Mushroom Buckwheat Sour Cream Bake

One 9-in/23-cm square dish, at least 3 qt/2.8 L; 4 main-dish portions · Active 35 min · Total 1 hr 45 min

Ingredients

• About 1 1/2 cups plain roasted buckwheat groats (250 g), weighed

• 3 cups water (720 ml), or the groat-packet amount for 250 g

• 2 tablespoons neutral oil (30 ml), divided equally between mushroom batches

• 1 lb 2 oz mushrooms, thickly sliced (500 g)

• 1 tablespoon butter (15 g)

• 1 medium onion, finely chopped (150 g)

• 1 teaspoon dried thyme

• 1 cup sour cream (240 g)

• 2 large eggs

• 1/2 cup low-sodium vegetable stock (120 ml)

• 1/4 teaspoon fine salt (1.5 g)

• 1/4 teaspoon black pepper

• 1/3 cup walnuts, roughly chopped (40 g)

Set out

Oven, 9-in/23-cm square baking dish, at least 3 qt/2.8 L, Covered saucepan, 12-in/30-cm skillet, Two bowls, Whisk, Rimmed baking sheet, Food thermometer, Suitable foil for loose shielding if the topping colors before the center finishes

Allergens

Milk, Egg, Tree nuts: walnuts, Buckwheat; check groat labels for wheat cross-contact if relevant. Check labels and substitutions.

Make it

1. Cook groats in their water or packet amount: bring to a simmer, cover and cook gently 12–15 minutes, or packet time, without frequent stirring until water is absorbed and grains are tender. Stand covered off the heat for 10 minutes, then uncover and release steam.

2. Meanwhile heat oven to 375°F (190°C) and set the dish on a rimmed sheet. Heat 15 ml oil in the skillet over medium-high heat. Brown half the mushrooms 7–9 minutes until their released water evaporates. Transfer to a bowl and repeat with remaining oil and mushrooms.

3. Melt butter in the skillet over medium-low heat and cook onion 7–9 minutes until soft. Return mushrooms and add thyme. Take off the heat and cool 10 minutes until warm rather than hot.

4. Whisk sour cream, eggs, stock, salt and pepper in the second bowl. Fold in warm groats and mushroom mixture, then spread in the dish. Bake 25 minutes. Scatter walnuts and bake 10–15 minutes more until filling is set and the center and several other spots reach 165°F (74°C). Shield walnuts loosely if needed while the center finishes.

5. Rest 5 minutes before serving four portions.

Let the groats keep their identity

Fold with a broad spoon rather than whisking once the grains are added. Visible individual groats and thick mushroom slices distinguish this dish from a smooth cream casserole.

A useful detail

The 105-minute total includes cooking and resting the groats, two mushroom batches, cooling before the egg mixture and up to 40 minutes baking. Use the groats' actual packet instructions and allow any longer cooking time.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F (32°C), at 40°F (4°C) or below. Use within 2 days or an earlier dairy or cooked-grain deadline. Reheat to 165°F (74°C). Refrigeration is preferable to freezing the sour-cream-and-egg filling, which can separate and become grainy.