

## BUCKWHEAT KASHA

1 cup whole grain  
buckwheat groats  
1 egg, lightly beaten

2 cups chicken consomme  
½ stick butter (4 tbs.)  
Salt and pepper, to taste

In a heavy skillet with no butter, toast buckwheat groats over a medium flame. Add egg stirring constantly for 5 minutes. Pour in consomme. When all liquid has evaporated stir in butter and add salt and pepper. The kasha may be kept warm in a low oven. Serves 4-6.