

Buckwheat is safe for people with wheat allergy. The name derives from Middle Dutch boecweite, or beech-wheat, because of the similarity of the tiny, triangular buckwheat seeds to those of the beech tree.



BUCKWHEAT TORTILLAS

Wheat-, corn-, and dairy-free!

- 1/4 tsp salt
- 1 1/4 cups Lanterman's Mill Buckwheat Flour
- 1/2 cup water
- (1/2 - 1 tsp oil, optional)

Whisk salt and 1 cup flour in bowl. Make a hole in center and pour in oil and water. Stir with a fork until dough clumps together in a ball. Preheat large griddle. Scatter remaining 1/4 cup flour on sheet of waxed paper. Break off dough the size of golf balls and roll them in flour. Flatten by hand, turning often to keep them floured. With rolling pin, roll thinly until 6" across. Bake on hot ungreased griddle for 3 minutes each side. Cool on wire racks.

BAKED INDIAN PUDDING DESSERT

- 4 cups milk
- 1/2 cup Lanterman's Mill Corn Meal
- 1 tsp salt
- 1/4 cup corn syrup
- 1/2 cup sugar
- 1/2 tsp cinnamon
- 2 T butter

Preheat oven to 350°. Cook milk, corn meal and salt in saucepan for 15 minutes. Remove from heat. Add remaining ingredients. Pour in greased 9" x 9" pan. Bake for 1 1/2 hours. Serve warm or cold.

BLINI OR GALLETTES (BUCKWHEAT CREPES)

Serve with sour cream and smoked salmon or fill with thinly sliced ham and cheese; or fill with sugared berries and top with plain yogurt.

- 1 pkg quick-rise active dry yeast
- 3/4 cup + 2 T warm water (110°)
- 1 T honey
- 3/4 cup Lanterman's Mill Buckwheat Flour
- 1/4 cup all-purpose flour
- 1/4 cup instant non-fat dry milk powder
- 2 T sour cream or plain yogurt
- 1 1/2 T butter, melted and cooled
- 2 large eggs, separated
- pinch salt

In medium bowl mix yeast, water, and honey. Let rest 5 minutes or until foamy. Stir in flours, milk powder, sour cream or yogurt, cooled melted butter, and egg yolks. Cover bowl with plastic wrap and let rest 30 minutes. In a clean bowl, beat egg whites with salt to form stiff peaks. Fold beaten whites into batter. Preheat large, lightly greased skillet over medium-high heat. Spoon 1-2 T batter onto griddle. When bubbles form on surface of pancakes, turn once and cook until lightly browned. Serve flat, rolled, or tucked into small tart pans with your favorite fillings.

POLENTA



- 4 cups water, divided
- 1 cup Lanterman's Mill Corn Meal
- 1 tsp salt
- 1/4 lb grated Parmesan cheese
- 3 T butter
- 1/8 tsp pepper

Boil 3 cups water. In separate pan mix corn meal, salt, and remaining cup of cold water. Pour boiling water into mixture, stirring constantly. Cook until thickened, stirring frequently. Cover and cook on low heat 10 minutes. Remove from heat. Add cheese and butter; stir until melted. Serve hot.

BUCKWHEAT POTATO PANCAKES

Wheat-, corn-, and dairy-free!

- 1 cup Lanterman's Mill Buckwheat Flour
- 1/3 cup potato flour
- (available at health food stores)
- 3 tsp baking powder
- 1/2 tsp salt
- 1 - 3 T sugar
- 1 egg or equivalent egg substitute
- 3 T oil
- 1/4 tsp vanilla
- 1 1/2 cups soy or rice milk, or water
- (1/2 cup blueberries, optional)

Mix all ingredients and spread thickly on lightly greased hot griddle. Cook 2 - 3 minutes per side.

Lanterman's Mill stone-ground flours and meal can be purchased at the Mill and from local participating stores. Call 330-740-7107 for store locations.

Keep refrigerated.

Mill season:

May - October (closed Mondays)
weekdays, 10 a.m. - 5 p.m.
weekends and holidays, 11 a.m. - 6 p.m.

April & November
weekends only, Noon - 4 p.m.



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Mill Creek MetroParks

RECIPES

with



Lanterman's Mill

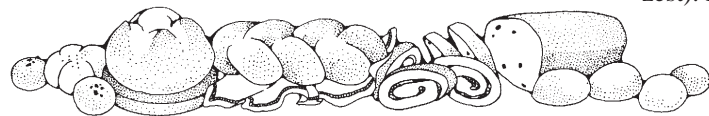
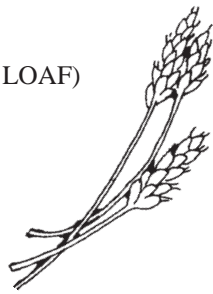
Youngstown, Ohio
Mahoning County

Inside are delicious recipes using Lanterman's Mill stone-ground and preservative-free flours and meal.

WHOLE WHEAT BREAD (1 LOAF)

1 cup milk
1 T melted butter
1 1/2 tsp sugar
1 1/2 tsp salt
2 T molasses
1/4 cup warm water (110°)
1 pkg active dry yeast
2 cups Lanterman's Mill Whole Wheat Flour
1 1/4 cups sifted all-purpose white flour

Scald milk; add butter, sugar, salt and molasses. Cool to room temperature. Pour warm water into large mixing bowl, add yeast and dissolve thoroughly. Add milk mixture, and gradually add one cup whole wheat flour, mixing thoroughly. Gradually add all-purpose flour, mixing continually. Gradually add remaining whole wheat flour. Knead dough 4 - 6 minutes in bowl. On lightly floured surface knead another 2 - 4 minutes. Shape into ball, place in oiled bowl, and turn dough to coat. Cover and let rise for 1 1/2 hours or until doubled. Punch down, fold side to center, and turn. Let rise 50 - 60 minutes or until doubled. Punch down, fold, and turn. Place on board and let rest 10 minutes. Shape to fit into greased 8 1/2" loaf pan. Brush with melted butter, cover, and let rise 40 minutes or until doubled. Bake at 375° for 50 minutes. Should sound hollow when tapped.



WHOLE WHEAT BISCUITS

2 cups all-purpose flour
1 cup Lanterman's Mill Whole Wheat Flour
1/4 tsp salt
4 1/2 tsp baking powder
1 1/2 sticks butter
about 1 cup milk

Preheat oven to 450°. Sift dry ingredients together; add butter and milk. Knead, roll out and cut with biscuit cutter. Bake 10 minutes.

WHOLE WHEAT WAFFLES

4 eggs, separated
1 cup milk
4 T melted butter
1/4 tsp salt
1 tsp vanilla
1 tsp sugar
2 cups Lanterman's Mill Whole Wheat Flour

Beat egg whites until stiff. In separate bowl mix yolks, milk, butter, salt and vanilla. Add sugar and flour and mix well. Fold in egg whites. Cook 2 minutes on waffle iron. Serve warm with favorite toppings.

WHOLE WHEAT MUFFINS

1 cup all-purpose flour
1 cup Lanterman's Mill Whole Wheat Flour
4 tsp baking powder
1/4 cup sugar
1 egg, beaten
1 cup milk
1/4 cup butter

Preheat oven to 400°. Sift together dry ingredients and set aside. Mix egg, milk and butter; then add dry ingredients. (Optional: Add one of the following before baking: blueberries and nutmeg, chopped apples and cinnamon, or dried cranberries and 1 tsp orange zest). Bake 15 - 20 minutes.

CORN BREAD

1 cup Lanterman's Mill Whole Wheat Flour
3 tsp baking powder
1 cup milk
1 egg
1 cup Lanterman's Mill Corn Meal
1/3 cup sugar
1/4 cup butter
1 tsp salt

Preheat oven to 425°. Sift together flour and baking powder; mix in milk and eggs, then stir in corn meal. Add remaining ingredients in order. Bake in greased 8" x 8" pan for 20 minutes.

ANADAMA BREAD (2 LOAVES)

2 cups water (boil 1 1/2 cups)
1/2 cup Lanterman's Mill Corn Meal
2 T butter
1/2 cup dark baking molasses
1 1/2 tsp salt
1 pkg dry yeast
1/2 cup lukewarm water (110°)
5 - 5 1/4 cups sifted all-purpose white flour

Preheat oven to 350°. Grease 2 standard loaf pans. With fork, mix 1/2 cup cold water with 1/2 cup corn meal until smooth. Add to boiling water and blend thoroughly. Stir until slightly thickened. Bring to a boil. Remove from heat. Add butter, molasses and salt. Cool in pan 1/2 hour in refrigerator. Add yeast to lukewarm water and stir until dissolved. Starting and ending with flour, alternately add flour and yeast to corn meal mixture to make stiff dough. Turn out onto lightly floured surface. Knead until smooth and elastic. Place dough in large oiled bowl and turn to coat. Cover with towel and let rest 1 hour or until doubled. Punch down, then knead into ball. Flour sharp edge of knife and cut dough in two equal parts. Knead again and shape into loaves. Put into greased pans. Cover and let rise one hour or until doubled. Bake 50 - 55 minutes. Should sound hollow when tapped. Remove from pans and cool on racks. Brush tops with butter while still warm.

CORN MEAL GRIDDLE CAKES

2 cups Lanterman's Mill Whole Wheat Flour
1/2 cup Lanterman's Mill Corn Meal
2 tsp baking powder
1 tsp salt
1 T sugar
1 1/2 cup milk
2 eggs, separated
4 T melted butter

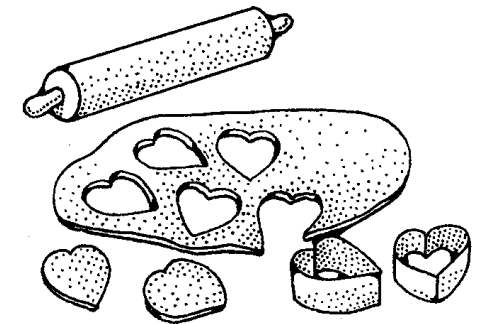
Combine dry ingredients. Add milk, yolks, butter, and stiffly beaten egg whites. Cook on lightly greased griddle. Turn when bubbly.



100-YEAR-OLD JOHNNY CAKE

1/2 cup Lanterman's Mill Corn Meal
1 1/2 cup Lanterman's Mill Whole Wheat Flour
1/4 tsp salt
3 tsp baking powder
3/4 cup sugar
3 T vegetable oil
1 cup milk
2 eggs, beaten

Preheat oven to 350°. Sift together dry ingredients then add oil and milk. Lightly mix with fork. Add eggs last. Bake in greased and floured 8" x 8" pan 25 - 30 minutes. Test with toothpick for doneness. When cool, sprinkle with powdered sugar or serve warm with butter.



CORN MEAL COOKIES

1 cup butter
1 cup sugar
2 eggs
2 tsp lemon juice
1 1/2 cups all-purpose white flour
1 cup Lanterman's Mill Corn Meal

Preheat oven to 350°. Cream butter, sugar and eggs. Add lemon juice and mix well. Add flour and corn meal to form soft dough. Chill 2 hours. Divide in half and roll out 1/8" thick. Cut with cookie cutter and place on greased cookie sheet. Bake 10 - 12 minutes. Makes 3 dozen.