

Tartary Buckwheat Recipes

HOW WE USE TARTARY BUCKWHEAT

Our unofficial motto: “**Tastes like dirt, only better!**” It hasn’t made it onto our label, but this phrase does suggest the earthy taste of Tartary buckwheat. Some researchers assume that widespread acceptance of this species must await the development of varieties with milder flavor and reduced bitterness. However, some compounds that impart the bitterness and earthiness also give Tartary buckwheat many of its healthful properties. Based on our experience, the traditional varieties we currently grow are ready for today’s venturesome cooks and diners.

Our basic rule is that Tartary buckwheat flour can be substituted 1:1 for up to one third of the wheat flour in many recipes. The resultant dish will take on some of the buckwheat’s greenish-yellow color, as well as its earthy taste and aroma. Lacking gluten, flour of either common or Tartary buckwheat also lacks the elasticity of wheat flour. Therefore, substituting buckwheat for wheat flour produces noodles with less tensile strength, breads with less rise, and cakes that crumble. In several studies, color, flavor, and consistency of noodles, breads, and cookies containing Tartary buckwheat have been judged to be completely acceptable, if the proportion does not exceed one third. That said, we often enjoy pancakes made of equal parts wheat and Tartary buckwheat, and also enjoy the distinctive flavor of *dattan soba* noodles made with that same ratio. In dishes that are not normally sweetened, we sometimes add a small amount of molasses or maple syrup to cover any bitterness from the Tartary buckwheat. An acidic ingredient can also help neutralize the bitterness in many recipes.

Besides light flour, the other milling product that we currently package is bran. Our Tartary buckwheat bran comprises harder fragments of the starchy endosperm (i.e., “grits”), as well as the groat’s other tissues and small bits of the hull. Therefore, bran possesses more intense flavor than flour, and also adds texture to pancakes, cakes, and breads.

Intrepid chefs who have already incorporated quinoa, amaranth, or other “ancient grains” into their cooking will find in Tartary buckwheat yet another way to diversify their repertoire. As mentioned above, the traditional cultivation and consumption of Tartary buckwheat declined in many places over several decades. Nevertheless, those willing to travel to exotic places, libraries, or just the internet might discover traditional recipes that incorporate Tartary buckwheat. We’ve found nothing so inspiring as the creativity of the [Education Centre Piramida in Maribor, Slovenia](#). They have experimented with Tartary buckwheat flour and groats in a dizzying array of dishes. Our own research continues, but we welcome your input in this collaborative adventure.