

Quinoa Salad

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Abstract: I attempt to make a quinoa salad. I draw upon recipes from the literature, but use an original approach to cook the quinoa, recently proposed for a quinoa pilau. Furthermore, I change the ingredients of the quinoa salad to make it milder.

I based my quinoa salad on [a recipe originally posted on Once Upon a Chef](#). (Segal, 2014)

I modified the recipe. I felt that since quinoa was similar to rice, finding the optimal water-to-quinoa ratio should be the key to having great quinoa. I followed the advice for cooking the quinoa [from this post on Eatocracy](#). (America's Test Kitchen, 2014)

Eatocracy's way of cooking quinoa is as follows:

1. Rinse the quinoa - that is, put in a bowl, immerse it with water, let it wait a few minutes, then drain the water.
2. *Without adding oil*, toast the quinoa in medium/high heat.
3. *Leep stirring to make sure it does not stick!* Remember, you put in no oil, so you have to make sure it does not stick.
4. In a few minutes, the quinoa will start making popping sounds, just like popcorn! When they start popping in earnest, continuously, dim the heat to low, and put in the water.
5. *The water-to-quinoa ratio is 1:1* - put as much water as quinoa. This is important: We toasted the quinoa so that we can use as little water as possible. This way, the quinoa is not mushy, but grainy. A quinoa equivalent of the ubiquitous "pasta al dente".

After these steps, I get back to the [recipe from Once Upon a Chef](#). (Segal, 2014) I like vegetables, so I increased the amount of vegetables in the recipe. I also did not bother with the dressing, in the end, we wound up using used tzatziki sauce as dressing.

In the end, my ingredients were:

1 cup quinoa, uncooked
4 carrots, diced
1/2 English cucumber, diced, peeled
2 stalks of green onions, sliced
1 bell pepper, diced
Sliced fresh mint to taste

With these ratios, I get the result you see in the picture: More veggies, some quinoa.

Different from [Once Upon a Chèf](#), I do not take out the seeds of the cucumbers - I like them watery.

From this base, I guess that one could make different dressings and different ingredients to create different types of quinoa salads.