

Uses

ID	1,530
Crop ID	Quinoa
Part	Grain
Use Category	Food
Notes	Quinoa grain can be cooked (boiled) in the same manner as rice and provides a tasty, fluffy, chewy food with nutlike flavour. It can be added to soups, stews or "tamales". Quinoa grain can be used as a breakfast cereal or it can be ground to make porridge or flour and is then used in bakery to make, breads, pancakes, pastries and biscuits. It can partially replace wheat in loaf breads. Being gluten-free, quinoa grain is included in many food recipes intended for people with celiac disease (gluten intolerance) and is well accepted by consumers.
Metadata ID	2,039