



Makes an 8x4-inch loaf (18 slices)
Preparation Time: 15 minutes
Cook Time: 30 hours 45 minutes

INGREDIENTS:

3 cups raw hulled buckwheat groats (see [tip](#), recipe intro)

½ teaspoon sea salt (optional)

How to Make Delicious Buckwheat Bread (With Just 1 Ingredient!)

Occasionally, you come across a recipe that's truly life-changing. That was the case for me earlier this year, when I first heard of [Sarah Cobacho's](#) single-ingredient buckwheat bread. The concept immediately piqued my interest: Despite being gluten-free for over 20 years, I'd never known it could be so easy to make a gluten-free loaf of bread at home. (Confusing name aside, [buckwheat](#) is a member of the rhubarb family and does not contain gluten.)

Much to my delight, homemade buckwheat bread is not only a cinch to make but also moist, sturdy, and delicious. It costs a fraction of the price of store-bought whole grain bread. It requires just 15 minutes of active prep time and one ingredient—raw hulled buckwheat groats. You don't even need yeast! Plus, it freezes well and is packed with nutrients.

After several months of experimentation and dozens of loaves, I settled on the version below. I like it because it yields a large loaf and is super simple to make—no need to weigh out ingredients.

Read on for answers to some frequently asked questions, plus my go-to [recipe](#).

FAQs

What type of buckwheat should I use?

One of the most critical decisions in the whole process is choosing the right groats. You need to use raw, hulled buckwheat groats, which are pale and yellowy-green (image on the right below). Roasted buckwheat groats (kasha), which are distinguishable by their darker brown color (see image on the left below), will not work.



Can I make this if I don't have a high-speed blender?

Yes. You can use a food processor or stick blender instead of a high-speed blender in Step 2, but you may need to blend longer (a few minutes) to properly break down the groats. If using a food processor, add the water gradually so it doesn't leak out—the food processor will be very

full! If it gets too full, process the groats in batches.

Can I freeze buckwheat bread?

Yes, just be sure to slice it first; then place it in an airtight container. Freeze for up to 2 months.

What if I accidentally leave the groats soaking for longer than 6 hours?

No problem. The shortest time you want to leave them is 5 hours, but it's fine to soak them overnight. The distinctive buckwheat flavor becomes stronger the longer you leave it.

Why does it smell funny? Is it safe to eat?

After the slurry sits for 24 hours, it may smell funny. This is normal; it is a product of fermentation. Eating fermented whole plant foods can help promote [gut health](#).

I want to cut it immediately. Do I really have to wait for it to cool down?

It slices better and is firmer if you wait, but if you want to lop off a slice or two, go for it. The rest of the loaf will firm up nicely.

This seems complicated ...

It's really not! After you've made it once or twice, it's easy to get into a routine and time the steps to fit into your schedule.

Buckwheat Bread Recipe (Gluten-Free)

My family has this buckwheat bread recipe on repeat. You'll want to keep a loaf on hand to enjoy with your favorite spreads and toppings alongside stew or [soup](#) or cut into bite-size pieces and served with a [plant-based dip](#). It's especially good sliced thinly and double- or triple-toasted!

Adding nuts and seeds: If you like nuts and/or seeds in your bread, feel free to stir some into the batter in Step 3, before covering with a clean dish towel and letting the mix ferment. (You can also stir in nuts and seeds after it's fermented; just be sure to stir gently so you don't disturb the tiny air pockets that have formed.) You can also sprinkle nuts and seeds over top of the loaf just before baking. Sesame seeds, pepitas, poppy seeds, chia seeds, flaxseeds, or sunflower seeds all work well.

Equipment

- Large glass bowl or ceramic bowl
- High-speed blender (or food processor or immersion blender; [see tip above](#))
- 8x4-inch loaf pan
- Parchment paper

By Lisa Esile, MS

- 1 Rinse groats under cold water. Remove any remaining black

husks or other debris. Place groats in a large glass or ceramic mixing bowl and cover with water, ensuring groats are covered with at least 1 inch of water. Leave to soak for 5 to 7 hours.

- 2 The groats will be swollen, and the liquid will have a gelatinous quality; you want this. Drain groats in a sieve for about 30 seconds, you don't need to get all the water out. Do not rinse! Transfer groats to a high-speed blender. Add 1½ cups fresh water and, if using, salt. Cover and blend until you have a smooth, pancake batter-like consistency. (If using a food processor or immersion blender, see [tips](#) above.)
- 3 Rinse out the bowl used to soak groats. Transfer blended groats back to bowl. Cover with a clean dish towel and place on the counter or somewhere warm for about 24 hours, or until the batter has increased in size by about a third. The time this takes will vary depending on the temperature of the room. If you live in a very warm climate, it may take as little as 6 to 8 hours, and if you live somewhere cool, you may need to put it in the oven with the light on.
- 4 Line an 8x4-inch loaf pan with parchment paper, using enough paper so that there's 1–2 inches of overhang on the long sides of the pan. Carefully pour the mix into the pan. If you like, top with nuts or seeds. Put the pan in the oven; then set the oven to 350°F. Bake for 80 to 90 minutes, until crusty on top.
- 5 Remove from the oven. Leave loaf in the pan for 10 minutes, then, grabbing the edges of the parchment paper, lift it out and let it cool on a wire rack or on the counter or another clean surface for another 30 minutes before slicing. For storage, wrap loaf in parchment paper or a clean dish towel and place in an airtight container in the refrigerator up to 5 days or in the freezer up to 2 months.