

KASZA GRECZANA (Buckwheat kasha)

INGREDIENTS

¾ cup buckwheat kasha

1 cup boiling water

1 oz lard or oil

1 tsp salt

METHOD

Fry the kasha in lard or oil.

Put in a casserole dish with a lid.

Add salt and boiling water.

Cover and cook at 180-200°C for 30 minutes.

Serve with a goulash/stroganoff/Chrisanoff.

