



SPICY SESAME QUINOA

Vata↓, Pitta↑, Kapha↓

Serves: 3 to 4

Cook Time: 15 minutes

INGREDIENTS

For the quinoa

- 2 cups water
- 1 cup white quinoa
- 2 teaspoons ghee, divided
- 1/8 teaspoon salt

For the seasoning

- 3 tablespoons sesame seeds (use 2 tablespoons for Kapha)
- 2 teaspoons black peppercorns, whole
- 1 tablespoon cumin seed, whole
- 1 1/2 teaspoons brown mustard seed, whole

DIRECTIONS

Preparing the rice

1. Place the water in a medium sauce pan and bring it to a boil.
2. While waiting, rinse the quinoa under warm water to wash off any debris and starches.
3. Once the water is boiling, reduce the heat to low and add in the quinoa, 1 teaspoon of ghee, and salt. Stir well and cover the pan, leaving a slight crack in the lid to avoid overflow.
4. Cook here for 12 minutes, covering the lid completely around 6 minutes.
5. Turn off the heat but leave the pan on the hot burner. Add in 1 teaspoon of ghee and stir well. Cover the pan and let it sit for 5 minutes to allow the quinoa to fluff.

Preparing the seasoning

1. Place the sesame seeds, black peppercorns, cumin seeds, and brown mustard seeds in a spice blender and blend for 1 minute until a powder is formed. If a spice grinder is not available, you can use a blender.
2. Heat a small sauté pan over medium heat.
3. Once hot, add in the powdered spice blend and dry roast for 2 to 3 minutes, stirring very frequently.
4. Add the powdered spices to the cooked quinoa and stir until the quinoa is evenly coated.
5. Serve this quinoa as a spicy base to any dal recipe, or top it with any vegetable or curry dish.