



Morocho de dulce with quinoa



Chef Mauricio Armendaris (Ecuador)

Serves: 12

Ingredients:

1 cup cracked morocho maize
¼ cup quinoa
13 ½ cups water
4 cups skimmed milk
2 cloves
2 units allspice
4 cinnamon sticks
1 white onion, with root and stem
½ cup sugar

Preparation:

- Soak the morocho overnight. Drain.
- Wash and cook the quinoa in one and a half cups of water.
- Meanwhile, cook the morocho in 12 cups of water until nicely tender. Drain.
- Separately, boil the milk with the cloves, allspice, cinnamon sticks, white onion (with root and stem) and sugar.
- Add the cooked morocho, half a cup of the already cooked quinoa, and continue cooking until the mixture thickens.
- Remove the onion, cloves, sweet pepper and cinnamon sticks.
- Serve.