

Little Quinoa Patties

300 mL	cooked quinoa, at room temperature
2	eggs, beaten
1 mL	salt
40 mL	finely chopped fresh chives
½	onion, finely chopped
40 mL	freshly grated Parmesan or Gruyere cheese
2	cloves of garlic, finely chopped
125 mL	bread crumbs, plus more if needed
	Water if needed
10 mL	olive oil

1. To cook quinoa: place 250 mL quinoa in a bowl and rinse with water until till clear. Drain through a sieve. Add rinsed quinoa and 375 mL water in a medium pot and bring to a boil over high heat. Cover and reduce to low; cook for 25-30 minutes until the quinoa is tender.

2. In a large bowl, combine quinoa, eggs and salt. Stir in chives, onion, cheese and garlic.

3. Add bread crumbs, stir, and let sit for a few minutes so the crumbs can absorb some of the moisture. At this point, you should have a mixture you can easily form into 6 1-inch thick patties.

Err on the very moist side for a not-overly-dry patty, but you can add more bread crumbs, a bit at time, to firm up the mixture, if need be. Conversely, a bit more water can be used to moisten the mixture.

4. Heat oil in a large frying pan over medium low heat, add patties, cover and cook for 7-10 minutes, until the bottoms are deeply browned. Turn up the heat if there is no browning after 10 minutes and continue to cook until the parries are browned.

5. Carefully flip the patties with a spatula and cook the second sides for 7 minutes or until golden. Remove from frying pan and keep warm while you cook the remainder. Alternately, the quinoa mixture keeps nicely in the refrigerator for a few days.