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Ecuadorian Quinoa and Peanut Soup
Cookbook(s): Professional Cooking, 7th edition

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Updated: 01-04-2010

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Recipe sizing is not an exact science. To achieve the best results after resizing a recipe, test it and make adjustments as needed.

Scale: Full recipe | [Double Recipe](#) | [Halve Recipe](#) |

Portions: 12 US Yield: 3 qt US Portion Size: each Metric Yield: 3 L Metric Portion Size: milliliter(s)

Stage 1

Ingredients:

US Amount	US Unit	M Amount	M Unit	Ingredient	Preparation
1	oz	30	g	Butter	
0.5	oz	15	g	Annatto seeds	

Procedure:

1. Prepare annatto butter: Melt half the butter and add the annatto seeds. Heat together for 10 minutes over low heat. Strain the butter and discard the seeds.

Stage 2

Ingredients:

US Amount	US Unit	M Amount	M Unit	Ingredient	Preparation
1	oz	30	g	Butter	
10	oz	300	g	Onion, chopped fine	
0.5	oz	15	g	Garlic, chopped fine	
2.25	qt	2.25	L	Water	
8	oz	250	g	Quinoa	rinsed well and drained
10	oz	300	g	Potatoes	medium dice

Procedure:

2. Heat the second quantity of butter in a heavy saucepot. Add the onion and garlic. Sweat until the vegetables are soft.
3. Stir in the annatto butter.
4. Add the water, quinoa, and potatoes. Simmer 25-30 minutes, until the quinoa and potatoes are very tender.

Stage 3

Ingredients:

US Amount	US Unit	M Amount	M Unit	Ingredient	Preparation
5	oz	150	g	Peanuts	roasted, unsalted, skinless
1	pint(s)	500	mL	Milk	
3	tbsp	45	mL	Chopped fresh cilantro	
to taste	---	to taste	---	Salt	

Procedure:

5. Grind the peanuts to a powder in a food processor. Do not process so long that they turn to peanut butter.
6. Add the peanuts, milk, and cilantro to the soup. Simmer an additional 15 minutes.
7. Add salt to taste.

Variations:

Peanuts may be omitted if desired, and change the name of the soup to Ecuadorian Quinoa Soup.

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