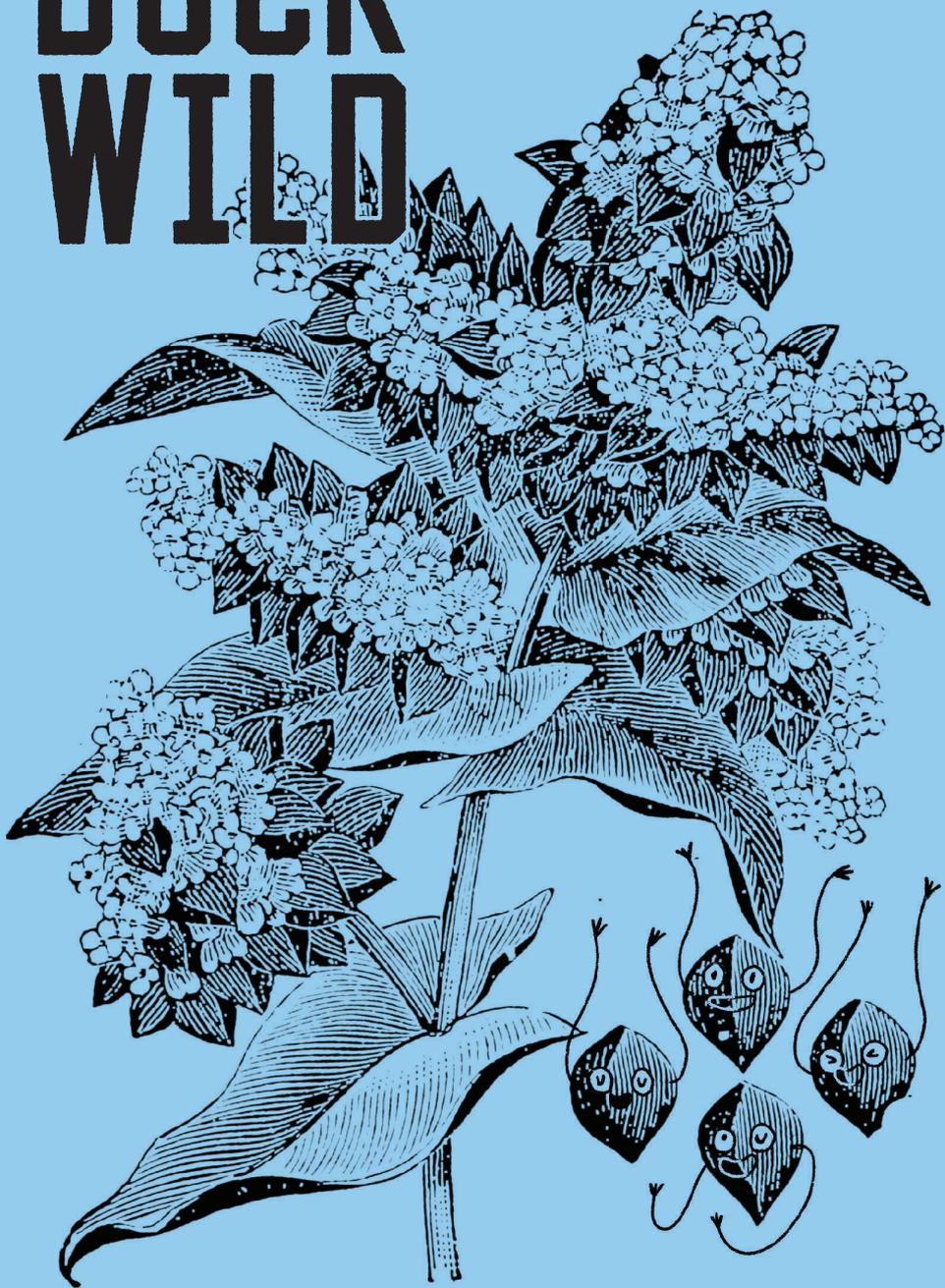


BUCK WILD



FEBRUARY 2019; BUCKWHEAT

CONTENTS

FROM THE FIELD

Sister Cities02

FOOD WAYS

Grain-free on Navratri04

GUEST CHEFS

BARKwheat *SAM KINCAID*06

Repping PA Dutch *ADAM DILTZ*09

TIPS & RECIPES

Buckwheat Old Fashioned 12

Buckwheat Infused Bourbon 12

Malted Hot Chocolate 13

Kasha 13

Squash & Carrot Pierogies 14

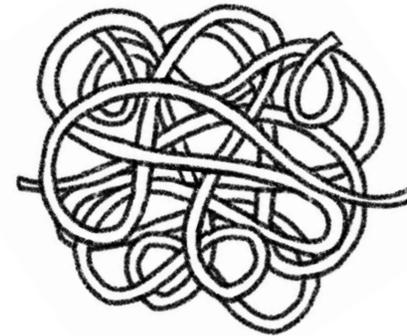
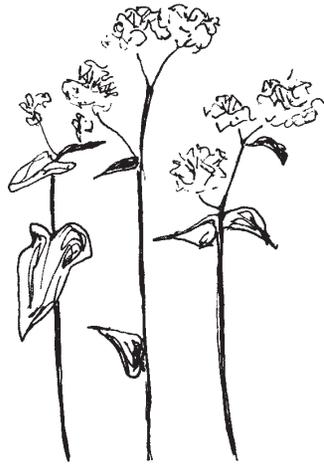
Buckwheat Pie Crust 15

Buckwheat Crepes 16

Buckwheat Brownies 17

LORE

The Buckwheat 18



Sister Cities

When Harushige, a retired farmer from Shiga, Japan, visited my family's farm in Northern Michigan, we couldn't communicate much. As we toured the garden, Harushige would point to a crop and identify it in Japanese and I'd say its name in English -- a sort of vegetable call and response.

We stopped on the north end of our main field, before a bed of thigh-high white

flowers. "Soba!" Harushige announced.

Aha! It was the first word I'd understood, and the moment I made the connection between the Japanese noodle, made with 40-100% buckwheat flour, and the cover crop we use on the farm.

Buckwheat is a member of the Polygonaceae family, which includes rhubarb and sorrel (the part of the plant

we mill into flour is a seed, not a grain). My parents plant it to form a border around our main field that attracts beneficial insects and pollinators and suppresses weeds. It grows quickly in the summer heat and easily reseeds itself; we can till it under and get new growth three times from June through September.

Our farm is in Cross Village, a few minutes from the shores of Lake Michigan; Harushige is from our Japanese sister city, Takashima, which borders the largest freshwater lake in Japan.

There, soba masters use the carp-purified waters of Lake Biwa and buckwheat from the northern part of the country to make delicate noodle dough. It's kneaded, rolled thin and cut into long, square strands. You can eat a bowl of soba -- cold with spring onion, fried tofu skin and heaps of sesame seeds, or warm with omi beef and wild vegetables -- at a 300-year-old restaurant with a view of the lake.

-Katherine Rapin

Grain-free on Navratri

Sumant Puri loves good roti. “I would go out and have another meal just to have roti,” he says. He gets his fix at Lovash on South Street, Ekta in Fishtown, or Amma, the new South Indian restaurant in Center City.

Roti, also called chapati, is an unleavened bread – a staple in India, Pakistan, Nepal, parts of Southeast Asia and the Caribbean. It can be cooked in a Tandoor oven, and, more commonly, on a tawa (stovetop griddle) the way Puri’s mom did it at their home in New Delhi where he grew up.

“We normally use wheat flour, but for the

fasting we use buckwheat,” Puri says.

Twice a year, for nine nights around the Spring and Fall Equinoxes, Hindus celebrate the nine incarnations of the goddess Dhurga. The Navratri Festival includes a fast as a part of the commemoration of the goddess’s victorious battle with the demon buffalo Mahishasuran.

“The good thing about this fast is that you can still eat,” Puri says. There are dietary restrictions, which are followed to varying degrees: some people fast for all nine days, some for two. It’s acceptable to fast in a pair for one day, which Puri often did with his mother during the



seventh day of the holiday. On the eighth day, they’d break the fast at the festival.

The “fast” involves avoiding foods like meat, fish, onions, garlic, and grains. No wheat allowed. So, during the nine days, buckwheat (technically a seed) is used to make Indian staples like pakora and roti.

Since Puri moved to the U.S. 15 years ago, his mother has visited only once. “It happened to be during Navratri,” he said. They found a bag of Bob’s Red Mill buckwheat flour at a local market. Sumant’s mom mixed it with water and salt to make roti dough. “She adds mashed potatoes to make it hold together,” he says.

Puri’s never made the roti at home by himself -- the dough is too tricky to handle, he says.

But his mom has a practiced hand. In his apartment in Buffalo, New York, she cooked up the flatbreads on his stovetop griddle to remind him of Navratri back home in New Delhi.

BAR**K**wheat

Sam Kincaid, pastry chef and co-owner of Cadence in Fishtown, is the biggest buckwheat fan we know (outside the walls of Lost Bread Co). She was enamored with it even before she started dabbling in pastry, back when she was studying to become a farmer. While working on a small farm west of Portland, Oregon, she learned about the plant's use as a quick growing green manure. "I was interested in buckwheat as an edible cover crop, as a functional tool," she says.

Now a pastry pro, it's one of her favorite ingredients to work with in the kitchen. It imparts a deeply earthy flavor to her crusts and shortbreads and acts as a thickener in fillings. "Instead of using rice flour or cornstarch, you can add buckwheat flour to absorb fat and provide structure," Kincaid says.

The buckwheat flour she uses at Cadence is from Brook-Lee Farm in Berks County. Their flour is "a light purple-brown with these charcoal-colored flecks from the hull that reminds me of an Australian Cattle dog," Kincaid says.

She named her own dog, a rescue mutt with black and white spots, Buckwheat.



"The two colors mixed together would resemble a very grey-toned buckwheat flour," she says.

Spoken like a true buckwheat devotee.

Kincaid sent us the recipe for her Caramelized Maple Chocolate Tart. To her, buckwheat and chocolate are a perfect pair. "Buckwheat balances the acidity and sweetness of the chocolate," she says.

If you don't feel like making this delectable tart, read through the recipe anyways to tempt yourself, and then head to Cadence. Through the end of the month, they'll be serving it with a dollop of meyer lemon hibiscus curd.

Cadence, 161 W. Girard Ave., Philadelphia

Caramelized Maple Chocolate Tart

Makes one 9X13" tart

BUCKWHEAT SHORTBREAD CRUST

You'll Need:

120g Buckwheat flour

100g Sunflower flour (Hudson Valley Cold Pressed Oil, NY)

40g Central milling ap flour

2g Baking powder

2g Salt

168g Unsalted Butter

100g Natural cane sugar

40g Yolks

Paddle room-temp butter, sugar, and salt in an electric mixer until smooth.

Incorporate yolks, then slowly incorporate sifted dry ingredients (all flours and baking powder) until dough comes together.

If using a sheet tray: Roll dough in between 2 sheets of parchment paper to the final shape you want (will be equivalent to size of a ¼ sheet tray), freeze. When frozen unpeel from parchment and set in freshly parchment-lined ¼ sheet tray.

If using a tart tray: when dough is thoroughly mixed, press with fingers into greased and parchment-lined tart tray, creating an even thickness shell on the bottom and walls. Freeze.

Bake crust at 350 in a home oven, 325 in convection, for 12-15 min, until when you press your finger into the center, the shell barely breaks instead of forming a greasy depression. Cool.

Optional: line tart with layer of chopped prunes or dates.

Caramelized Maple Chocolate Tart *continued*

CARAMELIZED MAPLE FILLING

You'll Need:

160g Natural cane sugar

200g PA maple syrup

300g Bittersweet chocolate

200g Butter

270g Egg

50g Buckwheat flour

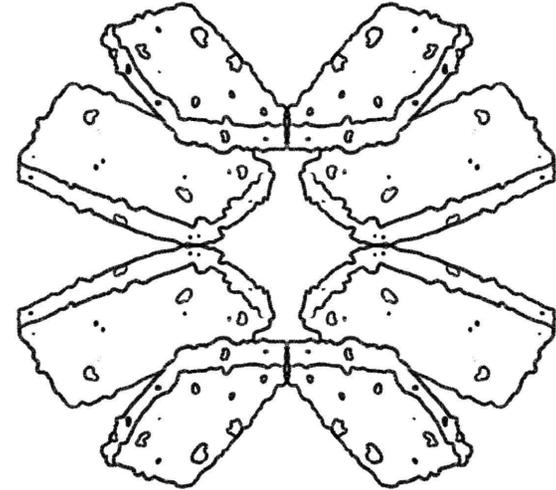
6g Salt

Have all of your ingredients scaled out and in separate dry bowls, ready to go. Heat a thick-bottomed stainless steel pot until very hot. Make a dry caramel by dusting the sugar in the pot, letting it melt and moving around with dry rubber spatula to evenly melt and begin to brown the sugar. Then dust more, repeating the process until all of the sugar is melted and caramelizing to be amber-colored and aromatic, before the point of burning.

Add maple syrup in a steady stream, whisking as you go. Let any seized portions melt down and continue caramelizing until fragrant, before burning. Add butter and salt and melt. Stir thoroughly. Add chocolate and whisk to incorporate until perfectly smooth. Remove from heat. Temper eggs with

some of the chocolate, then whisk into pot and stir until smooth. Incorporate buckwheat flour.

Turn out into baked and cooled tart shell. Bake at 325 for 10 min. Check for slight cracking around edges and a slight spring in the center, adding 1-5 minutes as necessary. Cool completely and slice with a sharp knife dipped in hot water and dried to get the cleanest cuts. Serve with whipped creme fraiche.



Repping PA Dutch

Adam Diltz, formerly head chef at Johnny Brenda's, is about to open his dream restaurant. At Elwood, named after his grandfather, he'll serve the dishes of his Pennsylvania Dutch ancestors. "I don't want to be another white guy using avocados and micro-greens," he says.

Instead, Diltz will cook with eel, sturgeon, mutton, and grains like barley, spelt, rye, and buckwheat. He'll serve Guinea Hen with risotto made with buckwheat and spelt; buckwheat potato rolls with house churned butter; a salad of dandelion greens with hot bacon dressing.

“The theme of my restaurant is, what if the industrial agricultural revolution didn’t happen?” he says.

Diltz and his two siblings were raised by his single mom in a trailer in Hetlerville, PA. They relied on food stamps to get Campbell’s soup, Tastykakes, and Wonder Bread. Because of industrialized agriculture and government subsidies, Diltz says, it was cheaper to buy packaged “food” than to make it yourself.

Visits to his grandparents’ farm introduced him to fresh produce and Pennsylvania Dutch food culture. He learned to hunt and fish and make “peasant food,” like scrapple, which his Grandpa Jack and Grandma Oley prepared on hog slaughter day.

Like so many scrapple lovers (and haters), Diltz has strong feelings about the fried breakfast meat. “I’m not offended if someone makes scrapple with cornmeal,” he says. “But if they use wheat flour, then I’m most definitely offended, because that goes against everything that scrapple is.” It’s a dish born out of scarcity -- broth and trimmings thickened with the (pre-subsidized wheat) peasant grain of the PA Dutch: buckwheat.

Diltz will be teaching us how to make scrapple at our hands on class this month! Here’s a preview:

Known throughout the German region as panhas, pork broth thickened with buckwheat (or in the Celtic countries, thickened with oats) and put in large vessels to eat out of, or let cool completely and eat the next day. In the American melting pot of the New World, the Pennsylvania Dutch took this ancient butchering day practice and used the native grain of the Americas, corn.

They thickened their meaty broth with cornmeal and buckwheat, poured it into crocks, and covered with a thin layer of lard. They stored this in the larder and used it to get through the cold winter months, so in essence, scrapple is a butchering day tradition, meant to utilize and preserve meat so the farmers could get through the toughest time of year. It’s a potted meat, basically, similar to a cross between headcheese and polenta.

- Adam Diltz

SCRAPPLE RECIPE

Adam Diltz

You’ll Need:

2lbs Pork (shoulder, shank or head)	12 oz. Buckwheat flour
.5lbs Liver	1/4 Cup Salt
3 qts. Pork stock (made from the pork cooking process)	1/4 Cup Pepper
1lb Cornmeal	1/4 Cup chopped Sage

Scrapple is a long process so plan on starting it and finishing it the next day. First put your pork and liver in a large pot and cover it with water. Bring it up to a boil and simmer it for 3-4 hours until the meat is falling off the bone. Strain the broth and let the meat cool down until you can shred it with your hands. Pick all the meat off of the bones like you are making pulled pork. If you have a grinder, pass the meat and liver through the plate with the widest holes. If you don’t have a grinder, just chop the meat and liver into small pieces.

Take 3 quarts of the pork stock that you made from cooking the meat and bring it up to a boil. Stir in the sage, salt and black pepper. Continue whisking the broth while pouring the grains in a steady stream. Let it come to a boil while continually stirring. Add the meats and

continue stirring until it’s a homogenous mass. It will get really thick and will be really hot so be careful.

Pour into loaf pans and let cool overnight. The next day, turn out the scrapple and cut off about 1/4 inch slices. Heat up a cast iron pan or thick-bottomed sauté pan. Add a few tablespoons of oil and when it is very hot place your scrapple slice in. When it’s dark and has a nice crust, flip it over. Sear this side, transfer to a plate and enjoy. Serve with your favorite breakfast items; eggs, pancakes, etc.

The best sauces to eat with scrapple are a little acidic and contrast with the meatiness of the dish. Hot sauces are really good, as are fruit butters.

Bibliography and recommended reading:

Weaver, Dr. William Woys. Country Scrapple An American Tradition. Mechanicsburg, PA 2003

Frederick, J. George. The Pennsylvania Dutch and Their Cookery. New York: Business Bourse, 1935



BUCKWHEAT OLD FASHIONED

Sam DeGennaro

You'll Need:

100g buckwheat infused bourbon	3 dashes Angostura bitters
1 teaspoon simple syrup (or, if you're lazy, 1 teaspoon white sugar)	1 small orange wedge
	2 teaspoons cold water

In a highball glass (or a coffee mug - we don't judge) partially filled with ice, stir together simple syrup, bitters, and water. Add bourbon and stir until homogenous. Twist the orange wedge to express the oils in the peel, then squeeze in the juice. Embrace the buckwheat buzz.

BUCKWHEAT INFUSED BOURBON

Per 4 Servings:

120g kasha (dark-roast buckwheat groats)	450g Bourbon
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Combine the two in a non-reactive container and let steep at room temperature for 4 - 7 days, then strain. We found that 5 days is the sweet spot for smooth, toasty flavor.

MALTED HOT CHOCOLATE

Sydney Dempsey

Use 2-3 tablespoons hot chocolate mix per one cup of hot milk. We recommend using whole milk for an especially decadent cup.

Pro tip: Heat the milk in a large pot, add the hot chocolate mix and use an stem blender (or milk frother if you've got one) to make a nice foam.

KASHA

Sam DeGennaro

In Eastern European tradition, buckwheat/kasha is a grain used for all meals. The two most common are a breakfast cereal and a savory side dish. Cooking kasha is as simple as simmering it in the liquid of choice until soft. For a simple but filling breakfast, try cooked and cooled kasha with milk or yogurt, topped with honey and fresh berries. To assemble yourself a hearty winter side, get together the following:

To Make 4-6 Servings You'll Need:

400g kasha (dark-roast buckwheat groats)	20g Worcestershire sauce
400g water	60g apple cider vinegar
3 medium white onions, diced	450g (1lb) shiitake mushrooms, sliced
50g white miso	150g toasted pine nuts

Place a lightly oiled pan on low heat and begin caramelizing the diced onions. While the onions are doing their thang, bring water to a boil in a medium pot. Add the kasha and lower to a simmer. Let cook, covered, for 5 minutes, then remove from heat and set aside. In a small bowl, whisk together, miso, Worcestershire and vinegar. Once the onions have browned thoroughly and become translucent (15-20 minutes), deglaze the pan with your whisked liquids. Stir in the mushrooms and cook

until they become tender and meaty. Toss the onion-mushroom jawn with the kasha and pine nuts. Serve and enjoy hot or cold.



SQUASH & CARROT PIEROGIES

Anna Rekowski

We used buckwheat in both the filling and the dough to develop these plump little dumplings. They're best crispy and hot - make extra so you can eat a few straight from the pan.

Heat $\frac{1}{4}$ cup of water in non-stick skillet over medium high heat. Add dumplings and cook for 2 minutes per side, covered.

Add $\frac{1}{2}$ tablespoon butter to skillet and saute dumplings until browned, about two minutes on each side.

Top with a flurry of grated sharp, funky cheese and a scattering of fresh herbs.

BUCKWHEAT PIE CRUST FOR SWEET OR SAVORY

Deb Bentzel

Makes five 6" crusts scaled at 90g or one 9" pie

You'll Need:

100g butter, cut into small cubes	10g Sugar
150g all purpose flour	7g Salt
100g Malted buckwheat flour	85-90g Ice water

Hand method:

In a large bowl, whisk together the flours, sugar, and salt. Using a pastry cutter or finger tips, cut cold butter into dry ingredients until very small (pea-sized) pieces of butter remain. If using finger tips, flake some pieces of the butter into flat pieces to support crust flakiness. Make a well in the dry ingredients and slowly add ice water. Gently mix until dough just comes together. Pat into a $\frac{3}{4}$ inch disc, wrap in plastic and chill until ready to roll (at least 30 minutes).

Stand mixer method:

Using paddle attachment, mix together all dry ingredients on low speed. Add cold butter and mix until butter has broken down into small pieces / flakes. Slowly add water and mix until dough barely comes together. Dump onto work surface and knead once or twice to bring the dough together. Pat into a $\frac{3}{4}$ inch thick disc, wrap in plastic and chill until ready to roll (at least 30 minutes).

Roll out pie crusts to $\frac{1}{8}$ " thickness (roughly two quarters stacked), and line desired tins/baking vessels.

To pre-bake pie crusts, dock crusts in pans evenly all over with a fork and bake at 375 degrees for ~10 minutes until edges of crusts begin to take on color and center feels drier than greasy when poked. Remove from oven and cool completely before filling.

BUCKWHEAT CREPES

Alex Bois

Makes four(4) servings

You'll Need:

75g sifted malted buckwheat flour	35g water
75g all purpose flour	85g melted butter
100g egg	10g sugar
250g milk	6g salt

Scale all ingredients into blender, eggs/liquids first. Blend well until smooth. Rest at least 20 minutes. That's it.

Heat a non-stick or well-seasoned cast iron pan on very low heat until it is evenly hot (about 10 mins). Add a large knob of butter to pan, wait for it to sizzle and melt completely. Use an absorbent paper towel folded over several times to absorb all the melted butter. This will be your 'grease rag', with which you will swipe the pan all over between every crepe.

Turn heat up to medium for a minute and swipe the pan with melted butter. Stir the batter to re-emulsify before filling a small ladle. Holding the pan at a steep angle, deposit the entire ladle at once and rapidly swirl/angle the pan to distribute the batter as thinly and evenly as possible.

When small bubbles have appeared, popped, and set throughout the entirety of the surface of the cooking crepe, it's time to flip using a spatula or, having loosened the crepe, with a flick of the

wrist. Cook the other side briefly, 1-2 minutes max, and deposit on a warm plate.

****Note:** Finished batter holds in the refrigerator for 1-3 days. Finished crepes can be held for an hour or so in a warm oven, turned off. Place a heat resistant plate/platter in your oven and turn on to it lowest setting for 10 minutes. Turn off oven, leaving plate inside. Put a large, very lightly dampened kitchen towel on top of plate. As crepes finish cooking, stack them in center of towel, covering the stack up with the edges of the towel between cooking.**

SUGGESTED TOPPINGS

- Fried Runny Egg
- Pan-Fried Leeks
- Salty Ham & Sharp Cheese
- Nut Butter & Thinly-Sliced Bananas
- Butter, Sugar and a Squeeze of Lemon

TO MAKE BLINIS

Omit the water and add 3g baking powder. Make small, slightly thicker

rounds in the pan and, when small bubbles appear and pop, flip and cook until golden. Top with creme fraiche, trout roe and thinly sliced green onions or chives.

BUCKWHEAT BROWNIES

Lex Miller

When there's a pan of these around, we will not be stopped.

You'll Need:

395g butter	161g buckwheat malt
350g sugar	70g all purpose flour
300g egg	½ teaspoon salt
397g dark chocolate	

Melt the chocolate over a double boiler and stir every few minutes to make sure it heats evenly (burnt chocolate is yucky). Cream the butter and sugar in a stand mixer until light, scrape the bowl, and then add the eggs, one at a time. Drizzle in the melted chocolate and scrape the bowl once more. Make sure your batter is homogenous before adding the flour mixture. Combine your buckwheat malt, flour, and salt in a small bowl and add

half at a time to the mixer. Try your best not to eat it all before it gets into the oven, although us Lost bakers have a zero-shame brownie batter policy. Bake in a 9x13 pan at 350* for about 25 minutes, depending on how fudgy you're feelin'.

The Buckwheat

Hans Christian Andersen

Often after a thunder-storm, when one passes a field in which buckwheat is growing, it appears quite blackened and singed. It is just as if a flame of fire had passed across it; and then the countryman says, "It got that from lightning." But whence has it received that? I will tell you what the sparrow told me about it, and the sparrow heard it from an old willow-tree which stood by a buckwheat field, and still stands there. It is quite a great venerable Willow-tree, but crippled and old: it is burst in the middle, and grass and brambles grow out of the cleft; the tree bends forward, and the branches hang quite down to the ground, as if they were long green hair. 1

On all the fields round about corn was growing, not only rye and barley, but also oats; yes, the most capital oats, which when ripe, look like a number of little yellow canary birds sitting upon a spray. The corn stood smiling, and the richer an ear was the deeper did it bend in pious humility.

But there was also a field of buckwheat, and this field was exactly opposite to the old Willow-tree. The Buckwheat did not bend at all like the rest of the grain, but stood up proudly and stiffly.

"I'm as rich as any corn-ear," said he.

"Moreover, I'm very much handsomer: my flowers are beautiful as the blossoms of the apple-tree: it's quite a delight to look upon me and mine. Do you know anything more splendid than we are, you old Willow-tree?"

And the old Willow-tree nodded his head, just as if he would have said, "Yes, that's true enough!" 5 But the Buckwheat spread itself out from mere vainglory, and said, "The stupid tree! he's so old that the grass grows in his body."

Now a terrible storm came on: all the field flowers folded their leaves together or bowed their little heads while the storm passed over them, but the Buckwheat stood erect in its pride.

"Bend your head like us," said the Flowers.

"I've not the slightest cause to do so," replied the Buckwheat.

"Bend your head as we do," cried the various Crops. "Now the Storm comes flying on. He has wings that reach from the clouds just down to the earth, and he'll beat you in halves before you can cry for mercy."

"Yes, but I won't bend," quoth the Buckwheat.

"Shut up your flowers and bend your leaves," said the old Willow-tree. "Don't look up at the lightning when the cloud bursts: even men do not do that, for in the lightning one may look into heaven, but the light dazzles even men; and what would happen to us, if we dared do so—we, the plants of the field, that are much less worthy than they?"

"Much less worthy!" cried the Buckwheat.

"Now I'll just look straight up into heaven."

And it did so, in its pride and vainglory. It was as if the whole world were on fire, so vivid was the lightning.

When afterward the bad weather had passed by, the flowers and the crops stood in the still, pure air, quite refreshed by the rain; but the Buckwheat was burned coal-black by the lightning, and it was now like a dead weed upon the field.

And the old Willow-tree waved its branches in the wind, and great drops of water fell down out of the green leaves, just as if the tree wept.

And the Sparrows asked, "Why do you weep?"

Here everything is so cheerful: see how the sun shines: see how the clouds sail on. Do you not breathe the scent of flowers and bushes? Why do you weep, Willow-tree?"

And the Willow-tree told them of the pride of the Buckwheat, of its vainglory, and of the punishment which always follows such sin.

I, who tell you this tale, have heard it from the sparrows. They told it to me one evening when I begged them to give me a story.



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