

# RECIPES



# ALEGRÍA

## MEXICAN AMARANTH CANDY

### INGREDIENTS

60 g walnuts or almonds  
100 g popped amaranth  
100 g solid honey  
A pinch of salt

### PROCEDURE

1. Chop the nuts.
2. Mix chopped nuts, popped amaranth and salt in a large bowl.
3. Put a pan on low heat, add the honey and heat carefully until liquefied.
4. Pour the liquid honey over the amaranth mixture and mix well.
5. Make small balls or bars by squeezing the mixture hard together. The popped amaranth is quite sticky so this requires some finger strength and may seem a bit difficult.
6. Put the finished alegría in the refrigerator until serving.

### TIP

This recipe makes a basic alegría that can easily be adjusted to fit your mood. Try adding dried fruits, cocoa powder or a pinch of cinnamon.



# CURRIED AMARANTH PATTIES

8-10 patties

## INGREDIENTS

3 spring onions (or ½ yellow onion)  
1 tsp. lemon zest  
4 cloves garlic  
½ cup chopped parsley  
1 cup grated parmesan  
1 cup cooked amaranth  
2 cups water  
1 tbsp. olive oil  
1 egg  
2 cups. breadcrumbs  
2-3 tbsp. madras curry powder  
½ tsp. salt  
½ tsp. pepper

Sour cream (optional)

## PROCEDURE

1. Preheat the oven at 400°F (200°C).
2. Wash the spring onions and the lemon, peel the cloves of garlic and rinse the parsley thoroughly.
3. Finely chop onions, garlic and parsley. Grate the lemon and parmesan on the fine side of a grater.
4. Mix all ingredients in a large bowl.
5. Shape the mixture into 8-10 patties and place them on a lined baking tray.
6. Bake the patties for 15 minutes, flip over, and bake another 15 minutes until golden on both sides.
7. Serve the hot patties along with sour cream, if you like.

## TIP

The flavour of these patties is easy to adjust. Try e.g. replacing the curry with another spice or simply leave it out – the result is a tasteful basic amaranth patty that works in many combinations.

## TIP

Pesticides build up in citrus rinds, so always use organic fruit when zesting.



# AMARANTH CRACKERS

WITH NUTS, SEEDS AND GRAINS

1 full baking sheet

## INGREDIENTS

100 g nuts of your choice  
(almonds, hazelnuts, pecan...)  
100 g pumpkin seeds  
100 g sunflower seeds  
100 g sesame seeds  
100 g amaranth  
100 g quinoa  
5 eggs  
1 ¼ cup olive oil  
2 tsp. salt

## PROCEDURE

1. Preheat the oven to 350°F (175°).
2. Coarsely chop the nuts.
3. Mix all ingredients in a large bowl.
4. Spread the mixture thinly on parchment paper – preferably ½ cm deep.
5. Bake for 40-45 minutes until the cracker is crispy and golden.
6. When cooled, break into pieces and serve.

## TIP

You can replace the seeds listed in this recipe with any type of seed you would prefer (sesame, hemp hearts, millet, fonio, etc.). Ratios of different seeds can also be modified as long as the overall seed/grain to water ratio remains the same.



# CARROT CAKE

WITH A HINT OF CORIANDER

1 cake / 8-10 muffins

## INGREDIENTS

125 g carrot (approx. 2 medium-sized)  
120 g butter or coconut oil  
2 eggs  
55 g brown sugar  
150 g all purpose flour  
1 tsp. baking soda  
1 tsp. baking powder  
½ tsp. salt  
1 tbsp. ground coriander  
90 g maple syrup or honey  
100 g cooked amaranth

## PROCEDURE

1. Preheat the oven to 400°F (200°C).
2. Wash and finely grate the carrots.
3. Melt the butter/coconut oil in a pan over low heat and let cool to room temperature.
4. In a bowl, whisk eggs and brown sugar until light and fluffy.
5. Sieve in the flour, baking soda, baking powder, salt and ground coriander and fold through.
6. Then mix in maple syrup/honey, grated carrot, melted butter/coconut oil and cooked amaranth.
7. Grease a baking tin, pour in the dough and bake the cake for about 30 minutes or until golden and a skewer comes out clean.

## TIP

Instead of making 1 large cake you can pour the dough into muffin forms. Doing this reduces the baking time to 15 minutes.



# CRISPBREAD

1 full baking sheet

## INGREDIENTS

120 g all purpose flour  
½ cup amaranth  
½ cup quinoa  
½ cup pumpkin seeds  
¼ cup sunflower seeds  
¼ cup flax seeds  
1 cup water  
Rapeseed oil or olive oil  
Sea salt flakes

## PROCEDURE

### Day 1

Cover amaranth and quinoa with cold water and leave in the fridge for at least 8 hours.

### Day 2

1. Preheat the oven to 350°F (175°C).
2. Sieve the water from the amaranth and the quinoa.
3. Add the soaked amaranth and quinoa, flour, seeds, grains and water to a large bowl and stir until the mixture is well blended.
4. By using a rolling pin, spread the mixture as thin as possible between two sheets of parchment paper.
5. Move the dough to a baking tray and remove the top sheet.
6. Drizzle oil over the dough and sprinkle with sea salt. If you prefer neat and identical crispbreads, now cut the dough into squares.
7. Bake for about 40-45 minutes until crispy and golden. Let cool completely before breaking into pieces/separating the squares.

## TIP

You can replace the seeds listed in this recipe with any type of seed you would prefer (sesame, hemp hearts, millet, fonio, etc.). Ratios of different seeds can also be modified as long as the overall seed/grain to water ratio remains the same. For a gluten-free version, replace the wheat flour with amaranth flour.

# AMARANTH BITES

WITH COCONUT, CHILI AND CHOCOLATE

30 small squares

## INGREDIENTS

½ cup coconut oil  
175 g oats  
60 g amaranth flour  
55 g coconut flour  
1 tsp. salt  
1 small avocado  
3 tbsp. honey  
½ tsp. ground ginger  
1 tsp. ground cinnamon  
½-1 tsp. chili powder  
3 tbsp. popped amaranth  
225 g dark chocolate

## PROCEDURE

1. Preheat the oven to 350°F (175°C).
2. Melt the coconut oil in a pan.
3. Add oats, amaranth flour, coconut flour and salt and mix thoroughly.
4. Spread the mix on a lined baking tray and bake for 20-25 minutes until golden brown.
5. Blend avocado, honey and spices until even, then stir in the popped amaranth.
6. Melt the chocolate over a water bath.
7. Combine the baked coconut-oat mix with the avocado mix, then add melted chocolate and mix thoroughly.
8. Cover an 8x8 dish with parchment paper, spread the mixture evenly across and refrigerate for 3 hours.
9. Cut into squares or bars and serve.

## TIP

Store the bars in an airtight container in the refrigerator.





# BREAKFAST PORRIDGE

Serves 3-4

## INGREDIENTS

45 g amaranth  
45 g polenta  
40 g quinoa  
3 ½ cups water  
Salt

Roasted walnuts and runny  
honey (optional)

## PROCEDURE

1. Add amaranth, polenta, quinoa and water to a pan and heat until boiling.
2. Reduce the heat and let the porridge simmer for 20 minutes while stirring frequently until all grains are cooked through.
3. Add salt to taste and serve.

## TIP

The porridge is lovely as it is, but even better when served with a topping that adds texture and character. Try e.g. roasted walnuts and honey, dices of fresh apple and raisins or whatever kicks off your day in the best possible way.



# CANNELLINI BEAN SOUP

Serves 4

## INGREDIENTS

2 tbsp. olive oil  
2 large leeks  
3 cloves of garlic  
110 g amaranth  
2 ½ cups vegetable stock  
2 bay leaves  
1 tbsp. tomato paste  
350 g cooked cannellini beans  
1 handful fresh basil  
1 tbsp. fresh oregano (or 1 tsp.  
if dried)  
Sea salt  
Freshly ground black pepper  
Apple cider vinegar (optional)

## PROCEDURE

1. Wash and rinse all vegetables thoroughly. Rinse the amaranth.
2. Slice the leeks, mince the garlic and finely chop the herbs.
3. Sauté the leeks over medium heat in a large pot until golden.
4. Add the minced garlic and sauté for one more minute.
5. Then add amaranth, vegetable stock, bay leaves and tomato purée.
6. Bring to a boil, reduce to a simmer, cover and cook for 30 minutes.
7. Remove the bay leaves, add half of the beans and puree the whole mixture by using a hand blender.
8. Add the chopped herbs and the remaining beans and warm the soup through. Adjust the consistency with more vegetable stock if desired and add salt, pepper and optionally apple cider vinegar to taste.

NOTE: This recipe was inspired by the Whole Grains Council.



# AMARANTH PUDDING

CHAI-SPICED OR CHOCO-ORANGE

Serves 6-8

## CHAI-SPICED PUDDING

### INGREDIENTS

50 g fresh ginger  
400 ml coconut milk  
(1 can)  
6 cardamom pods  
6 cloves  
½ tsp. black pepper  
1 tsp. ground cinnamon (or 1  
stick)  
½ tsp. fennel seeds  
55 g sugar  
225 g amaranth  
3 tsp. corn starch  
¼ cup water

### PROCEDURE

1. Wash and finely grate the ginger.
2. Add coconut milk, spices, grated ginger and sugar to a pan and heat until boiling.
3. Turn off the heat and set the spice mixture aside while cooking the amaranth.
4. Cook the amaranth.
5. Sieve the spice mixture over the cooked amaranth and heat until boiling, then turn down the heat.
6. Mix corn starch and water in a glass, pour into the pan with amaranth and spices and allow the mixture to simmer for a couple of minutes while stirring gently.
7. Divide the mixture between 6-8 small glasses or bowls and let them cool to room temperature.
8. Put the glasses in the refrigerator for 2-3 hours until set.

# CHOCO-ORANGE PUDDING

## INGREDIENTS

1 tsp. zest from one organic orange  
225 g amaranth  
400 ml coconut milk (1 can)  
25 g cocoa powder  
55 g sugar  
3 tsp. corn starch  
¼ cup water

## VANILLA PICKLED ORANGE SLICES

1 organic orange  
200 g sugar  
500 ml water  
1 vanilla pod

## PROCEDURE

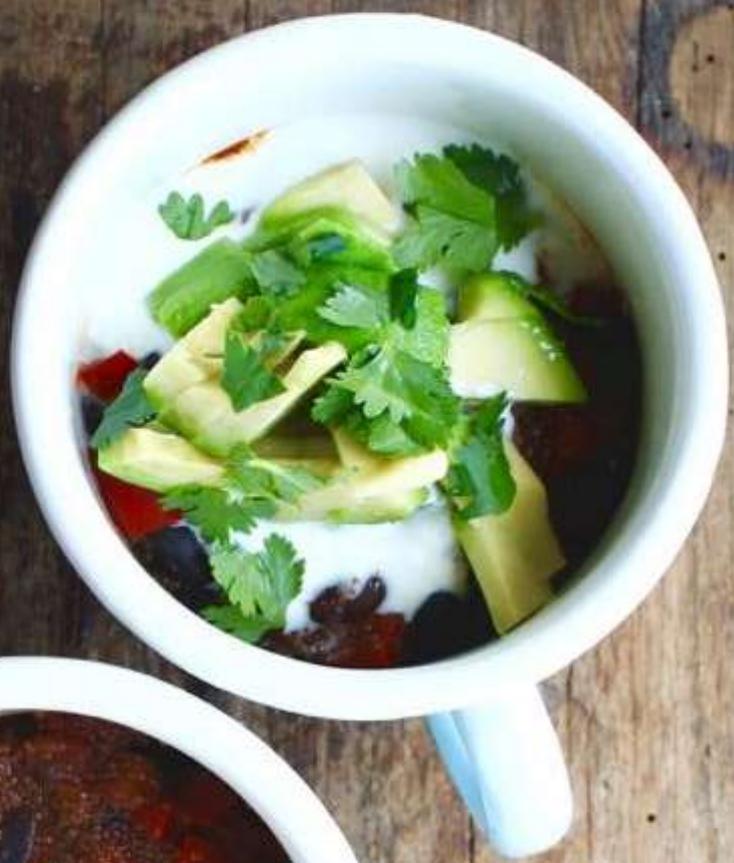
1. Wash and zest the orange.
2. Cook the amaranth.
3. Add coconut milk, cocoa powder and sugar to the pan with the cooked amaranth, bring to a boil and mix well.
4. Add the orange zest.
5. Mix corn starch and water in a glass, pour into the pan and allow the mixture to simmer for a couple of minutes while stirring gently.
6. Divide the mixture between 6-8 small glasses or bowls and let them cool to room temperature.
7. Put the glasses in the refrigerator for 2-3 hours until set.

## VANILLA PICKLED ORANGE SLICES

1. Wash and thinly slice the orange.
2. Cut open the vanilla pod, scrape out the seeds and put them in a pan together with the deseeded vanilla pod.
3. Add sugar and water to the pan, bring to at boil, then reduce to a simmer.
4. Gently add the orange slices and let simmer for about 2 hours.
5. Pour the pickled orange slices and the syrup into a jar and let it cool completely.
6. Decorate each pudding with one vanilla pickled orange slice just before serving.

## TIP

The texture of amaranth works really well in this dessert and the recipes are easily adaptable – feel free to play with flavours!  
Store any excess vanilla pickled orange slices in the refrigerator and eat them with yoghurt for breakfast or use them as decoration for a cake.



# AMARANTH CHILI

Serves 4

## INGREDIENTS

1 yellow onion  
2 bell peppers  
3 gloves garlic  
1 jalapeño  
2 tbsp. olive oil  
2 tsp. cumin  
½ tsp. chili powder  
½ tsp. cayenne pepper  
1 tsp. cinnamon (optional)  
2 tbsp. cocoa powder  
3 cups vegetable broth  
1 can (400 g) diced tomatoes  
400 g cooked black beans  
1 cup amaranth  
Sea salt  
Freshly ground black pepper

1 handful of cilantro  
1 avocado  
1 lime

## PROCEDURE

1. Wash all vegetables thoroughly and deseed the pepper.
2. Dice the onion and peppers, mince the garlic and chop the jalapeño.
3. Heat the olive oil in a large pot, add the onions and sauté until golden brown.
4. Add the garlic and jalapeño and sauté for 3 minutes while stirring.
5. Add the diced peppers and spices and sauté for another 3 minutes.
6. Add the vegetable broth and diced tomatoes, bring to a boil, then reduce to a simmer, and leave to cook for about 15 minutes until the soup starts to thicken.
7. Add the amaranth and cook for about 30 more minutes until the amaranth is cooked through.
8. Add the kidney beans and season with salt, pepper and chili to taste.
9. Serve the chili topped with diced avocado, chopped cilantro and a squeeze of lime.

## TIP

If you prefer your chili less spicy you can hold back on chili powder and cayenne pepper in step 5 and add more to taste in step 8.



AARSTIDERNE