Quinoa in the Kitchen

Slow Food Editore

with recipes by top chefs

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Contents

Slow Food and the Food and Agriculture Organization of the United Nations (FAO) have a shared vision of a sustainable world free from hunger and that safeguards biodiversity for future generations. The collaboration between FAO and Slow Food originates from our common goals and our mutual interest to promote the wealth of local gastronomic traditions in defence of food biodiversity and in support of smallholder farmers and producers.

Our common goals are reflected today in a number of shared initiatives. This book - published during 2013, the International Year of Quinoa - has the objective of promoting knowledge about quinoa and its use as an important step contributing towards freedom from hunger and malnutrition.

Central to the process is gastronomy itself and the idea that this holistic, multidisciplinary science, which encompasses everything from agriculture to history, from economics to anthropology, from botany to culinary art, can be a liberating force for the communities most hit by malnutrition. Ancestral traditions and the protection of biodiversity through work in the fields and use in the kitchen, as in the case of quinoa, can contribute to liberating many people in the world from conditions of food insecurity.

From this point of view, Latin America, where quinoa originated and grows best, is proving an interesting testing ground. Today, a new generation of high-profile chefs are rediscovering the forgotten food products of local rural communities and bringing them to the attention of world gastronomy critics.

Quinoa is just one of the food products leading this new wave, and maybe the most important: a symbol of a renaissance that is building a gastronomic identity for the peoples of Latin America, a way for them to stand up for themselves. All we have to do is support this movement and demonstrate through knowledge of food products and the stories behind them that, in every local area hit by hunger and malnutrition, it is possible to find solutions to some of the key problems they face. The starting points are in each areas' unique biodiversity and ancient agricultural and gastronomic traditions.

Slow Food and FAO are proud to materialize their collaboration with the creation of this book on quinoa. It provides the reader with a deep understanding of this unique and special food, from the crop's ancient origins to its nutritional properties. The book is also enriched with recipes from renowned international chefs who place particular emphasis on the ease of preparing quinoa and the use of local ingredients.

Carlo Petrini
Slow Food President

José Graziano da Silva
Director-General, FAO

Quínoa, a story without an ending

... and they all lived happily ever after

Every story, if it's a proper story, has to have a crisis moment. That's what story-telling experts have taught us. But the rule doesn't just apply to fairy tales, it also applies to real-life stories.
Quínoa has a very long story behind it, for four millennia uneventful and prosperous. So much so that no one every thought of telling it. In this case the "lived happily" bit came early and lasted for ages. But not ever after.

The Princess

First let's make the introductions. Quínoa (*Chenopodium quinoa Wild*) is a herbaceous plant, a member of the same family as spinach, to give you the idea. But unlike most of its relatives, it's *pièce de resistance* from a food point of view is its seeds. Like other species with similar characteristics it's also referred to as a "pseudo-cereal" precisely because, though it's technically not a cereal at all, in the kitchen it's as if it were.

Just like a princess in a fairy tale, Quínoa is apparently flawless: it's a food packed with protein and energy and, at the same time, is very easy to digest; post-harvest processing requires a lot of hard work, but, once it's ready to sell, Quinoa is easy to keep, just as easy to cook and fast enough too for the pace of contemporary living. It's also very versatile and, just like "real" cereals, can play different roles — in salads and side-dishes, in soups, patties and bread. And in its zones of origin it's even used to make a *chicha*, the generic name given to all drinks made from sugared, fermented cereals.

In the major producing countries, such as Bolivia, they tend to select the varieties that produce the palest seeds. As often happens on the food market, it's the palest products

that are most in demand and easiest to sell; in some areas, in parts of Chile for example, quinoa is referred to by the popular name *blanquita*. But just as quínoa flowers can be many-colored, so its seeds come in a whole range of shades of white, yellow, brown and grey.
In the pre-Columbian era, this crop of the Altiplano was common in the present-day Peru, Bolivia and northern Chile. Quínoa has a stem that grows, on average, to a meter in height and a lovely plumed flower; its tiny dried grains, reminiscent of mini lentils in shape, are the edible seeds of the flower. In the harvest season the plants are lopped off at the base and left to dry. Stems and leaves serve as forage, whereas the dried grains are separated from the flowers and then have to be freed from the cuticle, rich in bitter, tannic saponin that would make them uneatable.
The traditional way of eliminating the cuticle is to soak the grains in water so that they swell up and the outer covering breaks. They are then rinsed repeatedly until they stop producing scum and any cuticle residue is removed, after which they are dried for long conservation. Another system is to toast the grains, after which the cuticle can be easily removed by rubbing them together. These methods are still widely used but they stop the grains from being germinable and thus make them less nutritional. To be a proper unrefined foodstuff, quínoa should be dry-peeled following a procedure similar to the one used to hull rice.
A native of South America, more precisely of the Andes, Quínoa has been a regular fixture in the fields and on the tables there for at least 5,000 years. Its nutritional qualities, albeit not yet recognized as we describe them today, were already empirically clear to the earliest inhabitants of the area. In the kingdom of the Incas, Quínoa, together with amaranth, was considered an aphrodisiac with great nutritional properties and was reserved to an élite. In a civilization in which power itself was based on the production, preservation and distribution of food, Quínoa was the food of the political and religious authorities, used in rites, ceremonies and sacred events marked by a strong sense of identity and cultural belonging.

The Princess goes into hiding

Insofar as it performed a function of differentiation among the castes, the Spanish realized that the crop was helping to keep the Incas in power. They thus banned its cultivation and replaced it with others, mainly corn and wheat. Quínoa resisted only in the most inaccessible places, where Spanish control, with its taxes and prohibitions, failed to reach. But in that countryside isolated from the outside world, old and new, the cultural roots of Quínoa struck deep. From there Quínoa has never disappeared, from memory or from daily menus. Just the opposite, it has come through with over 200 varieties. Thanks to those populations, today there are varieties of Quínoa suited to diverse climates, from dry to rigid, to diverse soils, from saline to acid, to diverse altitudes. The impression is that you can grow it anywhere in any conditions, the truth is that it has many varieties. But it ultimately became the food of mountain dwellers and country folk. For "city-slickers" it fell into an oblivion in a process that only now is beginning to be partly inverted, at last.

Thus, after the Conquista, the story of Quínoa went in two different directions. In some areas, or rather social and ethnic ambits, it seems to have vanished for centuries and has reappeared only recently. In others, albeit keeping a low profile, it never went away and is still a staple in the community diet.

There's a way of telling newcomers to Quínoa from those who know it as a result of an uninterrupted tradition of family consumption: their pronunciation. The Mapuche called and call it *quingwa*, which in their language's slightly guttural sound becomes something like "*kin-hua*". All the rest, the creoles, the city dwellers, the people who have learned to eat the stuff in recent years, follow the simpler Spanish transliteration, hence "*keen-oh-ah*". But there are many other ways of calling it: *dague, quingoa, quinua, quingua* ... This too is a testimony to its deep-rootedness in indigenous culture.

The happy ending

As we've seen, until a few years ago Quínoa had become a distinctive feature of the classes that were culturally and economically lowest, with all that implies about the refusal of the well-heeled to eat it, about lack of awareness and appreciation by consumers and about its gradual disappearance.

But then, in 1983, the FAO annual conference stressed the need to promote the production and consumption of so-called minor crops and indigenous foods of vegetable origin. In Latin America, as elsewhere, the 1980s were the years of fast food as a symbol of progress, as hamburgers and french fries invaded every table. Yet FAO's plea didn't fall on deaf ears and some avant-gardes began to act even then. Results were achieved, albeit with the odd contradiction. Today, for example, Quínoa is a regular food in places like San Francisco, while in many parts of Chile, Bolivia and Peru, especially in the big cities and among the better-off, it's still virtually unknown.

Rescue is now on its way. True, buyers of Quínoa today number the children and the grandchildren of people who never stopped eating it, but also and above all people of greater awareness, the fruit of better education, in turn the fruit of good economic status, who want food that is not only healthy, good and natural, but also the "real thing",

tied to a solid tradition, to a well-defined local area, to a precise culture.
In the Andes, thanks to a new generation of graduates interested in macrobiotics and keen to recover this kind of diet, Quínoa is once more a food for the upper classes. It's already to be found in supermarkets, in the departments dedicated to natural or dietetic foods. The memories and wisdom of the past are being dusted.

Twenty years on from that FAO conference comes the International Year of Quinoa, a reward almost, an accolade. No longer an exhortation to salvage a food product and a culture in danger of disappearing, but the celebration of a close escape, of the success of 20 years of commitment and work in favor of diversity in agriculture and among peoples.

Are the Princess and her subjects safe now?
The figures speak for themselves. In the last 20 years, in Bolivia, the world's leading producer, the area given over to Quínoa cultivation has increased from 10,000 to 50,000 hectares, annual production from 5,000 to 25,000 tonnes. More, Quínoa has gradually crept onto the international market and set a veritable fashion in motion. Ninety per cent of production is now earmarked for export and the demand is on the up.
Yet it's precisely this international market fame that's starting to cause problems. The first of these is a sharp increase in price which, on the Bolivian market, is now four times that of rice and other cereals, making Quínoa unaffordable for a sizable section of the local population, people who live in conditions of extreme poverty.
Producers are treating Quínoa's popularity with a mixture of hope and preoccupation. They are disappointed that international success hasn't been backed up by promotion initiatives on local markets, where consumption is still limited. But, on the other hand, the positive figures have been achieved by endangering the environment, by increasing the danger of desertification, in some cases already underway,

and the appearance of plant pathologies, inevitable whenever production is intensified.
Urban middle-class consumers also have mixed feelings. They're happy Quínoa is now on their tables, but complain about its new status as a "gourmet food" whose consumption is denied to the poorer classes.
When part of the population reverts to cheaper cereals such as corn or rice because they can no longer afford the local foodstuff par excellence, the significance of everything I've said so far gets lost. Culture, food sovereignty, a love story with a land and a type of farming — all of this falls apart. A staple food in traditional diets, a food that stands for identity, has to be, above all, accessible to the local population.
Launched in the International Year of Quínoa, this could be the big challenge in the years to come: hence the need to reflect on the delicate, problematic aspects, on the price question, on the risk of transforming a sustainable product into yet another commodity cultivated over vast swaths of land to produce riches that disappear far, far away from the populations that have always been its guardians. The hope is that quínoa really can help to lower the malnutrition rate in countries that have preserved it and introduced it to the world, and that the governments of producer states will take steps to spread it at home, making it accessible to the weakest sections of the population — to the people it belongs to.

Back to work then, as the fairy tale still has no ending.

Quinoa cultivation

Quinoa was a staple food of the Quechua and Aymara peoples in the Andes region of South America; today it is mainly grown in Bolivia, Peru and Ecuador. Because of its high nutritional value, quinoa is called *chisiya*, meaning 'mother grain' in the *Quechua* language[1]. Quinoa is known for its great adaptability to extreme and diverse climatic conditions.

Different varieties or ecotypes of quinoa can be grown in diverse climate zones and at varying altitudes which make quinoa an excellent alternative crop in the face of climate change and highlight its potential contribution to ensuring global food security.

In addition, quinoa is adaptable to diverse soil types. This has led to experimental trials in various potential quinoa-producing countries in Africa, Asia, Europe, and North America. So far it has been successfully grown in the United States, Morocco, Kenya, and India, to name a few, with hopes of eventual large-scale commercial production.

Ideal cropping requisites for quinoa:

Soil: loam soil with good drainage and high organic matter content, with moderate slopes and average nutrient content. It prefers neutral soils although it is usually grown on alkaline (up to pH 9) and acid soils (up to pH 4.5).

Climate: desert, warm and dry, cold and dry, temperate and rainy, temperate with high relative humidity, and *Puna* grassland and high mountain areas. There are varieties or ecotypes adapted to each climate.

Water: it is efficient in water use despite being a C3 plant, as it has physiological mechanisms that enable it to avoid moisture deficits and to tolerate and resist a lack of soil moisture.

Temperature: the ideal average temperature is around 15- 20°C, although it the withstands temperature extremes ranging from 38°C to -8°C.

Radiation: it withstands intense solar radiation enabling it to gain the hours of heat needed to complete its growth and productive period.

Photoperiod: there are varieties or ecotypes that are short-day, long-day or insensitive to photoperiod.

Altitude: it grows from sea level up to about 4,000 meters.

Nutritional Values

Quinoa is considered a healthy food because it is a good source of many nutrients. It is comparable in energy to similar foods such as maize, rice and wheat as shown in Table 1[2]. In addition, quinoa is a good source of quality protein, dietary fibre, polyunsaturated fats and minerals. While quinoa is a nutritious food, it is important to consume it as a part of a balanced diet to obtain good overall nutrition.

Protein

Compared to other plant foods, quinoa is generally higher in protein than most grains as shown in Table 1, but lower in protein than most legumes. Quinoa's protein quantity depends on the variety, with a protein range of 10.4 to 17.0 percent of its edible portion[3]. While generally higher in protein quantity than most grains, quinoa is known for its protein quality[4]. Protein is made up of amino acids, of which eight are considered essential for both children and adults. Quinoa exceeds the recommendation for all eight essential amino acids.

Dietary Fibre

Quinoa is a rich source of dietary fibre which is the indigestible portion of plant foods and improves digestion and prevents constipation. Quinoa's dietary fibre value is

Table 1: Nutrient contents of quinoa and selected foods, per 100 grams dry weight

	Quinoa	Maize	Rice	Wheat
Energy (kcal/100g)	399	408	372	392
Protein (g/100g)	16,5	10,2	7,6	14,3
Fat (g/100g)	6,3	4,7	2,2	2,3
Total Carbohydrate (g/100g)	69,0	81,1	80,4	78,4
Iron (mg/100g)	13,2	2,1	0,7	3,8
Zinc (mg/100g)	4,4	2,9	0,6	4,7

Source: Koziol (1992)

generally higher than that of most grains, but lower than that of legumes. A recent study of four quinoa varieties found the dietary fibre in raw quinoa to range from about 13.6 to 16.0 grams per 100 grams dry weight [5]. Most of the dietary fibre was insoluble, with a range of 12.0 to 14.4 grams compared to 1.4 to 1.6 grams of soluble fibre per 100 grams dry weight.

Fat

As shown in Table 1, quinoa contains more fat (6.3 g) per 100 grams dry weight than maize (4.7 g), rice (2.2 g) and wheat (2.3 g). Fat is an important source of calories, and aids in the absorption of fat soluble vitamins. Of quinoa's total fat content, over 50 percent comes from essential polyunsaturated fatty acids linoleic (omega-6) and linolenic (omega-3) acid[2]. These acids are considered essential fatty acids because the body cannot produce them. Quinoa's fatty acids have been shown to maintain

their quality because of quinoa's naturally high value of vitamin E, which acts as a natural antioxidant[6].

Minerals

On average quinoa is a better source of minerals than most grains as shown in Table 2. Quinoa is especially a good source of iron, magnesium and zinc when compared to the daily mineral recommendations. A lack of iron is one of the most common nutrition deficiencies. However quinoa, like all plant foods, does contain certain non-nutritive components that can reduce its mineral content and absorption. Most notable are its saponins, which are found on the outer layer of the quinoa seed and are usually removed during processing to remove their bitter taste. Quinoa is also high in the compound oxalate, which can bind to minerals such as calcium and magnesium, reducing their absorption in the body[7].

Vitamins

Quinoa is a good source of B vitamins riboflavin and folic acid compared to other grains. It contains similar amounts of thiamine to other grains but on average is lower in niacin as shown in Table 3. It also contains significant amounts of vitamin E, though the quantity seems to decline after processing and cooking (Koziol, 1992). In general, quinoa's vitamin content is not affected by removing its saponins as the vitamins are not found in the pericarp of the quinoa seed (Koziol, 1992).

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Table 2: Mineral content of quinoa and selected foods, mg/100g dry weight

	Quinoa	Maize	Rice	Wheat
Calcium	148,7	17,1	6,9	50,3
Iron	13,2	2,1	0,7	3,8
Magnesium	249,6	137,1	73,5	169,4
Phosphorus	383,7	292,6	137,8	467,7
Potassium	926,7	377,1	118,3	578,3
Zinc	4,4	2,9	0,6	4,7

Source: Koziol (1992)

Table 3: Vitamin content of quinoa and selected foods, mg/100g dry weight

	Quinoa	Maize	Rice	Wheat
Thiamine	0,2-0,4	0,42	0,06	0,45-0,49
Riboflavin	0,2-0,3	0,1	0,06	0,17
Folic acid	0,0781	0,026	0,020	0,078
Niacin	0,5-0,7	1,8	1,9	5,5

Source: Koziol (1992)

FAQs

A. General information

1. Why the International Year of Quinoa?
2. What is expected from the IYQ?
3. Who will the IYQ benefit?
4. What is quinoa?
5. Is quinoa a cereal?
6. What does quinoa taste like?
7. Is quinoa the same as amaranth?
8. Why quinoa - What are its distinct properties?

B. Consumption

9. Is quinoa a nutritious food?
10. How is quinoa typically eaten?
11. What else is quinoa used for, apart from eating?

C. Production

12. When and where did farmers first start growing quinoa?
13. Where is quinoa grown today?
14. How much quinoa is produced in the world?
15. How much land is used to grow quinoa?
16. How many varieties of quinoa are there?
17. Which type of quinoa is better for plantation?
18. How many kg of seeds per hectare should be planted?
19. How long does it take for quinoa to grow?
20. In which way can FAO support requests for help to start cultivation?
21. How and where can seeds for farming be bought?
22. Does the increase of quinoa production produce negative environmental effects?

D. Trade/ commerce

23. Which type of quinoa has been most successful on the world market?
24. Which country exports the most quinoa?
25. What is the price of 1 tonne of quinoa?

A. General information

1. Why the International Year of Quinoa?

The year 2013 has been declared "International Year of Quinoa" (IYQ) by the United Nations[1] in recognition of the indigenous peoples of the Andes, who have maintained, controlled, protected and preserved quinoa as food for present and future generations thanks to their traditional knowledge and practices of living in harmony with nature.

In declaring 2013 as the "International Year of Quinoa", the UN General Assembly also pointed out quinoa´s nutritional qualities and its adaptability to different agro-ecological conditions, with FAO Director-General José Graziano da Silva calling it an ¨ally in the fight against hunger and food insecurity¨ at the official launch of the International Year of Quinoa at UN Headquarters (New York, 20 February 2013).

2. What is expected from the IYQ?

The IYQ is expected to be a catalyst to enable the exchange of information and to start to generate medium and long-term programmes and projects for the sustainable development of the cultivation of quinoa nationally and globally.

The aim is to Focus world attention on the role of quinoa biodiversity and nutritional value for food security and the eradication of poverty, in support of the achievement of the Millennium Development Goals.

3. Who will the IYQ benefit?

The beneficiaries are multiple and diverse. While the primary aim of the IYQ is to utilize quinoa's biodiversity and nutritional value for food security and the eradication of poverty, quinoa also has properties that may benefit private sector actors such as the food, cosmetic, and pharmaceutical industries.

4. What is quinoa?

Quinoa is a staple food of the ancient civilizations of the Andes of South America, and is mainly grown in the Andean

Countries of Peru and Bolivia.
The taxonomic classification is:
• Kingdom: *Plantae*
• Order: *Caryophyllales*
• Family: *Amaranthaceae*
• Subfamily: *Chenopodioideae*
• Genus: *Chenopodium*
• Specie: *Chenopodium quinoa* Willd
Because of its high nutritional value, indigenous peoples and researchers often refer to it as "the golden 'grain' of the Andes."

5.Is quinoa a cereal?
No, quinoa is not a cereal. It is sometimes called a pseudo-cereal because of its grain-like appearance and sometimes a pseudo-oilseed because of its high content of fat.[2]

6.What does quinoa taste like?
Quinoa has a very delicate taste, often described as nutty, earthy. Quinoa contains saponins, which are normally removed mechanically prior to being sold, or otherwise need to be carefully rinsed off prior to cooking to remove their bitter taste. Quinoa has an interesting texture that can add crunchiness to almost any recipe. Quinoa can be classified into "bitter" and "sweet" varieties that reflect the saponin content, which is much lower in the sweet varieties.

7.Is quinoa the same as amaranth?
No. Although amaranth (*Amaranthus caudatus L.*) and quinoa belong to the same family, and are both originally from the Latin American region, amaranth is a different crop species.[3]

8.Why quinoa - what are its distinct properties?
Quinoa is known for its:

•**Adaptability to climatic conditions**, different quinoa varieties are known to grow in a temperature range from -4 degrees to 35 degrees Celsius[4] and from sea level to 4000 meters above sea level.

•**Hardiness**. Certain quinoa varieties can grow under difficult conditions, as they are drought tolerant and resistant to salinity. Quinoa grows in highlands and in lowlands[5], thus proving its versatility as a real climate smart crop.

•**Low production costs**.

•**Environmentally friendly**: Quinoa's great adaptability to climate variability and its efficient use of water make it an excellent alternative crop in the face of climate change.

•**Nutritional qualities**: Quinoa is a healthy food due to its high nutritional value. What distinguishes quinoa from most other plant foods, except for legumes, is its high protein content. Quinoa contains all the essential amino acids and is also rich in minerals, vitamins, fatty acids and other nutrients.

•**Praised by NASA** as an ideal crop for inclusion in possible future long-term space missions when crops would need to be grown on a spacecraft.[6]

•**Ethical qualities**: In the Andes, production remains family-based and mostly organic, conferring an elevated fair-trade/super food's image. Quinoa promotes a 'healthy image': whole grain, gluten-free, fair trade and organic. Production has increased the income of lower-income farmers in the semi-arid Andes highlands, especially in the last few years.

B. Consumption

9.Is quinoa a nutritious food?

Yes. Quinoa is considered a healthy food because it is a good source of many nutrients, which when consumed with other foods can be an important part of a balanced diet. Quinoa is most known for its protein content. Compared to other plant foods, quinoa is generally higher in protein than most grains as shown in the table, while lower in protein than most legumes. Quinoa also has a favorable balance between

its essential amino acid content compared to other plant foods. Finally, quinoa is a good source of energy and dietary fibre, and has significant amounts of minerals such as iron and zinc.

Nutrient contents of quinoa and selected foods, per 100 grams dry weight

	Quinoa	Maize	Rice	Wheat
Energy (kcal/100g)	399	408	372	392
Protein (g/100g)	16,5	10,2	7,6	14,3
Fat (g/100g)	6,3	4,7	2,2	2,3
Total Carbohydrate (g/100g)	69,0	81,1	80,4	78,4
Iron (mg/100g)	13,2	2,1	0,7	3,8
Zinc (mg/100g)	4,4	2,9	0,6	4,7

Source: Koziol (1992)

10.How is quinoa typically eaten?
The quinoa grain has both traditional and non-traditional uses, as well as value-added industrial innovations which are now commercially available, such as ready-to-eat cereals, pasta, granola bars, or breads. The whole grain can be boiled and combined with other foods as part of a meal, such as in a soup, or made into flour to be used to make breads or drinks, among other food types[7].

11.What else can quinoa be used for, apart from eating?
Animal Feed: The whole plant is used as green forage. Harvest residue is also used to feed cattle, sheep, pigs, horses and poultry.

Medicinal Use: Quinoa leaves, stems and grains have been used traditionally by the indigenous peoples of the Andes for medicinal purposes: healing wounds, reducing swelling, soothing pain (toothache) and disinfecting the urinary tract. They are also used in bone setting, internal bleeding, and as insect repellents.

Nutraceutical Use: A quinoa protein concentrate which is food- or pharmaceutical-grade has the potential use as an ingredient in human or animal nutrition supplements.

Pharmaceutical Use: Saponins extracted from the bitter quinoa variety have properties that can induce changes in intestinal permeability and assist in the absorption of particular medications.

Industrial Use: Quinoa starch has excellent stability in freeze-thaw conditions, and could provide an alternative to chemically modified starches.[8] The starch has special potential for industrial use because of the small size of the starch grain, for example in aerosol production, pulps, self-copy paper, dessert foods, excipients in the plastics industry, talcs and anti off-set powders.[12]

In addition to the industrial use of the quinoa grain, the saponins from the pericarp of the bitter quinoa variety have the ability to be used in different beneficial forms. They can be also extracted from the pericarp of bitter quinoa form a foam in aqueous solutions, leading to possible applications in detergents, toothpaste, shampoos, or soaps[9]. The use of saponin as a bio-pesticide was also shown to have potential in a successful demonstration carried out in Bolivia [10].

C. Production

12.When and where did farmers first start growing quinoa?

Existing historical evidence indicates that quinoa´s domestication by the peoples of America may have occurred between 3,000 and 5,000 years BCE. There are archeological discoveries of quinoa in tombs of Tarapacá, Calama and Arica in Chile, and in different regions of Peru[11]. Quinoa was well

developed and widely cultivated over the Andes region, until being replaced by other cereal crops more preferred by the Spanish after their arrival in the Andes region[12].

13.Where is quinoa grown today?

The greatest production takes place in the countries of Bolivia, Peru and Ecuador, extending from 5° north latitude to 43° south latitude. Its altitudinal distribution ranges from sea level to 4,000 meters above sea level (MASL), where the greatest genetic diversity is found in the Altiplano (high plain) region of Bolivia and Peru. The ability of different varieties of quinoa to be grown at different altitudes and climate zones are what gives quinoa great potential to improve food security.

The ability of different quinoa varieties to adapt to different zones has led to experimental trials in various potential quinoa producing countries in Africa, Asia, Europe, and North America. It has been successfully grown so far in countries such as the United States, Morocco, Kenya, and India, to name a few, with hopes of eventual large-scale commercial production.

14.How much quinoa is produced in the world?

Until 2008, Peru and Bolivia accounted for 92 percent of the quinoa produced in the world[13]. Recent FAO production numbers from 2011 had Peru producing about 41,000 metric tons (MT) and Bolivia producing 38,000 MT. While Peru and Bolivia remain the main producers of quinoa, production has also been occurring in the United States, Ecuador, and Canada, which make up the majority of the reported quinoa production outside of Peru and Bolivia.

15.How much land is used to grow quinoa?

The area of quinoa production has had a rapid increase over the past 30 years, from only 36,000 hectares in the Andes Region of South America in the early 1980s to 83,000 hectares in 2009 Most of quinoa production is done by small farmers for use at home to improve nutrition and food security. Canada and the United States are estimated to produce quinoa on the largest areas of land outside of the Andes region[15].

16.How many varieties of quinoa are there?

There are more than three thousand varieties or ecotypes of quinoa both cultivated and wild which can be grouped in five basic categories according its adaptation to agro-ecological conditions of the main production areas:

•**Quinoa from valleys** – two sub types exist: from dry valleys (like Junín, Peru) and from humid valleys growing between 2,300 and 3,500 meters above sea level (masl), with annual rainfalls of 700 to 1,500 mm and a minimum average temperature of 3°C.

•**Quinoa from highlands** – grow above 3,000 meters with rainfalls between 400-800 mm/year and a minimum average temperature of 0°C.

•**Quinoa from salt flats** – grow at an altitude of nearly 3,000 meters, with rainfall between 250-400 mm/year and an average temperature of -1°C.

•**Quinoa from sea level** – grow from sea level to 500 meters with rainfall of 800-1500 mm/year and a minimum average temperature of 5°C.

•**Quinoa from subtropical zones** – grow at an altitude of 2300-1500 meters, with rainfall from 1,000 to 2,000 mm/year and a minimum temperature average of 7° C.

Another type of classification considers its origin and intended use; for which varieties of quinoa currently grown can be divided into:

•**Improved or commercial quinoa** – those that have been selected or subject to genetic improvement processes in experimental stations.

•**Native varieties of quinoa** – which have been selected by farmers themselves or by native or indigenous communities; these in turn can be grouped into:

-white small grain quinoas.
-sweet quinoas, low in saponin.
-bitter quinoas, high in saponin.

17.Which type of quinoa is better for cultivation?

To select the best variety or ecotype for cultivation in a specific area, it is necessary to conduct validation tests or experiments,

through official programs of agricultural research before commercial-scale plantings.
To this end, many potential varieties need to be tested, especially those that have shown good performance in other areas with similar agro-ecological conditions. Experimentation could take at least 3 years or 3 production cycles to achieve reliable results. The testing can also be useful to adjust the technology of production to local conditions.

18.How many kg of seeds per hectare should be planted?
In commercial planting, 8 to 12 kg/ha of seeds are used since most of the planting is made manually. A desirable population of quinoa plants to result from this quantity of seed would be between 100,000 and 160,000 plants/hectare. It is possible to reduce seeds to 1-2 kg/ha with seedbeds and transplanting.

19.How long does it take for quinoa to grow?
It usually takes 160-180 days from sowing for the quinoa to reach harvest maturity.

20.In which way is FAO able to support requests for help to start quinoa cultivation?
FAO, as an organization that provides technical assistance to governments, is able to support quinoa cultivation by:
•Making technical and other information related to quinoa cultivation available to the public.
•Facilitating dialogue and agreements between official entities who desire to start experimenting with quinoa and those official entities which may provide seeds.
•Formulating and executing, together with interested counterparts, technical cooperation projects designed to introduce and develop quinoa cultivation to fight against hunger.

21.How and where can seeds for farming be bought?
Mostly in producer countries. Here, the commercial production of seeds is destined to meet local demand. The international trade of quinoa seeds is practically inexistent or unknown.
The FAO recommends those interested in quinoa cultivation to carry out field studies, and to research different quinoa

varieties and their adaptability prior to introducing the crop in non-native countries.
To obtain the seeds and perform experimental tests, the FAO suggests to establish experimental programmes in partnership with countries that have already been successful in the cultivation of quinoa, which could include seed exchange, parallel development of a crop programme, and seed production of best suited varieties.

Seeds for trials can be requested from a germ plasm bank and/or research centre. A list of these centres can be obtained at World Information and Early Warning System (WIEWS)[14].

The exchange of germ plasm must be carried out through the signing of a Standard Material Transfer Agreement (SMTA), in accordance with the rules on plant genetic resources established by the country providing the seeds. Mechanisms of the International Treaty on Plant Genetic Resources for Food and Agriculture (ITPGRFA) can be applied in a supplementary way.

Seed shipments must meet the phytosanitary requirements of the country of final destination, according to the procedures established in international standards for phytosanitary measures of the International Plant Protection Convention (IPPC).

22.Does the increase of quinoa production produce negative environmental effects?
As with any other crop, the sustainable production of quinoa in accordance with FAO´s approach for Sustainable Crop Production Intensification (SCPI) should be pursued.

Quinoa's great adaptability to climate variability and its efficient use of water make it an excellent alternative crop in the face of climate change. The Bolivian National Institute of Agricultural and Forestry Innovation (INIAF) has ranked quinoa among the 21 seeds most resistant to climate change along with beans, corn, amaranth, onions and others.

D. Trade/ commerce

23.Which type of quinoa has been most successful on the world market?

The most exported type of quinoa is the group of so-called "quinua real", grown in the highlands of southern Bolivia. It is characterized by a large size grain, with a diameter greater than 2.2 mm. Organic quinoa, regardless of its variety, is in great demand in differentiated markets.

Usually colourless quinoa (white or cream) are preferred in the market, especially for use in the food agro-industry. However, for the development of their gastronomic potential the demand for coloured quinoa is also increasing.

The FAO recommends that for future production, producers not only focus on the aesthetic appearance of quinoa types, but also on increasing the production of quinoa for its nutritional attributes.

24.Which country exports the most quinoa?

Bolivia is the main exporter of quinoa in the world, followed by Peru and Ecuador.

The main importers of Bolivian quinoa are presently the United States, France, Netherlands, Germany, Canada, Israel, Brazil and the UK. The FAO estimated in 2010 that Bolivia exported around 15,000 MT of quinoa, with Peru and Ecuador exporting only minimal amounts.

25.What is the price of 1 tonne of quinoa?

Prices vary depending on destination markets, quality, whether it is organic or not, among other factors. However, the Free on Board (FOB) value is between USD 3,000 to 3,500/tonne, with a tendency to increase.

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Altromercato and quinoa. Beyond fashion

If the fame of quinoa has grown so much that it's now a favorite with great chefs, it's thanks to Fairtrade which, over the years, has spread the word about just how important the grain is for many thousands of small farmers.

Altromercato has pioneered the importation of quinoa to Italy. The first packs arrived on the Botteghe Altromercato shops' shelves 15 years ago, in 1998. Today Altromercato imports about 90 tons of organic quinoa real a year from Bolivia, either packaged and ready for sale or loose for the production of pasta, biscuits, breakfast cereals, bars and so on. A total of 18 products in the Altromercato catalogue contain quinoa.

Thanks to promotion and awareness campaigns, consumer interest for this so-called "pseudo-cereal" is growing all the time. Thus, over the years, Altromercato has been increasing imports. For its Bolivian partners, the trend signifies success, the certainty of a better future and respect for the continuity pact that underpins the principles of Fairtrade.

The sale of quinoa through Faitrade channels has enabled many farming communities to emerge from isolation and poverty. It has meant revaluating the millenary heritage of agricultural and cultural knowledge in the Andes and ensuring whole communities fair earnings to invest in services. Last but not least, it has allowed us to enrich our diet with an ingredient of high nutritional value.

Altromercato's partner over these 15 years of mutual trust, ongoing relations, trade and great friendship has been Anapqui, an association of Bolivian farmers that works according to the international principles of fair trade.

Anapqui, the Bolivian national association of quinoa producers, was founded in 1983. Its roots are in the south of the country, on the Altipiano in the Salar region, an area of semi-desert strongly identified with the Aymara and Quechua peoples. In the last 20 years, the association

has managed to involve about 5,000 small producers in its work. It consists of a federation of seven regional associations of quinoa producers which buys the pseudo-cereal from farmers and sells it to a number of organizations, some of which are associated with Fairtrade. The quinoa is cultivated on the Altiplano over an area of about 50,000 square km at an altitude of about 3,800 meters. For a series of economic and logistic reasons, producers are unable to handle the necessary formalities for commercialization and export by themselves. Anapqui's main aim is to offer producers the chance to get their quinoa onto the market at the most favorable conditions.

Today Anapqui is a large organization with firm local roots and an agile structure. It enjoys an excellent rapport with its grassroots members, though its social impact goes well beyond them alone. Quinoa is a staple in the diet of the Aymara and Quechua peoples. For years the Anapqui organization has been promoting its cultivation as a means of defending their land and presence in places otherwise bound for depopulation.

Producers, all members of the single regional organizations, cultivate and deliver organic quinoa to their community warehouses, where it is stocked before being transported to the processing plant in Challapata. Anapqui supplies technical and commercial assistance to the members of its organization, guiding them along the path towards cultural and economic liberation. The association shines for its close attention to environmental issues through organic food production and the promotion of biodiversity. It takes part in the *Subsidio Familiar* government program, supplying quinoa to supplement the diet of pupils at Bolivian elementary schools at reduced prices. Finally, it helps coordinate the indigenous peoples of the Altipiano, promoting initiatives to defend their cultural traditions.

The Anapqui experience is of highly important cultural significance in Bolivia. The association is structured horizontally to encourage direct democracy. Besides organizing the production of quinoa and preserving the genetic inheritance of the plant's many varieties,

it promotes the cultural growth of its workers and the participation of women. Anapqui producers combine to form a presidium in defense of biodiversity in one of the most singular places on the planet. Without them, the Salar plateau would soon be prey to desertification.

The organic quinoa of anapqui

Quinoa is subdivided into four main groups according to area of geographic origin: valleys, between 2,000 and 4,000 m of altitude; highlands, at an altitude over 4,000 m; saltflats, with soils with a high pH, typical of the Atacama region between Peru and Bolivia; sea level, in the inland valleys of Bolivia. Two types of quinoa are cultivated: white, or sweet, and red. In the Salar region, where Anapqui operates, they grow *quinoa real*, which has larger grains. Anapqui's quinoa is organically cultivated and Altromercato markets the *real variety.*

The Anapqui organization prides itself on the fact that its quinoa is either organic or grown on soil currently being converted to organics. It's a goal that hasn't been easy to reach. Most organic quinoa produced by Anapqui is exported and only 10 per cent is sold on the local market. The arrival of the Spanish *conquistadores* and, later, low interest towards traditional crops in the second half of the 20th century left quinoa with a negative connotation as "food for Indios". Today the situation is changing with self-awareness and international interest for the "golden grain" dispelling prejudice — even though competition from classic cereals remains strong. In this context, the choice of the United Nations to declare 2013 the International Year of Quinoa is having a liberating effect on the cultivation and use of the precious, millenary grain of the Andes.

Quinoa, a question of taste

Thanks to its many nutritional and organoleptic properties, quinoa is well known to a broader public today. It's also naturally gluten-free and, given its high protein content, often tempts vegetarians and vegans too.

Its delicate flavor goes well with vegetables and in warm

dishes such as soups and creams, or more summery fare such as salads. It's not hard to cook but, like many so-called "minor cereals" or foods the latest generations have forgotten, it needs to be explained, promoted and "accompanied" at our tables.

Over the last few years we've been seeing a paradox in the kitchen, namely the objective lack, especially amongst youngsters, of even the most basic notions on the one hand and, on the other, of a greater willingness to embrace other culinary cultures, "crossovers" of the flavors of different countries, an eagerness to explore — a desire to return to tastes forgotten or never savored.

Altromercato's IlCircolodelCibo project was born in a community, physical and virtual that brings together Botteghe Altromercato shops, great chefs and restaurants, food bloggers and, naturally enough, consumers precisely to meet this need. It's a place to meet to swap advice, suggestions and information to promote the products marketed by Fairtrade for daily use, make them familiar and explain how to use them in the kitchen.

The invaluable work of the people Altromercato has defined fair chefs and fair food bloggers is precisely to help Botteghe Altromercato shops to familiarize consumers with food culture, the protection of biodiversity, the pleasure of knowing and travelling across taste and, no less important, of preserving and cooking primary ingredients, spices, cereals and Fairtrade products in order to promote their nutritional content and organoleptic properties. IlCircolodelCibo believes that knowledge amplifies sensory experience and makes it unique. To taste something nice while being acquainted with its soul and its history is a double pleasure: individual and social. In short, IlCircolodelCibo promotes values worth tasting.

Recipes

Serves 2

40 g quinoa
100 g carrots
finely sliced
lengthwise
100 g zucchini
finely sliced
lengthwise
100 g cauliflower
cut into florets
40 g green celery
100 g avocado
peeled
20 g chives
10 g thyme
finely chopped
40 g peanuts
40 g linseed
20 g sunflower
seeds
20 g ginger juiced
30 g lemon juice
40 g almond milk
40 g pale miso
60 g uncooked
raspberry sauce
80 g seed oil
salt, pepper

Preparation and cooking time: 6 hours, plus soaking, germination and drying

Butterfly tao

Pietro Leemann
Joia, Milan, Italy

A roll of germinated quinoa, delicately smoked cauliflower and ginger served with unleavened avocado bread with linseed.
Soak the quinoa for 3 hours. Allow to germinate for 2 days, rinsing it 4 times a day.
Soak the linseed and sunflower seeds for 12 hours, drain well and blitz in a blender with the celery. Roll the mixture out onto an oven plate and leave to dry at 40°C for 24 hours. The mixture will turn to flour.
Soak the peanuts in water for 12 hours, grain well and blitz in a blender.
Lightly salt the carrots and zucchini, drizzle with a little oil and leave to dry at 42°C for 4 hours.
Make a mayonnaise by mixing the miso, almond milk, 20 g of lemon juice and juiced ginger, and blending with the seed oil.
Smoke the caulifower by sealing it in an airtight pan with smoking non-resinous wood for 4 hours. Chop up finely.
Combine the cauliflower, peanuts, quinoa chives and thyme. Salt and mix well.
Roll up the zucchini and carrots and fill with the cauliflower mixture.
Drizzle 10 g of lemon juice over the avocado and season with a pinch of

salt and pepper. Prepare wafers 2 cm thick and 7 cm wide. Freeze, then coat in the linseed, sunflower seed and celery flour and dry at 42°C for 4 hours.
Lay the body of the butterfly (zucchini and carrot roll) on a plate and form wings with the miso mayonnaise and raspberry sauce. Serve the wafer separately.

Quinoa rocher

Enrico Crippa
Piazza Duomo, Alba (Cn), Italy

Serves 4

100 g puffed quinoa
250 g raspberry purée
4 g agar
133 g granulated sugar
120 g white chocolate
semi-whipped cream, powdered dehydrated raspberry
powdered matcha tea leaves

Cooking and preparation time:
4 hours

Purée the raspberries in a small saucepan with the agar and bring to the boil. When they start to bubble, turn off the heat and leave to cool. Place in the fridge and let the agar set for about 3 hours.
Remove from the fridge, mix with an immersion blender and, using a sac à poche, squeeze into round molds and return to the fridge.
Put the sugar into a large pan and cover with water. Warm over a low heat without stirring until it starts to brown. Stir with a wooden spoon until the sugar crystallizes completely. Pour the mixture into a baking tin and leave to cool. Transfer to a non-stick pan over a high heat until the outer sugar coating caramelizes.
Spread out in a baking tin and leave to cool once more.
Skewer the raspberry purée balls onto cocktail sticks, cover with the semi-whipped cream and return to the fridge.
Melt and fluff the white chocolate and dip the raspberry and cream balls in it to create a second coating.
Before the chocolate coating cools, dip the balls in the quinoa, then in the chocolate once more, shaking off any excess. Return to the fridge.
When the chocolate is cold, pull out

the cocktail sticks and fill the holes with a little chocolate.
Dust the rochers half with the powdered raspberry and half with the powdered matcha tea leaves. Serve at a temperature of 4°C.

Serves 6

500 g quinoa
300 g green lentils
200 g peas, 100 g zucchini, diced
1 small bunch parsley, dried
breadcrumbs
extra virgin olive oil
sea salt

Cooking and preparation time:
2 hours

Quinoa mold

Antonello Colonna
Antonello Colonna, Labico (Rome)

Boil the quinoa and the lentils separately in boiling salted water. Drain the quinoa and leave to cool. When the lentils are ready, push through a fine sieve to obtain a purée. In a frying pan, sauté the zucchini and, in a saucepan, cook the peas. Stir the peas and zucchini into the lentil purée. Add the parsley and stir well. Transfer the mixture to a small greased baking tin (a plumcake tin, for example), spoon it out in compact layers. Sprinkle with the breadcrumbs and bake in the oven at 180°C for 45 minutes.

Serves 4

For the cream of Grana padano:
80 g Grana Padano
40 g cream
For the forest fruit mousse emulsion:
100 g moss mousse
50 g champignons de Paris
10 cl milk
For the risotto:
100 g red quinoa
10 cl legume broth
20 g Grana Padano
20 g butter
For the Jerualem artichoke chips :
100 g Jerusalem artichokes
oil, for frying
For the foam:
100g parsley
100 g plain flour
5 g yeast, 3 eggs
60 g butter, 4 g salt
For the winter vegetable condiment:
30 g swede
20 g parsnips
20 g crosne
30 g yellow carrots
30 g orange carrots
30 g swedes
40 g black salsify
20 g vitelotte potatoes

Risotto of quinoa, winter vegetables, cream of Grana Padano and parsley foam

Mauro Colagreco
Mirazur, Menton, France

Place two siphon gas cartridges (for the parsley foam) in the fridge overnight.
For the Grana Padano cream, bring the cream to boil, pour over the cheese and blend.
Leave the mousse and the mushroom infusion in the milk for 1 hour. Taste to check the consistency and leave for longer if necessary. Emulsify.
For the chips, wash the Jerusalem artichokes thoroughly, wrap in tin foil and bake in the oven at 210°C for 1 hour. Cut them lengthwise and reserve the flesh. Clean the skin well and dry until dehydrated. Fry at 180°C, dry and reserve.
For the parsley foam, bring 150g of water and the butter to boil. Blitz the parsley and the boiling liquid in a food processor to form a smooth green mixture. Beat the eggs, add the flour and yeast, and blend well until smooth. Transfer the mixture in a siphon and add the two gas cartridges.
Prepare the condiment with the winter vegetables. Peel, wash and cut all the roots from the vegetables. Braise separately, reserve and reheat in a pan with butter prior to serving.
For the risotto, toast the quinoa in a

pot with a little butter. Add some of the stock and proceed in the classic manner. When the rice is cooked, stir in the butter and the grated Grana Padano.
Spoon a little quinoa risotto into four dishes and arrange the winter vegetables on top, together with the Grana Padano cream, the forest fruit emulsion, the parsley foam the Jerusalem artichoke chips and a few flakes of black truffle. Decorate with the winter herbs.

20 g black horseradish
For the topping:
winter purslane
sorrel
wild sorrel yarrow
20 g black truffle

Preparation and cooking time:
2 hours

Serves 4

1½ cups cooked red quinoa
2 handfuls of rocket
2 tablespoons salt-cured capers
1 head orange cauliflower
2 cups olive oil
a pinch of Marash or Aleppo pepper
fresh-ground black salt, pepper
for the dressing:
1 medium shallot
1/3 cup extra-virgin olive oil
2 tablespoons red wine vinegar
fresh-ground black salt, pepper

Preparation and cooking time:
1 hour

Orange Cauliflower Salad with Fried Capers and Rocket

Alice Waters
Chez Panisse, Berkeley California

Soak salt-cured capers in a bowl of cold water for 15 minutes.
Remove the outer leaves from the head of an orange cauliflower.
Cut in half, remove the core, and separate into florets.
Place in a bowl and toss with 1 tablespoon olive oil and salt.
Spread on a baking sheet and roast in a hot oven (425°F) until soft and caramelized, about 15 minutes. Set aside to cool.
Make the dressing.
Mix together: a fine diced medium shallot, red wine vinegar, salt, fresh-ground black pepper.
Set aside for 10 minutes to allow the flavors to marry. Whisk in extra-virgin olive oil.
Taste for salt and acid and adjust as needed.
Drain the capers and squeeze dry.
Heat a heavy-bottomed pan over medium-high heat.
Pour in the remaining olive oil.
When the oil is hot add the capers and fry until the buds have opened.
Remove with a slotted spoon and drain on absorbent paper.
In a large bowl, mix together the cauliflower and the cooked red quinoa, the rocket, salt and a pinch of Marash or Aleppo pepper.

Pour in the vinaigrette and mix very carefully.
Arrange on a large plate and sprinkle the fried capers over the top.

Serves 4

For the quinoa:
half a cup quinoa
2 cups canola oil
For the ceviche:
1 tablespoon soy sauce
4 tablespoons fresh lime juice
2 teaspoons extra virgin olive oil
4 1/2 ounces fresh tuna, 2 tablespoons green onions
1 teaspoon red fresno pepper thinly sliced (or Serrano or Jalapeno)
1 tablespoon canola oil
2 teaspoons red onion
4 teaspoons fresh cilantro
For the garnish:
1/2 avocado, peeled seed removed thinly sliced
extra virgin olive oil
salt

Cooking and preparation time:
45 minutes

Ceviche de Atún

José Andrés
The Bazaar by José Andrés
Los Angeles, California

Bring 4 cups of water to boil over a high heat in a medium pot, add the quinoa and cook until well done, about 25 minutes. You want the quinoa to be very soft. Drain the quinoa through a fine mesh sieve and allow to rest for 10 minutes in the sieve to completely drain all the water. Occasionally stir the quinoa in the sieve to help release all the water. Spread the quinoa out in the pan, making sure to break up any clumps, and set in a warm area to allow it to completely dry.
Heat the canola oil to 325°F on a candy thermometer in a large pot. Working in small batches, spoon the dry, cooked quinoa in the hot oil and fry until golden, making sure to constantly stir the quinoa to avoid clumping. Using a metal strainer, remove the quinoa from the oil and allow to dry on a paper-towel lined tray. Season with salt and set aside.
In a mixing bowl, combine soy sauce, 3 tablespoons of the fresh lime juice and one teaspoon of the olive oil and whisk together. Dice the tuna, slice green onion and pepper, stir them in the mixing bowl and toss until well combined.
In a separate bowl, whisk together

the canola oil, the remaining tablespoon of fresh lime juice and a pinch of salt. Dice finely the red onion, chop the cilantro and add the 1/2 cup of the fried quinoa; toss until well combined. Season to taste with salt. (Keep remaining fried quinoa in an airtight container and use as a garnish for other dishes.)

To serve, spoon the marinated tuna into a serving bowl. Sprinkle the seasoned quinoa mixture over the tuna. Slice avocado and lay it on top of the dish and season with sea salt and a drizzle of olive oil.

Andean cocktail

Estaban Tapia
Merino, Ecuador

Serves 6

12 Andean potatoes (or, as an alternative, normal potatoes)
120 g quinoa
30 g lupini beans,
20 g goat's cheese,
50 g pork
10 g ratón chilli pepper
5 g white onion
10 g sambo seeds (or, as an alternative, peanuts)
2 g paico leaves (or, as an alternative, coriander), salt

Preparation and cooking time:
about 1 hour

Cut the potatoes in half, gouge a cavity in each and cook in salted water. Set aside.
Cook the quinoa until it opens, drain and transfer to a large bowl.
In the meantime, peel the lupini beans. Cook the pork in the vegetable broth and shred finely. Toast the sambo seeds and crush in a mortar with the ratòn pepper, a small cup of water, paico leaves and onion. Salt to taste.
Spoon the quinoa, lupini beans, goat's cheese, pork, 1 sambo seed and a little sambo sauce into the cavities in the potatoes and serve.

Chefs of Terra Madre

Andean salad

Otilia Kusmin, Convivium Punto Slow Food Buenos Aires, Argentina

Rinse the quinoa in plenty of water and cook on a slow heat for about 20 minutes. Drain, transfer to a large bowl and leave to cool.
Dice the tomatoes, peel and dice the cucumber and gherkins. Finely chop the onions, raisins and green olives. Add the vegetables and mix well.
Peel and toast the almonds and add to the mixture. Finish off with the corn oil, peppers, lime juice, coriander and mint. Salt to taste

Serves 4

1 cup quinoa
2 ripe tomatoes
1 cucumber
1/2 cup gherkins
1/2 cup of chopped chives
1/2 cup raisins
2 tablespoons green olives
1/2 cup almonds
corn oil
2 red chilli peppers
lime juice
coriander, finely chopped
mint, finely chopped
salt

Preparation and cooking time:
about 30 minutes

Chefs of Terra Madre

white quinoa (dawe)
onion
Mapuche coriander (with tiny, aromatic seeds)
merken (smoked red chilli pepper)
salt, extra virgin olive oil, lemon

Preparation and cooking time:
30 minutes

Pebre de dawe with merken

Clara Bulnes Painequeo
Lumaco, Chile

Cook *dawe* until slightly crisp, chop the shallot and onions, finely chop the coriander.
Mix the merken and the *dawe*, adding a pinch of salt, oil, lemon and half a glass of water.
If desired, increase the quantity of the merken for greater fieriness.

Chefs of Terra Madre

Quinoa with milk and guaviyù

Laura Rosano, Terra Madre cook and leader of the Canario Convivium Uruguay

In a small saucepan, heat the milk with half of guaviyù and quinoa. When it starts to simmer, add the sugar and cook on low heat for about 30 minutes.
Make the salsa by puréeing the deseeded guaviyù in a saucepan with the remaining sugar. Cook on low heat and when it starts to bubble, remove from the heat and leave to cool.
Serve the quinoa with the guaviyù in glasses, garnishing with any remaining fruit, 1 tablespoon of purée and a sprinkling of chopped almonds.
The guaviyù sauce may be kept in the fridge for 10 days, or in the freezer for 6 months.

Serves 6

300 g quinoa
1200 g guaviyú deseeded (or, as an alternative fox grape)
1 litre milk
550 g sugar
100 g toasted almonds
guaviyú suce

Preparation and cooking time:
about 1 hour

Chefs of

Terra Madre

Quinoa and artichoke roast with masala sauce

Beatrice Di Tullio, Fair Food Blogger
IlCircolodelCibo Altromercato
betullaalba.blogspot.it

Serves 4

200 g quinoa real
200 g strained Greek yogurt
160 g (organic) carrots , 120 g minced beef (optional)
100 g Asiago cheese
80 g Parmesan grated
40 ml vegetable stock
4 artichokes
4 fresh eggs
1 lemon
1 tablespoon honey
1 bunch parsley
extra virgin olive oil
masala (for vegetables)
sea salt

Preparation and cooking time:
1 hour

Rinse the quinoa thoroughly in cold water and cook in boiling salted water for about 12 minutes. Drain well and mix in a food processor to a thick, sticky paste.
Prepare the artichokes by breaking off the tough outer leaves and gouging out any choke. Cut each into 4 pieces and dip into water acidulated with the lemon juice. Peel the carrot.
Steam the artichokes for about 20 minutes (if you don't have a steamer, blanche in boiling water until the flesh is tender). Once cooked, transfer to a food processor with about ten parsley leaves and chop. Dice the carrot and Asiago cheese.
In a non-stick frying pan cook the minced beef with a drop or two of oil and a few tablespoons of stock.
In a large bowl amalgamate the quinoa, chopped artichoke, diced carrot and cheese. Divide the mixture into two and add the cooked meat to one of the halves. Season both halves to taste.
Preheat the oven to 180°C.
Roll out about 50 cm of aluminium foil and place the meat and vegetable mixture at the center. Wrap the

foil round the mixture to form a cylinder, seal up the sides and twist the ends. Repeat the operation with the vegetable mixture. Place the two parcels in an oven dish and roast in the preheated oven for about 1 hour.
Meanwhile, make a sauce by pouring the strained yogurt into a small bowl. Add the lemon juice and stir well. Add a pinch of masala and season to taste. Stir well.
When the two roasts are cooked, leave to rest for at least 30 minutes. Open the foil carefully and cut the roasts into 2 cm slices.
Before serving, brown the slices in a non-stick frying pan and serve with the yogurt sauce.

Serves 4

120 g wholemeal flour
100 g plain flour
100 g semi-skimmed milk
100 g quinoa real
80 ml corn oil
80 g brown sugar
40 g cocoa powder
40 g sultanas
1 tablespoon of cinnamon powdered

Preparation and cooking time:
45 minutes

Quinoa, cocoa and cinnamon rustic cookies

Simona Milani, Fair Food Blogger
IlCircolodelCibo Altromercato
www.pensieriepasticci.com

Boil the quinoa in unsalted water for 12-15 minutes until soft with its small white rings showing. Drain well and leave to cool.
In a bowl, mix the two flours with the cinnamon, cocoa and brown sugar. Add the quinoa, milk and oil, and blend well.
Finally, add the sultanas, stirring all the time to obtain a thick, rather compact mixture. If too soft, add a little more flour.
Line two baking tins with parchment paper and using two tablespoons, shape the mixture into small balls, arranging them with plenty of space between each. Bake in a preheated ventilated oven at 180°C for about 20 minutes. Remove from the oven and leave to cool on a rack.

Spaghetti ring cake with quinoa

Simona Leoni, Fair Food Blogger
IlCircolodelCibo Altromercato
atuttacucina.blogspot.it

Melt the butter and whisk in the flour. Gradually pour in the milk to dilute and season to taste. Flavor with a generous grating of nutmeg and bring to boil. Turn off the heat and stir in half the Parmesan. Mix well and leave the resulting béchamel to cool.
Sauté the onion and the peas in 2 tablespoons of oil for 10 minutes. Season to taste, allow to cool and stir in 1/3 of the béchamel sauce.
Beat the eggs with a pinch of pepper and salt and stir in the remaining béchamel sauce and half the mozzarella. Cook the spaghetti al dente in a generous amount of boiling salted water, about 4 minutes. Drain, refresh in cold running water and stir in the egg mixture.
In a ring-shaped cake tin, transfer half the pasta and cover with the ham, the remaining mozzarella, the peas and the Parmigiano set aside. Finish off with the remaining spaghetti and press down well with the back of a spoon. Bake in a preheated oven at 200°C for 20 minutes, turning the tin round after 10. Remove from the oven and leave to cool for 3 minutes. Turn out the pasta ring cake onto a dish and serve.

Serves 4

320 g quinoa spaghetti
280 g extra-fine 00 flour
280 ml fresh milk
240 g mozzarella diced, 120 g peas
80 g slice of boiled ham
40 g Parmesan grated
1 knob butter
2 eggs
nutmeg
extra virgin olive oil
black pepper
unrefined salt

Preparation and cooking time:
1 hour

Serves 4

100 g bladder campion*
60 g cheese, grated
60 g quinoa real
4 eggs
dried mallow flower petals
extra virgin olive oil
red wine vinegar
black pepper
salt

Preparation and cooking time:
20 minutes

Frittata of bladder campion, quinoa and mallow

Beatrice Di Tullio, Fair Food Blogger
IlCircolodelCibo
betullaalba.blogspot.it

Wash the bladder campion leaves and blanche in salted water for about 3 minutes. Strain and set aside to cool. Chop finely.
Rinse the quinoa grains thoroughly in cold water and cook in lightly salted boiling water until the grains open, about 12 minutes. Drain well.
In a bowl, beat the eggs and season with salt and pepper. Stir in the cheese, bladder campion and quinoa.
In a non-stick frying pan, heat the oil and when it begins to sizzle, spoon in the mixture. Fry for about 5 minutes, then flip and fry on the other side.
Serve warm or cold garnished with mallow flower petals and a splash of red wine vinegar.

**Bladder campion is a wild herb common all over Italy, where it grows at an altitude of 0-1300 meters in meadows and woodland and on roadsides. A hardy, robust plant, it is also very easy to grow. In Piedmont alone it has 14 different names: s'ciupèt, s'ciupàt, ciuchin, sunajèt, urije 'd levr, urigia 'd levra, varsola, erba s'ciupetta, cujèt, sgruzet, scherza and eiclupèt.*

Quinoa flan

Laura Nacci, Fair Food Blogger
IlCircolodelCibo Altromercato
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Rinse the quinoa in cold water and transfer to a saucepan. Add the milk, 100 g of brown sugar and the vanilla seeds (split open the pod lengthwise and scrape out). Allow to simmer for 15-20 minutes and leave the resulting cream to cool thoroughly.
Meanwhile, prepare the shortcrust pastry. Mix the flour, 50 g of brown sugar, the melted butter, the egg and a pinch of salt. Leave the dough to rest in the fridge for 15 minutes, then roll out to a thickness of 5 mm.
Stir an egg into the cream mixture and whisk to a smooth custard.
Line each cup of a muffin tin with the shortcrust pastry dough, prick with a fork an fill to the brim with the custard mixture. Bake in a preheated oven at 170°C for 20 minutes.

Serves 4

200 extra-fine 00 flour
200 ml fresh milk
100 g quinoa
150 g brown sugar
60 g butter melted
2 eggs
1 vanilla pod
salt

Preparation and cooking time:
45 minutes

Chocolate lasagnette with quinoa, raisins and Monte Veronese cheese

Davide Piva, Chef IlCircolodelCibo
Altromercato Ristorante Le Muse
Locara di San Bonifacio (Verona)

Serves 4

200 g durum wheat flour
100 g quinoa real
80 g Monte Veronese cheese
60 cl vegetable stock
40 g Mascao 70% chocolate
40 g toasted almonds
4 organic eggs
olive oil
white pepper
salt

Preparation and cooking time:
1 hour 30 minutes

Bring the vegetable stock to boil, add the quinoa and cook until all the liquid has been absorbed. Set aside to cool.
In the meantime, make the fresh pasta. Mix the eggs, flour and chocolate, previously melted in a baine-marie. Whisk to a smooth, even dough. Wrap in cling film and leave to rest for at least 30 minutes in the fridge. Roll out the pasta dough and cut into 5 cm squares. Cook in a generous amount of boiling salted water, drain and set aside to dry and cool.
Soften the raisins in warm water and chop roughly, together with the almonds. Amalgamate with the quinoa. Add the finely diced Monte Veronese cheese, the remaining egg and a drizzle of oil. After blending well, season with a generous twist and salt to taste. Spoon the quinoa mixture into 4 greased ramekins, alternating it with layers of pasta, starting and finishing with the latter. Brush the top layer of pasta with oil and bake in a preheated oven at 180°C until golden, about 12 minutes. Turn out and serve.

Lemon-scented quinoa and broccoli patties

Simona Milani, Fair Food Blogger
IlCircolodelCibo Altromercato
www.pensieriepasticci.com

Clean the broccoli florets thoroughly and boil for about 10 minutes in water. Drain well all the cooking water and leave to cool.
Rinse the quinoa in running water, then boil it for about 10 minutes in 350 g of lightly salted water, drain and leave to cool.
In a large bowl, beat the egg with the Parmesan, salt and pepper. Add the broccoli florets, quinoa, breadcrumbs and grated lemon zest, and season with salt and pepper to taste.
Mix with the hands and shape into round, even patties. Roll in the breadcrumbs to coat.
Arrange in an oven dish lined with parchment paper and bake in a preheated oven at 180°C for about 15 minutes, using the ventilator function to crisp the surfaces. Serve piping hot.

Serves 4

320 g broccoli florets
160 g quinoa
40 g Parmesan grated
2 tablespoons dried breadcrumbs
1 organic egg
1 organic lemon
black pepper
fine unrefined salt

Preparation and cooking time:
45 minutes

Quinoa spaghetti with coffee

Daniele Sangiorgi, Chef
IlCircolodelCibo Altromercato
Ristorante Le Bistrot, Dozza (Bologna)

Serves 4

260 g quinoa spaghetti
40 g bacon cut into thin strips
20 shrimps
4 sprigs marjoram
2 tablespoons organic coffee beans
2 cartons low-fat plain yogurt
juice of 1 orange
1 egg yolk
coffee powder (Mexican Uciri)
extra virgin olive oil
olio
black pepper
salt

Preparation and cooking time:
1 hour 45 minutes

Put the yogurt, egg yolk and orange juice in a bowl, then heat in a bain-marie, whipping vigorously to a cream. Add ½ teaspoon of ground coffee and mix.
Shell the shrimps and marinate for 1 hour with 1 glass of extra virgin olive oil, the bacon and the remaining coffee beans.
Strain the shrimps and bacon and brown in a frying pan.
Cook the spaghetti in boiling salted water, drain and toss in the yogurt cream.
Turn the spaghetti into a bowl and garnish with the shrimps and bacon and arrange the marjoram leaves at the center.
Dust the coffee powder round the rim of the bowl.

Timballo of Bolivian quinoa real alla carbonara

Davide Piva, Chef IlCircolodelCibo Altromercato Ristorante Le Muse Locara di San Bonifacio (Verona)

Cook the quinoa in the vegetable stock until all the liquid has been absorbed. The quantity of stock should be enough to cook the quinoa well through, so add more or drain off, as necessary.
Poach the egg yolks in boiling water for ½ minutes. Remove carefully and sprinkle with a generous twist of black pepper and the cheese.
Add the whole egg to the quinoa. Half-fill a number of small baking molds with the quinoa. Press a cavity in the surfaces and delicately fill each with an egg yolk, taking care not to let the liquid seep out of the centre. Cover with the remaining quinoa.
Bake in the oven at 200°C for about 10 minutes. In the meantime, brown the bacon in a non-stock frying pan until crisp and leave it to dry on a sheet of kitchen paper. Turn out the timbales and arrange on plates. Decorate with the bacon and finish off with another twist of fresh black pepper to taste.

Serves 4

500 cl vegetable stock
120 g quinoa real
50 g pecorino romano grated
4 slices bacon
4 organic egg yolks
1 whole egg
black peppercorns

Preparation and cooking time:
about 1 hour

Quinoa buns with candied fruit

Simona Leoni, Fair Food Blogger
IlCircolodelCibo Altromercato
atuttacucina.blogspot.it

Serves 4

320 g brown sugar
280 g extra fine 00 flour, 160 ml milk
100 g mixed candied fruit, cubed
80 g organic quinoa
60 g raisins
40 g cocoa powder
1 egg, 1 sachet cake yeast
icing sugar

Preparation and cooking time:
45 minutes

Cook the quinoa in 240 ml of boiling water for 10 minutes until it absorbs all the liquid. Turn off the heat and leave to cool.
Beat the egg with the brown sugar to a thick, frothy cream and dilute with milk. Mix the sifted flour with the yeast and cocoa powder, the candied fruits, the raisins and, finally, the quinoa. Amalgamate well and spoon the mixture into 16 rose-shaped silicone ramekins until three-quarters full.
Bake the buns in a preheated oven at 180°C for 25 minutes. Remove from the oven and leave to cool in the ramekins. Turn out the buns, sprinkle with icing sugar and serve.

Apple and quinoa cake

Silvia Bellano, Fair Food Blogger
IlCircolodelCibo Altromercato
pasticcipatapata.blogspot.it

Crush the biscuits and hazelnuts to a meal. Pour about 2 cups of apple juice into a saucepan and bring it almost to a boil. Dissolve the agar into the juice and remove from the heat. Stir well, then add the star anise, raisins and rolled oats to infuse for about 10 minutes. Strain thoroughly.
Peel the apple, cut it into thickish slices, and sprinkle the lemon juice over it. Mix the quinoa with the crushed biscuits and hazelnuts. Add the raisins and rolled oats, then gradually strain in the apple juice to obtain a soft, smooth mixture.
Line a cake tin with baking paper, spoon in the mixture and level off the surface. Arrange the apple slices in a fan on the top and spoon over a few tablespoons of fruit preserve or, if you prefer, honey.
Bake in a preheated oven at 180°C. Serve warm.

Serves 4

2 cups of boiled quinoa
12 shortcrust biscuits 2 tablespoons fruit preserve, 2 golden delicious apples
2 cups apple juice
2 handfuls hazelnuts
2 handfuls raisin
1 cup rolled oats
½ teaspoon agar
star anise

Preparation and cooking time:
1 hour

Chicken and quinoa salad

Serves 4

400 g quinoa
1 chicken breast
100 g feta crumbled
200 g spinach
3 spring onions
1 pepper
1 chilli pepper
1 bunch coriander
mint leaves
yogurt (optional)
extra virgin olive oil
paprika, allspice
salt

Preparation and cooking time:
1 hour

In a saucepan, bring to boil enough water to cover the quinoa. Add the boiling water and cook for about 10 minutes.
Finely chop the chilli pepper, some of the coriander, the spinach, spring onions and mint.
Cut the pepper into strips and grill.
Cut the chicken breast into thin slices, season with salt, paprika and allspice. Heat a splash of oil in a frying pan, and cook the chicken over a medium heat.
Mix the quinoa with the chopped herbs and vegetables, and garnish with the feta, the grilled pepper, chicken slices and, if desired, a little yogurt.

Quinoa and grilled vegetables

Barbara Torresan

Grill your favorite vegetables: peppers, eggplants, zucchini, onions ... Cut into tiny pieces and transfer to a bowl. Dress with extra virgin olive oil and season with salt, pepper and, if desired, finely chopped mint and coriander. Set aside to let the flavors combine. Rinse the quinoa in plenty of cold water to eliminate any traces of saponin.

Cook the quinoa in two tazze of vegetable stock (or water) and a pinch of salt until all the liquid has been absorbed and the grains are transparent, about 20 minutes. Leave to cool and add to the vegetables. Let the flavors combine and serve with sliced tomatoes. Quinoa increases considerably in volume when cooked (calculate no more than 70 g per person).

One tip, that also applies to many cereals, is to cook a large quantity of quinoa and subsequently try it out in a number of hot and cold preparations.

Serves 4

1 cup organic quinoa
peppers
eggplants
zucchini
onions
tomatoes
mint leaves (optional)
coriander (optional)
vegetable stock (optional)
extra virgin olive oil
salt
pepper

Preparation and cooking time:
1 hour

Quinoa and spinach soup

Serves 4

1 cup quinoa
2 cups water
1 white onion
5 bunches
of spinach
roughly chopped
1/2 teaspoon cumin
seeds
soy sauce
2 tablespoons extra
virgin olive oil

Cooking and preparation time:
45 minutes

In a pan soften the onion in the oil and water for 5 minutes, adding the cumin seeds halfway through. Rinse the quinoa and brown lightly. Add water, bring to boil and cook for 30 minutes. Add the salt and spinach and cook for another 3 minutes. Flavor with soy sauce.

Quinoa and cannellini patties

Serves 6

100 g quinoa
1 small red onion
1 zucchini
1 sprig thyme
100 g cannellini beans
plain flour (optional)
30 g Parmesan grated
extra virgin olive oil
oregano
salt, pepper

Preparation and cooking time:
2 hours

Soak the cannellini beans overnight. Cooking boiling salted water for at least 1 hour and drain.
Wash the quinoa and cook in about 200 ml of water until the liquid has been completely absorbed. Remove from the heat, cover and leave to cool for 15 minutes.
In the meantime, finely chop the onion and vegetables and soften in a frying pan with a little oil, 1 tablespoon of water and the thyme. When they are cooked, discard the thyme.
Roughly crush the cannellini beans, add the quinoa, vegetables, cheese, and a pinch of oregano and amalgamate well. If the mixture is too damp, fold in 1 tablespoon of flour.
Shape the mixture into small patties, arrange in an oven dish lined with greaseproof paper and bake in a preheated oven at 180°C for about 20 minutes until golden.

Quinoa and millet patties

Serves 4

1/2 cup quinoa
1/2 cup millet
1 zucchini
1 carrot
1 clove garlic
1 egg
50 g Parmigiano-Reggiano grated
dried breadcrumbs
sesame seeds
extra virgin olive oil
salt, pepper

Preparation and cooking time:
1 hour and 15 minutes

Cook the quinoa and millet in 2 cups of water until all the liquid is absorbed, about 10 minutes.
Finely dice the carrot and zucchini.
In a non-stick frying pan, toast the sesame seeds in the olive oil. Add the broccoli and the carrot with the garlic clove and pinch of salt. Once cooked, add the pepper and blend to an even, creamy purée.
Amalgamate the purée with the quinoa and millet, add the cheese and egg, and shape the mixture into small balls. Coat in the flour and breadcrumbs. Arrange the balls in an oven dish lined with parchment paper and bake in a preheated oven at 180°C. After 10 minutes, turn the balls to brown on the other side. Bake for another 10 minutes. Remove from the oven and serve.

Quinoa with pumpkin and carrots

Serves 4

1 cup quinoa
2 cups water
100 g pumpkin
roughly chopped
1 carrot
sliced diagonally
1 onion
finely sliced
rosemary
finely chopped
sage
finely chopped
1 tablespoon extra
virgin olive oil
1 tablespoon soy
sauce

Preparation and cooking time:
40 minutes

Rinse the quinoa and toast lightly in a pan. When it begins to release its scent, pour in the hot water, bring to the boil and cook for 15 minutes until all the liquid has been absorbed.
In the meantime, heat the oil with a little water, add the onion and the herbs, and cook for a few minutes. Add the carrot and sauté for a few minutes. Add the pumpkin and lower the heat. Add a drop of water and cook until the vegetables are soft but crisp. Add more water if necessary.
When the quinoa is ready, sauté for a few minutes with the vegetables and add a splash of soy sauce.
Serve piping hot.

Vegetarian chilli with black beans

Serves 4

3 small cups quinoa
3 small cups dried black beans
1 onion chopped
1 carrot chopped
1 stick celery chopped
2 ripe tomatoes, diced
1 clove garlic
2 chilli peppers chopped
2 tablespoons extra virgin olive oil, salt

Preparation and cooking time:
40 minute plus soaking of beans

Soak the beans in warm water for at least 12 hours.
Drain, rinse and cook the beans for 10 minutes in boiling water. Strain and repeat the operation, this time adding a clove of garlic and salt.
In a separate pan, gently fry the onion, carrot and celery in the oil until golden brown. Add the quinoa, previously rinsed under running water. Mix well and stir in the tomatoes, chilli peppers and beans. Season with salt and cover with twice the volume in water. Cook for at least 20 minutes, adding more water if necessary. When the quinoa is tender, season to taste, stir into the beans and serve.

Falafel of chickpeas and quinoa

Soak the chickpeas in warm water for at least 12 hours. Boil in salted water for about 1 hour.
Cover the quinoa with slightly salted water and cook until all the liquid has been absorbed.
Lightly sauté the carrot and leek in 1 tbsp of oil and 1 tablespoon of water. Add the chickpeas and spices and season to taste.
When the mixture is well cooked through, blend to a smooth texture.
Shape into small balls and coat with the chickpea flour.
Fry the balls in a couple of tablespoons of oil until golden.
Serve hot with a salsa made by mixing the tahina, lemon juice, oil and salt.

Serves 4

80 g quinoa
1 cup chickpeas
2 tbsps chickpea flour
2 tbsps tahina
1 small carrot finely chopped
1 small leek finely chopped
1 pinch curcuma
chives
parsley
extra virgin olive oil
sea salt
juice of half a lemon
salt, pepper

Preparation and cooking time:
30 minutes
plus soaking of chickpeas

Peppers stuffed with quinoa and beef

Serves 4

180 g quinoa
1 red onion
100 minced beef
paprika
2 ripe tomatoes, diced
mint, finely chopped
parsley, finely chopped
2 peppers
extra virgin olive oil
salt

Preparation and cooking time:
1 hour 30 minutes

Put the quinoa in a saucepan with 500 ml of water. Boil, cover and cook for 15 minutes on a low heat. Sweat the onion with a little oil, add the meat, a pinch of paprika and a smidgeon of salt.
Mix the quinoa and cooked meat, add the tomato and 2 tablespoons of mint and parsley.
Remove the caps from the peppers, fill with the quinoa and replace the caps. Drizzle with oil and bake in a preheated oven at 180°C for 45 minutes.
Serve the peppers warm with a crisp green salad.

Cream of quinoa and pumpkin

In a pan, soften the onion in a little oil. Pour in the quinoa, brown slightly and cover with 4 cups of water. Bring to boil and cook for 30 minutes. Gently fry the shallot in the oil. Add the pumpkin and allow the flavors to combine, stirring with a wooden spoon. Add half the amaretti biscuits, salt and cover with the milk. Bring to boil, lower the heat and cook for about 20 minutes until the pumpkin is soft. Blend the pumpkin and quinoa to a cream and return to the heat for 5 minutes. If the consistency is too thick, dilute with more milk. Sprinkle the remaining amaretti biscuits on top and serve hot.

Serves 4

2 cups quinoa, rinsed
600 g pumpkin flesh diced
1 shallot finely sliced
1 small onion finely sliced
5-6 large amaretti biscuits crumbled
1 liter rice milk
extra virgin olive oil
salt

Preparation and cooking time:
1 hour 30 minutes

Peppers stuffed with quinoa

Serves 6

100 ml quinoa
8 round peppers
1 beefsteak tomato, peeled and diced
100 g red lentils
1 clove garlic, finely chopped
2 basil leaves, roughly torn
2 sage leaves
200 ml water
extra virgin olive oil
sea salt

Preparation and cooking time:
1 hour

Cook the quinoa in a small amount of oil diluted with water and flavoured with the garlic and sage leaves. Add the red lentils and simmer.
Add the tomato and basil, cook for a few minutes and add 200 ml of water. Season with sea salt to taste, cover with the lid and cook over a low heat for 15 minutes. Turn off the heat and leave covered until the cooking water has been absorbed.
In the meantime, wash the peppers, cut off the tops with a sharp knife and set aside. Remove the seeds and place 6 peppers in an oven dish. Cut the remaining peppers into small lozenge shapes. Warm a drop of oil in a non-stick frying pan and sauté the peppers. Salt to taste and set aside.
When the quinoa is ready, add the sautéed peppers. Stuff the peppers in the baking tin with the mixture and press down well. Replace the tops. Bake in a preheated oven at 180°C for 15-20 minutes. Drizzle with oil and serve warm.

Farinata of quinoa with spinach

Serves 4-6

1 cup quinoa flour
1 cup chickpea flour
500 g spinach roughly torn
1 leek, cut into find rounds
1 sprig rosemary finely chopped
extra virgin olive oil
salt, pepper

Preparation and cooking time:
1 hour, plus resting time

Dilute the quinoa and chickpea flour in four cups of water. Add the rosemary and leave to rest overnight. Gently cook the leek in a little oil and water. When it starts to wilt, add the spinach and season with salt and pepper. Add the vegetables and the rosemary to the flour. Further season with salt and pepper to taste. Line a baking tin with greaseproof paper, grease with oil and spoon in the mixture to a thickness of 1 cm. Bake at 200°C for 30 minutes.
Leave to cool a little and serve

Quinoa with Swiss chard and fennel

Serves 4

1 cup quinoa pre-cooked
1 leek, sliced into fine rounds
1 tuft Swiss chard coarsely chopped
1 fennel, coarsely chopped
1 sprig rosemary
extra virgin olive oil
salt

Preparation and cooking time:
1 hour

Rinse the quinoa and transfer to a pan with 2 cups of water. Bring to the boil, cook for 30 minutes and drain.
Heat the leek in a little oil and water. When it starts to wilt, add first the fennel, then the Swiss chard. Salt to taste and cook, maintaining all the vegetables crisp.
Add the quinoa and rosemary and stir well. Allow the flavors to combine for a few minutes and serve.

Quinoa, amaranth and radicchio with creamed leeks

Shred the radicchio, rinse and gently fry in a pan with a little extra virgin olive oil and the whole garlic clove. Salt to taste, cover and cook until wilted.
Slice the white part of the leeks and gently fry in oil in a separate pan until glossy and soft. Leave to cool, then blend in a food processor.
In a small saucepan, bring to boil 5 cups of water, salt to taste and add the amaranth. After 10 minutes, add the quinoa. Cook for another 20 minutes until the quinoa opens.
Finely chop the radicchio and sauté in a pan with the quinoa and amaranth.
On separate plates, spoon the radicchio, quinoa and amaranth over a base of creamed leeks and serve.

Serves 4

2 cups quinoa
1 cup amaranth
1 tuft radicchio
1 clove garlic
4 leeks
extra virgin olive oil
salt

Preparation and cooking time:
50 minutes

Quinoa cake with apples and pears

Serves 6

1 cup boiled quinoa
1 cup quinoa flour
1 tablespoon cream of tartar
3 apples sliced
1 pear sliced
20 hazelnuts shelled toasted and crushed
4 tablespoons maple syrup
10 tablespoons rice milk
half a lemon
4 tablespoons corn oil
salt

Preparation and cooking time:
1 hour 30 minutes

Sift the flour into a container and add the yeast, salt and grated lemon zest. Mix the oil, maple syrup, rice milk and stir the flour into the mixture. Beat well with a wooden spoon until the mixture is quite thick (if too thick, add more milk). Incorporate the hazelnuts, apples and pear, mixing well to amalgamate.
Spoon onto greaseproof paper in a baking tin and bake for 1 hour at 180°C.

Cereal quinoa soup

Serves 6

2 cups quinoa
1/2 cup kamut
1/2 cup buckwheat
1 cup pearl barley
1 cup amaranth
1/2 cup spelt
salt
pepper
extra virgin olive oil

Preparation and cooking time:
1 hour 30 minutes

Fill a large pan with about 4 liters of water. The quantity should be 3 times the volume of the cereals. Bring to boil and salt to taste.
Rinse the kamut, which has a cooking time of 50 minutes, under the tap and add to the pan.
Cover and stir occasionally. After 10 minutes add the pearl barley, previously rinsed, and wait for 10 minutes. Add the amaranth.
Wait 10 minutes, add the quinoa and the buckwheat, previously rinsed.
Wait 5 minutes and add the barley.
Then add the spelt, which has the shortest cooking time. Cook over a medium heat for 15 minutes, turn off the heat and serve the soup piping hot with a twist of pepper and a dribble of extra virgin olive oil.

Altromercato world Shops

Valle d'Aosta

Lo Pan Ner soc. coop.

Via Parigi, 240 - 11100 - Aosta
sede@lopanner.it
www.lopanner.it
(016)5239291

Rue de Tillier, 28 - 11100 - Aosta
lopanner.ao@tiscali.it
www.lopanner.it
(016)5261841

Piedmont

Equazione coop. onlus

P.zza Mazzini, 61 - 15076 - Ovada (AL)
info.ovada@equazione.it
www.equazione.it
(0143)81304

Via Aurelio Saffi,60 - 15033 - Casale Monferrato (AL)
info.casa@equazione.it
www.equazione.it
(0142)449146

Via Paolo Da Novi, 51 - 15067 - Novi Ligure (AL)
info.novi@equazione.it
www.equazione.it
(0142)70111

Via Milano, 71 - 15100 - Alessandria
info.alessandria@equazione.it
www.equazione.it
(0131)262631

Via Mazzini, 12 - 15011 - Acqui Terme (AL)
info.acqui@equazione.it
www.equazione.it
(0144)320233

C.so Garibaldi, 20 - 15048 - Valenza Po (AL)
info.valenza@equazione.it
www.equazione.it
(0131)943464

Della Rava e Della Fava coop.

P.zza Porta Torino, 14/15 - 14100 - Asti
info@ravafava.it
www.ravafava.it
(0141)210911

C.so Alessandria, 216-218 - 14100 - Asti
cuorebio@ravafava.it
www.ravafava.it
(0141)273783

Via Cavour, 83 - 14100 - Asti
altromercato@ravafava.it
www.ravafava.it
(0141)321869

L'Altromercato scs. onlus

Via Italia, 61 - 13900 - Biella
equosolidalebiella@libero.it
(015)8400399

Raggio Verde coop. soc. onlus

Via Ranzoni, 12 - 13836 - Cossato (BI)
botteghe@raggioverde.com
www.raggioverde.com
(015)93600

Colibrì soc. coop. soc. onlus

Via S.Arnolfo, 4 - 12084 - Mondovì (CN)
mondovi@coopcolibri.it
www.coopcolibri.it
(0174)45333

C.so Dante, 33 - 12100 - Cuneo
cuneo@coopcolibri.it
www.coopcolibri.it
(0171)634819

Via Garibaldi, 19 - 12011
Borgo San Dalmazzo (CN)
borgo@coopcolibri.it
www.coopcolibri.it
(0171)266532

Via Garibaldi, 8 - 12045 - Fossano (CN)
fossano@coopcolibri.it
www.coopcolibri.it
(0172)693180

Via A. Volta, 10 - 12037 - Saluzzo (CN)
saluzzo@coopcolibri.it
www.coopcolibri.it
(0175)46319

Quetzal s.c.a.r.l.

C.so Italia, 9d - 12051 - Alba (CN)
info@coopquetzal.it
www.coopquetzal.it
(0173)290977

Raggio Verde coop. soc. onlus

Via Rosmini, 10 - 28021 - Borgomanero (NO)
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www.raggioverde.it
(0322)82974

Via Biglieri, 2/g - 28100 - Novara
novara@raggioverde.it
(0321)463955

Via Gramsci, 18/a - 28043 - Bellinzago Novarese (NO)
bellinzago@raggioverde.it
(0321)1985094

I.so.la coop.

Via F.lli Vasco, 6 - 10124 - Turin
equamente@cooperativaisola.org
www. cooperativaisola.org
(011)8179041

Via Morandi, 3 - 10093 - Collegno (TO)
equamente@cooperativaisola.org
www. cooperativaisola.org
(011)8179041

Il Ponte coop.

Via Pacchiotti, 35 - 10094 - Giaveno (TO)
giaveno@coopilponte.org
www. coopilponte.org
(011)9364611

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avigliana@coopilponte.org
www. coopilponte.org
(011)9311288

Via Santa Croce, 1 - 10098 - Rivoli (TO)
rivoli@coopilponte.org
www. coopilponte.org
(011)9311288

Mondo Nuovo s.c.s

Via Roma, 13 - 10028 - Trofarello (TO)
trofarello@mondo-nuovo.it
www. mondo-nuovo.it
(011)6490342

Via Vittorio Emanuele, 113 - 10023 - Chieri (TO)
chieri@mondo-nuovo.it
www.mondo-nuovo.it
(011)9413101

Via Amaretti, 1/c - 10046 - Poirino (TO)
poirino@mondo-nuovo.it
www.mondo-nuovo.it
(011)9452781

Via San Donato, 43 - 10144 - Turin
sandonato@mondo-nuovo.it
www.mondo-nuovo.it
(011)484605

via San Marino, 63/65 - 10137 - Turin
sanmarino@mondo-nuovo.it
www.mondo-nuovo.it
(011)3249540

via XX Settembre, 67 - 10127 - Turin
xxsettembre@mondo-nuovo.it
www.mondo-nuovo.it
(011)4546910

Via Garibaldi, 14 - 10122 - Turin
garibaldi@mondo-nuovo.it
www.mondo-nuovo.it
(011)5621725

Albatros ass.culturale

Piazza Convenzione, 17 - 28037 - Domodossola (VB)
albatros.equo@libero.it
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Raggio Verde coop. soc.onlus

p.zza Cavour, 42 - 28921 - Verbania (VB)
botteghe@raggioverde.com
www.raggioverde.com
(0323)403968

via Umberto I, 58 - 28822 - Cannobbio (VB)
botteghe@raggioverde.com
www.raggioverde.com
(0323)70231

Via Combattenti d'Italia,1 - 13811 - Borgosesia (VC)
botteghe@raggioverde.com
www.raggioverde.com
(0163)209146

via Galileo Ferraris, 65 - 13100 - Vercelli (VC)
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www.raggioverde.com
(0161)1743425

Lombardy

Amandla coop. soc. di solidarietà

Via Baioni, 34 - 24123 - Bergamo
baioni@amandla.it
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(035)210520

Via Garibaldi, 6 - 24027 - Nembro (BG)
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Via Tadini, 66 - 24058 - Romano di Lombardia (BG)
equazione@amandla.it
www.amandla.it
(0363)901764

via Sant'Orsola, 25 - 24100 - Bergamo
santorsola@amandla.it
www.amandla.it
(035)246837

via C.Battisti, 33 - 24025 - Gazzaniga (BG)
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(035)3301385

Ctm Treviglio coop. soc.

Via Roma, 10/int. - 24047 - Treviglio (BG)
ctmtrev@libero.it
(036)346970

Nuova solidarietà coop.

Via De Bernardi, 17 - 24023
Corte Sant'Anna Clusone (BG)
conusol@tin.it
www.coopnuovasolidarieta.it
(034)620008

Via Don L.Zinetti, 2/E - 24060 - Casazza (BG)
conusol@tin.it
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(035)812092

Il Mondo in Casa

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(030)8922924

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Mariposa soc. coop. soc. Onlus

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www.coopsolidarieta.org
(0365)372538

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www.coopsolidarieta.org
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www.shongoti.it
(031)641916

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(0373)250670

Nonsolonoi s.c.a.r.l

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bottega.cremona@nonsolonoi.org
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(039)324060

Mondoalegre soc. coop.

via Don Ciceri, 12 - 20050 - Sulbiate (MB)
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(02)95304216

Nazca coop. a.r.l

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www.altrospazio.it
(0331)407201

via IV Novembre, 7 - 20010 - Bareggio (MI)
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Altrove coop. soc.

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www.coopaltrove.it
(02)9384303

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(02)70125986

Via Giambellino, 79 - 20146 - Milano
giambellino@chicomendes.it
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(02)472709

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(02)66302426

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(02)54118318

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Cose dell'Altro Mondo ass. Culturale

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Effetto Terra ass.

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effete@alice.it
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(02)9105982

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(02)95710287

Via S. Rocco, 18 - 20065 - Inzago (MI)
inzago@mondoalegre.it
www.mondoalegre.it
(02)9548350

Via Monzese, 2 - 20090 - Segrate (MI)
segrate@mondoalegre.it
www.mondoalegre.it
(02)26922633

Via Mazzini, 18 20062 - Cassano d'Adda (MI)
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www.mondoalegre.it
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Via Carolina Balconi, 22 - 20063
Cernusco sul Naviglio (MI)

Nazca coop. a.r.l

Via Breda, 54 - 20126 - Milan
nazca@nazcacoop.it
www.nazcacoop.it
(02)27000305

Via Repubblica, 15 - 20026
Novate Milanese (MI)
novate@nazcacoop.it
www.nazcacoop.it
(02)39101110

via Centurelli, 2 - 20091 - Bresso (MI)
bresso@nazcacoop.it
www.nazcacoop.it
(02)61039192
via Roma, 38 - 20050 - Macherio (MI)

Il Mappamondo coop.

Via J. Daino, 1/3 - 46100 - Mantova (MN)
info@mappamondomantova.it;
www.mappamondomantova.it
(0376)327841

Nonsolonoi s.c.a.r.l

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stefy_1408@hotmail.com
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Altrospazio - acli "a. Grandi" soc. coop.

Corso Garibaldi, 44 - 27029 - Vigevano (PV)
vigevano@altrospazio.it
www.altrospazio.it
(0381)82636

C.a.f.e. ass.

Corso Garibaldi, 22/b - 27100 - Pavia (PV)
asscafe@libero.it
(0382)21849

La bottega della solidarietà

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bdmson@tin.it
www.commercioequosondrio.it
(0342)567310

Nonsolomerce ass.

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nonsolomerce@email.it

Altrospazio - acli "a. Grandi" soc. coop.

Via Garibaldi, 27 - 21100 - Varese
varese@altrospazio.it
www.altrospazio.it
(0332)288383

Il Sandalo ass.

C.so Italia, 58 - 21047 - Saronno (VA)
ilsandalo@tiscalinet.it
www.ilsandalo.eu
(02)96280295

Nazca coop. a.r.l

via Scipione Ronchetti - 21044
Cavaria con Premezzo (VA)
cavaria@nazcacoop.it
www.nazcacoop.it
(0331)216064

Trentino Alto Adige

Bottega del Mondo Bolzano coop. soc. onlus

Via Alto Adige, 6 - 39100 - Bolzano
bz@weltladen.it
www.bottegadelmondo.bz.it
(0471)971469

Eine Welt Gruppe Taufers

Pfarre, 6 - 39032 - Campo Tures (BZ)
weltladentaufers@libero.it
(0474)679209

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bdmsassari@formibz.it
www.bottegadelmondo.bz.it
(0471)931037

Via Kennedy, 174 - 39150 - Laives (BZ)
bdmlaives@formibz.it
www.bottegadelmondo.bz.it
(0471)590650

via Roma, 61 - 39100 - Bolzano
bdmroma@formibz.it
www.bottegadelmondo.bz.it
(0471)502821

Solidarietà Terzo Mondo coop. soc. onlus

Via Verdi, 2/a - 39012 - Merano (BZ)
welt.bottega@dnet.it
(0473)211501

Am Gries, 27 - 39011 - Lana (BZ)
welt.bottega.lana@rolmail.net
(0473)564672

Weltladen Brixen coop. soc. onlus

via Fienili, 5/c - 39042 - Bressanone (BZ)
info@weltladenbrixen.191.it
(0472)830205

Weltladen Twigga

Oberragen, 2 - 39031 - Brunico (BZ)
twigga@rolmail.net
www.bottegadelmondo.bz.it
(0474)410226

Mandacarù onlus sc

via Roma, 5 - 38057 - Pergine Valsugana (TN)
pergine@mandacaru.it
www.mandacaru.it
(0461)532056

via G.Modena, 63 - 38065 - Mori (TN)
mori@mandacaru.it
www.mandacaru.it
(0464)918051

Via Mercerie, 6 - 38068 - Rovereto (TN)
rovereto@mandacaru.it
www.mandacaru.it
(0464)432979

Via Florida, 14 - 38066 - Riva del Garda (TN)
riva@mandacaru.it
www.mandacaru.it
(0464)550151

P.zza Fiera, 13 - 38100 - Trento
trento@mandacaru.it
www.mandacaru.it
(0461)982216

Via Matteotti, 25 - 38015 - Lavis (TN)
lavis@mandacaru.it
www.mandacaru.it
(0461)241847

via Garibaldi, 36/a - 38037 - Predazzo (TN)
predazzo@mandacaru.it
www.mandacaru.it
(0462)500000

via Garibaldi, 15 - 38050 - Fiera di Primiero (TN)
fiera@mandacaru.it
www.mandacaru.it
(0439)762873

via Garibaldi, 1 - 38017 - Mezzolombardo (TN)
mezzolombardo@mandacaru.it
www.mandacaru.it
(0461)606240

via DeGasperi, 17/a - 38023 - Cles (TN)
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via Circonvallazione, 66 - 38079
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(0465)326341

Veneto

Samarcanda scs. onlu

Via Caffi, 113 - 32100 - Belluno
samarcanda.belluno@livecom.it
www.samarcandascs.it
(0437)950797

P.zza Tiziano, 12 - 32044
Pieve di Cadore (BL)
samarcanda.pieve@livecom.it
www.samarcandascs.it
(0435)501569

Via Liberazione, 6 - 32032 - Feltre (BL)
samarcanda.feltre@livecom.it
www.samarcandascs.it
(0439)89734

Strada del Giardinetto, 1 - 32035
S. Giustina Bellunese (BL)
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Angoli di Mondo coop. soc.

Riviera Tito Livio, 46 - 35139 - Padua
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(049)8789489

via Jacopo da Montagnana, 17 - 35132 - Padua
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www.angolidimondo.it
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Via Marconi,1 - 35013 - Cittadella (PD)
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www.angolidimondo.it
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Via Barroccio dal Borgo, 10 - 35124 - Padua
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Via 28 Aprile, 2 - 35047 - Solesino (PD)
bdm.arcobaleno@inwind.it
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(0429)707119

Via Indipendenza, 39 - 35013 - Cittadella (PD)
sds@mediacity.it
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(049)9404577

Fare il Mappamondo

via Rovigo, 25 - 35142 - Padua
cortiebuoni@cortiebuoni.it
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(049)685753

L'albero com.e.s. ass

Via Dante, 2 - 25016 - Piazzola sul Brenta (PD)
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Pace e Sviluppo soc. coop. soc

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www.pacesviluppo.it
(049)5790012

Via Montello, 4 - 31100 - Treviso (TV)
treviso@pacesviluppo.it
www.pacesviluppo.it
(0422)301424

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