

Chef Matt Finarelli

Bethesda Central Farm Market Demonstration

May 22, 2011

Quinoa Salad with Orange Ginger Vinaigrette

Ingredients:

Salad:

2 cups water
2 Tbsp Kosher salt
1 cup quinoa, well rinsed and drained
1 ea zucchini – large
5 ea scallions – sliced thin
½ oz mint leaves – chiffonade, divided
¼ cup raisins (or dried cranberries)
⅓ cup pistachios – shelled, lightly toasted
¼ cup diced strawberries

Vinaigrette:

2 ea oranges – juice
1 ea oranges – zest
1 Tbsp lime juice
1 Tbsp balsamic vinegar
2 tsp honey
1 tsp grated ginger
¼ cup vegetable oil
3 Tbsp extra virgin olive oil
Kosher salt
Freshly ground black pepper

Method:

- Put the water and salt into a large saucepan and bring it to a boil over medium-high heat. Add the quinoa, reduce to a simmer and cook, covered, until the water is absorbed and the spiral germ is apparent.
- Drain quinoa and rinse under cold water to cool thoroughly. Set quinoa aside in a large bowl.
- On a mandoline set with the thin julienne slicing blade in place, slice the outer layers of the zucchini off to make a colorful “spaghetti” of the skin and flesh of the zucchini. Stop slicing when you reach the seeds of the zucchini. Discard the inner core of seeds.
- Add the zucchini “spaghetti”, scallions, half of the mint, raisins and pistachios to the quinoa. Toss to combine.
- Make the vinaigrette by combining the orange juice, orange zest, lime juice, balsamic vinegar, honey and ginger in a small bowl. Slowly add the vegetable oil and olive oil while whisking to emulsify the vinaigrette. Season the vinaigrette to taste with salt and pepper, and add to the salad. (You don’t need to add all of the vinaigrette – add as much or as little as you like.)
- Garnish the salad with the diced strawberries and remaining mint leaves and serve.