



## QUINUA

Quinoa is the starring roll in its recipes due to the modern day resurgence of interest in this ancient 'mother grain' of the Incas. It has been a trendy ingredient for some time now, since it is a gluten and cholesterol free wholegrain.

'Kinua,' kechua word for 'seed of this soil,' is a hardy, extremely nutritious grain packed with protein and vitamins and highly resistant to cold temperatures and altitude. Held sacred by the Incas, this native food was crucial to life in the pre-hispanic Andes in the 1400's.

There are 17 varieties of quinoa found in Peru, Bolivia and Ecuador, which was once the extent of the Incan Empire. Quinoa can be pink, red, orange, brown, and black and archeological evidence shows it was cultivated in Peru 5,800 years B.C., the first grains of the season being offered yearly to the Gods in a ceremonial ritual.



Because of its nutritional content, this Andean grain is an ideal option for vegetarians or consumers following gluten-free diets. The United States has become the biggest market for Andean grains with orders of more than \$7.8 million while Australia and Canada come in second and third respectively.

Finally, this wonderful, versatile cereal goes from the breakfast table to the finest of dinner parties in sophisticated recipes including desserts, Quinotto (quinoa risotto), Paella de Quinoa, and many more.

