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Quinoa Pancakes – Direct From Peru!



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A field of quinoa near Lake Piuray, Peru.

Quinoa wasn't even on my list of must-have adventures for our recent

trip to Peru.

Machu Picchu? Yep. Riding Paso horses? You bet! Shopping for colorful woven handicrafts? Of course. But dining on quinoa, taking pictures of quinoa, collecting quinoa recipes? Not so much.



Quinoa soup with soft-boiled quail egg in Urubamba in the Sacred Valley of Incas, Peru.

The first encounter

To be quite honest, I had tried quinoa several times over the years and always found it kinda tasteless and a little mushy. However, my opinion changed on Day One when I was served the most divine soup at **El Huacatay Restaurant** in Urubamba.

“Oh my, oh my, oh my!” I exclaimed (in my very own *When Sally Met Harry* moment). In addition to the white quinoa, the soup contained a soft boiled quail egg, black mint (*huacatay*), cheese, tomato, carrots, and a couple other finely shredded veggies.

It remains a vivid memory



This pizza – w ith black quinoa in the crust – w as delicious.

Quinoa pizza

The soup wasn't an isolated incident. Not far from Urubamba, my

husband and I shared a pizza at a darling little café in Yucay called **Añañau**. In the course of 20+ years of marriage, we've enjoyed many a pizza together, but this was the first one with black quinoa in the crust.

Seriously delicious.



Quinoa pancakes a la Inkaterra Aguas Calientes.

THE pancakes

While our quinoa encounters in Peru were all positive, the dish I loved the very most was the red quinoa pancakes I ate for breakfast at the **Inkaterra Hotel** in Aguas Calientes. They arrived sprinkled with

powdered sugar and surrounded by chunks of sweet mango.

“Might I possibly be able to get a copy of the recipe for these pancakes?” I said as politely as possible to our poker-faced waiter.

“Sure,” he replied, “but it will cost a hundred dollars.”

My jaw dropped, and before I was able to pick it up, he disappeared through the swinging door to the kitchen and reappeared – grinning from ear to ear – with the recipe below.

Happy, happy day.

Quinoa Pancakes

Ingredients:

200 gr. cooked red quinoa

200 gr. flour

5 eggs

1 Tsp vanilla

2 Tsp baking power

3 Tbsp port

3 Tbsp sugar

Dash of salt

Dash of cinnamon

Preparation:

Mix all ingredients and leave to rest 30 minutes. Cook in a frying pan without oil or butter for about 2 minutes each side.

My notes:

I cooked the red quinoa in chicken broth instead of water. I used 1 cup each cooked quinoa and flour and substituted sherry for port. I used way more than a “dash” of cinnamon and 1 T of vanilla instead of 1 t. They were delicious!

Bon appetit...

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