



# Quinoa Tasting

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BOLIVIAN CHEF





## **Creamy Quinoa**

### **Ingredients**

5 cups “cooked quinoa”

1 cup vegetable broth

2 tablespoons butter

½ yellow or white onion (brunoise)

2 cups fresh mushrooms

½ cup fresh parsley

1 cup baby spinach  
1 cup young cabbage  
1 cup cream cheese  
1 cup grated asiago cheese\* can be replaced with  
parmesan  
1 cup heavy cream  
salt and pepper

On a skillet melt the butter and lightly fry the onion, add the chopped mushrooms and the parsley.

Wait for the mushrooms to reduce. Add the quinoa and a cup of vegetable broth. Once the quinoa warms up add the cabbage and the spinach. Slowly incorporate the cream cheese, then the asiago cheese and the heavy cream. Finish with salt and pepper to taste.

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\* is an Italian cow's milk cheese that can assume different textures, according to its aging, from smooth for the fresh Asiago (Asiago Pressato) to a crumbly texture for the aged cheese (Asiago d'allevato) of which the flavor is reminiscent of Parmesan

*“During our decolonization process,  
we value our own food  
and we recover our food identity  
in order to Live Well”*

President Evo Morales Ayma,  
United Nations Special Ambassador  
for Quinoa International Year  
2012 - 2013

## Quinoa & Caramel (*Dulce de Leche*) Mousse

- 2 cups “cooked quinoa\*”
- 1 cup pastry cream with dulce de leche
- 1 cup whipped cream
- 18 candied pecans
- 1 dark chocolate (60%-70% cacao)

\* When making desserts you can use the same “basic quinoa recipe” replacing half of the water for milk.

### Pastry Cream

- 2 cups whole milk
- 1/2 cup Sugar
- ¼ cup all purpose flour
- 1.7 oz. butter
- 6 egg yolks
- 1 ½ cups *Dulce de Leche*

Take the whole milk, and half of the sugar, to boiling point. In another bowl, with a hand whisker, mix the other half of sugar-flour-yolks until it completely dissolves and turns

into a slow dissolving ribbon. Incorporate the milk into the mixture and mix, now take this and return to the pot (low heat) whisking profusely, to avoid any lumps, until the pastry cream has thickened (approximately 5 minutes after it comes to a simmer).

Pour the pastry cream into another bowl through a fine mesh strainer, and add the butter cut into small pieces and better if frozen. You can take the bowl to an ice bath as well. Keep a low whisk until it cools down. Pour into a covered container and press a piece of plastic wrap against the surface to prevent a skin from forming and refrigerate. It can be refrigerated for up to 5 days.

### **Whipped Cream**

½ cup heavy cream

5 teaspoon powdered sugar

Whisk the heavy cream until the cream holds a shape when lifting the whisk. Add the sugar and mix it into the cream. You can do this on an ice bath to make it easier.

## **Candied Pecans**

2 cups whole pecans

½ cup sugar

1 oz. water

Warm the pecans in a pre-heated oven (325 degrees F) for about 5 minutes

Combine the sugar and the water on a large frying pan and bring to a boil, dissolving the sugar.

Add the pecans to the syrup and stir until they have a white crystallized appearance then transfer to a plate and cool completely.

## **Montage**

In a large bowl mix the quinoa with the pastry cream and gently add the whipped cream.

In a glass or a dessert cup with a pastry bag pour the quinoa mousse, grate some dark chocolate on top and place three candied pecans on a side.





## Quinoa Soup

### Ingredients

2 cups “cooked quinoa”

3 tablespoons olive oil

½ yellow or white onions (brunoise)

2 garlic cloves

2 young leeks

1 medium zucchini

6 morel mushrooms

4 cups ripe butternut squash  
1 cup white wine  
2 pieces cloves  
½ teaspoon cayenne pepper  
1 teaspoon salt  
5 cups water  
½ cup fresh cilantro  
1 cup fresh white cheese

Put the squash on a juicer and reserve the squash juice.

On a large pan, heat the olive oil and lightly fry the onion until it is slightly golden, add the leek and the garlic cut in brunoise as well.

Season the vegetables with the spices, when everything turns golden, add the chopped zucchini and the Morel mushrooms, deglaze with the wine.

Pour the reserved squash juice and bring to boil, add water and once it begins to boil, add the quinoa. Let simmer for about 6 minutes and finish with finely chopped cilantro and the diced cheese.

# Fruits and Quinoa Fresh Salad

## Ingredients

3 cups “cooked quinoa”  
1/2 cup fresh mango  
1/2 cup black or red grapes  
1 big yellow sweet pepper  
3 tomatoes concasse  
Zest of 1 orange  
1/4 cup fresh mint  
1/4 cup fresh cilantro  
1/4 cup fresh parsley  
1/4 cup lime juice  
1/2 cup orange juice  
1 teaspoon fresh ginger zest  
1/2 teaspoon cayenne pepper  
olive oil and salt

To the basic quinoa recipe add the diced fruit, brunoise veggies, and finely chopped herbs, spices, fruit juices and finish with plenty olive oil.

# Basic Quinoa Recipe

## Ingredients

1 cup uncooked quinoa

3 cups of water

On a medium pot, slightly toast quinoa, add boiling water, and leave it with the lid on, for approximately 12 minutes or until it pop and dries. The cooking is similar to rice, always 3 parts water for 1 part quinoa.

Cooked this way, quinoa can be stored in the fridge for a week and properly frozen for about a month without losing any of its properties. Quinoa is very moldable and can be adapted very easily to many kinds of flavors. Having quinoa ready leaves an open door to everyone's creativity and imagination. Quinoa is such a healthy, high protein food that we invite you to add some "cooked quinoa" in your day to day feeding to improve the nutritional quality of your diet.





Estado Plurinacional de Bolivia  
Ministerio de Relaciones Exteriores



PROEX

El programa de apoyo a la producción agropecuaria  
y forestal del Estado Plurinacional de Bolivia  
2010-2014

