



## Buckwheat Pudding

### *Ingredients*

- 1 vanilla bean
- 4 cups milk
- ½ cup plus 2 tablespoons butter
- 1 cup Maine Grains Buckwheat Flour
- 4 egg yolks
- ½ cup sugar
- 1 tablespoon grated lemon zest
- ½ cup raisins
- 4 egg whites, beaten until stiff
- 1 cup cherry jam

### *Method*

1. Using a sharp knife, split the vanilla bean in half lengthwise. With the back of the knife, scrape the pulp away from the bean. Discard the bean.
2. In a saucepan, over medium heat, combine the milk, vanilla bean pulp, and ½ cup of the butter. Bring to a boil.
3. Stir in the buckwheat and continue to cook until tender, about 20 to 25 minutes. Remove from the heat and cool.
4. In a large mixing bowl, whisk the eggs and the sugar together. Stir in the cooled buckwheat mixture, lemon zest and raisins. Fold in the beaten egg whites.
5. Butter a shallow baking pan (8 by 8 by 2-inch, square) with the remaining 2 tablespoons of butter. Pour the buckwheat mixture into the prepared pan.
6. Bake in a preheated 350 degree oven for 30 minutes. Serve in warm individual serving bowls with cherry jam.

*Adapted from Emeril Lagasse's recipe.*