

Merchant's Buckwheat

Ingredients

400 g. pork meat	6-8 tbsp. tomato paste	chopped parsley
1/2 cup buckwheat	wheat flour	3 - 4 bay leaves
1 1/5 cups water	turmeric	salt and pepper
1 medium carrot, diced	chili powder	
1 small onion, diced	3 - 4 garlic cloves, minced	

Instructions

1. Cut the pork into small pieces and dust with flour.
2. Heat the frying pan on medium-high, add oil, and fry the pork and onion for 10 - 15 minutes.
3. Add water, all remaining ingredients, and spices to taste. Mix thoroughly.
4. Once the water is boiling cover the pan, reduce heat to low, and stew for about 25 minutes.