



The Birkett Mills Recipes

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Breakfast: Buckwheat and Chickpea Pesto Salad

Ingredients

- 2 cups water
- 1/8 teaspoon salt
- 1 cup buckwheat groats, rinsed
- 10 mint leaves
- 10 basil leaves
- 1/4 cup raw cashews
- 1 1/2 cups cooked black chickpeas or regular chickpeas
- 1/4 cup extra-virgin olive oil, or more as needed
- 2 Thai chilies, chopped
- 1/4 cup chopped fresh cilantro

Directions

Bring the water to boil in a medium saucepan. Add the salt and rinsed buckwheat groats. Bring to a boil; reduce heat and simmer until the groats have almost tripled in size, about 12 minutes. Remove from heat and let sit, covered, for 5 minutes.

Lightly pound mint leaves, basil leaves, and raw cashews with a pestle in a mortar until they begin to release their own oils. Churn the pestle to create a chunky paste. Add a bit of oil if necessary. The texture should be chunky, not too smooth.

Fluff the groats with a fork. Drain off any excess water. Transfer the buckwheat to a large salad bowl. Add the chickpeas and drizzle with a bit of oil, mixing well. Add pesto and mix well, drizzling more oil if necessary. Add the chilies and coriander. Mix well. Serve warm or cold. Best served with ice-cold milk.

Special thanks to allrecipes.com for the recipe!