

3 Jewel Porridge (Sān bǎo shí xiǎo xiǎo mǐ zhōu 三 宝 石 小 小 米 粥)



Quinoa, grown on the high plateau areas of the Andes, South America, thrives in the well-drained, mineral rich soils. It has been domesticated around the Lake Titicaca region between Bolivia and Peru for over 4,000 years.

Xiǎo xiǎo mǐ or quinoa (keen-wah) is not a grass, but a gluten-free seed belonging to the amaranth family with remarkable nutritional properties. It has an excellent protein profile with all 9 essential amino acids, fibre and vitamin B and is touted as a superfood with 1 cup of quinoa providing ~30% RDA for magnesium, potassium, zinc and iron.

Here we have used black, white and red quinoa with purple sweet potato, carrot and parsnip, adding a wealth of anthocyanins, carotenoids and folate from the earthy roots.

Purple sweet potatoes are rich in anthocyanins, flavonoid antioxidants which fight the effects of aging and oxidative stress, while their fibre improves overall digestive health.

Orange carrots are one of the richest sources of betacarotene, which is converted in the body to vitamin A, an essential micronutrient which nourishes respiratory membranes, supports cell growth and helps maintain vision.

Folate is essential to build DNA & RNA, the coded instructions and messengers which form and connect each cell and to produce red and white blood cells. This is particularly important during periods of growth such as pregnancy, infancy and adolescence.

Key facts

- **Preparation:** Overnight soak + 5 mins
- **Cooking time:** 40 mins
- **Total:** 45 mins
- **Serves:** 6-8

Ingredients

- 1 cup organic mixed quinoa (~290g soaked)
- 1 medium sized organic purple sweet potato (~150g)
- 1 medium sized organic Thai carrot (~150g)
- 1 medium sized organic parsnip (~150g)
- ~1.5 litres filtered water

Method:

1. Rinse the quinoa through a fine sieve and soak overnight to help remove saponins and break down the phytic acid. This allows better uptake of minerals.
2. In the morning drain off the excess liquid through a fine sieve and rinse again.
3. Add into the Thermomix bowl.
4. Peel the carrot, parsnip, sweet potato, chop into small cubes and add to bowl
5. Top up to the 1.5 litre mark with filtered water.
6. Start cooking with timer on 40 mins, temperature to 98°C and speed 1 on reverse.
7. Serve and enjoy!

N.B. This is also made easily in the rice cooker using the porridge setting.

For adults add a little 'Simply Natural' Fermented black beans Fāxiào hēidòu jiàng 发酵黑豆酱 or Homemade organic Kimchi for a complete dish.