

Quinoa

Countries of origin: **Peru**¹, **Bolivia**² *Soul food of the Andes*³.

Tiny seeds from one of the most amazing plants on the planet. Hardy, nutritious, productive, tasty, interesting, versatile, and a **Fairtrade** scheme is in place.

Portions below are for 4, scaleable.

Ordinary (or white) quinoa is a plain fawn colour, and red quinoa is a deep maroon. These are the descriptions I would give the currently available products.

If you can cook rice, you can cook quinoa, it is that simple.

Ingredients

300 g white or red **FAIRTRADE** quinoa
600 ml water

To serve

Turn out into a serving dish and serve hot, as you would rice.

Variation

There are many variations:

- 1) Omit the toasting stage and just add water.
- 2) Spice-fry some onions and garlic before stirring in the quinoa.
- 3) Add some peas and corn towards the end of the cooking (to make **Curried Red Quinoa**⁴).
- 4) See Quinoa under "**Q**"⁵ in the alphabetic index.

Method

Preparation

Rinse the grains of quinoa well in cold water to remove any residual (and natural) coating.

Cooking

Put the quinoa in a sauce pan over medium heat and swizzle the seeds around for a couple of minutes to give them a toasted flavour.

Turn the heat up high and add a little water. Stir.

Add a little more water and stir to prevent sticking.

Continue until all the water is added.

Turn down to a simmer, and simmer for 30 minutes or until all of the water is absorbed.

¹<http://www.fairtradecookbook.org.uk/countries/peru.htm>

²<http://www.fairtradecookbook.org.uk/countries/bolivia.htm>

³http://www.andes.org/fam_frnd.html

⁴http://www.fairtradecookbook.org.uk/recipes/curried_red_quinoa.htm

⁵http://www.fairtradecookbook.org.uk/alphabetic_index/q.htm