

Valery's Golden Mushroom Buckwheat Bowl

A cozy, earthy bowl inspired by the name Valery, pairing nutty buckwheat with deeply browned mushrooms and a bright touch of lemon. Fresh dill brings a clean finish to this simple one-person meal.


25 min

Total time

Easy

Difficulty

440

kcal / serving

Nutrition per serving (estimated)

Protein 14 g

Carbs 69 g

Fat 14 g

Fiber 9 g · Sugar 5 g · Sodium 390 mg

Ingredients

- 75 g buckwheat groats
- 150 ml water
- 150 g cremini mushrooms, sliced
- 1 tbsp olive oil
- 1 small garlic clove, minced
- 1 tsp butter
- 1 tsp lemon juice
- 1 tbsp chopped fresh dill
- Salt and black pepper, to taste

Substitutions

Cremini mushrooms – Use sliced white button mushrooms.

Fresh dill – Use 1 teaspoon chopped fresh parsley.

Butter – Use an additional teaspoon of olive oil.

Steps

- 1 Rinse the buckwheat under cool water. Combine it with the water and a pinch of salt in a small saucepan. Bring to a boil, cover, and simmer gently until tender and the water is absorbed, about 12–15 minutes.
- 2 Meanwhile, warm the olive oil in a skillet over medium-high heat. Add the mushrooms in a single layer and cook, stirring occasionally, until browned and tender, about 7–9 minutes.
- 3 Stir in the garlic and butter; cook for about 30 seconds, just until fragrant. Season with salt and pepper.
- 4 Fluff the buckwheat with a fork and fold in the lemon juice and half the dill. Spoon into a bowl, top with mushrooms, and finish with the remaining dill.

Chef's tips

- A wide skillet gives mushrooms room to brown; crowded mushrooms release moisture and turn soft.
- The finished grains should be tender but distinct, while the mushrooms should have browned edges.
- Chop the dill just before serving for a fresher aroma; the cooked buckwheat can be made a day ahead.

Drink pairing

A dry, medium-bodied cider

Its crisp apple notes complement the browned mushrooms and balance the buckwheat's earthy, nutty flavor.

0% option: Sparkling apple juice with a squeeze of lemon

Storage

Refrigerate leftovers within 2 hours in a sealed container and keep for 3–4 days. Reheat until steaming hot; the mushrooms may soften slightly.

Frequently asked questions

How can I tell when the buckwheat is cooked?

The groats should be tender and hold their shape, with the cooking water absorbed. If they remain firm, add a small splash of water and simmer briefly.

Can I use roasted buckwheat groats?

Yes. Roasted groats have a deeper, toastier flavor; follow the package timing and check for tenderness as they cook.

Can I make this ahead?

Cook the buckwheat up to a day ahead and refrigerate it promptly. For the best texture, cook the mushrooms shortly before serving.