



Rena Patten's

# BEST OF | QUINOA

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





## How To Get Creative In The Kitchen With Quinoa



Competing with kale to be the favourite of the health conscious crowd, quinoa is a complete protein, packed with vitamins, cholesterol free and usually organic. It's also naturally gluten free.

Rena Patten's new book *Best of Quinoa* draws on her 20 years of cooking experience as a recipe developer, cooking teacher and helping chefs Geoff Janz and Lyndey Milan in cooking demonstrations.

We were lucky enough to get a sneak peek at her scrumptious quinoa creations and can share two recipes with you.



*This delicious recipe from **Best of Quinoa** serves four people.*

## Lamb With Pomegranate, Mint And Nuts

The following recipe is an extract from *Best of Quinoa* by Rena Patten.

### Ingredients

185 g (6 oz) quinoa grain, rinsed and drained  
480 ml (16 fl oz) water  
750 g (1 lb 10 oz) lamb fillets  
2 tbsp olive oil, plus 1 tsp for the lamb  
60 g (2 oz) skinless almond kernels  
45 g (1½ oz) pine nuts  
150 g (5 oz) golden raisins or sultanas  
60 g (2 oz) pistachio nuts  
1 large pomegranate  
30 g (1 oz) chopped mint  
salt and freshly ground black pepper to taste

### Method

#### Step 1.

Place the quinoa and water in a small pan. Bring to the boil, then reduce the heat and simmer, covered, for 10 minutes until all the water is absorbed. Remove from the heat and set aside.

#### Step 2.

Heat a griddle pan or frying pan until hot. Rub the lamb fillets on both sides with a little olive oil and season with salt and pepper. Place in the hot pan, sear well on both sides and cook to your liking; about 3–4 minutes on each side if you want the meat pink. Place on a plate, cover tightly with foil to keep warm and allow to rest.

#### Step 3.

Heat 2 tablespoons of olive oil in a large frying pan, add the almonds and gently toast until they start to change color. Add the pine nuts and sultanas and cook for another 1–2 minutes. Keep a close eye on them as the nuts and sultanas tend to color quickly.

#### Step 4.

Stir in the cooked quinoa and pistachio nuts and mix well. Slice the lamb into thin slices and add to the pan with any meat juices left on the plate.

#### Step 5.

Cut the pomegranate in half and, with the back of a wooden spoon, bash the fruit straight out of both halves and into the pan. Give a little squeeze to release any juice. Stir in the mint, check the seasoning and serve.



*Rena prefers to make this recipe as little individual puddings for both easy presentation and a shorter cooking time.*

## Sticky Date Pudding With Caramel Sauce

### Ingredients

500 g (1 7/8 oz) dried dates  
590 ml (20 fl oz) water  
1 tsp baking soda (bicarbonate of soda)  
250 g (9 oz) unsalted butter  
250 g (9 oz) superfine (caster) sugar  
4 extra large eggs  
2 tsp vanilla extract  
1 tsp ground cinnamon  
250 g (9 oz) quinoa flour  
2 tsp baking powder  
strawberries, for garnish

### CARAMEL SAUCE

200 g (7 oz) unsalted butter  
400 g (14 oz) brown sugar  
240 ml (8 fl oz) pouring cream  
1 tsp vanilla extract

### Method

#### Step 1.

Place dates and water into a large saucepan and bring slowly to the boil, reduce the heat and simmer for 1 minute. Remove from heat, stir in the baking soda and set aside to cool. The whole mixture will froth up when you add the soda so make sure you use a big enough saucepan so it doesn't spill over and don't worry about all the liquid left as the date mixture will thicken as it cools.

#### Step 2.

Preheat oven to 160°C (325°F) and grease 12 1-cup capacity tin moulds. Using electric beaters, cream the butter and sugar together until light.

#### Step 3.

Beat in the eggs, one at a time, with the vanilla and cinnamon.

#### Step 4.

Sift the flour and baking powder and slowly incorporate with the creamed butter mixture. Fold in the cooled dates and divide cake mixture evenly between the prepared tins. Place tins on a baking tray and bake for 35–40 minutes.

#### Step 5.

When cooled, run a thin knife along the side of the moulds to loosen the puddings, then invert onto a serving plate and serve with lots of caramel sauce and a fanned strawberry.

#### Step 6.

To make the caramel sauce, place all ingredients into a small saucepan and simmer for a few minutes until the sauce starts to bubble and thicken.