



Organic Buckwheat and Garden Salad

Amanda Daniel, 2B:Ethical Food
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INGREDIENTS

1&1/2 cup organic buckwheat
2 cups of picked washed garden herbs: Italian parsley, mint, basil, French tarragon, thyme, chives
2 lemons
¼ cup local extra virgin olive oil
Fresh ground white pepper

METHOD

Cook buckwheat like rice, via the absorption method.
Cook 1.5 cups of buckwheat in 3 cups of drinking water.
Bring to the boil and simmer till tender, add more water if required.
Once cooked turn buckwheat out into a large bowl.
Season with sea salt, fresh ground white pepper, lemon zest and juice.
Let stand while you pick and wash and shred the herbs.
When cool toss all together with olive oil.
Taste and adjust seasoning.

ASFM SHOPPING LIST

Herbs [Aay's Fresh Herbs](#); [Salad Greens & Kitchen Herbs](#); [Hillside Herbs](#);
[Alnda Farms](#); [Patlin Gardens](#); [Hart's Vegetables](#),

Lemons [Virgara's Garden](#), B & A Andonopoulos, [Fat Goose Fruits](#),
Otherwood Orchards, [Cooinda Proprietors](#), [N&M Tsimklis](#); Cosmidis
Produce

olive oil [Patlin Gardens](#); [Rodger Fryer](#) (54), [Bald Hills Olive Grove](#) (83),
[Woodside Cheese Wrights](#)