

Quinoa Biryani

This aromatic dish is based on the highly successful **Vegetables Biryani**¹ and is an **English**² fusion of South American ingredients with Indian cooking techniques.

Quantities are for 4 / 5 portions.

Ingredients

- 250 g **FAIRTRADE** red quinoa
- 200 g organic carrots - peeled and chopped
- 100 g frozen peas
- 100 g frozen sweetcorn
- 5 cloves garlic peeled and crushed
- 10 ml **FAIRTRADE** ground ginger
- 6 or so **FAIRTRADE** whole cloves
- 5 ml **Fair Trade** poppy seeds
- 6 or so **Fair Trade** cardamom pods - whole
- FAIRTRADE** cinnamon stick
- 2 **FAIRTRADE** bay leaves
- 1 medium onion skinned and chopped into small pieces
- 400 ml water
- 3 tbsp (45 ml) cooking oil

Method

Wash the quinoa seeds well in running cold water and then toast them in a non-stick frying pan for a few minutes before cooking.

Prepare the onions and carrots

Crush the garlic into a little dish and add the ground ginger. Mix these into a paste by stirring with a little added water.

Using a heavy pan if you have one, heat the oil

and when hot add the cloves, poppy seeds, cardamom pods and bay leaves and stir for half a minute.

Add the onion and saute until turning translucent.

Add the garlic and ginger paste and stir fry until the paste is well mixed with the onion, this takes about half a minute

Now add the carrots and stir fry for a minute or two whilst they heat through.

Now add the peas and corn and stir fry whilst they heat through as well.

Add a pinch of salt and the toasted quinoa, stir gently until all the ingredients are mixed.

Cook over a low heat for 3 minutes or so until the rice is heated through.

Gradually add the water and then bring to the boil. Then turn down the heat, cover and simmer for 25 minutes (approx.) until the moisture is all absorbed and the seed germ has separated.

To serve

Eat hot as an accompaniment to other dishes.

Variation

You don't need any but the veg can be altered as necessary. Do not use big lumps of anything as it all needs to cook during the 25 minute simmer which is why you stir-fry the hard stuff first.

If you are out of cinnamon sticks, use 5 ml ground cinnamon mixed in with the ground ginger.

¹http://www.fairtradecookbook.org.uk/recipes/vegetables_biryani.htm

²<http://www.fairtradecookbook.org.uk/countries/england.htm>