Inside-Out Kasha Knish Kugel

Toasted buckwheat and tender pearl onions baked into a sliceable, pareve kugel. Think kasha knish filling, without the pastry.

Pareve • 6 side servings • 9½- to 10-inch pie dish • 350°F (175°C)



Illustrative recipe image

Ingredients

- 1 cup roasted buckwheat groats, kasha
- 2 cups kosher pareve vegetable broth, or water
- 12 oz frozen peeled pearl onions
- 2 large eggs
- 3 Tbsp olive oil, plus more for the dish
- 1 tsp sweet or smoked paprika
- 1/2 tsp fine salt, less if broth is salted
- 1/2 tsp black pepper

Method

1. Heat the oven to 350°F (175°C). Oil a 9½- to 10-inch pie dish.
2. Bring the broth to a boil. Add the kasha, cover, and simmer on low according to the package until tender and the liquid is absorbed. Fluff and let cool until just warm.
3. Pat the pearl onions dry. Whisk the eggs, oil, paprika, salt, and pepper. Fold the onions and egg mixture into the kasha.
4. Spread in the dish. Bake 50–60 minutes, until browned and firm in the center. Rest 10 minutes before cutting.

Bubby’s notes

Use roasted buckwheat, not raw groats, for the nutty flavor. With salted broth, reduce the added salt.

Storage: Refrigerate within 2 hours. Use within 3–4 days or freeze.

Adapted from Rachel’s Pearl Onion and Kasha Kugel (Food.com).