



Kasha Bowls with Onions, Mushrooms, and Egg

Serves 4

Ingredients

1 cup (6 3/4 ounces) coarse cut kasha
1 tablespoon butter, cut into small pieces, plus more for greasing the dish
1 teaspoon sea salt, divided, plus more to taste
2 cups boiling water
2 tablespoons oil, such as grapeseed or avocado oil
1 large onion, peeled, halved and thinly sliced into half moons
12 ounces cremini mushrooms, trimmed and sliced into 1/4 inch pieces
1/4 teaspoon freshly ground black pepper, plus more to taste
4 large eggs
3 tablespoons chopped fresh dill
1 cup diced tomato (I used cherry tomatoes cut into quarters)
Extra good olive oil to drizzle over the kasha

Instructions

Position a baking rack in the middle of the oven and preheat to 350 degrees. I do this in my toaster oven.

In a large skillet over medium heat, toast the dry buckwheat, stirring frequently, until fragrant and darker brown, 3 to 5 minutes.

Lightly grease a 1 1/2 quart covered casserole dish with butter. Add the toasted kasha and half a teaspoon of salt and stir to combine. Pour the boiling water over and dot the top with the butter. Cover and place in the oven. Bake until the liquid is absorbed; mine took about 20 minutes in the toaster oven so taste yours to be sure it isn't too crunchy. Fluff the buckwheat with a fork, then cover to keep warm until ready to serve.

While the buckwheat is baking, wipe out the skillet and return it to medium heat. Add the oil and heat until it shimmers. Add the onion and cook, stirring occasionally, until it softens and becomes lightly golden, about 10-15 minutes. Add the mushrooms, the remaining 1/2 teaspoon of salt and the pepper and cook, stirring occasionally, until the mushrooms have released their water and it has evaporated, and the mushrooms and onions are nicely browned, about 12 minutes. Transfer the mixture to a bowl and cover to keep warm.

Return the pan to medium heat, add the eggs and cook them sunny-side-up, over-easy or however you like. Next time I will poach my eggs for the appearance and texture..

To serve, divide the kasha among four bowls. Top each with a quarter of the mushroom-onion mixture, place an egg on top, and then garnish with dill and cherry tomatoes. If desired, season to taste with additional salt and pepper, and drizzle with more olive oil.