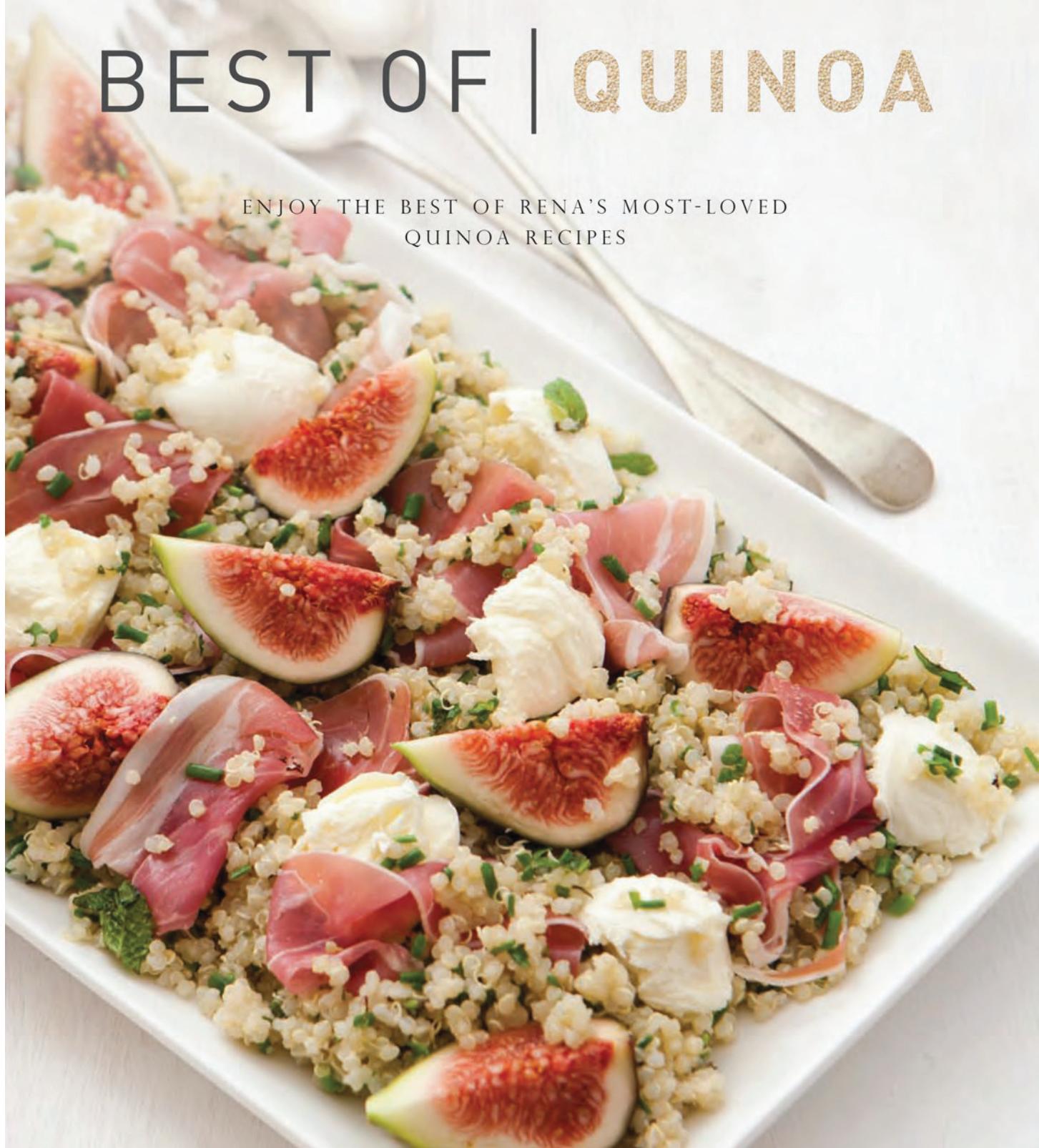


Rena Patten's

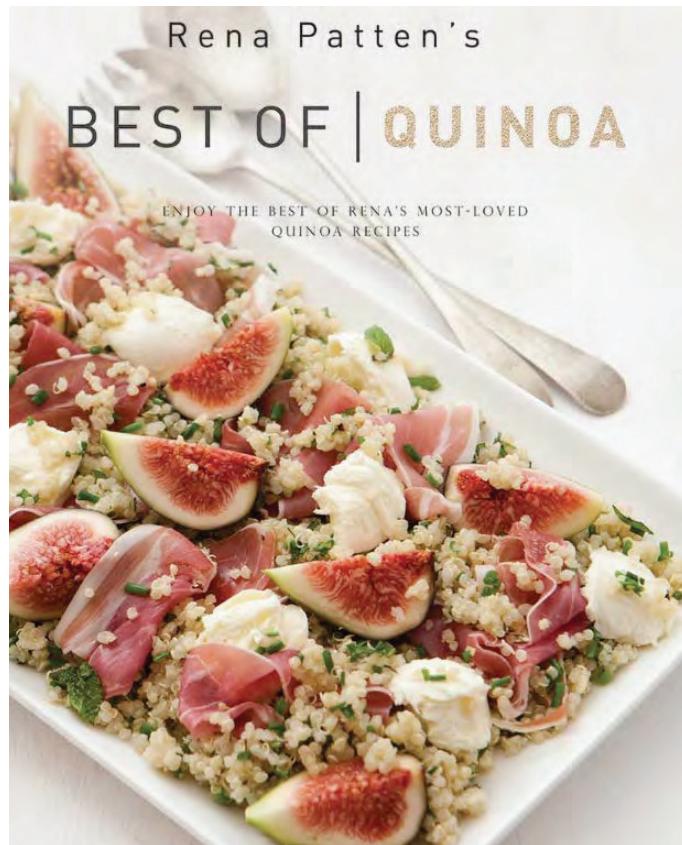
BEST OF | QUINOA

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/>



All-On-4™

Dental Implants

► The Modern Solution for all Missing Teeth.

► Affordable, customised treatment.

► Complete in just 1 to 3 days.

SHOWS NEWS LIFESTYLE PODCAST WIN 90TH BIRTHDAY EMAIL 2UE

TUESDAY NOVEMBER 10, 2015 NOW: 22.0° MAX; 26.0°

Search here...



Cooking with Quinoa

November 1, 2015

Read later

Tweet 0 Share 0 Share 0 Share Pin it submit



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:



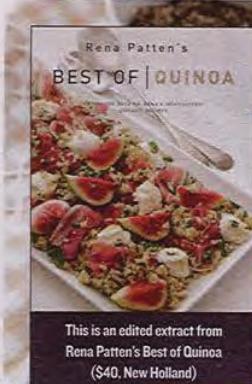
2UE Weekend Afternoons with Tim Webster - Rena Pat
2UE@2UEOthershows



<http://www.2ue.com.au/radio/cooking-with-quinoa-20151101-gko6ef>

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.



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 raisins and cranberries and store in an airtight container when completely cold. Serve with milk or yoghurt or sprinkle over porridge.

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.



Fitness

THE BODYWEIGHT EXERCISES YOU NEED TO MASTER

Squat, plank, lunge, burpee...

THE FITNESS AND BEAUTY SNAPCHAT ACCOUNTS YOU NEED TO FOLLOW

Can Snapchat make you happy?

Fitness

5 EXERCISES TO KEEP YOUR MIND FIT

To help you feel great on the inside



body+soul LATEST



+ Healthy Recipes

Crunchy Breakfast Mix recipe: Healthy quinoa muesli from Rena Patten



+ Health Advice

Facebook, Instagram, Twitter, Snapchat: Is social media making us depressed?



+ Nutrition Tips

The superfoods of 2016: Bentonite clay, maple water, Nigella sativa



+ Healthy Recipes

Quinoa recipe: Smoked Salmon Pizza from Rena Patten



+ Workouts

Yoga Poses and

HOT TOPIC SUMMER BODY



+ Workouts

HOT TOPIC

COMMANDO STEVE: 7 OF THE BEST BUTT EXERCISES

The moves that seriously lift your butt



Nutrition Tips: 10 bikini body dos

Team these bikini body rules with...



Workouts: Full-body beach

Get summer ready with this total-



Training Tips: 4 things you should

You know what they say: summer



Training Tips: 6 apps that will help

Whip your workout into shape by...





Contains Paracetamol. Use only as directed. For the temporary relief of pain and fever. Incorrect use could be harmful. Consult your healthcare professional if symptoms persist.

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.

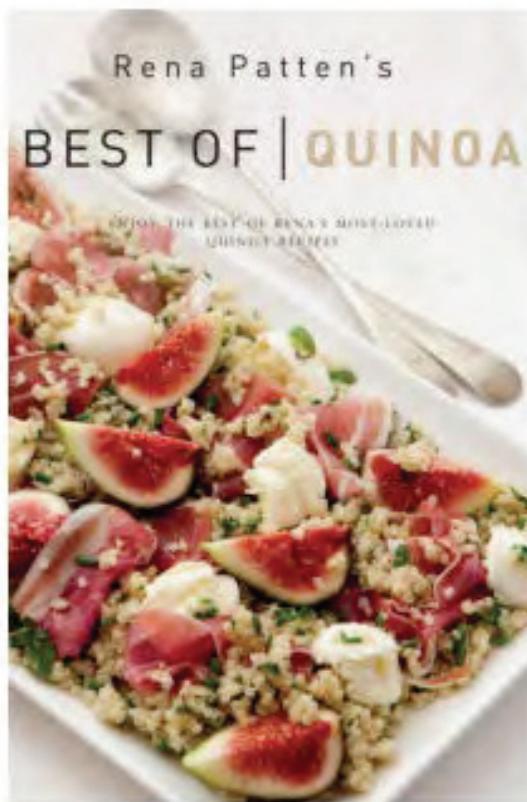
Preheat the oven to 160°C and line two large baking trays with non-stick baking paper.

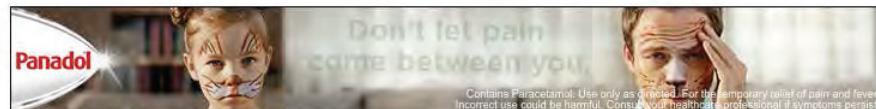
In a bowl, mix in the quinoa flakes, quinoa grain, almonds, pepitas, sunflower and sesame seeds, cinnamon and nutmeg. Add the vanilla, maple syrup, sugar, honey and oil and mix well.

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.

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





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)

