

Quinoa and Potato Risotto



Vegetarian and gluten free grain entrée.

Yield	40-1/2 lbs 50(13oz)servings
Serves	50
Preparation time	5 minutes
Cooking time	2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
48	fl oz		1-1/2 qts	Water	
1	oz		1-1/2 tbsp	Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)	
25	oz		1-1/2 qts	Quinoa, prepared with Minor's® Natural Gluten Free Vegetable Base	
67	oz		1 gallon	Potatoes	Russet, peeled, small diced, blanched
12	oz		3 cups	Parmesan cheese, grated	
12	fl oz		1-1/2 cups	Olive oil	
100	oz		1-1/2 gallons	Butternut squash	diced, roasted
75	oz		1 gallon	Onions	diced, roasted
75	oz		1 gallon	Mushrooms	roasted
3	oz		1 cup	Parsley, fresh	chopped

Preparation Steps

- Mix water and Vegetable Base together until base is dissolved.
- Add quinoa and potatoes to a sauté pan over medium high heat. Stir in vegetable stock and bring to a boil. Continue to stir until potatoes and quinoa are hot and stock reduces until no excess remains. The mixture should still be a bit wet and starchy. Fold in cheese and remove from heat.
- Heat oil in a sauté pan over medium high heat. Add squash, onions and mushrooms and sauté until hot.
- Add risotto to the plate. Toss vegetables with parsley and top the risotto with the vegetables.

Chef's tip

1 cup each Risotto and 1 cup vegetables.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	185.6
Energy (Kj)	782.5
Protein (g)	6.2
Carbohydrate, total (g)	21.3
Fats, total (g)	9.3
Sugars, total (g)	4.5
Fats, saturated (g)	2.2
Fiber, total dietary (g)	4.1
Sodium (mg)	170.8
Calcium (mg)	121.4
Cholesterol (mg)	6
Iron (mg)	1.2



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Fats, monounsaturated (g)	5.6
Fats, polyunsaturated (g)	1
Vitamin A (µg_RAE)	323.1
Vitamin C (mg)	25.3
Vitamin D (µg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

Quinoa with MINOR'S® Natural Gluten Free Vegetable Base



Vegetarian, gluten free grain recipe.

Yield	2-1/2 qts 10(7.3oz)servings
Serves	10
Preparation time	5 minutes
Cooking time	30 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
64	fl oz	2 qts		Water	
1.25	oz	2 tbsp		Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)	
24	oz	1 qt		Quinoa	rinsed

Preparation Steps

- Over medium high heat, whisk together water and Vegetable Base. Add quinoa and bring to a simmer.
- Cover pot with lid and place in a 350°F convection oven for 25-30 minutes or until quinoa is tender. Be sure to test the quinoa for doneness.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	276.4
Energy (Kj)	1227.1
Protein (g)	10.6
Carbohydrate, total (g)	44.6
Fats, total (g)	5.4
Sugars, total (g)	3.2
Fats, saturated (g)	0
Fiber, total dietary (g)	16.7
Sodium (mg)	278.6
Calcium (mg)	28.3
Cholesterol (mg)	0
Iron (mg)	3.4
Fats, monounsaturated (g)	1
Fats, polyunsaturated (g)	1.6
Vitamin A (µg_RAE)	100.3
Vitamin C (mg)	0.2
Vitamin D (µg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

QUINOA AND POTATO RISOTTO

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

€ ☐ Quinoa 2 lbs

> Produce

***be sure to ask your distributor about local seasonal produce*

€ ☐ Local seasonal produce 3 lbs

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€ ☐ Local seasonal produce 3 lbs

€ ☐ Local seasonal produce 3 lbs (not necessary if mushrooms are purchased)

€ ☐ Parsley, fresh 8 oz

€ ☐ Russet potatoes 6 lbs

€ ☐ Sliced wild mushroom blend 6.5 lbs (optional)

> Frozen

€ €

> Protein

€

> Dairy

€ ☐ Parmesan cheese 12 oz €

> Refrigerated

☐ MINOR'S® Natural Gluten Free Vegetable Base 1 tub

QUINOA AND POTATO RISOTTO

PREP GUIDE

Serves: 50

All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.

> Day Before Service

- € ☐ Place olive oil in squirt bottles
- € ☐ Prepare .75 times quinoa recipe
- € ☐ Small dice and blanch russet potatoes
- € ☐ Grate Parmesan cheese
- € ☐ Clean, medium dice, oil, season, and roast 3 lbs local seasonal vegetables
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- € ☐ Clean, medium dice, oil, season, and roast 3 lbs local seasonal vegetables
- € ☐ Clean, medium dice, oil, season, and roast 3 lbs local seasonal vegetables (or 6.5 lbs of sliced wild mushrooms)
- € ☐ Chop parsley

> Day of Service

- €€ ☐ Prepare quinoa and potato risotto (ideally it would be best to break up the mise en place and make this fresh a few times during service)

> Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans
- € ☐ Refuse container
- € ☐ Chaffer for keeping risotto hot
- € ☐ 8 oz scoop for risotto
- € ☐ Containers for holding vegetables cold (6)
- € ☐ ¼ cup scoops for vegetables
- € ☐ Containers for parsley (1)
- € ☐ ¼ Teaspoon for scooping parsley
- € ☐ Serving spoon
- € ☐ Heatproof spatula