

Some basics for cooking with Royal Quinoa and Amaranth:

Royal quinoa and Amaranth are the most nutritive seeds on earth with an ideal protein and mineral profiles. Both royal quinoa and amaranth are hypoallergenic and naturally free of gluten. A variety of dishes can be made for breakfast, lunch, dinner, snacks and fresh, cooked or baked desserts. Royal quinoa and Amaranth may be added to some dishes to improve their nutritional profile, this is quite important for those avoiding wheat, dairy and gluten.

Pregnant and lactating women as well as, active people, children and sports people would benefit very much by eating these seeds. The elderly would benefit by consuming meals, which are easy to digest, free of cholesterol and nurturing. These grains have been the staple food of the Andean communities, which have lived for over 8000 years at altitudes of over 4000m above the sea level where it is dry and oxygen is scarce, remember: Machu Pichu was built by the strong Incas fed with their mother grain Quinoa.

Breakfast:

Soaking royal quinoa and amaranth for about 10-12 hours will help to preserve their nutritional profiles to their best. Adding these seeds to a bircher muesli for example would be a good option when other grains and dried fruits and nuts are added. For those avoiding gluten and/or wheat, having royal quinoa and amaranth minus the oats or the wheat would be the most nutritive alternative. Should the ambient temperature be above 20°C, soak in the fridge as some fermentation may begin after about 8 hours or so of soaking.

Puffed royal quinoa and amaranth are the second most nutritious alternative for having these seeds for breakfast. The puffed (or popped) version is used as an instant breakfast cereal. It can

indeed be a baby's first meal, ask my daughter about it! Some dried fruits, nuts or a sweetener such as honey, maple or agave syrup may be added. Nutritious snack bars are currently made using puffed amaranth and royal quinoa.

Lunch and dinner:

Both royal quinoa and amaranth (together or separate) can be used as a side dish to accompany vegetables, meats and seafood when cooked like rice. Use 2 parts of water to 1 part royal quinoa, to cook amaranth use 3 parts water and 1 part amaranth. When cook together use 2 parts water 1 part royal quinoa and ½ part amaranth. When cooked with rice use 1 part rice, 1 part royal quinoa, ½ parts amaranth and 6 parts water. All the above measurements may vary depending on how your stove behaves. Always let the meal simmer (I like to call it 'a rest') so the seeds hydrate well in the steam and are not too hot when served. The left overs are perfect for adding to Chinese or Thai stir-fries and for making omelettes, nori rolls and small cold salads. Food must never be wasted.

Royal quinoa and amaranth can be added to soups and stews of any kind. Meals with a high nutritional and energetic value are achieved when royal quinoa and amaranth are cooked with a variety of lentils and beans (ie: red kidney, adzuki, mung, white and others) and meats (or no meat) in a rich stew with vegetables. This type of meal is excellent in the winter and particularly good for sports people, pregnant women and children (a lighter version would be recommended to breastfeeding women as the beans can cause flatulence to the mother and thus the baby).

The nutritional profile and digestibility of home made vegetable patties can be greatly improved if cooked or soaked royal quinoa and/or amaranth are added. Vegetables patties make a perfect snack after school or for lunch at work either on its own or in a burger type of preparation.

Desserts:

Many dessert recipes can be made using royal quinoa and amaranth whole grain, rolled grain or flour. Remember rice pudding? Well, substitute part of the rice with some royal quinoa and add amaranth if you like. Indeed amaranth very much provides the glutinous consistency that makes this dessert so special and will prevent the need to add starches or rice flour. Add grated coconut and/or flaked nuts for flavour and extra fibre. Passion fruit or berries purees would flavour and colour the preparation too.

Baked recipes such as muffins, breads, pizza bases, biscuits and others can be made using royal quinoa and amaranth flours. For muffins and pancakes (crepes) mixes is best to use rolled royal quinoa and rolled amaranth. Royal quinoa and amaranth flours can only make up to 20% of the baking mix because their high mineral content makes the dough brittle when baked. For gluten free preparation mix royal quinoa and/or amaranth flours with rice, buckwheat, sorghum, millet, potato or tapioca flours.

The above are just some basic suggestions as there are many more ways in which royal quinoa and amaranth in the form of grain, puffed, rolled or flour can be used. Happy experimenting!!

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