



Cooking with Amaranth

Basic Cooked Amaranth

- 1 cup dry amaranth
- 1½ cups water

Stir the amaranth into water, bring to a simmer, cover the pot and cook on low heat for about 25 minutes. All the water should be absorbed, as the amaranth becomes fairly stiff. In this form, you can use it as a side dish or make different types of cooked patties.

Fruity Nut Amaranth Patties

Shape cooked amaranth into small, thin patties and fry them in a very hot pan filmed with oil that has a high smoke point.

Mix finely chopped pecans and dates or dried cranberries into cooked amaranth. Add a dash of cinnamon and a small amount of molasses or maple syrup. Serve the fried patties with a spoonful of ice cream or whipped cream.

Popped Amaranth

Heat a heavy skillet with fairly high sides to medium-high, pour in some amaranth grains and shake and stir as the grains pop. Not all of the seeds will pop. Cool and set aside to use as a seasoning or to give texture to salads.

Note: Raw grain must be cooked to allow for proper absorption of nutrients.