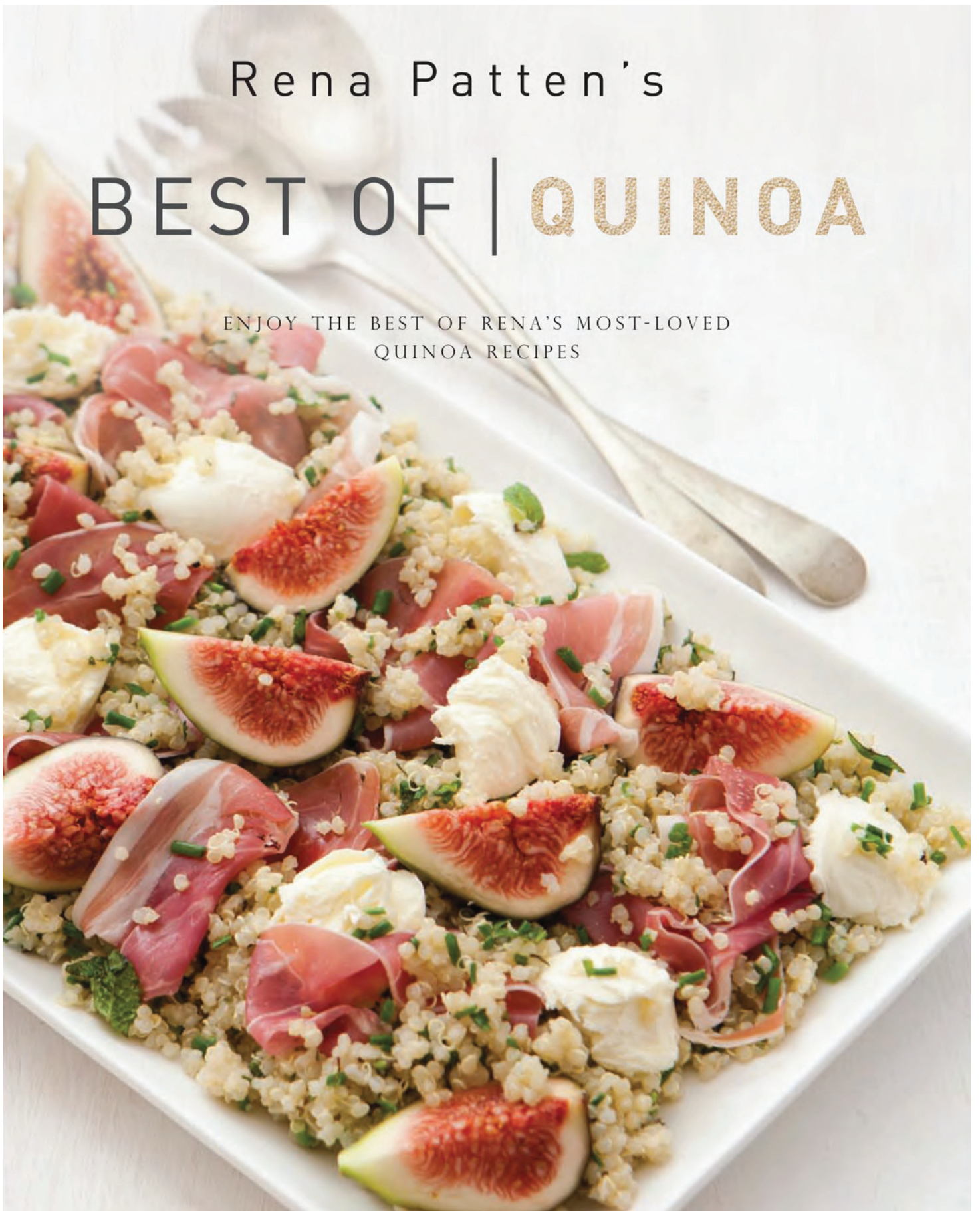


Rena Patten's

# BEST OF | QUINOA

ENJOY THE BEST OF RENA'S MOST-LOVED  
QUINOA RECIPES

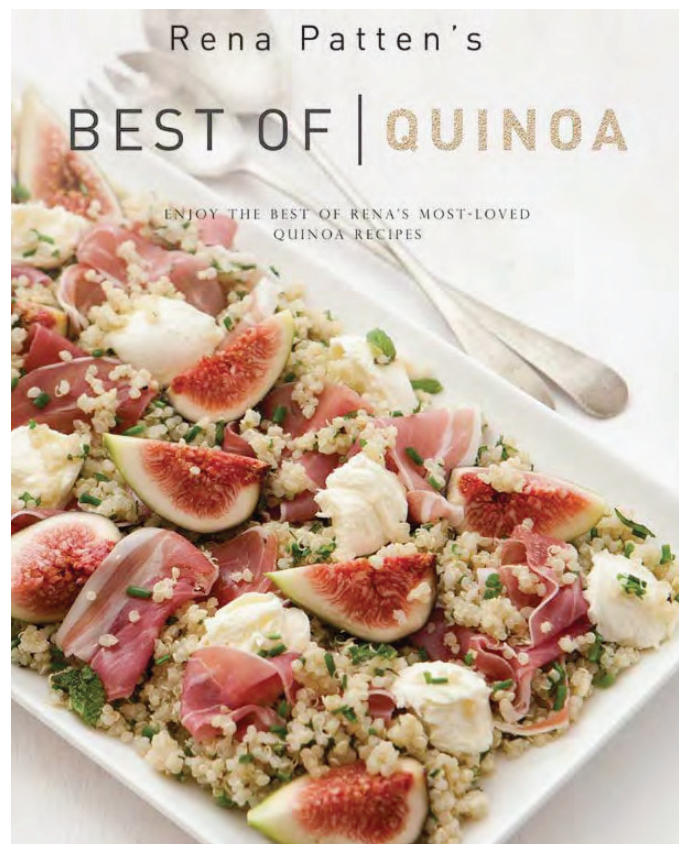






# 6 Gourmet Cookbooks We're Currently Obsessed With

by [Chloe Bassett](#)



## **Best of Quinoa by Rena Patten (\$40, New Holland Publishers)**


OK, so not everyone knows how to pronounce it (it's Keen-wa, in case you were wondering!), but everyone is eating it! Quinoa is a grain, but it's not just any grain. Considered to be almost a complete food – high in protein, full of vitamins, gluten and wheat free, cholesterol free and usually organic – it's a true superfood... and if the recipes in Best of Quinoa are anything to go by, it can be super delicious! This is a great cook book for anyone who loves their super foods or for novices wanting to try this mega grain out for themselves, with a wonderful selection of easy to follow recipes for every palate.

<http://www.queenslandhomes.com.au/6-gourmet-cookbooks-were-currently-obsessed-with/>

# Cooking with Quinoa

November 1, 2015

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Rena Patten - Best of Quinoa Photo: Book cover

Quinoa is fast becoming one of the most popular super-foods in Australia. And it's more versatile than you'd think...being easily worked into recipes ranging from savoury to sweet.

To tell us more, the Queen of Quinoa, Rena Patten, joined Tim Webster on 2UE Weekend Afternoons to talk about her latest cook book 'Best of Quinoa'.

LISTEN HERE:





# 3 SURPRISING WAYS WITH QUINOA

So you know how to pronounce it ("keen-wah" for anyone who doesn't) but what are the uses for this ancient grain? Enjoy it for any meal with these recipes by cookbook author Rena Patten



This is an edited extract from Rena Patten's Best of Quinoa (\$40, New Holland)



## SMOKED SALMON PIZZA

serves 2

This is a gluten-free pizza.

- 250g quinoa flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp ground oregano
- 1 tsp garlic salt
- 2 tbs extra virgin olive oil

### TOPPING

- 1 small red onion, sliced thinly
- ¼ lime, juiced
- 150g cream cheese
- Rocket leaves, to serve
- 150g smoked salmon, thinly sliced
- 250g bocconcini cheese, torn into pieces
- 2 tbs capers
- Extra virgin olive oil, for drizzling
- Freshly cracked black pepper

Preheat the oven to 200°C. Sift the flour into a bowl with the baking powder and baking soda, stir in the oregano and garlic salt. Make a well in the centre, pour in 150ml of warm water and the oil and with the tips of your fingers, incorporate the flour until the dough comes together.

Place the dough on a floured surface and shape into a flat disc. Place the disc onto a sheet of non-stick baking paper and roll out the pastry into a thin disc, then place with the baking paper on a baking tray. Bake the base for 15-20 minutes.

For the topping, place the onion into a bowl with the lime juice and let stand for 15 minutes. Take the base out of the oven and spread with some cream cheese, then top with the rocket leaves, salmon, bocconcini, capers and onion. Drizzle the oil on top and sprinkle with pepper. Serve.



**TIP** TO TOAST THE COCONUT FLAKES, PLACE INTO A DRY, SMALL NON-STICK FRYING PAN AND TOAST OVER A LOW HEAT.



## PUDDING

serves 6-8

This pudding is a favourite with everyone – it's absolutely delicious.

- 140g quinoa grain, rinsed and drained
- 2 x 400g cans coconut milk, plus 120ml extra
- 150g sugar
- 2 fresh mangoes
- 40g toasted coconut flakes (see tip)

Place the quinoa in a large saucepan with all the coconut

milk and the sugar. Bring to the boil, then reduce the heat, cover and simmer on low heat for 20-25 minutes, until thick and creamy. Meanwhile, peel the mangoes. Thinly slice half of one to use as decoration later; set aside. Cut the remaining mangoes into small pieces.

When the quinoa is soft and cooked, stir through the mango pieces and pour into individual bowls or a large serving bowl. Sprinkle with the toasted coconut and decorate with the slices of mango. Refrigerate before serving.

## CRUNCHY BREAKFAST MIX

makes about 2.5kg



**TIP** IF YOU DON'T HAVE MAPLE SYRUP YOU CAN USE GOLDEN SYRUP INSTEAD.

I've used red quinoa for added crunch.

- 140g red quinoa, rinsed and drained
- 120g quinoa flakes
- 125g whole blanched almonds
- 75g pepitas or pumpkin seeds
- 75g sunflower seeds
- 60g sesame seeds
- 2 tsp ground cinnamon
- ½ tsp ground nutmeg
- 1 tbs vanilla
- 110g maple syrup (see tip)
- 70g light brown sugar, tightly packed
- 70g honey
- 2 tbs vegetable or extra light olive oil
- 150g golden raisins

### 125g dried cranberries

Place the quinoa into a saucepan with 350ml of water. Bring to the boil, reduce the heat and simmer for 10 minutes until all the water is absorbed. Remove from the heat, uncover and cool.

Preheat the oven to 160°C and line two large baking trays with non-stick baking paper.

In a bowl, mix in the quinoa flakes, quinoa grain, almonds, pepitas, sunflower and sesame seeds, cinnamon and nutmeg. Add the vanilla, maple

syrup, sugar, honey and oil and mix well.

Spread the mixture out over the two trays in a single layer and bake for 30-40 minutes until it's a rich golden colour, stirring once or twice through the baking time. Keep an eye on it while it's in the oven as it can burn easily.

Remove from the oven and cool, then stir in the raisins and cranberries and store in an airtight container when completely cold. Serve with milk or yoghurt or sprinkle over porridge.

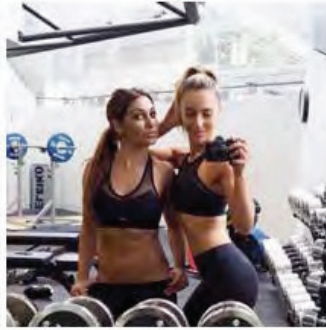




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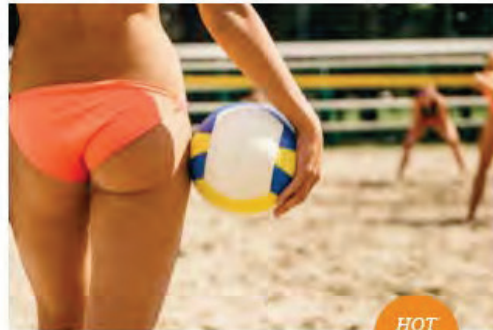


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## Crunchy Breakfast Mix recipe: Healthy quinoa muesli from Rena Patten

BY  
Stephanie Ayre  
body+soul

Swap sugary laden granola for this healthy quinoa-based breakfast mix instead



### Ingredients

- 140g red quinoa, rinsed and drained
- 120g quinoa flakes
- 125g whole blanched almonds
- 75g pepitas or pumpkin seeds
- 75g sunflower seeds
- 60g sesame seeds
- 2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1 tbsp vanilla
- 110g maple syrup (or golden syrup)
- 70g light brown sugar, tightly packed
- 70g honey
- 2 tbs vegetable or extra light olive oil
- 150g golden raisins
- 125g dried cranberries



## *Method*

Place the quinoa into a saucepan with 350ml of water. Bring to the boil, reduce the heat and simmer for 10 minutes until all the water is absorbed. Remove from the heat, uncover and cool.

Preheat the oven to 160°C and line two large baking trays with non-stick baking paper.

In a bowl, mix in the quinoa flakes, quinoa grain, almonds, pepitas, sunflower and sesame seeds, cinnamon and nutmeg. Add the vanilla, maple syrup, sugar, honey and oil and mix well.

Spread the mixture out over the two trays in a single layer and bake for 30-40 minutes until it's a rich golden colour, stirring once or twice through the baking time. Keep an eye on it while it's in the oven as it can burn easily.

Remove from the oven and cool, then stir in the raisins and cranberries and store in an airtight container when completely cold. Serve with milk or yoghurt or sprinkle over porridge.

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*This is an edited extract from **Rena Patten's Best of Quinoa** (\$40, New Holland)*



<http://www.bodyandsoul.com.au/nutrition/healthy+recipes/>

# Quinoa recipe: Smoked Salmon Pizza from Rena Patten

BY  
Stephanie Ayre  
body+soul

The perfect dinner choice for those that love quinoa and eat gluten-free



## Ingredients

### Base

- 250g quinoa flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp ground oregano
- 1 tsp garlic salt
- 2 tbs extra virgin olive oil

### Topping

- 1 small red onion, sliced thinly
- 1/4 lime, juiced
- 150g cream cheese
- Rocket leaves, to serve



150g smoked salmon, thinly sliced  
250g bocconcini cheese, torn into pieces  
2 tbsp capers  
Extra virgin olive oil, for drizzling  
Freshly cracked black pepper

### *Method*

Preheat the oven to 200°C. Sift the flour into a bowl with the baking powder and baking soda, stir in the oregano and garlic salt. Make a well in the centre, pour in 150ml of warm water and the oil and with the tips of your fingers, incorporate the flour until the dough comes together.

Place the dough on a floured surface and shape into a flat disc. Place the disc onto a sheet of non-stick baking paper and roll out the pastry into a thin disc, then place with the baking paper on a baking tray. Bake the base for 15-20 minutes.

For the topping, place the onion into a bowl with the lime juice and let stand for 15 minutes.

Take the base out of the oven and spread with some cream cheese, then top with the rocket leaves, salmon, bocconcini, capers and onion.

Drizzle the oil on top and sprinkle with pepper. Serve.

*This is an edited extract from **Rena Patten's Best of Quinoa** (\$40, New Holland)*



<http://www.bodyandsoul.com.au/nutrition/healthy+recipes/>