

# Quinoa

For World Food Day, promoted by the FAO, quinoa is being highlighted to teach more about its flavours and virtues.

## First of all: a little botany

Quinoa has been grown for more than 5,000 years in Bolivia and Peru. It can withstand extreme climate conditions (drought and frost) and will grow both at sea level and at high altitudes. There are several dozen varieties of quinoa with grain that may be light coloured, red or black.

## Why is it eaten?

Quinoa is a cereal that is easy to digest, contains no gluten is rich in proteins and is a source of Omega 3. It is also the only food of vegetable origin that contains as many essential amino-acids, which means that it is perfect in a vegetarian diet.

Quinoa also contains a lot of fibre and higher quantities of vitamins and minerals than many other cereals.



## A contribution to the fight for food security

Thanks to its nutritional qualities and the fact that it can survive in many different climatic conditions, quinoa can play an important part in fighting hunger, malnutrition and poverty in developing countries. It is for this reason that it is being honoured in 2013.

References: <http://www.fao.org/quinoa-2013/en/>

[www.dsr.ch](http://www.dsr.ch)

## How it is used?

Quinoa exists in various forms: as grain, flour, puffed grain, flakes and semolina. It can therefore be used in numerous recipes, both sweet and salted! Usually quinoa is cooked in 3 times its volume of water; before cooking it must be rinsed in cold water. It is cooked when its germ becomes visible. As it is a starchy food, quinoa can easily be used instead of rice, pasta or potatoes in composing a meal.

## Quinoa fritters with chopped vegetables

Ingredients for 4 people:

250 g light coloured quinoa  
7.5 dl chicken broth  
2 shallots, chopped  
2 eggs  
70 g Parmesan  
60 g breadcrumbs  
2 carrots  
1 courgette  
1 tbsp. chopped parsley  
2 tbsps. chopped chives  
1 tbsp. chopped tarragon  
Cayenne pepper, ground pepper  
3 tbsp. light olive oil

1. Rinse the quinoa under running water.
2. Bring the broth to a boiling point, add the quinoa and allow to cook until all the liquid has been absorbed. Set aside.
3. Peel the carrots and remove the seeds from the courgettes, dice. Sauté with the shallots in a non-stick frying-pan and set aside.
4. Mix all the ingredients except the olive oil in a bowl. Adjust the seasoning if necessary.
5. Form fritters by hand.
6. In a non-stick frying-pan heat the light olive oil and cook the fritters on each side until golden brown.
7. Serve hot or cold with a mixed salad and a fresh cheese sauce with coriander.

[www.dsr.ch](http://www.dsr.ch)