

WHAT IS QUINOA?

Quinoa is a grain native to the Andean region in South America, domesticated around 3,000 to 4,000 years ago. It was regarded by the Incas as the “mother of all grains” and was widely consumed because of its high nutritional value. There are three varieties of quinoa: white, red and black. They all share beneficial qualities but each one also possess its own special properties.



Torto quinoa is organic and non-GMO, selected with great care so your home has the best quality quinoa.

WHY SHOULD I INCLUDE QUINOA IN MY MEALS?



Because quinoa has high nutritional value, is gluten-free and easy to digest. 100 grams of cooked quinoa provides 120 calories and between 10-19% of the Daily Value of protein, dietary fiber, folate and dietary minerals, like iron, copper, zinc, magnesium, phosphorus and manganese. Another important reason is that quinoa is high in essential amino acids that our body by itself can't produce.

Quinoa can help us to lead healthier lives.

HOW DO I COOK QUINOA?

Quinoa is very easy to cook and can be used in a wide range of dishes, even desserts.

You just need 3 cups of water or stock for every cup of quinoa and let it cook over medium heat for about 15 minutes or until it doubles its size.



Q U I N O A & V E G E T A B L E S S O U P

Serves 4

- 1 tablespoon **olive oil**
- 1 cup **onions**, finely chopped
- 1 **garlic clove**, finely chopped
- 1 cup **potatoes**, diced
- ¼ cup **carrots**, diced
- ¼ cup **Torto quinoa**, cooked

- ½ teaspoon **oregano**
- salt** and **black pepper** to taste
- 2 ½ cups **water**
- ¼ cup **peas**
- 1 tablespoon **coriander**, chopped

In a medium pot, heat the oil over medium heat. Add the onions and cook for 2 minutes. Add the garlic and continue stirring until the onion is cooked. ♦ Add the potatoes and carrots and cook for a couple of minutes. ♦ Add the quinoa, oregano, salt and pepper. Add the water and bring to boil. ♦ Add the peas. Lower heat, place lid over the pot and cook for 10 minutes or until the vegetables are ready. ♦ Serve the soup together with chili sauce and coriander.



**You can add/change vegetables to your liking.*

Q U I N O A C O O K I E S

Serves ?

- 250g **self-rising flour**
- 1 teaspoon **baking powder**
- 125g **Torto quinoa**
- 120g **salted butter**
- 100g **icing sugar**

- 2 **eggs**
- ½ cup **fresh milk**
- pinch of **salt**
- ½ teaspoon **aniseed**

Preheat the oven at 160°C. ♦ In a bowl, sieve the flour and baking powder. ♦ Mix in the quinoa, salted butter, icing sugar, eggs, milk and salt. Knead into a dough. ♦ Add the aniseed. Rest the dough for 10 minutes. ♦ Roll out over floured surface and use the cookie cutter of your choice. Place the cookies on a greased baking sheet. ♦ Bake for 25 minutes or until cookies are golden.

Q U I N O A C R O Q U E T T E S

Serves ?

- 3 cups **Torto quinoa**, cooked
- ½ **red onion**, finely chopped
- 1 teaspoon **yellow chili paste**
- 1 teaspoon **huacatay paste**
- 2 tablespoons **yellow potato**, cooked and mashed
- 2 **eggs**

- 100g **fresh cheese**, cubed (**ricotta?**)
- ½ cup **plain flour**
- ½ cup **bread crumbs**
- 3 cups **vegetable oil**
- 1 cup **huancaína sauce**
- salt** and **pepper** to taste

In a bowl, mix the quinoa, onion, yellow chili and huacatay paste. ♦ Season with salt and pepper. Add the potato and continue mixing. ♦ Mix in one egg and form 24 croquettes. ♦ Fill the croquettes with cheese and cover with flour. ♦ Beat the other egg. Dip the croquettes in the beaten egg and cover with bread crumbs. ♦ In a frying pan, heat the oil



over medium heat and cook the croquettes for 3 minutes. Serve with huancaína sauce.

Q U I N O A C H A U F A

Serves 4

- 4 eggs
- 1 teaspoon **butter**
- 2 teaspoons **vegetable oil**
- ¼ teaspoon **ginger**, minced
- 1 ½ cups **chicken breast**, cubed
- 2 cups **turkey hotdog**, cut in small pieces

- ¼ cups **soy sauce**
- 1 cup **spring onion**, chopped
- 2 cups **snow peas**, cooked
- 2 cups **bean sprouts**
- 6 cups **Torto quinoa**, cooked
- salt and pepper** to taste



In a bowl, lightly beat the eggs and season with salt and pepper. ♦ In a pan, heat the butter over medium heat. Pour the eggs and cook for 4 minutes. Turn over the omelet and finish cooking. Turn off heat, cut the omelet in small pieces. Set aside. ♦ In a wok, heat the oil over high heat. Add the ginger, chicken and hot dog. Season with salt and pepper. Sauté for 5 minutes. ♦ Add the soy sauce and spring onion, sauté another 5 minutes. ♦ Mix in the snow

CHICKEN with QUINOA SAUCE

Serves ?

- 250g **Torto quinoa**, cooked
- 1 cup **chicken stock**
- 1 tablespoon **vegetable oil**
- 1 **onion**, chopped
- 1 tablespoon **garlic**, minced
- 1 teaspoon **turmeric**
- 4 **pecans** or **almonds**, chopped
- 1 **chicken breast**, parboiled and shredded
- 2 **eggs**, hard boiled and sliced

- 4 **small potatoes**, parboiled and cubed
 - 2 tablespoon **parmesan cheese**, grated
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In a blender, mix the quinoa with a little bit of chicken stock, or skimmed milk. Set aside ♦ In a pan, heat the oil over medium heat, sauté the onion and garlic, season with turmeric. ♦ Pour the

quinua over the sauté onions. ♦ Little by little, stir in the rest of the chicken stock until it has the desired consistency. ♦ Add the pecans and shredded chicken. Mix. ♦ Serve with potatoes, eggs and rice. Toss parmesan cheese before serving.

Q U I N O A Z A M B I T A

Serves ?

- 1 liter **water**
- 1 **cinnamon stick**
- peel of $\frac{1}{4}$ of an **orange**
- 1 cup **Torto quinoa**
- $\frac{1}{2}$ cup **evaporated skimmed milk**
- $\frac{3}{4}$ cup **brown sugar syrup**

- $\frac{1}{2}$ cup **raisins**
- $\frac{1}{4}$ cup **pecans**, chopped
- 1 tablespoon **unsalted butter**

In a pot, boil the water with the cinnamon stick and orange peel. ♦ Add the quinoa and cook over high heat for 5 minutes. ♦ Lower to medium heat and cook for 6 more minutes. ♦ Immediately strain the quinoa and place it under running cold water. Remove the orange peel and cinnamon stick. Set aside. ♦ In a medium pot, bring to boil the quinoa, milk, brown sugar syrup and raisins. ♦ Boil 4 to 5 minutes, stirring constantly, until you are able to see the bottom of the pot. ♦ Mix in the pecans and butter. ♦ Remove from heat, cool down and serve.



Q U I N O A a n d S H R I M P S

Serves ?

- 9 cups **fish stock**
- 2 cups **Torto quinoa**
- 2 tablespoons **butter**
- 2 tablespoons **olive oil**
- 1 **onion**, chopped
- 3 **garlic cloves**, chopped
- 2 tablespoons **panca chili sauce**
- 500g **shrimps**, peeled and deveined
- salt** and **pepper** to taste

- 150g **fresh cheese, ricotta**
- 6 **black olives**
- 2 **eggs**, hard boiled and sliced

In a pot, boil 8 cups of fish stock. Add the cover the pot and cook for 12 minutes over low another pot, melt the butter over medium heat, Saute the onion and garlic. ♦ Add panca chili the shrimps, cook for 2 minutes. ♦ Pour the rest of the stock and season. Add the quinoa and cheese. Cook for 5 minutes. ♦ Stir and serve with eggs and olives.



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heat. ♦ In
add the oil.
sauce and

Q U I N O A P I E

Serves ?

Filling:

- 3 tablespoons **vegetable oil**
- 1 medium **onion**, chopped
- 1 teaspoon **garlic**, minced
- 2 **celery sticks**, chopped
- 20g **white button mushrooms**, chopped
- 1.5kg **tomatoes**, skinless, unseeded, chopped
- 1 **bay leaf**
- 1 **carrot**, grated
- 2 tablespoons **tomato paste**
- 1 teaspoon **brown sugar**
- salt** and **pepper** to taste

- 4 **eggs**, hard boiled and sliced

Pie:

- 2 ½ tablespoon **vegetable oil**
- 1 teaspoon **garlic**, minced
- 2 tablespoons **yellow chili paste**
- 1 teaspoon **oregano**
- 1 **bay leaf**
- 5 ½ cups **vegetable stock**
- 250g **Torto quinoa**
- 150g **queso paria**, grated
- ½ tablespoon **butter**



Filling:

In a pot, heat the oil over medium heat. Add the onion, garlic, celery, mushrooms, tomato and bay leaf. Cook for 15 minutes. ♦ Season with salt and pepper. Add the carrots, tomato paste and sugar. Mix and cook for 30 minutes. ♦ Set aside.

Pie:

Preheat the oven at 180°C. ♦ In a pot, heat 2 tablespoons of vegetable oil over medium heat. Cook the garlic, chilli, oregano and bay leaf. ♦ Add the stock and quinoa, season with salt. Cook over high heat until the stock evaporates. ♦ Reduce heat and stir continuously. When you are able to see the bottom of the pot, remove from heat and add 100g of cheese and the butter. ♦ Grease a rectangular dish (30x20cm) with the remaining oil. ♦ Pour in half of the quinoa and form the bottom layer. ♦ Add the filling evenly to form the central layer, add the boiled eggs too. ♦ Form the upper layer with the rest of the quinoa. ♦ Toss the remaining cheese over the pie. ♦ Bake for 30 minutes.



VANILLA COCONUT PUDDING

Serves 4

- 4 cups **canned coconut milk**
- 1 large **vanilla bean**, seed scraped + pods reserved
- 1 teaspoon **vanilla extract**
- ¼ cup **coconut sugar** or **brown sugar**

- pinch of **salt**
- 1 cup **Torto quinoa**
- ½ cup **toasted unsweetened coconut**
- ½ cup **toasted slivered almonds**
- 227g **fresh raspberries**
- 2-4 tablespoons **honey**

In a medium saucepan, combine the coconut milk, coconut sugar, salt and vanilla bean and bring to a simmer. ♦ Add the quinoa and stir. Reduce heat to low, cover the pot slightly, and cook for about 30 minutes stirring every few minutes. The milk will reduce and thicken. ♦ Once the quinoa is cooked and the milk has thickened add the vanilla extract. ♦ Remove from the heat and allow to cool slightly.



Ladle into bowls or jars or store in the fridge if you prefer to eat cold. ♦ Add the raspberries

GRANOLA & QUINOA BOWL

Taken from halfbakedharvest.com

Serves 4

- 2 ½ cups **rolled oats**
- 1 cup **Torta quinoa**, cooked
- 1 cup **toasted almonds**, sliced
- ½ cup **flaxseed**, ground
- ½ teaspoon **salt**
- ¼ teaspoon **cinnamon**, ground

- 4 tablespoons **unsalted butter**
- ½ cup **honey**
- 2 teaspoons **vanilla extract**
- 1 cup **dark chocolate chips**

Preheat oven to 160°C. Line a baking sheet with foil or parchment paper. ♦ Add butter to a small saucepan and heat over medium heat. Whisk constantly until brown bits appear on the bottom, about 5-6 minutes. ♦ Remove from heat and stir in honey and vanilla extract. Set aside. ♦ In a large bowl, combine oats,



Taken from howsweeteats.com

almonds, quinoa, flaxseed, cinnamon and salt. ♦ Pour butter/honey over the oat mixture and stir well. ♦ Spread evenly on the baking sheet. ♦ Bake for 10 minutes, toss and then bake for another 10. ♦ Toss again, then bake for 10 more minutes, stirring every 3 minutes.

QUINOA PIZZA with GOAT CHEESE, LEMON and BASIL

Serves 4

Crust:

- 🍃 1 cup **Torto quinoa**
- 🍃 **Water**, for soaking and blending
- 🍃 1 clove **garlic**
- 🍃 ½ teaspoon **salt**
- 🍃 2 tablespoons **canola oil**

Toppings:

- 🍃 150g **fresh goat cheese**
- 🍃 1 **lemon**, unseeded & thinly sliced

- 🍃 2 teaspoons **fresh lemon juice**
 - 🍃 1 **shallot**, thinly sliced
 - 🍃 small handful **fresh basil leaves**, cut into ribbons
 - 🍃 2 tablespoons **pine nuts** (raw or toasted)
 - 🍃 coarse ground **black pepper**
 - 🍃 coarse **sea salt**
 - 🍃 **olive oil**, for drizzling
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Crust:

Place quinoa in a medium bowl and cover with water by several inches. Let stand at room temperature for 8 hours or overnight. ♦ Preheat oven to 230°C. ♦ Drain the presoaked quinoa in a fine mesh sieve and rinse well. Place in a blender with a little water (about ¼ cup), garlic clove, and salt. Puree until smooth. Add more water if needed. The mixture should look like pancake batter and not be too thin or thick, but still pourable. ♦

Place a 10-inch cast iron skillet into the hot oven. Allow to heat for 5-10 minutes. ♦ Carefully add the oil to the skillet and heat for another 3 minutes. Remove the pan from the oven carefully. Tilt the pan to evenly distribute the hot oil. ♦

Pour the batter into the center of the pan and tilt it to create an even layer on the bottom. Place back into the oven. ♦ Bake for 20 minutes, then remove pan from oven, turn crust over, and place back in oven for another 10. ♦

Remove from oven and transfer the crust to a baking sheet lined with parchment paper. (At this point you can also place it on a cooling rack and let it cool completely, then prepare the pizza at a later time.) ♦



Toppings:

Mix the goat cheese with the lemon juice. If the cheese is very crumbly, add a little milk or water to smooth it out. It should be spreadable. ♦ Spread the cheese evenly over the crust. Layer the sliced lemons evenly over the cheese. ♦ Place in the oven and let bake for 10-15 minutes, or until the cheese has melted and turned golden, and the lemons are

WHOLE WHEAT BANANA QUINOA PANCAKES

Taken from cafejohnsonia.com

Serves **10 pancakes**

- 🍌 1 cup **Torto quinoa**, cooked
- 🍌 $\frac{3}{4}$ cup **whole wheat flour**
- 🍌 $\frac{1}{2}$ teaspoon **cinnamon**
- 🍌 1 $\frac{1}{2}$ teaspoons **baking powder**
- 🍌 $\frac{1}{4}$ teaspoon **coarse salt**
- 🍌 3 large **egg whites** or 2 **eggs**
- 🍌 $\frac{1}{3}$ cup **plain greek yogurt**

- 🍌 2 tablespoons **milk** (skim, soy, almond, coconut)
- 🍌 2 tablespoons **brown sugar** (alternatives: honey or maple syrup)
- 🍌 1 teaspoon **pure vanilla extract**
- 🍌 2 large **very ripe bananas**, pureed



In a medium bowl, whisk together quinoa, flour, cinnamon, baking powder, and salt. ♦ In another medium bowl, whisk together egg whites, yogurt, milk, vanilla, and brown sugar until smooth. ♦ Add egg mixture to flour mixture and whisk to combine. Add pureed bananas and mix until just combined. ♦ Lightly coat a large nonstick skillet with butter or cooking spray and heat over medium. ♦ Drop batter by 1/4 cup onto skillet. Cook until bubbles appear on top, about 2 minutes. Flip cakes

B A K E D Q U I N O A F A L A F E L

- 🍃 ½ cup **Torto quinoa**, cooked
- 🍃 1 can (15 oz.) **chickpeas**, drained
- 🍃 1 small **red onion**
- 🍃 5-6 **garlic cloves**
- 🍃 ¼ cup **fresh parsley**
- 🍃 ¼ cup **fresh cilantro**
- 🍃 2 teaspoons **salt**

Taken from ambitiouskitchen.com

Serves **2-3**

- 🍃 2 teaspoons **baking powder**
- 🍃 ¼ cup **flour**
- 🍃 2 tablespoons **cornmeal**

For serving:

- 🍃 Greek yogurt
- 🍃 cucumber

Taken from abeautifulmess.com

- 🍅 cherry tomatoes
- 🍅 lemon or lime, sliced

In a food processor, combine the chickpeas, onion, garlic, parsley, and cilantro. Process until well blended. ♦ Stir in the salt, baking powder and cooked quinoa. Refrigerate for at least 30 minutes. ♦ Form 4 patties from the batter. ♦ On a small plate, combine the flour and cornmeal. Dip the patties (both sides) in the flour mixture. ♦ Preheat oven to 180°C. ♦ In a large skillet, heat a little oil over medium heat. Add the patties and cook for a few minutes so that side can get a little crisp to it. Flip the patties over, then immediately move the skillet from the stove to the oven. Continue to bake for 12-15 minutes. ♦ Allow to cool just a little before serving. ♦ Squeeze on a little lemon or lime juice, top with Greek yogurt and your chopped veggies.

