

Kasha Varnishkes

Kasha varnishkes or kasha and bowties is a favorite comfort food from Ashkenazi (Eastern European) Jewish cuisine. It may be served as a side dish for everyday meals or at Jewish holiday meals like Rosh Hashanah (Jewish New Year).

Kasha is a favorite staple grain in Ukrainian, Russian, and Eastern European cooking. It is toasted buckwheat. Some other examples of foods containing buckwheat are blinis, Russian pancakes made with buckwheat flour, and Japanese udon noodles.

Some updates in the last century as the recipe was brought to the U.S. and with changes in the foods available over time were a switch from homemade egg noodles to bowtie or farfalle pasta. Instead of frying the kasha in schmaltz, or chicken fat, vegetable oil was used (not butter - a dairy food couldn't be consumed with a meat meal for Kosher cooking).

Traditionally, this recipe is simply seasoned with a little onions, salt, and pepper.

Most recipes call for mixing the kasha with beaten eggs and then cooking it in oil for a few minutes. This is an important step to prevent it from getting too dense.

Aquafaba can be used in place of the eggs. Aquafaba is the liquid from a can of chickpeas (or you can use the cooking liquid if you made cooked dried chickpeas).

Then instead of using chicken broth, choose vegetable broth or water.

Use medium or coarse kasha for this recipe. medium kasha. Fine kasha is used for hot cereal.

Buckwheat is considered a grain for nutrition, but it is not in the wheat family and is naturally gluten-free (but check the labels to be sure in case of cross-contamination). This recipe is not gluten-free due to the farfalle, but gluten-free pasta could be substituted.

You can buy kasha in the Kosher section of a grocery store, a European market, or online.

Nutrition in Kasha

¼ cup serving size (uncooked)

150 calories

Fiber: 2 grams

Protein: 4 grams

Fat: 1 gram

No sodium

0.7 mg. Iron

Article link:

<https://www.webmd.com/diet/health-benefits-buckwheat>

References

Cohen, J. (2008). *Jewish Holiday cooking: A food lover's treasury of classics and improvisations*. Houghton Mifflin Harcourt.

Koenig, L. (2015). *Modern Jewish cooking*. Chronicle Books.

Newhouse, A.(2019) *The 100 most Jewish foods: A highly debatable list*. Artisan

Oregon State University Extension Service. (2020, July). The buckwheat family. Retrieved from <https://extension.oregonstate.edu/gardening/pollinators/buckwheat-family>

USDA FoodData Central (2019, 4/7) Buckwheat. <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170286/nutrients>