

QUINOA

Recipes

by Shastha foods



**Cooking this Superfood with
INDIAN FLAVORS**



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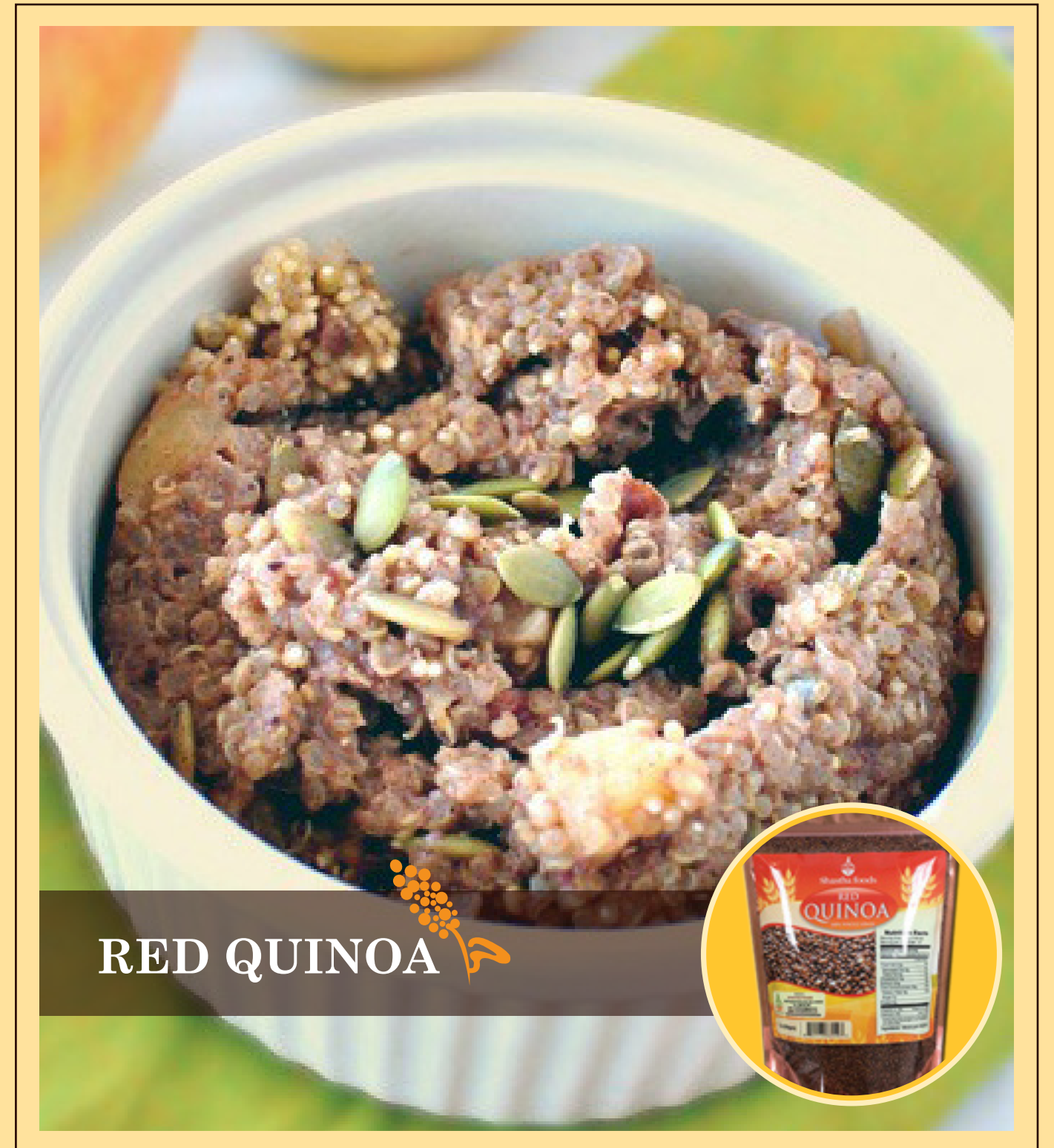
SLOW COOKER *QUINOA* BREAKFAST

Ingredients

- Shastha's Red quinoa - 1 cup
- Milk (I used almond milk) - 3 cups
- Dates chopped - 4
- Pumpkin seed - 1/4 cup
- Apple peeled and diced - 1
- Cinnamon - 1 tsp
- Nutmeg - 1/4 tsp
- Vanilla Extract - 1 tsp
- Salt - 1/4 tsp

Preparation

Throw all the ingredients in a crock pot. Cook on high for 2 hours or until all the liquid is absorbed. If you want to cook it overnight, turn on the crock pot to low right before you go to bed. It should be ready by morning.



RED QUINOA



QUINOA PONGAL

Ingredients

Shastha's White Quinoa - ½ Cup
Moong dal (*split green gram*) - ½ Cup
Chopped Ginger - 1 tsp
Water - 3 Cup
Salt - 1 tsp
Ghee - 2 Tbsp
Jeera (*cumin*) - ½ tsp
Black Pepper - 8-10
Cashew - 12-15
Curry Leaves - 2-3

Preparation

In pressure cooker add ½ cup Shastha's white quinoa, ½ cup Moong dal (split green gram), chopped ginger and salt, and 3 cup water. (If you want pongal to be little less masy add 2 cups of water). Cook it until 5 whistles. Once done, keep it aside until pressure released out completely.

Tadka (Tampering)

Heat 2 tbsp ghee with jeera (cumin), black pepper, cashew and curry leaves.

Add tadka to cooked quinoa and moong dal. That's it, White Quinoa pongal is ready. Serve it with peanut chutney or coconut chutney.



WHITE QUINOA





QUINOA CHAPATI

Ingredients

Shastha's White Quinoa - ¾ cup

Water - ¼ cup

Oil - 1 tsp little ghee or butter to apply on the chapattis

Preparation

Dry Shastha's White Quinoa on sunlight for one day. Then, grind the quinoa nicely. Knead the dough adding little water at a time to the flour and rubbing it between your fingers. Continue to add the in small quantities till the dough starts to come together and is not very wet. The dough is ready when it starts to peel off your hands (quinoa flour is little sticky so you need to use oil to get the flour off your hands) Make a round ball and let it sit for half an hour or more. Divide this dough into 6-8 balls of equal size.

Meanwhile heat a seasoned cast iron griddle or nonstick skillet. Roll the ball between both your palms and make a smooth ball (it would not be smooth like wheat flour dough as there is no gluten) Roll the ball in dry flour and with a rolling pin carefully roll it out an inch or two and carefully peel it off the board and roll it in dry flour again. Carefully continue to roll and repeat the above step till you have a circle of 3-4 inch diameter of even thickness. Use a spatula and carefully peel it off the board.





WHITE QUINOA

QUINOA UPMA

Ingredients

Shastha's White Quinoa - 1 cup
Water - 2 cups
Onion - ½, (*finely chopped*)
Tomato - ½, *chopped*
Frozen Green Peas - 1 cup
Carrot - 1 (small), *grated*
Mustard Seeds - ¼ tsp
Jeera (*cumin*) - ¼ tsp
Ginger - ½ inch, *grated*
Green Chilli - 2 (*finely chopped*)
Urad dal (*red gram*) - 1 tbsp
Channa dal (*chick pea*) - 1 tbsp
Curry Leaves - 2 sprigs
Peanuts - 1 cup
Cashew nuts - 1 cup
Olive Oil - 1 tbsp
Lemon Juice - 2 tsp
Salt

Preparation

Place the Shastha's White Quinoa in a strainer and wash well for at least a couple of minutes. Add 2 cups of water and cook on medium heat till the water dries up and the quinoa is fluffy. The quinoa looks transparent when it is cooked. Keep aside.

Heat oil in a pan. Add mustard seeds. Then add jeera (Cumin), grated ginger, chopped green chillies, urad dal (red gram) and curry leaves. Saute till the urad dal (red gram) turns light brown. Add chopped onion, salt and cook till the onion gets soft. Add frozen green peas, grated carrots, tomato, roasted channa dal (chick pea) and the nuts. Cook for a couple of minutes.

Then add the quinoa, adjust salt and mix everything well. Add a dash of lemon juice and serve.





QUINOA WITH VERMICELLI UPMA

Ingredients

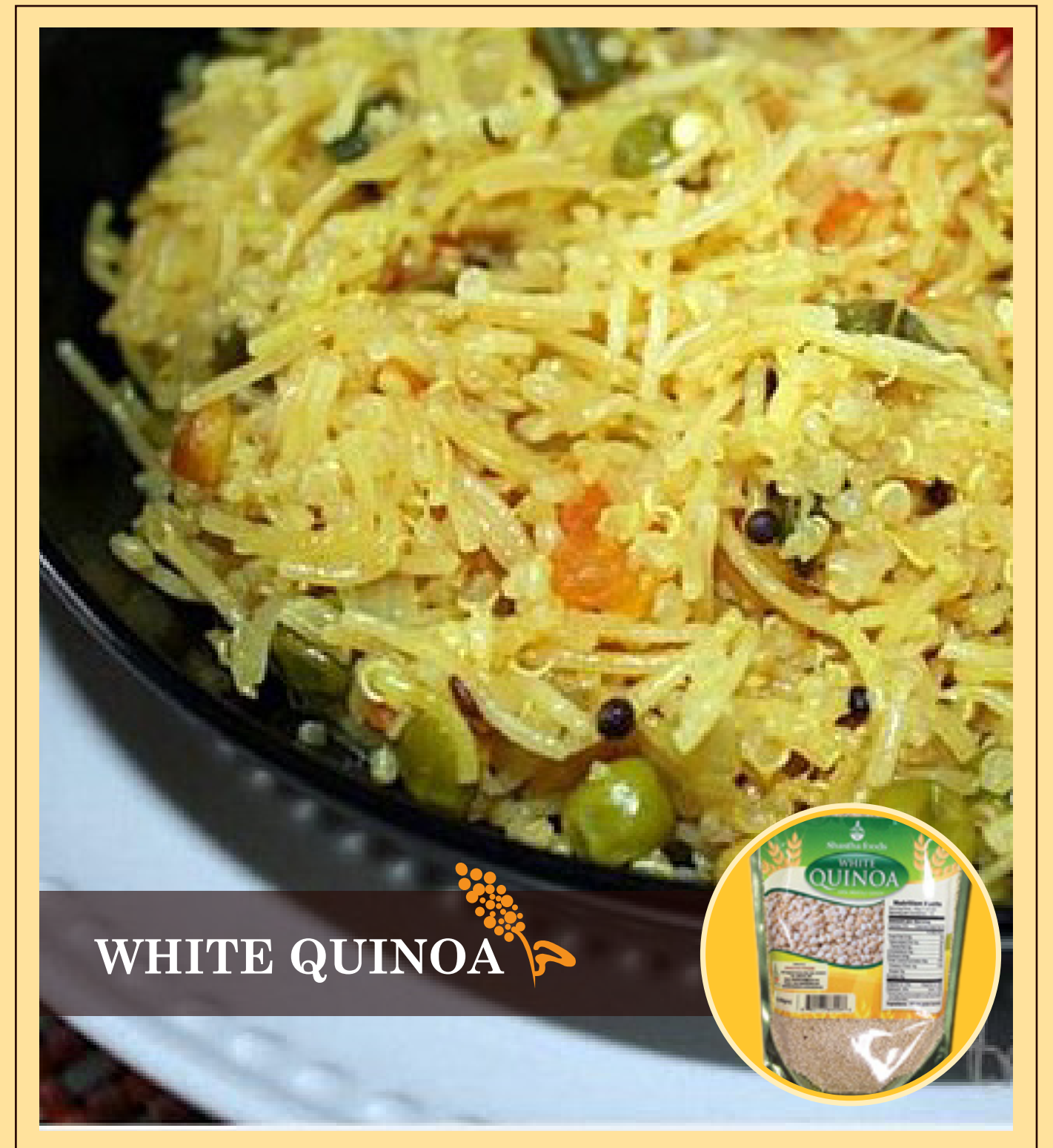
Shastha's White Quinoa - 1 cup
 Vermicelli - 1 cup
 Green Peas - ¼ cup
 Small Onion, *diced finely* - 1
 Small Tomato, *chopped* - 1
 Green Chillies, *chopped* - 4
 Few Curry Leaves
 A pinch of Turmeric Powder
 Oil - 1 tsp
 Mustard Seeds - ½ tsp
 Jeera (*cumin*) - ¼ tsp
 Urad dal (*red gram*) - ½ tsp
 Channa dal (*chick pea*) - ½ tsp
 Salt

Preparation

Wash and place Shastha's White quinoa in a bowl, add 2 cups of water, cover and pressure cook for 3 whistles. Dry roast vermicelli until it turns golden brown in color. Transfer to a plate and keep aside.

Heat oil in a pan and add mustard seeds. When they pop, add jeera (Cumin), channa dal (chick pea), urad dal (red gram), curry leaves and sauté well. Add onion, tomato, green chillies and stir well. Add turmeric and mix well. Then pour 2 cups of water and salt and mix well. When the water comes to a boil, add roasted vermicelli, mix well and allow it to cook well.

When the vermicelli seems to be cooked, add already cooked quinoa, mix well and adjust salt. Cover and leave the pan on low flame for 5 minutes. Later transfer to a serving bowl and enjoy this delicious upma with desired chutney.



WHITE QUINOA



RED QUINOA

QUINOA BREAD VADA

Ingredients

Soft bread crumbs - 3 slices
(made from fresh whole wheat bread or white bread)

Shastha's Quinoa flour - 2 cups

Asafoetida - a pinch *(optional)*

Onions - 1 cup *(finely chopped)*

Green chillies - 3 to 4 *(finely chopped)*

Coriander leaves - ½ cup *(finely chopped)*

Baking powder - ¼ tsp

Salt - to taste Oil - to fry

Preparation

Mix all the ingredients together except oil. Make a thick dough adding enough water (consistency like the normal vada dough).

Heat oil in a pan and take a little portion of the vada dough on your wet palm, make a small hole in the middle and drop it into the oil. Fry them to a golden brown colour.

Serve with chutney of your choice and sambar.





QUINOA WITH APPLE BREAKFAST

Ingredients

Shastha's Tricolor Quinoa - ½ cup
Water - 1½ cups
Apples - 2 large
Cinnamon - 2 tsp
Honey

Preparation

Peel and core both apples. Chop them into bite-sized pieces. Add Shastha's Tricolor Quinoa, water and apples to a sauce pan. Bring to a boil, cover and reduce to simmer for 20 - 25 minutes. The apples will be soft and the quinoa will have absorbed the water.

Stir in cinnamon and transfer mixture to two bowls. Drizzle with honey and sprinkle with additional cinnamon (if desired). And enjoy!



TRICOLOR QUINOA



WHITE QUINOA

QUINOA TOMATO BATH

Ingredients

Shastha's White Quinoa - ½ cup
 Onion - ½ cup chopped
 Green Chilli - 1 slit
 Ginger - 1 inch piece *finely chopped*
 Garlic Cloves - 3 *finely chopped*
 Tomato Puree - 1 cup
 Turmeric Powder - ¼ tsp
 Sambar Powder - 2 tsp
 Salt to taste
 Oil - 1 ½ tsp
 Mustard Seeds - 1 tsp
 Curry Leaves - a sprig
 Coriander Leaves - 2 tsp
(finely chopped)

Preparation

Wash and place Shastha's White quinoa in a bowl, add 2 cups of water, cover and pressure cook for 3 whistles.

Heat oil in a pan, add mustard seeds, when it splutters, add curry leaves, onion, ginger and garlic. Add little salt and sauté until onions turn transparent. Add tomato puree, sambar powder, turmeric powder and salt needed. (we have added salt while cooking the onions, so add accordingly). Cook until the rawness of the tomato goes and it oozes out oil. Cook the tomatoes well like that on medium flame stirring from time to time.

Once the tomato puree is cooked well, fluff quinoa with a fork and add to the tomato mixture. Mix well until the quinoa is well coated with the tomato mixture. Check for salt and remove from heat. Garnish with finely chopped coriander leaves.

Serve hot with any raita or pachadi or salad of your choice. It will take only 15-20 minutes to prepare this dish. While the quinoa is cooking, you can make the tomato gravy and save a lot of time.





QUINOA

BISI BELE BATH

Ingredients

Shastha's White Quinoa - $\frac{3}{4}$ cup

Lentil - $\frac{3}{4}$ cup (Toor Dal)

Tomato - 1 (*Chopped finely*)

Mixed Vegetables - 3 cups
(*A mix of carrots, beans, cauliflower, peas and whole shallots*)

BisibelaBath Masala Powder - 2 tsp
or to taste

Tamarind Extract - $\frac{1}{4}$ cup
(*juice from tamarind*)

Salt - to taste

Turmeric Powder - $\frac{1}{4}$ tsp

Ghee - 2 tsp

Mustard Seeds - $\frac{1}{2}$ tsp

Curry Leaves - A few

Cashew Nuts - 5 (*optional*)

Preparation

Wash and soak the Shastha' White quinoa and (Lentil) toor (red gram) dhal together for 15 mins. Drain and pressure cook with tomato, turmeric powder and salt for 3 whistles. When pressure is released mash with the back of a ladle and add the vegetables. Cook for another whistle and allow the pressure to release. Add the Bisi Bele Bath masala powder, tamarind extract and cook in low flame for 10 minutes until the flavours meld.

In a small kadai (Pan), heat ghee and splutter the mustard seeds. Add curry leaves and cashew nuts and saute until light brown. Pour the tempering over the quinoa-dhal mixture. Serve hot with any side dish of your preference. Served with Cucumber Raita.



WHITE QUINOA



BRINJAL BATH (EGG PLANT BATH) *QUINOA*

Ingredients

Shastha's Tricolor Quinoa - 1 cup
 Water - 1 ½ Cup
 Dry Red Chilli - 4
 Cinnamon Stick (1") - 1
 Small Cloves - 3
 Coriander Seeds - 1 tsp
 Oil - 2 tsp
 Brinjals (Indian Eggplant) - 8 small
 Yellow Onion (*finely chopped*) - ½ medium
 Turmeric Powder - 1/4 tsp
 Channa dal (*chick pea*) - 1tsp
 Urad dal (*red gram*) - 2tsp
 Jeera (*cumin*) - ½ tsp
 Curry leaves - 4 to 5
 Oil
 Salt

Preparation

Pressure cook the Shastha's Tricolor quinoa with water, oil and salt. Fluff it with a fork and keep aside. Heat oil in a small pan, add the above ingredients in the same order, fry them at medium-low heat until brown. Quarter the brinjals and wash them in cold water.

Heat oil in a skillet, add jeera (cumin), channa dal (chick pea) and urad dal (red gram). Then add onions, curry leaves and saute until tender. Add turmeric powder, saute for a min, then add brinjals. Cook brinjals for 10 mins, with lid closed, in a medium flame along with salt, until tender. (Careful not to black them.) Now add the coarsely ground powder, mix well and cook for a minute.

Add the cooked quinoa, mix gently and check salt for taste. (If required, add salt.) Reduce the flame to low, close the lid and let cook for 3-4 mins. (This way the spices get infused with the quinoa.)

Switch off and garnish with chopped cilantro. Serve warm with raita and potato chips.



TRICOLOR QUINOA



LEMON QUINOA

Ingredients

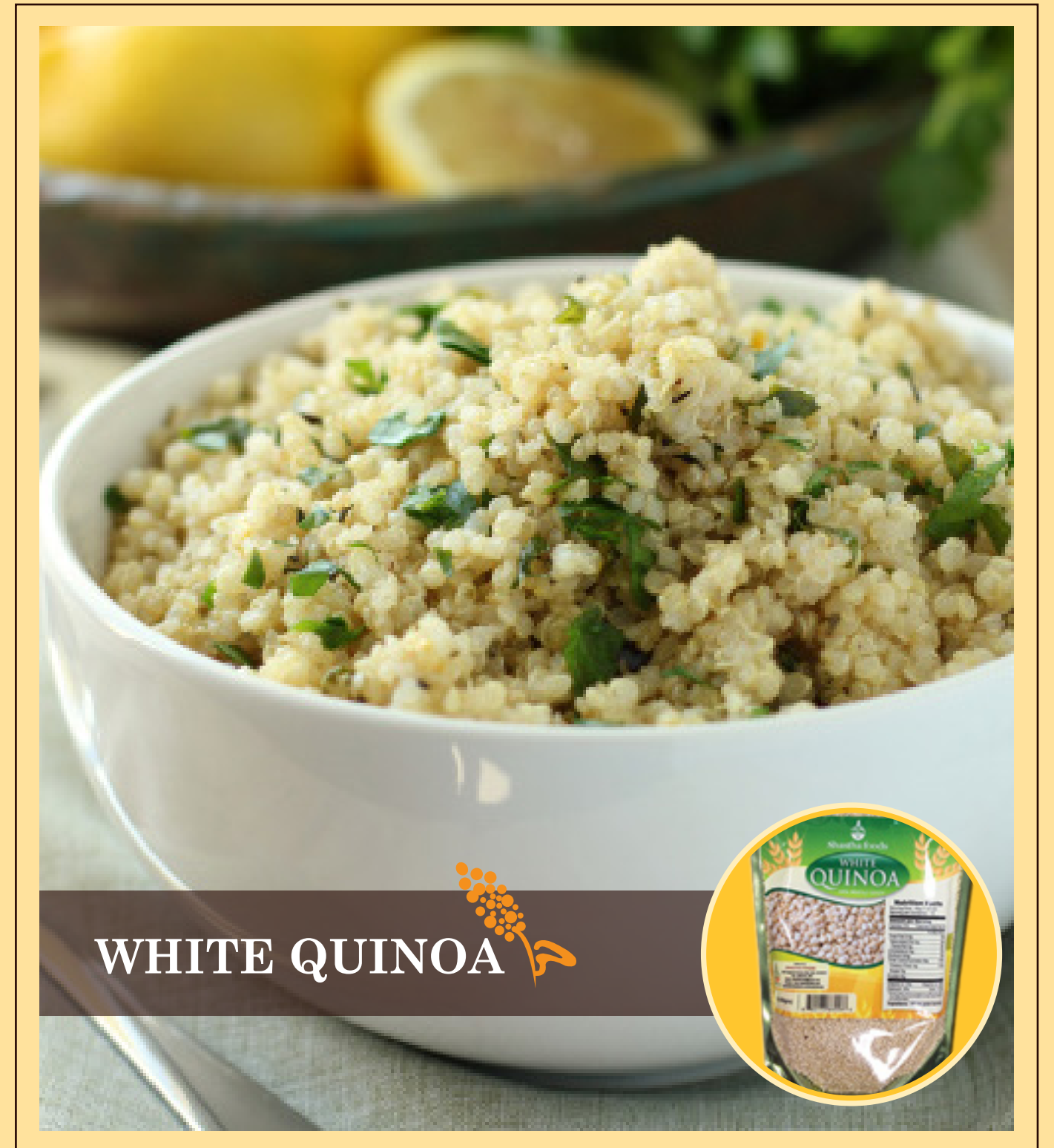
Shastha's White Quinoa - 1 cup
Lemon - 1 no
Turmeric Powder - 1/4 tsp
Required Salt
Oil - 1 tsp
Mustard Seeds - 1/4 tsp
Split Black Gram - 1/4 tsp
Bengal Gram (kadalai paruppu) - 1 tsp
Cashew Nuts - 6 or 7
Peanuts - 6 or 7
Dry Red Chilli (*as needed*) - 2 or 3 nos
Asafoetida - 1 pinch
Curry Leaves - 5 or 6

Preparation

Wash and pressure cook Shastha's White Quinoa in 2 cups of water for upto 3 whistles or until well cooked. Spread cooked quinoa on a wide bowl and let it cool completely.

Cut the lemon, squeeze the juice and discard the seeds. Heat oil in a pan, season with items given in list for seasoning. Then add squeezed lemon juice along with turmeric powder and required salt, bring to boil. Add cooked quinoa to this mixture and mix everything well to blend.

Hot and tangy lemon quinoa is ready to serve.



WHITE QUINOA





WHITE QUINOA

QUINOA BAGALA BATH

Ingredients

Shastha's White Quinoa - 1 Cup
Curd - 1 Cup
Urad dal (*red gram*) - 1 tsp
Mustard Seeds - 1 tsp
Green Chilli - 3
Curry Leaves - 5
Ginger (*Finely Chopped*) - 2 tsp
Cashews - ¼ Cup
Ghee - 2 tsp
Black Peppercorns - 5
Fresh Coriander Leaves - to Garnish
Salt - To Taste
Red Chilli - 2

Preparation

First pressure cook Shastha's White quinoa and keep aside. Then heat ghee in a pan and add urad dal (red gram), mustard seeds, green chilli, curry leaves, ginger, cashews and black pepper.

Now take the cooked quinoa in a bowl and add this tampering (tadka), salt and curd to it. Mix it well and garnish with finely chopped fresh coriander leaves.

Finally tasty and healthy Shastha's Quinoa Bagala Bath is ready to serve.





QUINOA WITH BROWN RICE CASSEROLE

Ingredients

Shastha's Tricolor Quinoa - 1/4 cup

Shastha's Brown Rice - 3/4 cup

Olive oil - 1 tsp

Garlic, minced - 2 to 3 cloves

Green Chillies, *finely chopped* - 1 to 2

Vegetable Stock - 1 1/2 cup

Cooked Rajma (or any other beans) - 1 cup

Green Bell Pepper, *finely chopped* - 1

Orange bell pepper, *finely chopped* - 1

Tomatoes, *diced* - 2 medium

Avocado, *halved, seeded, peeled and diced* - 1

Chilli Powder - 1 tsp

Salt and Black Pepper to taste

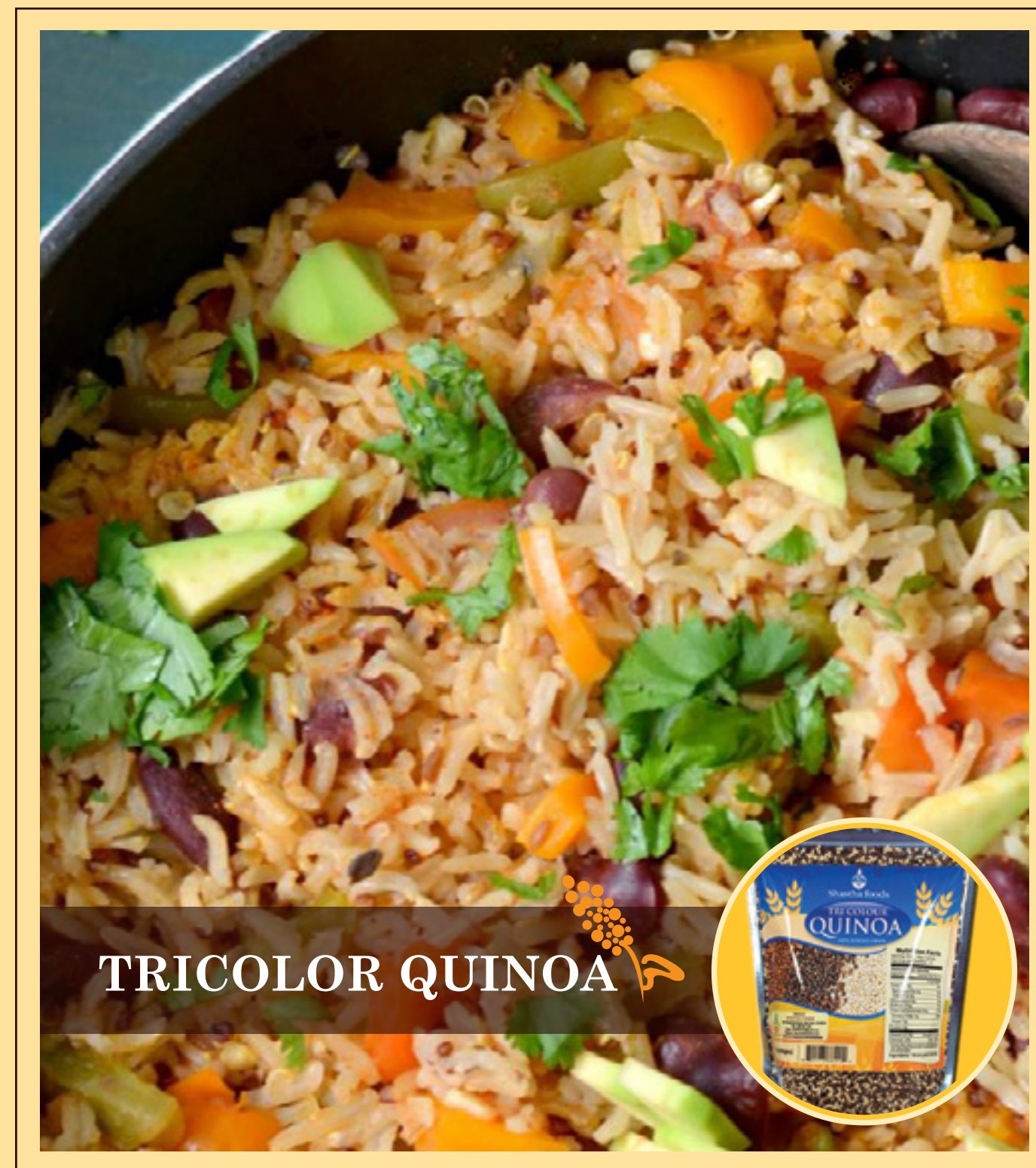
Lemon Juice - 1

A small bunch of Coriander Leaves, *finely chopped*

Preparation

To begin making the Shastha Brown Rice and Quinoa Casserole, first clean, wash and soak the brown rice in water for about 15 to 20 minutes. Once soaked drain the soaked rice in a colander and keep the rice aside.

Next heat olive oil in a large skillet over medium high heat. Add chopped garlic and green chillies and saute for a few seconds. Add the chopped bell peppers, sprinkle some salt and stir fry on medium heat until the peppers have slightly softened. Once cooked, add in the chopped tomatoes and the cooked beans and cook until the tomatoes soften. Add the drained rice along with quinoa, chilli powder and cumin powder to the onion tomato mixture. Stir to combine and saute for few minutes. Add the hot vegetable stock, stir and season with salt and black pepper to taste. Bring the brown rice and quinoa mixture to a brisk boil once over medium high heat. Once it comes to a brisk boil, cover with the lid, reduce heat and cook until rice is cooked through and all the water is absorbed. Turn off the heat and allow the rice to rest for about 5 minutes. After 5 minutes, open the lid and fluff the rice and quinoa with the a fork. Stir in the avocados, lemon juice and chopped coriander. Take care to stir gently so the rice and the vegetables don't get mashed up. Transfer the casserole to a serving dish and serve warm. Serve with chilled a yogurt dip for a wholesome weeknight dinner.





CAULIFLOWER WITH QUINOA LUNCH

Ingredients

Shastha's Red Quinoa - ½ cup (*uncooked*)
Cauliflower - 1 medium
Olive Oil - 1 tsp
Water - 1 Cup
Wheat free tamari - 1 tsp
Ginger - ½ tsp

Nori sheets - 4 to 6
Bamboo rolling mat, *optional*
Carrot, julienned - 1 small
Cucumber, julienned - ½ medium
Red Pepper, julienned - ½
Shredded Cabbage - ½ cup
Avocado, sliced - 1

Preparation

Preheat the oven to 425°F. Line a baking sheet with parchment paper and set it aside. Remove the stem from the cauliflower, then chop it into florets. In batches, add the florets to a food processor and process until a "rice" texture is formed. Transfer the cauliflower rice to the baking sheet and repeat with the remaining florets.

Drizzle the rice with 1 tablespoon of olive oil, then roast in the oven for about 30 minutes, stirring every ten minutes. When there is about 10 minutes left in the cooking, add the quinoa and water to a small saucepan. Bring the water to a boil, cover and reduce to simmer until the water has been absorbed and the quinoa is fluffy. While both the cauliflower and quinoa are still hot, transfer them to a large mixing bowl. Add the tamari, and ginger. Stir vigorously, almost squishing the mixture together, until it becomes sticky, place one nori sheet onto a flat surface. Add cup of the rice mixture to the sheet and spread it onto the sheet, leaving about ½" space at the end farthest from you. Lay the veggies down first, then top with sliced avocado. Lift the edge of the nori (or mat if using) that is closest to you with your thumbs, holding the filling ingredients in place with your middle fingers. Roll the nori over the ingredients, pulling back and tightening it after each rolover. Wet the uncovered edge and roll through. Gently squeeze the roll (or rolled mat) to secure all the ingredients. Place the rolls in the fridge.

When ready to serve, remove them from the fridge and slice each roll into 8 pieces, using a sharp, wet knife. Serve with gluten-free soy sauce and red pepper flakes.



RED QUINOA



CILANTRO LIME *QUINOA*

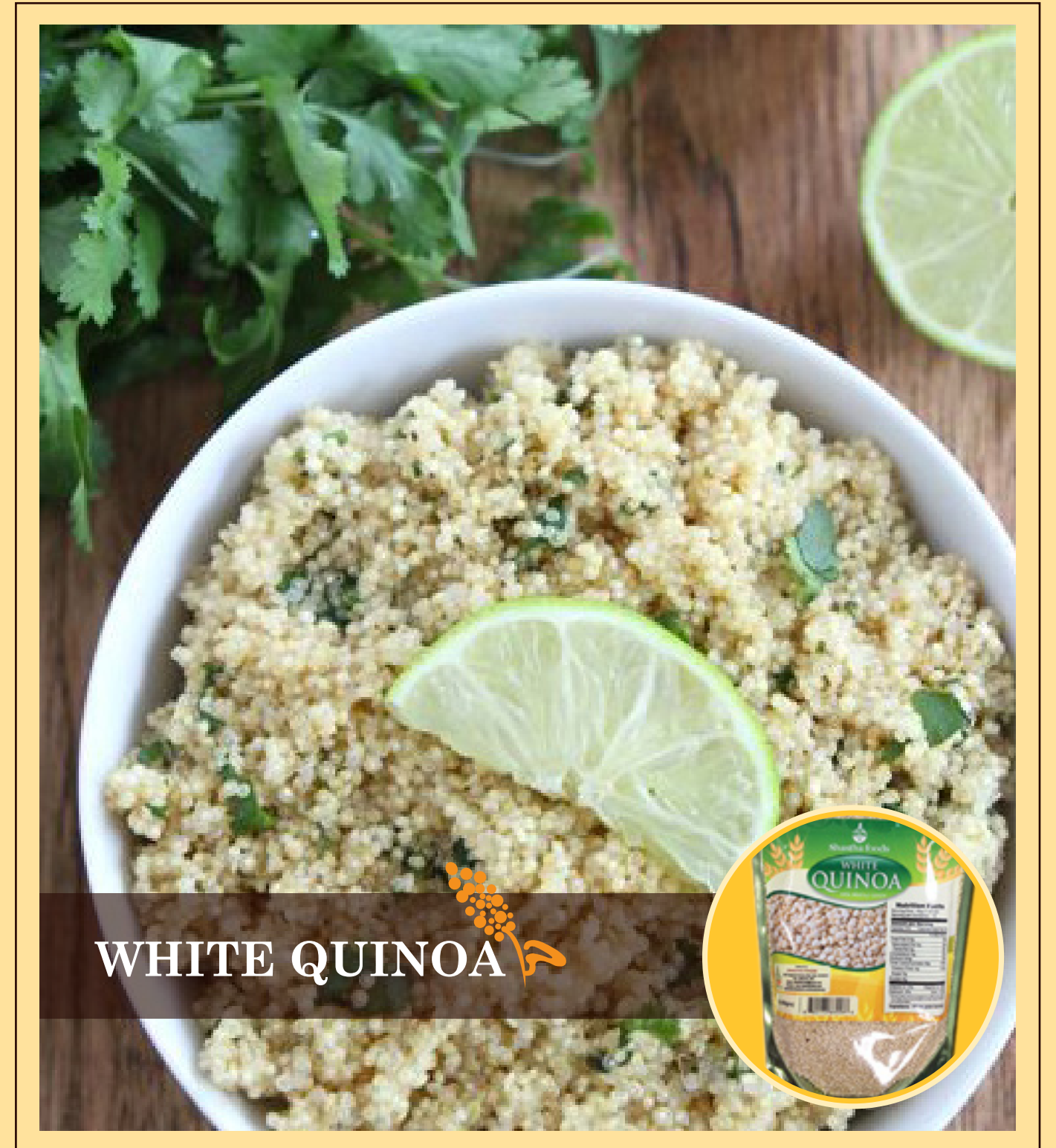
Ingredients

Shastha's White Quinoa - 1 cup
Chopped Fresh Cilantro - ¼ cup
Lime - 1 juice and zested
Olive Oil - 2 tsp salt to taste

Preparation

Place Shastha's White 1 cup quinoa in small sauce pot with two cups water. Cook over medium high heat until most of the water evaporates. Lower heat to low and cover pan. Cook until tender, about 10 minutes.

Toss warm cooked quinoa with cilantro, lime juice and zest, and olive oil. Season to taste.





WHITE QUINOA

SPRING PESTO QUINOA BOWLS

Ingredients

- Shastha's Cooked Quinoa - 2 cups
- Basil - $\frac{3}{4}$ cup
- Kale - $\frac{1}{2}$ cup
- Extra Virgin Olive Oil - $\frac{1}{2}$ cup
- Walnuts (or nut of choice) - $\frac{1}{4}$ cup
- Nutritional Yeast - $\frac{1}{4}$ cup
- Garlic Clove - 1
- Lemon Juice - 1 to 2 tsp
- Asparagus, cut into 1" pieces - $\frac{1}{2}$ Bunch
- Zucchini, *cut into bite-sized pieces* - 1 Medium
- Fresh (or frozen) peas - 1 cup
- Pesto - $\frac{1}{2}$ cup
- Sliced Almonds (*optional*) - $\frac{1}{2}$ cup

Preparation

Add basil, kale, garlic and walnuts into the bowl of a food processor. Process on high until finely chopped and combined. Add nutritional yeast and salt then turn the food processor on and slowly drizzle in the oil until the pesto is creamy. Pulse in the lemon juice. You may have to remove the top and wipe the sides down as you go. Transfer pesto to an airtight container and set aside.

Add asparagus, zucchini and peas into a steamer basket and gently steam until zucchini is tender, about 1 - 2 minutes. Remove from steamer basket and transfer to a mixing bowl. Add quinoa and almonds and toss to combine. Add pesto and mix the salad together until all the ingredients are evenly coated in sauce. If you want the dish to be a bit more "creamy", add 1 - 2 tablespoons of almond milk (or water) and mix to combine.

Serve immediately and enjoy!





SOUTH-WEST *QUINOA* SALAD

Ingredients

- Shastha's Tricolor Quinoa - 1 cup
- Chopped Tomatoes - 1 cup
- Chopped Bell Peppers - 1 cup
- Charred Corn - 1 cup
- Black Beans, *drained* - ½ cup
- Chopped Red Onion - ½ cup
- Avocado, *chopped* - 1
- Fresh Cilantro, *for garnish*
- Olive Oil ½ cup
- Lemon Juice - 2 tsp
- Lime Juice - 2 tsp
- Cilantro, *minced* - 2 tsp
- Jeera (*cumin*) - 1 tsp
- Coriander - 1 tsp
- Chilli Powder - 1 tsp
- Salt - 1 tsp
- Cayenne Pepper - ½ tsp



Preparation

Pressure cook Shastha's Tricolor Quinoa. Set aside to cool.

While quinoa is cooling, prepare veggies. Combine quinoa and veggies in a large mixing bowl.

Prepare dressing by combining ingredients and shaking until well mixed. Pour dressing over quinoa and veggies and stir to combine. Spoon into serving bowl and garnish with fresh cilantro.



TRICOLOR QUINOA



RED QUINOA

QUINOA CUTLET

Ingredients

Shastha's Red Quinoa - ½ cup
 Medium potato - 2 nos
 Green Peas - ¼ cup
 Onion (*chopped finely*) - ½ cup
 Ginger and Garlic (*chopped finely*) - 1 tsp
 Turmeric Powder - ¼ tsp
 Red Chilli Powder - ½ tsp
 Coriander Powder - ½ tsp
 Garam Masala Powder (*blend of ground spices*) - ¼ tsp
 Mint leaves (*chopped*) - 1 tsp
 Coriander Leaves (*chopped finely*) - 1 tsp
 Oil for sauteing - 1 tsp
 Oil for shallow frying
 Salt to taste
 Maida / All purpose flour - 3 tsp
 Breadcrumbs - ¼ cup
 Salt - 1 pinch
 Water as needed for coating

Preparation

Wash and cook Shastha's Red quinoa in 1 cup of water (1:2 ratio), until well cooked and set it aside. Wash and pressure cook potato for 2 whistles or until well cooked. Mash and set it aside.

Heat oil in a pan, add ginger garlic chopped, onion, green peas and required salt, saute for few seconds. Followed by turmeric powder, red chilli powder, coriander powder, garam masala powder, saute for 1 to 2 minutes, set it aside.

Take a mixing bowl, add cooked quinoa, mashed potato, sauteed green peas with masala, chopped mint and coriander leaves, required salt and mix well gently. Shape this mixture into round or oval shaped patties. Dip first in the maida mixture (mix maida in water with a pinch of salt. Consistency should be watery) and then the bread crumbs; coat well on both the sides. Shallow fry until nicely browned.

Serve hot with tomato ketchup or any chutney.



POTATO AND *QUINOA* PATTIES

Ingredients

Potatoes - 3 medium (*boiled & mashed*)
Shastha's Tricolor Quinoa - 1 cup
(*Cooked*)
Red Onion - 1 small (*finely chopped*)
Chopped Parsley - ¼ cup
Red Chilli Powder - ½ tsp
Salt and Pepper to taste *crumbled*
Feta Cheese - 50-80 grams
Corn Flour - ½ tsp
Oil to shallow fry the cakes

Preparation

Mash the boiled potatoes well and add the cooked Shastha's Tricolor Quinoa to the mix. Next add in the chopped onions and parsley and mix well. Now mix in the chilli powder, salt & pepper and the corn flour and knead till all the ingredients are well combined.

Take a small portion of the mixture and make a hollow in the center and add a small amount of the feta in there. Fold the sides over and reshape into round flat patties or cakes and shallow fry. Serve with your favorite dipping sauce.



TRICOLOR QUINOA



RED QUINOA

QUINOA SAMOSA

Ingredients

Shastha's Quinoa (*red or white*)- ½ cup
Vegetable Broth - 1 cup
Ginger - 1 pc
Olive Oil - 1 tsp
Shallot - 1 large (*finely diced*)

Coconut Oil - 1 tsp
Mustard Seeds - ½ tsp
Garlic - 1 pc (*finely diced*)
Scallions - 1 (*chopped*)
Curry - 1 tsp
Garam Masala - ½ tsp

Preparation

To make the quinoa, place the broth and ginger into a small saucepan over medium heat. While you wait for the broth to come to a small boil, place the quinoa into a fine-mesh strainer and rinse well under cold water to remove the bitter saponin coating. Then transfer the quinoa to a medium-sized skillet over medium-low heat. Toast for a few minutes. By now, your broth should be at a low boil. Scrape the quinoa into the broth, stir and cover it with a tight lid. Reduce the heat to low and allow to simmer for 15-20 minutes. Wipe the skillet with a damp towel to remove any quinoa kernels. Add in the teaspoon of oil and add in the shallots. Gently allow it to caramelize over medium-low heat while your quinoa is cooking. Once a nice and deep golden color is achieved (after about 12 minutes), transfer the shallots to a small bowl and set aside. Now return the skillet to the stovetop and melt the coconut oil over medium heat. Add in the mustard seeds, Once they start to sputter, add the caramelized shallots, garlic and scallions to the skillets and stir. By now, your quinoa should be ready. All of the broth should be absorbed and the quinoa should be light and fluffy. Transfer the quinoa to the skillet and stir. Add in the curry and garam masala and allow to simmer over low heat for a few minutes. Remove from the heat and allow to cool.

To make your spring rolls, cut 24 sheets of spring roll pastry into either 2X6 or 3X6 strips. Use two layers of sheets for each samosa. Spoon a heaping tablespoon of the filling onto one end of the strip. Lift the bottom-right corner and bring it over the top of the filling, then lift the straight edge over the top and repeat to create a triangle shape. Tuck in the remaining end into the folded triangle. Repeat the process until you have made 18 small or 12 medium sized samosas. Preheat your oven to 425°F. Lightly grease a baking sheet with a little oil. Place the samosas onto the sheet and brush with a little more oil. Bake for 10 minutes on one side. Flip the pieces and bake for 4-5 minutes more, or until golden brown. Serve immediately with the cilantro-ginger sauce.



VEGETABLE *QUINOA* SOUP

Ingredients

Shastha's Red Cooked Quinoa - 2 cups
Organic Vegetable Broth - 3 to 4 cups
Diced Tomatoes - 1 cup
Zucchini, *cut up* - 1
Broccoli Florets - 1 to 2 cups
Carrots, *Cut up* - 2
Stalks of Celery, *diced* - 2
Pinto Beans - 1
Yellow Onion, *diced* - ½ large
Jalapeno Pepper, *diced* - 1 Chopped
Garlic - 1 to 2
Olive Oil - 1 tsp
Jeera (*cumin*) - 1 tsp

Preparation

Put oil in medium soup pot and add carrots, celery, onion, garlic, jalapeno, and zucchini. Saute and steam slightly then add the broccoli and cook 1 to 2 more minutes.

Add vegetable broth, beans, tomatoes in juice, and quinoa. If it is too thick add some water or more broth. Add jeera (cumin) and salt and pepper and let simmer for 10 minutes.

Enjoy! Add any other spices or veggies that you like and can take some of my homemade rye bread and make some croutons to put on top.



RED QUINOA



TRICOLOR QUINOA

MANGO LIME *QUINOA* TACOS

Ingredients

- Shastha's Tricolor Cooked Quinoa - 1 cup
- Fresh Diced Mango - $\frac{3}{4}$ cup
- Spicy Jarred Salsa - $\frac{1}{4}$ cup
- Lime - 1 (Juice)
- Chilli Powder - $\frac{1}{2}$ tsp
- Jeera (*cumin*) - $\frac{1}{4}$ tsp
- Garlic Powder - $\frac{1}{4}$ tsp
- Smoked Paprika - $\frac{1}{4}$ tsp
- Salt - $\frac{1}{4}$ tsp
- Mango Lime Veggie Fusions - 1 package
- Shredded Cabbage - $\frac{1}{2}$ to $\frac{3}{4}$ cup
- Corn Tortillas/Hard Taco shells
- Cilantro to garnish

Preparation

Mix together the Shastha's Tricolor quinoa, mango, salsa, lime juices, spices and salt. Taste and adjust seasonings as necessary. Assemble the tacos: Spread 1 tablespoon of the Veggie Fusions on the taco, topping that with 1 small bit of cabbage, then 2 - 3 tablespoons of the quinoa mixture.

Repeat until all ingredients have been used. Garnish with chopped cilantro and a touch more fresh lime juice (or hot sauce) and enjoy!





LEMON WITH BLUEBERRY *QUINOA*

Ingredients

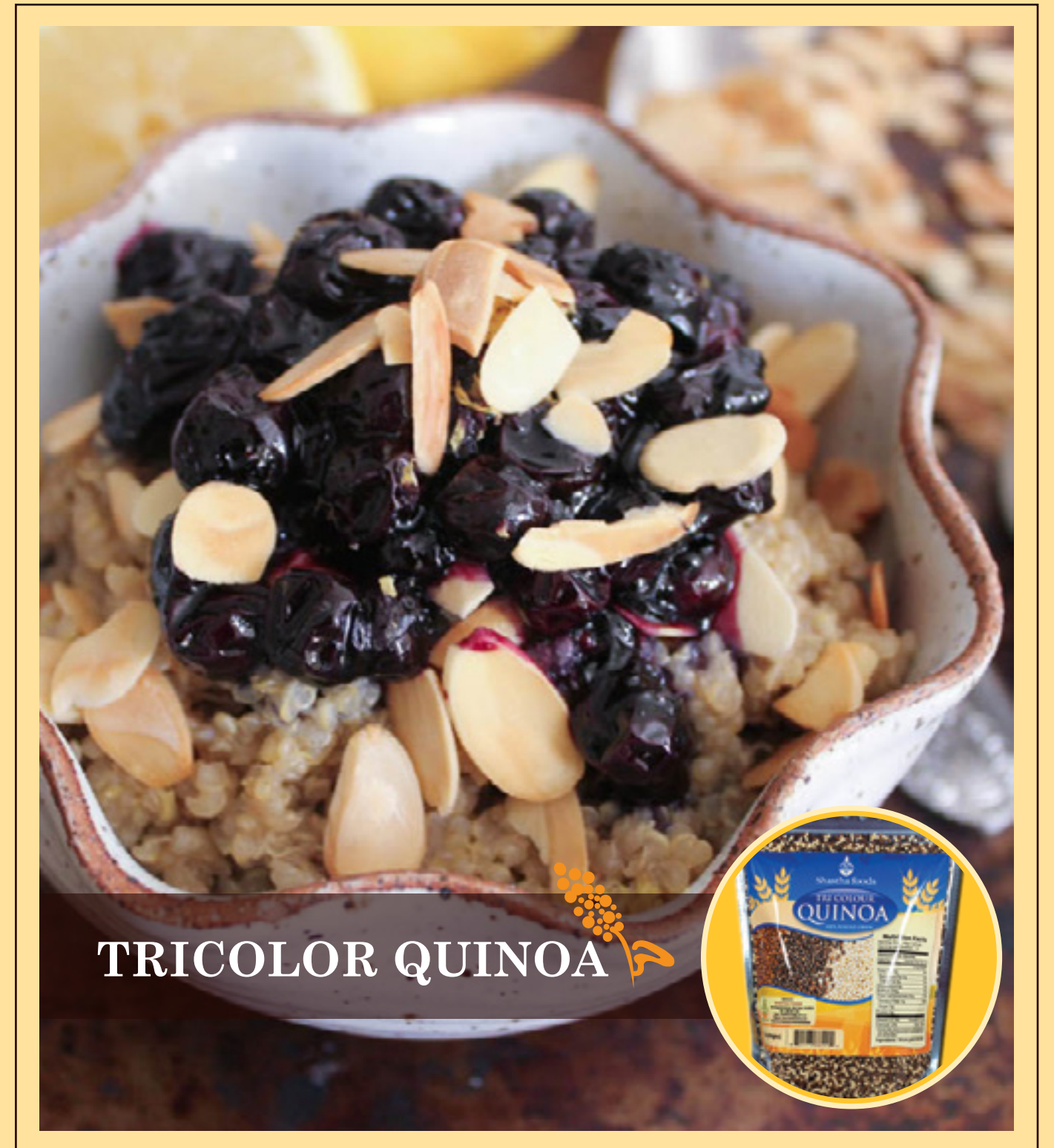
Shastha's Tricolor Quinoa flakes - 1/3 cup
Frozen Wild Blueberries - 1/3 cup
Almond Milk (or milk of choice) - 3/4 cup
Chia Seeds - 2 tsp
Maple Syrup - 1 tsp
Lemon Zest - 1 to 2 tsp

Preparation

Put oil in medium soup pot and add carrots, celery, onion, garlic, jalapeno, and zucchini. Saute and steam slightly then add the broccoli and cook 1 to 2 more minutes.

Add vegetable broth, beans, tomatoes in juice, and quinoa. If it is too thick add some water or more broth. Add cumin and salt and pepper and let simmer for 10 minutes.

Enjoy! Add any other spices or veggies that you like and can take some of my homemade rye bread and made some croutons to put on top.



TRICOLOR QUINOA



TRICOLOR QUINOA

STRAWBERRY WITH *QUINOA*

Ingredients

- Shastha's Tricolor Quinoa - ½ cup
- Water - 1½ cups
- Apples - 2 large
- Cinnamon - 2 tsp
- Honey

Preparation

Peel and core both apples. Chop them into bite-sized pieces. Add Shastha's Tricolor Quinoa, water and apples to a sauce pan. Bring to a boil, cover and reduce to simmer for 20 - 25 minutes. The apples will be soft and the quinoa will have absorbed the water.

Stir in cinnamon and transfer mixture to two bowls. Drizzle with honey and sprinkle with additional cinnamon (if desired). And enjoy!





QUINOA SWEET PONGAL

Ingredients

- Shastha's White Quinoa - 1 cup
- Moong dal (*Split Green Gram*) - ½ cup
- Cardamom Powder - 1 tsp
- Cashews - 1 tsp
- Raisins - 1 tsp
- Ghee - 1 tsp
- Jaggery - ½ cup

Preparation

Cook the moong dal (split green gram) until it is soft and mushy and keep aside. Heat a pan with a tablespoon of ghee. Add the cashews and raisins and fry for a few seconds until the cashews turn golden brown and the raisins are plump.

Add 3 cups of water along with the quinoa, cooked moong dal, cardamom powder and salt and cook under low-to-medium flame until the quinoa is cooked and the mixture starts to thicken.

Mix in the sugar and let it cook for 2 more minutes and switch off the stove. Quinoa sweet pongal is ready!



WHITE QUINOA



WHITE QUINOA

QUINOA PHIRNEE (PAYASAM)

Ingredients

Water - 1 to 1½ cups
 Milk - 2 cups
 Sugar - ¾ cup
 Cardamom - 1 no
 Cashew Nuts - 7 to 8 nos
 Saffron - ¼ tsp
 Raisins - 5 nos
 Ghee - 1 tsp

Preparation

To begin making Shastha's White Quinoa Phirnee (Payasam) Recipe, place a saucepan on medium heat. Add ghee to it. Once the ghee becomes warm, add quinoa to it. Roast the quinoa till it becomes light brown. At this stage, add 1 cup hot water and bring it to boil. Once the water is reduced to half, add 2 cup hot milk to it. Add the saffron strands to it. Let the quinoa and milk mixture come to boil. Reduce the flame to low and let it simmer for 7-8 minutes. By this time, the quinoa will be perfectly cooked. When the quinoa is cooked through, add sugar and cardamom powder. Stir well and cook until all the sugar dissolves.

You can adjust the consistency of the Quinoa Phirnee (Payasam) by adding more hot water if required. Add the condensed milk. Let the mixture simmer for 5 minutes. Turn off the heat.

Serve the Quinoa Phirnee (Payasam) in individual bowls garnished with chopped assorted nuts. You can serve Quinoa Phirnee (Payasam) warm or chilled.





QUINOA KHEER

Ingredients

Shastha's White Quinoa - 1/3 cup

Butter or Ghee - 1 tsp

Water - 1/3 cup

Milk - 1/3 cup + 1 1/2 cup

Saffron - 8-10 strings

Condensed Milk - 1/3 cup

Almonds, cashews and pistachios - 5 each

Cardamom or Elaichi powder - Two pinch

Preparation

Dry roast nuts on medium low heat till you get nice roasted smell. Let them cool down for few minutes and then chop them in small pieces.

Dissolve kesar or saffron in warm milk till you get nice color. Wash quinoa 2-3 times in water and drain out the water. In a medium hot pan add butter and quinoa and roast it for few minutes. After few minutes of roasting add water and a cup of milk. Let it boil, change the heat to medium low, cover and cook for 15-20 minutes or till quinoa becomes soft. Once quinoa is soft add rest of the milk, cardamom powder, saffron mixture and increase the heat to medium. Stir it frequently and let the kheer boil for 7-8 minutes and then add condensed milk. Stir and cook for additional 7-8 minutes. After that add chopped nuts and cook for another minute or two.

Switch off the heat and Quinoa kheer is ready to serve hot. To serve it chilled, keep it in the refrigerator for couple of hours.



WHITE QUINOA





WHITE QUINOA LADOO

Ingredients

Shastha's White Quinoa - 1 cup
Jaggery - 3 tsp
Ghee - ½ cup
Water - 1 cup
Milk - ½ cup

Preparation

Wash Quinoa thoroughly for at least 4 to 5 times. Drain the water. Spread the quinoa seeds over a kitchen cloth and dry it inside home. (*no directly sun drying*). I left it for a days time.

Next grind quinoa to Suji/Semolina consistency. Heat ghee in a pan. When it hot enough add the grinded quinoa and roast it in slow flame. Roast till it turns nice golden brown and the raw smell goes off. Stir continuously to get uniform roasting. In another pan heat jaggery with water till it dissolves. Filter out for any impurities and mix with quinoa.

Warm up the milk and with the above. Form a nice dough. As quinoa is gluten free, it does not hold together. So milk helps in binding. Now form balls with it by applying little ghee in the palms. Now quinoa laddoo is ready.



WHITE QUINOA





RED QUINOA LADOO

Ingredients

Shastha's Red Quinoa - 1 cup
Ghee - 3 tsp
Almond Meal or ground up
Almonds - ½ cup
Coconut Sugar - 1 cup
Raw Almonds, *chopped* - ¼ cup
Cardamom - One pinch
Whole Milk - ½ cup

Preparation

Pre-measure all your ingredients and have them ready. Grind the quinoa seeds to a fine flour. Heat the ghee and add the quinoa flour, almond meal and fry the mixture on a medium low heat, stirring continuously to prevent it from burning. The mixture will eventually turn a sandy brown color in about 5 mins, and gives off a nutty aroma.

Remove the saucepan and add the coconut sugar, chopped almonds and cardamom. Stir quickly until combined. It may stick a little to the bottom of the saucepan. Return the saucepan to the stove. Pour in the milk and gently stir to combine the milk evenly. Do not over mix or stir vigorously, as the ghee will separate from the mixture resulting in a dry laddoo. The laddoo mixture will look slightly glossy and much darker.

Cool for a couple of minutes and scoop a little of the mixture into your hands and with your palms shape into little ping-pong sized laddoos. Quinoa laddoos taste great warm or at room temperature.





BATTERS

ready to cook stone ground batter



34oz & 64oz PACK



34oz & 64oz PACK



34oz PACK



34oz PACK

BATTERS

ready to cook stone ground batter



34oz PACK



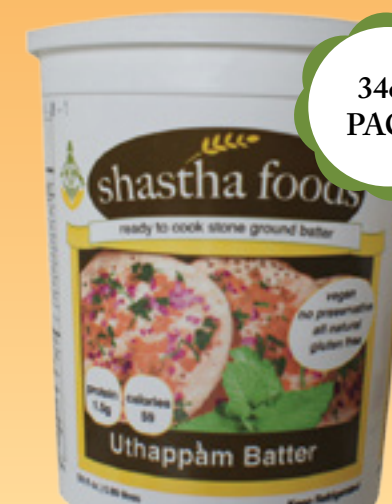
34oz PACK



34oz PACK



34oz PACK



34oz PACK



34oz PACK

DOSA BATTER | IDLI BATTER | OATS DOSA BATTER | BROWN RICE DOSA BATTER

QUINOA IDLY/DOSA BATTER | BROWN RICE IDLY BATTER | MOONG DOSA BATTER | ADAI BATTER | UTHAPPAM BATTER | RAGI DOSA BATTER



RICE VARIETIES

RICE VARIETIES



PARBOILED RICE | SONA MASOORI RICE | IDLY RICE | SEERAGA SAMBA RICE

BROWN SONA MASOORI RICE | PONNI BOILED RICE |
PONNI RAW RICE | PONNI BOILED HAND POUNDED RICE



PICKLES

Feel like home



MANGO THOKKU | MANGO GINGER THOKKU | CUT MANGO PICKLE
MANGO AVAKKAI PICKLE | NARTHANGAI PACHADI

MIXES

ADDING FLAVORS



VATHALKUZHAMBU MIX | TAMARIND RICE MIX | NEEM FLOWER RASAM MIX |
LEMON RICE MIX | KANDATHIPILLI RASAM MIX



SPICES

INSTANT MIXES

true taste & real flavors



Are you well equipped with tasty and nutritious food while travelling abroad?



KULAMBU MILAGAI THOOL | IDLY CHILLY POWDER | MADRAS SAMBAR POWDER | MADRAS SAMBAR POWDER PKT | KULAMBU MILAGAI THOOL PKT | PARUPPU PODI

INSTANT ONION SAMBAR MIX | INSTANT MADRAS SAMBAR MIX | INSTANT COCONUT CHUTNEY MIX | INSTANT COCONUT CHUTNEY MIX WITH GARLIC



APPALAMS

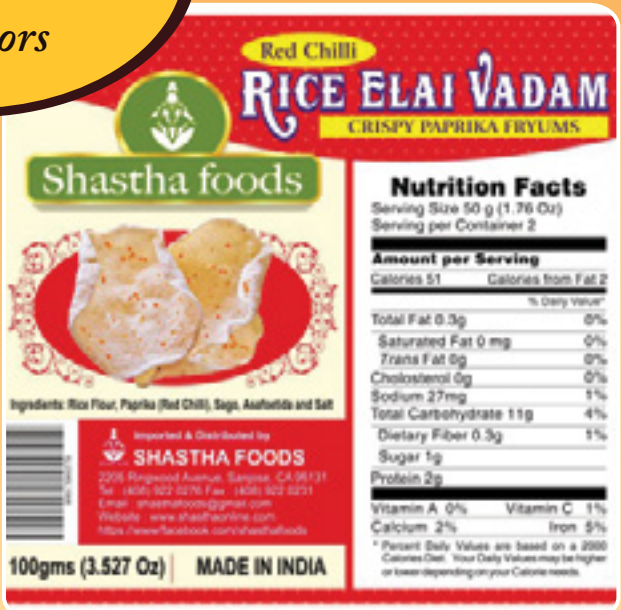
VADAM & VATHAL





VADAM

SEVAI/ STRING HOPPERS



Crispy Fryums
Available in
4 flavors

Tasty and Healthy



RICE ELAI VADAM - CUMIN | CARAWAY | TOMATO | PAPRIKA

RED RICE SEVAI | FINGER MILLET (RAGI) SEVAI | MULTI GRAIN SEVAI |
MULTI MILLET SEVAI | SHASTHA RICE SEVAI



QUINOA

MILLETS



Healthy and Nutritious



RED QUINOA | TRICOLOR QUINOA | WHITE QUINOA

BARNYARD MILLET | KODO MILLET | LITTLE MILLET | FOXTAIL MILLET



DALS

CEREALS



Fresh and natural



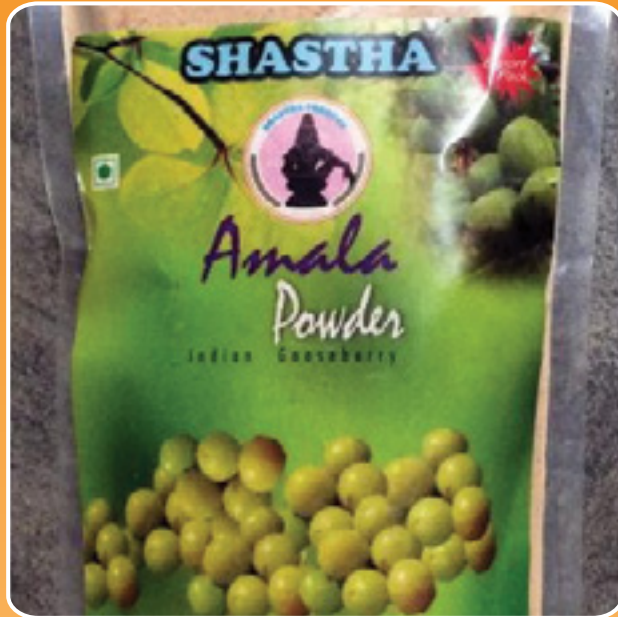
ROASTED GRAM SPLIT | ROASTED YELLOW GRAM |
MAHALESHWAR GOTA | MAHALESHWAR CHANA

PUFFED WHEAT CEREAL | ROASTED POHA | FOXNUTS |
PUFFED BARLEY CEREAL | RICE MAMRA



AMLA

JAGGERY



AMALA POWDER | AMALA MUKHSHUDDHI | AMALA CANDY | AMALA MURRABBA

MADRAS JAGGERY CUBES | MADRAS JAGGERY LUMPS | MADRAS JAGGERY POWDER | KARUPATTI | PANAM KALKANDU (PALM CRYSTAL)



PUJA KITS



NAVGRAHA HOMAM KIT | GANAPATHY HOMAM KIT | SATYANARAYANA POOJA KIT | LAXMI POOJA KIT

PEANUT CAKE



KOVLIPATTI PEANUT CAKE | KOVLIPATTI CRUSHED PEANUT CAKE



Quinoa is one of the world's most popular health foods.

Quinoa is gluten-free, high in protein and one of the few plant foods that contain all nine essential amino acids. It is also high in fiber, magnesium, B-vitamins, iron, potassium, calcium, phosphorus, vitamin E and various beneficial antioxidants.

Some health benefits of quinoa:

- Very nutritious
- Contains the plant compounds quercetin and kaempferol
- Very high in fiber, much higher than most grains
- Gluten-free and perfect for people with gluten intolerance
- Very high in protein, with all the essential amino acids
- Has a low glycemic index, which is good for blood sugar control
- High in important minerals like iron and magnesium
- Has beneficial effects on metabolic health
- Very high in antioxidants
- May help you lose weight
- Easy to incorporate into the diet



ABOUT US

Shastha foods is synonymous with authentic Indian food and distributes products ranging from ready to use rice and lentil batters to papads, pickles, rice, wheat flour and numerous other items. We make sure that our products are fresh and delicious, to satisfy all palates.

When our passion combines with high quality natural ingredients, the result is a phenomenal range of products. We take utmost pride in the food products we deliver and strive to maintain its name and quality.





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