



REVIEW

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Cook book guaranteed to get you keen on Quinoa

Cooking with Quinoa
 by Rena Patten
 New Holland, \$39.99

It's known as the supergrain. It is very high in protein, full of vitamins, gluten-and wheat-free, cholesterol-free and usually organic. So it's only right quinoa (pronounced keen-wah) has a recipe book of its own.

Recipe developer Rena Patten has produced this fabulous book, which shows the versatility of quinoa with recipes including soups, breads and pasta, vegetarian, meat, seafood and sweet things . . . yes, sweet things!

The promoters of this book reckon quinoa is simple to prepare, easy to digest and enjoyable to eat, saying, "there should be a packet of quinoa in every pantry". And they're right. There should also be a copy of this book on every kitchen shelf, too.

My family likes meat and vege. The men in the family don't really stray far from lettuce salad or coleslaw at barbecues in summer. But after trying several recipes from this book, they are becoming a little more adventurous.

So this summer I plan to work my way through this book.

There'll be a different quinoa salad at each barbecue we have . . . starting with Mexican corn and red kidney bean salad.

The recipes I have already tried in this book I can't fault — they're easy to prepare, delicious and healthy.

Check out the sweet potato, chilli, basil and balsamic vinegar bean soup.

It was great for dinner, and the leftovers were even better heated the next day at work for lunch.

My favourite salad to date is the pancetta, mushroom and zucchini salad. With shavings of parmesan over the top, it did me as a light meal.

The chicken mexicana is now a one-pot favourite and the creamy coconut and mango pudding goes on my list for the next time we are entertaining.

I can't wait to get the vege garden going and using up zucchini in the sweet potato and zucchini pie.

The hardest thing with this book is choosing what to cook next.

— Colleen Thorpe



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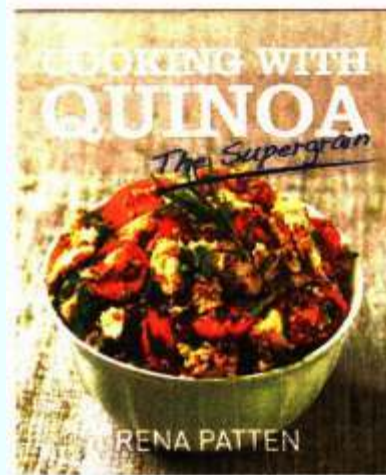
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Definitely a winner. — Colleen Thorpe