



KINDRED FARM ORGANIC QUINOA 'CONGEE'

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DIFFICULTY

not too difficult

COOKING TIME

less than 60
minutes

SERVES

serves 4

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INGREDIENTS

Mushroom Broth

- 2.5L Water (filtered)
- 100gms Fresh Brown Mushrooms (sliced)
- 50gms Dried Wild Mushrooms
- 50gms Dried Brown Mushrooms
- 50gms Dried Shitake
- 15gms Kombu
- 10gms White Peppercorns
- ½ each Garlic Shoot
- 55gms Mushroom Soy Sauce (Healthy boy)
- 15gms Gluten Free Soy (Megachef)
- 10gms Chinkiang Vinegar (black vinegar)
- 5gms Apple Cider Vinegar
- Lemon Juice
- Sea Salt Flakes

Kaffir oil

- 250ml grapeseed oil
- 1 punnett kaffir lime leaves

Quinoa

- 400 grams of quinoa

Shitake mushrooms

- 6 x Raw shitake mushrooms
- Pickle liquid
- ¼ cup palm sugar
- ¼ cup rice wine vinegar
- ¼ cup gluten free soy

Plating

- 2 spring onions
- Small handful fried shallots
- Fried shitake mushrooms

DIRECTIONS

Mushroom broth

- Will make 2 litres of stock
- Prepare a day in advance

1. Place all ingredients in a pot and cover with water, bring to a simmer and take off the heat. Leave to infuse for 24hours.

2. The following day adjust the seasoning with the vinegars and soy (may need to add sea salt)

Kaffir Oil

1. Heat oil to 60 degrees, add kaffir leaves. Take off the heat and let oil infuse overnight

Quinoa

1. Rinse the quinoa under cold running water to remove its bitter flavor. Tip into a pan and add double the amount of Mushroom Broth (roughly 1 liter of stock).
2. Place over a medium heat and bring to the boil.
3. Reduce to a simmer for 10 to 15 minutes, or until tender and the liquid is absorbed
4. Finish with rice wine vinegar + salt to taste

Shitake mushrooms

- Prepare a day in advance

1. Sautéed raw shitake mushrooms then placed in a pickle liquid overnight

Plating

1. Ladle quinoa into a bowl
2. Garnish with sliced spring onions, radish, fried shallots, fried shitake mushrooms and a fried egg then a drizzle of kaffir oil.