick). Cook patties until crisp and golden, about 8 minutes, turning once.

Serve burgers topped with Cucumber Yogurt Dressing or, if desired, on a bun with sliced onion and Cucumber-Yogurt Dressing or spicy barbecue sauce.

Cucumber-Yogurt Dressing: Combine 1/3 cup plain low fat yogurt with 1/4 cup peeled, seeded and finely diced cucumber, 1/2 teaspoon garlic and 1/8 teaspoon salt.



The Birkett Mills Recipes

The Birkett Mills © 2014

P.O. Box 440, Penn Yan, NY 14527

(315) 536-3311

Kasha Loaf: Lightly spray inside of an 8 x 4 inch loaf pan with cooking spray. Dust pan with fine-ground kasha, tapping sides and bottom to remove excess. Prepare kasha mixture as described above; lightly pack in prepared pan. Bake at 350 F until top is firm to the touch and loaf begins to pull away from sides, about 50 minutes.

Kasha Veggie Burgers

