

English grown quinoa : mother Earth grain.

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QUINOA

QUINOA has been farmed as a cultivated crop in the high regions of the Andes Mountains since around 3000 B.C. It has sustained the South American Indians for thousands of years, known as Mother Earth Grain.

The seed looks much like sesame and contains a very high level of protein — together with an ideal balance of essential amino acids. The seed is small and golden yellow in colour, denoting a natural quality.

The arrival of QUINOA in Britain followed visits to South America by scientists looking for alternative food sources. Trials began in the early 1980's, based in Cambridge and in Essex. Successful trial production over this period resulted in the first field scale harvest in 1986, followed by commercial production in 1988.

QUINOA contains natural foam-producing substances called saponins which give the seed a bitter taste. This is believed to be nature's way of dissuading birds from eating the seed in the field. Before use in human consumption, the saponins have to be removed, which the South American Indians have traditionally done by washing. At present it is not practical to wash quinoa in large quantities and thus a system of abrasion has had to be devised. The seed is first cleaned and then lightly brushed to remove the saponins. However, if this brushing is done too aggressively, the seed changes from a golden to a white colour, which also means that it will have a lower protein content.

Nutritionally, QUINOA rates above other cereal foods, with its excellent digestability and a very high level of protein of around 13%. QUINOA's amino acid balance, which is close to the nutritional ideal, is particularly rich in lysine and has good levels of cystine and phosphorus, vitamin E and most B complex vitamins. It is high in fibre compared to most cereals — and has no cholesterol, making it an ideal meat substitute.

*— From the past comes the food of the future
QUINOA — the Mother Earth Grain!*

QUINOA

BREAKFAST WARMER serves 1

Ingredients

1 oz (25g) quinoa, washed and drained
2tbsp (30ml) porridge oats
½pt (300ml) milk

Salt, to taste
Sugar, to taste

Method

Place quinoa, oats, milk and salt into a saucepan, bring to the boil, then simmer for 10 minutes, stirring occasionally. Serve. To cook in a 650W microwave oven, place ingredients into a large mixing bowl, stir and cook uncovered on high for 10 minutes. Serve with sugar to taste and extra milk or cream. Try adding bran flakes, muesli or fresh fruit after cooking.

WINTER BROTH serves 4-6

Ingredients

1oz (25g) margarine
1 onion, chopped finely
2 carrots, peeled and sliced
3 sticks of celery, washed and sliced
3oz (75g) mushrooms, washed and sliced
1 green pepper, deseeded and diced
14oz (397g) can tomatoes

1½pt (900ml) vegetable or chicken stock
2 bayleaves
1 tsp. (5ml) paprika
4oz (100g) quinoa, washed and drained
Salt and ground black pepper

Method

1. Melt margarine in a large saucepan, then gently fry onion, carrot, celery, mushrooms and green pepper for about 5 minutes until softened but not browned.
 2. Add tinned tomatoes, stock, bayleaves and paprika, then bring to the boil, cover and simmer for 30 minutes, or until the vegetables are tender.
 3. Place quinoa into the soup, return to the boil and cook for a further 15 minutes. Remove bayleaves and season to taste before serving.
- Serve with hot crusty bread.

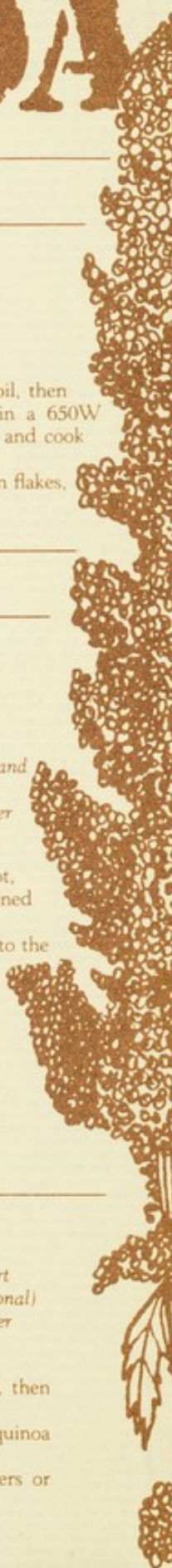
AVOCADO DIP serves 4-6

Ingredients

2oz (50g) quinoa, washed and drained
½pt (300ml) water
2 ripe avocados, peeled and stoned
1 small onion, finely chopped

1tbsp (15ml) lemon juice
5fl. oz. (150g) natural yogurt
Tabasco sauce to taste (optional)
Salt and ground black pepper

Method

1. Place quinoa in a saucepan with the water, bring to the boil, then simmer 8-10 minutes, until cooked. Drain well and cool.
 2. Blend all the remaining ingredients to a smooth texture. Stir in quinoa and chill well before serving.
- Serve with strips of raw vegetables such as carrot, celery, peppers or tortilla crisps.
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CELERY AND APPLE SALAD serves 4

Ingredients

4oz (100g) quinoa, washed and drained
¾pt (450ml) water
3 sticks of celery, washed and sliced

2 apples, cored and diced
3 tbsp (45ml) mayonnaise
Salt and ground black pepper

Method

1. Place quinoa and water into a saucepan, bring to the boil, then simmer for 8-10 minutes, until cooked. Drain and cool.
2. Combine quinoa with remaining ingredients and chill well before serving. Serve with a selection of salads.

STUFFED PEPPERS serves 4

Ingredients

4oz (100g) quinoa, washed and drained
¾pt (450ml) water
4 green peppers (approx 6oz/175g each)
4 slices smoked back bacon, trimmed

1 onion, chopped finely
3oz (75g) mushrooms, chopped finely
1 tomato, chopped finely
1dsp (10ml) worcestershire sauce
Tabasco pepper sauce, few drops to taste
Salt and ground black pepper

Method

1. Place quinoa in a saucepan with the water, bring to the boil, then simmer for 8-10 minutes until cooked, then drain well.
2. Cut a 1" (2.5cm) lid from the stem end of the peppers. Scoop out the seeds and membrane. Blanch the shells and lids in boiling water for 5 minutes. Drain and arrange in an ovenproof dish.
3. Cut bacon into small pieces and fry gently in its own juices. When cooked, remove bacon and fry onion, mushrooms and tomato until tender.
4. Combine the quinoa, bacon, fried vegetables and stir in the worcestershire and tabasco sauces. Season.
5. Spoon mixture into the peppers and replace the lids. Cover with foil and cook in the centre of an oven preheated to Gas Mark 6/200°C/400°F for about 30 minutes.

TUNA SAVOURY serves 4



Ingredients

6oz (175g) quinoa, washed and drained
1pt (600ml) water
1 onion, chopped finely
½oz (15g) margarine

7oz (198g) can tuna fish in brine, drained
4oz (100g) cheddar cheese, grated
1 egg
¼pt (150ml) milk
Salt and ground black pepper

Method

1. Place quinoa and water in a saucepan, bring to the boil and simmer for 10 minutes until cooked, then drain away excess water.
 2. Gently fry the onion in the margarine until tender, then stir in the tuna and half of the cheese.
 3. Stir the quinoa, egg and milk into the tuna mixture and season. Spoon into a shallow 2pt (1.2 litre) ovenproof dish.
 4. Sprinkle remaining cheese over the mixture and bake near the top of an oven preheated to Gas Mark 6/200°C/400°F for 25-30 minutes, until the cheese is golden brown.
- Serve hot with a selection of vegetables or salads.

VEGETABLE LASAGNE serves 4

Ingredients

Vegetable sauce:

1 onion, sliced
1 garlic clove, crushed
4oz (100g) mushrooms, sliced
6oz (175g) corgettes, sliced
1 green pepper, deseeded and diced
1oz (25g) margarine
14oz (397g) can tomatoes
½pt (300ml) vegetable stock
sp (5ml) oregano
2tsbp (30ml) tomato puree
15oz (450g) can red kidney beans, drained
4oz (100g) quinoa, washed and drained

Cheese Sauce:

2oz (50g) margarine
2oz (50g) plain flour
¾pt (450ml) milk
2tsp (10ml) English mustard
4oz (100g) cheddar cheese, grated
Salt and ground black pepper

12 sheets of lasagne (no need to precook type).

Method

1. Gently fry onion, garlic, mushrooms, corgettes and green pepper in the margarine until tender.
2. Add the remaining vegetable sauce ingredients, bring to the boil, cover and simmer for 15 minutes, stirring occasionally.
3. Meanwhile, make the cheese sauce. Melt the margarine in a saucepan, remove from the heat, beat in flour, return to heat and cook gently for 1 minute. Remove pan from heat and gradually stir in milk. Return to the heat and bring to the boil, stirring continuously until the sauce thickens. Remove sauce from heat and add the mustard and 2/3rds of the grated cheese. Season.
4. Make layers of vegetable sauce, lasagne and cheese sauce in a 10" (25cm) ovenproof dish, finishing with cheese sauce. Sprinkle over the remaining cheese and bake in a preheated oven at Gas Mark 6/200°C/400°F for about 30-35 minutes, until golden brown.

STILTON QUICHE serves 4-6

Ingredients

Pastry:	4oz (100g) wholemeal flour
2oz (50g) margarine	3tbsp (45ml) cold water
Filling:	
2oz (50g) quinoa, washed and drained	½pt (300ml) milk
½pt (300ml) water	4oz (100g) stilton cheese, grated
1 egg, beaten	2 spring onions, sliced
	Salt and ground black pepper

Method

1. Rub fat into flour and add enough water to form a firm dough. Roll out and line a greased 8" (20cm) flan dish.
2. Place quinoa in a saucepan with the water, bring to the boil and simmer for 8-10 minutes until cooked, then drain well.
3. Combine egg, milk and cheese, then stir in the quinoa and spring onions. Season.
4. Pour filling into pastry case and bake near the top of an oven preheated to Gas Mark 6/200°C/400°F for 30-35 minutes, until set and golden brown.
Serve hot or cold.

PEACH BRÛLÉE serves 4



Ingredients

½ pt (300ml) milk *14½ oz (410g) can sliced peaches,*
2 oz (50g) quinoa, washed and drained *drained*
1 tsp (5ml) castor sugar *4 tsp (20ml) soft brown sugar*

Method

1. Place milk, quinoa and castor sugar into a saucepan. Bring to the boil, then simmer for about 10 minutes, or until quinoa is cooked, stirring occasionally.
2. Cut the drained peaches into small pieces and add to the cooked quinoa mixture.
3. Spoon mixture into four individual ramekin dishes and sprinkle on the soft brown sugar. Place under a hot grill until the sugar caramelises. Serve hot.

MANDARIN CREAM serves 4-6



Ingredients

10½ oz (298g) can mandarin segments *2 oz (50g) castor sugar*
in natural juice *0.4 oz (11g) satchet gelatine*
¾ pt (450ml) pure orange juice *5 fl. oz. (150ml) whipping cream*
2 oz (50g) quinoa, washed and drained

Method

1. Drain mandarins. Reserve juice and make up to 1pt (600ml) with the pure orange juice.
2. Place orange juice and quinoa into a saucepan, bring to the boil, then simmer for 10 minutes.
3. Remove quinoa from heat, stir in sugar. Sprinkle the gelatine over the mixture, ensuring it is fully dissolved. Stir in most of the mandarin segments. Leave in a cool place until nearly set.
4. Whip cream to a soft peak consistency. Fold most of the cream into the mandarin mixture and pour into a 1½pt (900ml) dish. Chill until set.
5. Decorate with remaining mandarins and cream before serving.

QUINOA PUDDING serves 4



Ingredients

2-3 oz (50-70g) quinoa, washed and *1 oz (25g) castor sugar*
drained *½ oz (15g) butter*
1 pt (600ml) milk *Ground nutmeg*

Method

1. Place quinoa and milk into a saucepan, bring to the boil, then simmer for 5 minutes. Remove from heat, stir in sugar.
2. Pour mixture into an ovenproof 2pt (1.2 litres) dish, dot with butter and sprinkle with nutmeg.
3. Bake in a preheated oven at Gas Mark 4/180°C/350°F for 50-60 minutes, until a golden skin forms.

CHOCOLATE CRUNCH 8-10 slices

Ingredients

2 oz (50g) quinoa, washed and *1 oz (25g) chopped nuts*
drained *2 oz (50g) raisins*
½ pt (300ml) water *2 oz (50g) plain chocolate, chopped finely*
6 oz (175g) digestive biscuits, *4 oz (100g) butter or margarine*
crushed *1 oz (25g) golden syrup*

Topping: 2 oz (50g) plain chocolate

Method

1. Place quinoa in a saucepan with the water, bring to the boil and simmer for 8-10 minutes until cooked, then drain well.
2. Meanwhile, mix the biscuits, nuts, raisins and chocolate together.
3. Gently melt the fat and syrup together, then add the biscuit mixture and quinoa. Mix thoroughly.
4. Press mixture into a greased 8" (20cm) loose bottomed flan tin. Chill until set.
5. Carefully remove the set cake from the tin. Melt the chocolate in a heatproof bowl over a pan of hot water. Stir until smooth, then spread evenly over the top of the cake. As it sets, mark the chocolate into portions, then leave to set completely before serving.

QUINOA

Quinoa, is a delicious new grain product which is quick and easy to prepare. Quinoa can be eaten hot or cold in savoury and in sweet dishes.

Eaten by itself, quinoa has a mild nutty flavour, making it ideal to serve as a replacement to rice or cold potato in salads. Quinoa can also be used in soups, casseroles, stuffings and pilafs.

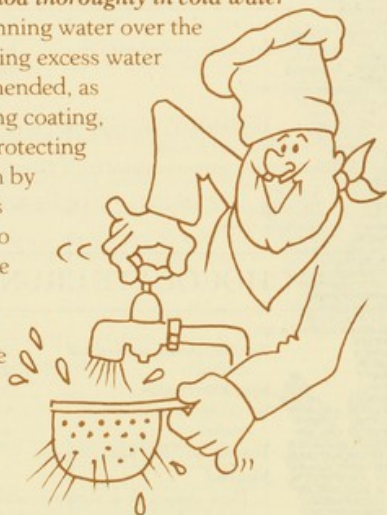
When cooked with milk, quinoa makes a creamy warming breakfast cereal or tasty alternative to rice pudding.

The recipes in this leaflet show just some of the delicious dishes which can be made using quinoa. It is so versatile and nutritious, we hope you enjoy making quinoa a regular addition to your meals.

BASIC COOKING INSTRUCTIONS

Before cooking, rinse quinoa thoroughly in cold water

using a fine sieve or by running water over the quinoa in a dish and draining excess water away. Washing is recommended, as the grain has a bitter tasting coating, which is nature's way of protecting the grain from being eaten by birds. The majority of this coating is removed prior to sale, however there may be a small amount of bitter tasting powder left on the grain, which can simply be rinsed away, prior to cooking.



NOTE

1. Imperial and metric measurements have been calculated separately. Use one set of measurements only for best results.
2. All spoon measurements are level.
3. All eggs are size 3.
4. Cooking times may vary slightly depending on individual ovens. If using a fan assisted oven refer to manufacturers handbook.

Recipes devised by Dawn Stock, Home Economist.

Source of Data

	MOISTURE CONTENT	PROTEIN N x 6.25	FAT	SOLUBLE CARBO- HYDRATE	CRUDE FIBRE	ASH
	%	%	%	%	%	%
■						
WHEAT <i>English</i>	15	8.9	2.2	66.8	2.1	1.5
BARLEY	15	10.0	1.5	66.4	4.5	2.6
OATS <i>Whole Grain</i>	11	10.3	4.7	62.1	9.3	2.6
RYE	10	12.4	1.3	71.7	2.3	2.0
MAIZE	11	9.4	4.1	72.1	2.0	1.4
SORGHUM	11	11.0	3.2	70.9	2.4	1.5
RICE <i>Paddy</i>	12	8.0	1.9	62.7	9.0	6.3
<i>Brown</i>	12	9.7	2.4	73.2	1.1	1.6
<i>Polished</i>	12	8.6	0.4	78.2	0.3	0.5
QUINOA	12	13.0*	5.3	55.7	4.9	3.0

Source of Data: "Technology of Cereals" KENT N. L. (Pergamon Press).

■ English milling type wheat has a protein content of approx 11½%

*Approximate

QUINOA
-the Mother Earth Grain!





ENGLISH
GROWN



QUINOA

Mother Earth Grain

Just three short years from the five hundredth anniversary of the discovery of America, one of the most important food crops of pre-Hispanic South America has just discovered Europe!

QUINOA, a food crop from the high Andean "altiplano", is known to the South American Indians as Mother Earth Grain or "quinoa".

It is both nutritious and delicious. It is high in food quality protein. It is ideal for quick cooking — just a few minutes.

It is an appetising alternative to traditional cereal grains, including rice — also potatoes and pasta. Try it for yourself in both savoury and sweet dishes. Try our suggested recipe ideas — or try your own.

What makes QUINOA so special?

Proteins are made up of building blocks called amino acids. The proportion of these different amino acids determines the efficiency with which food protein can be converted to body protein.

QUINOA's amino acids come close to the F.A.O.* reference proportions and more closely approach those of animal products than virtually any other vegetable protein source.

Certain recipes inside this leaflet have been approved by the Coeliac Society as Gluten-free and are marked with this symbol —



* Food and Agriculture Organisation of the United Nations.