

010 COOKING WITH ANCIENT GRAINS II

Amaranth Pancakes

½ c. all purpose flour
½ c. amaranth flour
1 ½ tsp. Baking soda
½ tsp salt
1 egg
¾ c. milk or soy milk
2 tbsp. oil
2 tsp. Honey

Combine the flours, baking soda and salt in a large bowl. In a separate, smaller bowl, beat the egg, adding milk, oil and honey. Add milk mixture to flour mixture and stir until just blended. Grease a large skillet and heat to medium high. Drop batter by large spoonfuls into skillet and cook until bubbles form. Turn and cook lightly on the other side. Makes about 8 – 4” pancakes.

Quinoa Hurrah (Salad)

2 c. cooked quinoa
1 c. finely diced cucumber
¼ c. finely diced scallion
¼ finely chopped cilantro
3 tbsp. fresh lime or lemon juice
3 tbsp. olive or flax oil
salt & pepper to taste

Combine quinoa, cucumber, scallion and cilantro. Combine lime juice, olive oil and seasonings. Pour over salad and toss until thoroughly mixed.

Variation: Add 1 ripe cubed avocado and 1/3 c. cooked, cooled corn kernels before adding dressing. Serves 4.

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Amaranth Stir-Fry

1 celery stalk, sliced
1 c. sliced mushrooms
1 carrot sliced
1 onion, chopped
3 cloves of garlic, finely chopped
½ c. almonds, chopped
¼ c. sunflower seeds
1 tbsp. oil
1 tbsp. soy sauce
1 tsp. Kep flakes, Skike, etc.
2 c. cooked amaranth

Saute vegetables, garlic, almonds and seeds in oil until vegetables are tender-crisp. Add seasonings and amaranth. Mix well until warm through.

Variation: Quinoa works as well as amaranth. Serves 4.

Stuffed Zucchini with Amaranth or Quinoa

1 large zucchini
4 tbsp. butter
1 onion, chopped
1 celery stalk, chopped
1 green or red sweet pepper, chopped
1 c. sliced mushrooms
1 tsp. Spike or other vegetable seasoning
2 – 4 cloves garlic
½ c. chopped almonds or salnuts
1 ½ c. cooked amaranth or quinoa
½ c. grated cheddar cheese

Preheat oven to 325 deg. F. Cut the zucchini in half lengthwise. Scoop out the flesh and chop it. Saute the zucchini chunks in butter with other vegetables, Spike and garlic. Combine nuts and amaranth with vegetables. Stuff into zucchini. Bake 30 minutes. Sprinkle cheese on top and bake 5 min. longer.

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Curried Quinoa Pilaf

2 tbsp butter
1 tsp curry powder
½ c. chopped onions
1 garlic clove, minced
1/3 c. coarsely grated carrot
¼ c. freeze-dried mushroom pieces or
¼ lb. Fresh mushrooms, chopped
2 c. water
1 cup quinoa, rinsed with cold water, drained
salt & freshly ground pepper
½ tsp. Lemon zest
1 tbsp. lemon juice
¼ c. white or dark raisins
¼ c. slivered toasted almonds
fresh cilantro leaves for garnish.

Spray rise cooker container with non-stick spray. Turn cooker on and melt butter. Add curry powder and cook 1 to 2 min. to bring out curry flavour. Add onion, garlic, carrot and mushroom pieces. Cook, stirring, 1 to 2 min. Add water, quinoa, salt, pepper, lemon zest and juice. Cover rice cooker and cook until it shuts off. Carefully remove cover, stir in raisin, re-cover and allow to steam for 10 min. Spoon into serving dish and top with almonds and cilantro. Serve immediately. Serves 4.

Herb Spelt Pasta

1 1/3 c. spelt flour
1/3 – ½ tsp oregano, dried
1/3 – ½ tsp parsley, dried
¼ tsp black pepper
1 clove garlic, minced
1 egg
1 tbsp. vegetable or olive oil (optional)
1 tbsp. water, if and as needed

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Kamut Basil Oregano Pasta

1 ¼ c. kamut flour
1 tsp. Basil, dried or fresh basil, chopped
1 tsp. Oregano, dried or fresh oregano, chopped
½ - 1 tsp. Black pepper (optional)
1 tbsp. vegetable oil (optional)
¼ - 1/3 c. water, if and as needed