

Buckwheat Chocolate Chunk Cookies with Cardamom & Orange

Prep Time: 20 minutes (plus 1 hour for chilling the dough)

Cook Time: 12 minutes

Yields: 24 cookies

Ingredients

8 oz. (2 sticks) unsalted butter
½ cup packed dark brown sugar
½ cup granulated sugar
1 large egg
1 tsp vanilla extract
½ tsp orange extract
¾ cup whole grain (rustic) buckwheat flour
¾ cup all-purpose flour
½ tsp baking soda
½ tsp ground cardamom
½ tsp salt
1 tsp of finely-grated orange zest
8 ounces bittersweet chocolate baking bars, broken or chopped
¼ cup oven-roasted buckwheat groats (*see notes below*), or kasha



Steps:

1. Cream together the butter and sugar in a stand mixer on medium speed until light and fluffy, (about 3 minutes).
2. Add the egg and the extracts and mix to combine.
3. Add the all-purpose and buckwheat flour, baking soda, cardamom, and salt and mix on low speed until combined.
4. Remove from the mixer, and stir in the orange zest, chopped chocolate, and toasted groats. (Do not over mix).
5. Transfer the dough into an airtight container and refrigerate for 1 hour, or overnight.
6. Heat the oven to 350 degrees.
7. Line two baking sheets with parchment paper.
8. Divide the cold dough into 24 equal portions (about 1 1/3 ounces each), and gently roll with your hands into balls.
9. Arrange the cookies on the prepared baking sheet, leaving a few inches of space between while they bake.
10. Bake for 7 minutes, then rotate the baking sheets in the oven and bake for another 5 minutes. (The cookies should be set in the center with slightly golden-brown edges. Allow the cookies to cool on the baking sheets.

Notes:

- To toast the groats, heat the oven to 350 degrees. Spread the groats in a single layer on a sheet, or pie dish, and bake for about 7 minutes, until they are golden brown and toasty.
- Shake the pan occasionally so the groats toast evenly.

Recipe by Jessica Botta, Montgomery College Hospitality Program