

## **Buckwheat & Bow tie Pasta**

### **Ingredients**

about a ½ cup whole buckwheat  
1 lb bow ties pasta  
2 med size onions  
about 1 & ¼ cups chicken soup stock or any other stock  
3 tbs olive oil  
1 tbs sunflower oil  
1- 2 tbs butter  
1 raw egg  
salt & pepper

### **Preparation**

Mix buckwheat with the raw egg well  
in a dry non-stick skillet ( no oil required ) , on a fairly high heat dry out the buckwheat  
with the egg and salt , pepper until all grains separated , set aside  
In a small pot bring the soup stock to a boil , add the buckwheat , cover , simmer on a low heat  
until all liquid absorbed.  
Chop onion fine , brown in the oils and butter until golden brown.  
Boil the pasta as per package instructions, drain.  
Combine buckwheat , onions with the oil add the pasta , mix all of well.  
Serve warm as a side dish with any kind of meat or poultry.