



White quinoa broth with lamb



Source: Victoria Coila Zapana, Wiñay Warmi Association
“El camino de la quinua” cookbook, published by the Manuela Ramos Movement (Peru)

Serves: 10

Ingredients:

250 g white quinoa
10 lamb pieces
1 kg imilla potatoes
¼ white chuño (tunta)
(freeze-dried potato)
100 g chickpea
10 cabbage leaves
3 corn cobs, sliced
1 onion for seasoning
Celery and onion to taste
Salt
Oregano
Pepper
Oil

Preparation:

- Sauté the finely diced onion in a little vegetable oil, with oregano, salt and pepper.
- Add the pieces of lamb. Cook until the meat releases its juices, then add 10 cups of water. Next add the chickpea, cabbage and celery.
- Separately, in a pressure cooker, parboil the quinoa in two cups of cold water without salt for 15 minutes.
- Once the lamb is cooked, add the parboiled quinoa and bring to the boil to release its whiteness and flavour.
- As soon as brought to the boil, add the potatoes, the white chuño and the corn cob slices, and cook until done.
- Serve in a bowl and sprinkle with parsley.



Tip:

Legumes like chickpeas are a good source of fibre, protein and minerals.