

Healthy Russian Buckwheat Porridge with Mushrooms

Start your day with a nutritious and hearty Russian classic! This healthy buckwheat porridge is enriched with sautéed mushrooms and fresh herbs, making it a perfect breakfast option that's both filling and delicious.



Breakfast Dish

Russian

25 min

Total time

easy

Difficulty

300

kcal / serving

Nutrition per serving (estimated)

Protein 9 g

Carbs 48 g

Fat 9 g

Fiber 7 g · Sugar 3 g · Sodium 300 mg

Ingredients

- 1/2 cup buckwheat groats
- 1 cup water
- 1/2 cup mushrooms, sliced
- 1 tablespoon olive oil
- 1/4 onion, finely chopped
- Salt and pepper to taste
- Fresh dill or parsley for garnish

Substitutions

Olive oil – Use the same amount of neutral vegetable oil.

Fresh dill or parsley – Use the same amount of chopped chives.

Water – Use the same amount of vegetable broth; adjust added salt to taste.

Steps

- 1 Rinse the buckwheat groats under cold water until the water runs clear.
- 2 In a small saucepan, bring 1 cup of water to a boil, then add the buckwheat. Reduce heat to low, cover, and simmer for about 15 minutes until the water is absorbed and the buckwheat is tender.
- 3 In a frying pan, heat the olive oil over medium heat. Add the chopped onion and sauté until translucent.
- 4 Add the sliced mushrooms to the pan and cook until they are golden and tender, about 5–7 minutes. Season with salt and pepper.
- 5 Once the buckwheat is cooked, fluff it with a fork and combine it with the sautéed mushrooms and onions.
- 6 Serve hot, garnished with fresh dill or parsley.

Chef's tips

- The buckwheat should look plump and separate, not soupy; excess stirring can make it mushy.
- Mushrooms release moisture before browning, so avoid overcrowding the pan if using a small skillet.
- Chop the herbs just before serving to keep their color and fresh aroma.

Drink pairing

A crisp dry cider

Its bright fruitiness complements the earthy mushrooms and savory buckwheat without overwhelming the herbs.

0% option: Sparkling apple juice

Storage

Refrigerate leftovers within 2 hours in a covered container and keep for 3–4 days. Reheat until steaming hot, adding a splash of water if the buckwheat seems dry.

Frequently asked questions

How can I tell when the buckwheat is done?

The grains should be tender and plump, with the cooking water absorbed; they should still hold their shape rather than turn pasty.

Can I prepare this ahead for breakfast?

Yes. Cook it ahead and refrigerate promptly; warm it until steaming hot before serving, then add fresh herbs.

What can I serve alongside this porridge?

Serve it with a simple green salad or a fried egg for a more substantial meal.