

GREEN MOUNTAINS MEET THE MEDITERRANEAN

CROWD PLEASER WINNER - MIDDLE SCHOOL

TEAM: WHISKS AND REWARDS

HUNT MIDDLE SCHOOL

quinoa cakes with roasted vegetables, pistou and romesco sauce

quinoa cake - ingredients

2 cloves garlic, minced
1/2 cup yellow onions, minced
2 cups spinach, chopped fine
1 t. sea salt
1/4 t. ground black pepper
2 T. coconut oil
2 eggs
10 T. flour
1/2 cup tomatoes, finely diced
2 cups cooked quinoa
1 1/2 cups Cabot Cheddar cheese
4 T. oil

quinoa cake - directions

Heat coconut oil and sweat garlic and onions. Add spinach and cook just until wilted. Take off the heat and add the remaining ingredients. Put it into a sprayed 10" baking pan with parchment paper on bottom and bake until set. Let cool slightly and then cut out 4 rounds for cakes and smaller rounds for tasting. Heat oil in frying pan and then sauté quinoa cakes until golden brown. Cool. Garnish as stated below with the following ingredients.

pistou - ingredients

2 cups fresh basil leaves
1 clove garlic
3/4 cup quality parmesan cheese,
grated
1/2 cup olive oil
salt and pepper to taste

pistou - directions

1. In a food processor or blender, chop up the garlic until it is minced.
2. Add in the basil and cheese and start to blend.
3. Slowly drizzle in the olive oil while the machine is running.
4. Blend until smooth and add salt and pepper to taste.

*roasted vegetables -
ingredients*

1 sweet potato, 1/2" dice
1 beet, 1/2" dice
1 cup red onion, 1/2" dice
1 cup multi-colored peppers,
1/2" dice
1 cup peeled zucchini, 1/2 " dice
olive oil
salt and pepper

roasted vegetables - directions

Toss each vegetable with oil and roast on a baking pan in a 350 degree oven until starting to brown and tender. Toss diced vegetables with pistou and then keep warm. Use to garnish quinoa cakes.

Romesco sauce - ingredients

1 large roasted red pepper,
de-seeded and chopped
2 garlic cloves
1/2 cup pepitas
1 cup roasted sun-dried tomatoes
2 T. sherry vinegar
1 t. smoked paprika
2 oz. apple cider vinegar
1/4 t. cayenne pepper
1/2 cup olive oil
salt and pepper to taste

Romesco sauce - directions

Combine the first seven ingredients in a blender and puree until smooth. With the motor running, slowly add olive oil and puree until blended. Season with salt and pepper. Thin out as needed with water.

parmesan cheese crisps - directions

Put 1 tablespoon freshly grated parmesan cheese for each crisp on a sheet pan. Bake just until light brown. Let cool and then put on salad.

plating

Additional ingredients for plating:

4 oz. Vermont goat cheese

1 oz. Vermont pea shoots

Decorate plate with pistou and romesco sauce. Arrange two quinoa cakes on plate. Spoon vegetables over cakes; top with more romesco and pistou sauce. Add goat cheese, pea shoots and parmesan crisp.

local ingredients

cheddar cheese * spinach * sweet potatoes * garlic * basil * eggs