

Breakfast Quinoa Porridge

Although technically not a cereal grass, quinoa cooks like a grain, tastes like a grain, and is used like a grain ... with the important difference that no grain can rival it for its food value. With an almost perfect balance of essential amino acids, quinoa is an unusually complete source of proteins in the plant kingdom and, as such, an especially important nutritional resource for vegetarians. And as a very good source of calcium, magnesium, phosphorus, iron, B vitamins and vitamin E, this ancient staple food of the South American Andes richly deserves the name given to it by the Incas: "mother of all grains."

But it's as much for its unique taste and ease of use that I've long extolled and practiced the benefits of quinoa in my kitchen. As simple and almost as quick to cook as white rice, the light and fluffy texture and delicately sweet and nutty flavour of cooked quinoa makes it a tasty and healthy alternative in a variety of grain recipes...

...including breakfast porridges, as some of my friends have already discovered. Combined with dairy, fruit and nuts or seeds in a hot breakfast bowl, quinoa provides substantial, long-lasting and gluten-free energy to start your day off on the right foot.

Just as importantly for people on a tight morning schedule, it's an incredibly fast and simple breakfast — just heat cooked quinoa with as much whole fat milk or cream as desired with a little honey and a dash of ground cinnamon or cardamom stirred in, and toss over top your favourite variety of nuts, seeds or fruit. And if you've cooked the quinoa the night before or have leftover cooked quinoa from another recipe, it takes just minutes.

Cooked quinoa will keep covered in the refrigerator for several days, and is prepared by thoroughly rinsing under cold running water and soaking for at least four hours in two parts fresh water. Cook the quinoa by bringing the water and soaked seeds to a boil, then reducing the heat to low, covering the pan with a lid, and simmering for 20 minutes or until the liquid has been absorbed before fluffing with a fork. Microwave is a lot quicker but not my preferred option as I don't wish to destroy the structure of the grain.

Our suggestion for an especially delicious and energizing quinoa porridge is to stir a knife coated with raw honey into a simmering pan of quinoa and whole fat goat's milk, ladle into bowls, and scatter with small handfuls of dried cranberries and toasted pieces of raw almond ... a tasty way to feel good about your breakfast!

Experiment & find your own taste sensations !

Here is another simple Quinoa Porridge you might like to try.

Organic Good Morning Quinoa Porridge

Ingredients:

1 cup Organic Quinoa
2 cup Water
1/2 cup Apples; thinly sliced
1/3 cup Organic Raisins
1/2 tsp Organic Cinnamon
Milk or cream
Organic Honey

Method:

Rinse quinoa and add to water; bring to a boil. Reduce heat; simmer for 10 minutes. Add apples, raisins and cinnamon; simmer until water is absorbed. Serve with milk or cream and sweeten to taste with honey.