

03/23/12 - Quinoa Vegetable Cakes for Passover

Quinoa is a very popular ingredient year round for health conscious individuals, those seeking gluten free alternatives to wheat, and vegetarians. As it turns out quinoa is considered kosher for Passover with some provisions. In general it needs a kosher for Passover certification. With that in mind it feels like a starch when I eat it and would provide an alternative to rice or other grains. Go ahead and enjoy recipes for quinoa salads, but I thought these patties or cakes, a kind of Quinoa Kufte would be fun to make for a side dish on Passover.

Serves 6 to 10

1 cup quinoa

2 cups water

2 tablespoons olive oil

3 tablespoons chicken stock or use vegetable stock

2 eggs

1/4 cup matzo cake meal

1/3 cup green scallions, cleaned and chopped

1/3 cup finely diced carrot

1/3 cup cilantro, washed, dried, and chopped

1/3 cup fresh mint, washed, dried and chopped

2 teaspoons grated fresh lemon zest

2 teaspoons sea salt

Freshly ground pepper

Safflower for frying

Add quinoa and water to a small sauce pan with a lid. Cover, place pan on

medium-high heat and bring to a boil. Immediately turn down heat to low and finish cooking quinoa until all water is absorbed. It takes about 15 to 20 minutes. Place cooked quinoa in a large mixing bowl. Add olive oil, stock, salt, pepper, eggs, and matzo cake meal. Check to see if you can form a patty in your hand that will hold



Add scallions, carrots, cilantro and mint to quinoa. Mix in lemon zest, taste and adjust seasoning. Heat a 12 inch skillet on medium-high heat. Add safflower oil to a 1/8 to 1/4 inch deep. Form patties or kuftes and add to the oil. Fry until golden only flipping them over one.

Remove from oil and drain on paper towel. I would serve these warm or room temperature as a side dish to roast chicken or brisket with a little jus or homemade apple sauce on top.



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