

FROM THE KITCHEN OF
VANASHREE BELGAMWAR, BAMS

Buckwheat + Burdock Pilaf

INGREDIENTS

- 1 tablespoon sunflower oil
- 1/2 cup thinly sliced burdock root
- 1 chopped yellow onion
- 1 garlic clove, minced
- 1/2 tsp grated ginger
- 1 cup diced shiitake mushrooms
- 2 cups vegetable stock or water
- 1 cup toasted buckwheat groats
- 1 roma tomato, diced
- 1/4 tsp cumin powder
- 1/4 tsp turmeric
- Sea salt and freshly ground pepper, to taste
- Cilantro or parsley sprigs for garnish

DIRECTIONS

1. Heat the oil in a sauté pan over medium heat. When warm, add and sauté the burdock for about 5 minutes, or until it is translucent.
2. Add and sauté onions, ginger and garlic for about 10 minutes, or until they are well browned.
3. Add turmeric, cumin powder and salt.
4. Add the mushrooms. Sauté for 5 minutes, or until the mushrooms have exuded most of their liquid.
5. Add the stock, and bring to a boil.
6. Slowly pour in buckwheat groats to prevent the water from sputtering, and add tomatoes. Season with salt and pepper, to taste.
7. Return the mixture to a boil. Then lower the heat to a simmer. Simmer 10 minutes, or until the buckwheat is cooked and the liquid absorbed.
8. Remove from heat and allow to steam for 10 minutes.
9. Fluff with a fork, place in a serving bowl, garnish with chopped cilantro or parsley, and serve warm.



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