



# 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.