

Cinnamon-Scented Breakfast Quinoa

250 mL quinoa
375 mL water
2 cinnamon sticks
1 mL salt

Accompaniments: broken or chopped walnuts, pure maple syrup or honey, milk and flaky sea salt such as Maldon

1. Wash quinoa in several changes of water in a bowl, rubbing grains and letting them settle before pouring off water (if quinoa does not settle, drain in a large fine-mesh sieve after each rinse), until water is clear.
2. Drain washed quinoa well in a fine mesh sieve.
3. Combine all ingredients in a heavy pot and bring to a boil, covered. Reduce heat to low and cook, covered, until water is absorbed and quinoa is tender, about 20 minutes.
4. Remove pan from heat and let stand, covered, 5 minutes. Fluff with a fork and keep covered to keep warm. Remove cinnamon sticks.
5. Divide quinoa among bowl and top with accompaniments.

Cook's note: The quinoa will stay warm, covered but off the heat, for 15-20 minutes. Even if a package says that the quinoa is prewashed, washing is still recommended. The cinnamon sticks can be washed off, dried and reused (can leave out in a small bowl near the oven so they can really dry out)