

QUINOA "101"



USES

Quinoa is a versatile product that can be used in any recipe calling for rice.

Quinoa can be used as a substitute for couscous or bulgur wheat.

Quinoa can be used in breakfast items, salads, entrees, desserts, soups or stews.



High in protein

Gluten-free

Cholesterol-Free

High in iron

High in fibre



TASTE & TEXTURE

Although called a whole grain, quinoa is actually a seed.

Quinoa is a bit like brown rice, crossed with oatmeal. It's fluffy, creamy, crunchy and nutty.

Apart from colour – white, black and red quinoa share the same nutritional profiles and can be used in the same recipes. Red quinoa has a slightly fibrous texture and is a little bit crunchier when cooked. Black quinoa has an earthy flavour and tastes a tiny bit sweeter.



Cooking Directions:

1. Place quinoa in a fine mesh colander.
2. Rinse under cold running water for 2-3 minutes until cloudy water runs clear.
3. In a saucepan, add one part quinoa to two parts liquid (water or stock).
4. Bring to a boil, reduce heat, cover and simmer for approximately 12 minutes.
5. Remove from heat and allow quinoa to rest for 4-7 minutes to achieve desired texture.

QUINOA PRODUCT CODES		
David Roberts CODE	DESCRIPTION	PACK SIZE
BI297	ORGANIC (WHITE) QUINOA	5kg
BI327	ORGANIC (WHITE) QUINOA	11.34kg
BI361	NON-ORGANIC (WHITE) QUINOA	11.34kg
BI042	NON-ORGANIC (WHITE) QUINOA	5kg
BI406	NON-ORGANIC RED QUINOA	5kg
BI410	NON-ORGANIC BLACK QUINOA	5kg
BI493	RED/BLACK/WHITE QUINOA	2x1.5kg

QUINOA AND CRANBERRY MUFFINS

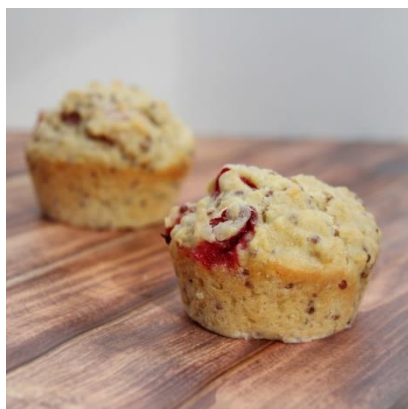
Serves: 12

INGREDIENTS

- 1 cup quinoa, rinsed (see codes above)
- ¼ vegetable oil
- 2 cups all-purpose flour
- 1 cup brown sugar, packed
- ¾ cup milk
- 1.5 tsp baking powder
- 1 tsp salt
- ¾ cup dried cranberries (0737482)
- 1 egg
- 1 tsp vanilla

INSTRUCTIONS:

1. Preheat oven to 350F
2. Bring 1 cup water and quinoa to boil
3. Reduce to simmer until water has been absorbed by the quinoa (10-12 mins)
4. Brush muffin tin with vegetable oil then lightly dust with flour.
5. Mix together flour, brown sugar, baking powder, and salt.
6. Add 2 cups of cooked quinoa and cranberries.
7. In a separate bowl whisk together oil, milk, egg and vanilla and add to flour mixture.
8. Pour mixture evenly across 12 muffins and bake for 25-30 minutes or until a toothpick comes out clean.



CRANBERRY QUINOA

SALAD WITH SPICY GLAZED PECANS Serves: 4

INGREDIENTS

- 1 cup dry quinoa (see codes above)
 - 1 + ¼ cups vegetable broth
 - 1 cup dried cranberries (0737482)
 - 1 cup spicy glazed pecan halves (7710058)
 - ½-1 cup fresh broccoli florets
 - 2 TBSP chopped green onion
 - salt and pepper to taste
- for the dressing:*
- 2 TBSP light olive oil or grape seed oil
 - 1 clove of garlic, smashed and minced
 - 1 TBSP fresh lime juice
 - 1 TBSP orange juice
 - Pinch of salt, dash of black pepper



INSTRUCTIONS:

1. First rinse + drain your quinoa using a mesh strainer/sieve
2. Bring a medium saucepan to medium heat and lightly toast the quinoa to remove any excess water. Stir as it toasts for just a few minutes. This step is optional but really adds to the fluff factor of the quinoa!
3. Next add your broth and bring pot to a boil.
4. Once it's boiling, reduce heat to low and simmer, covered with the lid slightly ajar, for 12-13 minutes.
5. Add the cranberries around the 9-10 minute mark and re-cover.
6. Test the cranberries before pulling from heat to make sure they've had enough time to cook, then remove from heat.
7. Once your quinoa and cranberries are done, season with a teeny bit of salt and pepper, fluff gently with a fork, and set aside.
8. Add a little water to that same pot and bring to a boil. Gently blanch your broccoli florets until bright green and al-dente [you want it to still be a bit firm yet tender, not mushy] which should only take a few minutes.
9. Drain, chop into bite-sized bits, and add to the quinoa along with chopped green onion.
10. Place quinoa in the fridge while you prep your dressing.

Dressing: Smash and mince garlic into a past and combine with all remaining dressing ingredients. Whisk well and set aside.

Grab your "bowl-o-quinoa" and top with the spicy glazed pecans. Drizzle with dressing just before serving. Serve salad chilled or at room temperature – it's great both ways!