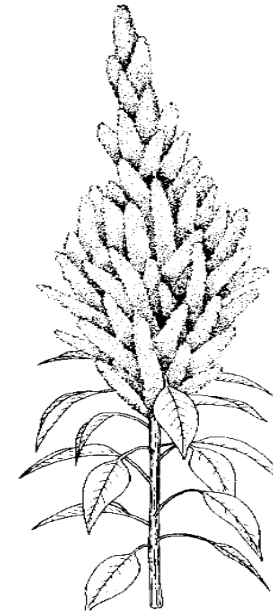


LET'S COOK WITH AMARANTH

COOKBOOK



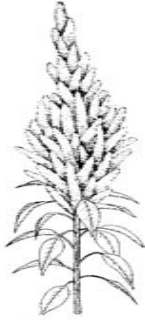
a la Salud Comunitaria

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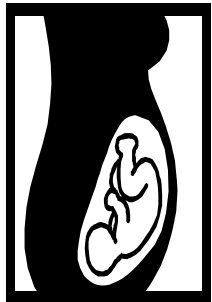
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Why eat amaranth?



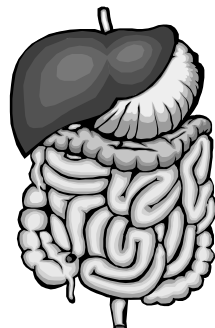
Amaranth is an extraordinary grain because it can be used in sweet and salty dishes, and its seeds, as well as its leaves, can be consumed.

Amaranth is rich in protein and therefore helps us fight malnutrition.



It is also a good source of folic acid for women who plan on becoming pregnant or are already pregnant. It could prevent birth defects and helps us prevent anemia.

Because of amaranth's high fiber content, it can ward off constipation, helps in the treatment of diabetes, and is a great part of a healthy diet.



Remember...

Wash your hands before preparing food.



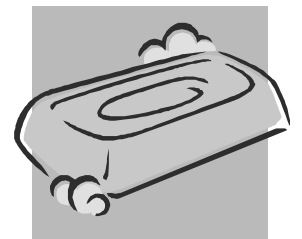
Keep clean your kitchen and the utensils you use to cook.

It is important to thoroughly cook foods to avoid illnesses.



Wash and disinfect fruits and vegetables before consuming them.

Wash your hands after going to the bathroom and before eating.



SOUPS

APPLE AND AMARANTH JAM

Ingredients:

1/2 kg apples, peeled and deseeded**
White rind of a large lemon
1 1/2 cups hot water
1/2 cup amaranth cereal
2 cups sugar

Directions:

- 1.– Put the lemon rind on a piece of clean cloth. Tie it with thread and leave it soaking in a glass of hot water.
- 2.– Meanwhile, cut the apples into small squares and put it in a pot with half a cup of water. Cook over low heat.
- 3.– Slowly add the sugar while mixing with a spoon.
- 4.– Remove the small sack of lemon rind from the water. Ring the contents of the sack being careful not to rip it.
- 5.– Add the amaranth cereal to the lemon water and continue mixing until it becomes syrupy and moving the spoon allows you to see the bottom of the pan.
- 6.– Remove from the stove and pour into a glass jar. Allow the vapor to come out and cap while the jam is still hot.
- 7.– Rest the jar upside-down while it cools.

***This dish can be made with whatever fruit is in season.*

****After opening the jar for the first time, the jam should be consumed within 3 months.*

AMARANTH SOUP

Ingredients:

1 cup amaranth flour	1 cup of cold water
9 cups of beef or chicken stock	0.5 kg of potatoes, diced
2 cups of raw, chopped carrots	1 tbsp. oil
1 onion, chopped	1 garlic clove, minced
salt, to taste	

Preparation:

- 1.– Heat the oil in a pot and add the onion and garlic.
- 2.– When the onion is transparent, add the chicken stock, salt, potatoes, and carrots. Cook it until everything is done.
- 3.– Dissolve the amaranth in a cup of cold water. When it is well mixed, stir it into the rest of the soup.
- 4.– Allow everything to boil for 10 minutes more and serve.

VEGETABLE SOUP

Ingredients:

20 amaranth leaves	2 carrots, cut
1 handful of peas	1 potato, cut into cubes
1 handful of green beans, cut	2 green beans, sliced
1.5 liters of chicken stock	4 large tomatoes
Onion, parsley, garlic, chile, oil and salt (to taste)	

Directions:

- 1.– Boil the carrots, peas, potato, and the cut and sliced green beans with the chicken stock.
- 2.– Liquefy or grind the tomato with the onion and garlic, and fry this. Season it and add it to the vegetables and chicken stock.
- 3.– Add the parsley, amaranth leaves, salt, and chile. Let it cook for 5 more minutes.

***Use the amaranth leaves as you would green beans or other vegetables, but you may also use more amaranth leaves.*

NOODLE SOUP WITH AMARANTH

Ingredients:

15 large amaranth leaves, cut	1 packet of noodles
1 cup puffed amaranth	1.5 kgs of tomato
8 cups of chicken stock	half an onion
1 garlic clove	salt and parsley, to taste
oil for frying	

Directions:

- 1.– Fry the noodles in oil until golden, stirring constantly to prevent them from burning. Drain the excess oil.
- 2.– Add the liquefied tomatoes with the garlic and onion.
- 3.– Add the chicken stock, amaranth leaves, parsley, and salt. Allow them to boil until the noodles are soft.
- 4.– Stir in the puffed amaranth and remove the pot from the fire.

PUMPKIN, GREEN BEAN, AND AMARANTH SOUP

Ingredients:

20 amaranth leaves, cut	2 green beans, shelled
2 cups of butternut squash, cubed	0.5 kg of tomato, liquefied
2 liters of water	1 stem of epazote
1 onion clove	Half an onion, sliced
1 cup puffed amaranth	2 tbs. oil
Salt, to taste	

Directions:

- 1.– Heat the oil. Fry the butternut squash, green beans, and amaranth leaves.
- 2.– Stir in the liquefied tomato, garlic, onion, water, and green beans. Taste and add salt according to preference. Allow the vegetables to cook.
- 3.– Stir in the puffed amaranth. Serve.

NOPAL BREAD WITH AMARANTH

Ingredients:

2 cups of white flour	1 cup of milk
1 cup of amaranth flour	1 cup of oil
1 cup of nopal cactus pieces, raw	4 eggs
2 1/2 tbs. baking powder	1 cup of sugar

Directions:

- 1.– Liquefy the nopals along with the oil, eggs, and milk.
- 2.– Empty the mix in a bowl and add the sugar and royal, stirring to combine. Add the flours and continue to stir.
- 3.– Transfer the batter into a greased baking pan. Bake at 250° C for 30 minutes. To test for the bread's readiness, you may insert a toothpick in the center of the bread. When the toothpick comes out clean, remove the bread from the oven.

RICE WITH MILK

Ingredients:

1/4 kg of rice	1 liter of milk
1 cup of amaranth flour	2 tablespoons of raisins
1 cup of amaranth cereal	
sugar and ground cinnamon, to taste	

Directions:

- 1.– Wash the rice and drain. In a pot, combine the milk and rice and allow it to simmer.
- 2.– Stir in the cinnamon.
- 3.– Separately, dissolve the amaranth flour in a cup of cold water. Add it to the rice.
- 4.– Mix in the sugar, raisins, and amaranth cereal. Cook it for 5 more minutes.

***This dish can be served cold or warm.*

AMARANTH BARS

Ingredients:

1/4 kg of white flour	1/2 bag of amaranth flour
1/2 cup of sugar	1/2 tsp. baking powder
4 teaspoons of butter	4 teaspoons of vanilla
1/2 teaspoon of ground cinnamon	350 grams of jam
1 tablespoon of amaranth cereal	3 eggs

Directions:

- 1.– Beat the butter until it becomes creamy.
- 2.– Add the flours, the royal and cinnamon. When everything is well mixed, add the sugar, vanilla, and eggs and mix until everything is combined. (If this dough is too dry, add water.)
- 3.– Extend the dough with a roller and cut it into squares.
- 4.– Fold the ends of the squares leaving space in the middle to spread jam later.
- 5.– Sprinkle with amaranth cereal and place on a baking sheet.
- 6.– Bake in the oven (350°) for 20 minutes, or until the bars are golden and can be removed easily from the baking sheet.

AMARANTH CANDY

Ingredients:

1/2 a cup of amaranth flour
1 envelope of powder for flan or milk gelatin
cinnamon, to taste
1 liter of milk

Directions:

- 1.– Heat half a liter of milk and the cinnamon over medium heat.
- 2.– Dissolve the amaranth flour in half a liter of milk, and add it to the milk and cinnamon as soon as it begins to boil.
- 3.– Allow it to boil for 5 minutes and add the flan powder, stirring constantly to prevent it from sticking or burning.
- 4.– Remove from the stove and distribute into cups for gelatin. Refrigerate until it has the consistency of gelatin, and serve.

RICE WITH TOMATOES

Ingredients:

0.5 kg of rice	4 tomatoes, diced
half an onion, sliced	1 garlic clove, minced
2 tablespoons of oil	0.5 liter of chicken stock
parsley and salt, to taste	1/2 cup puffed amaranth
20 large amaranth leaves, cut into pieces	

Directions:

- 1.– Heat the oil and then add the rice, onion, and garlic.
- 2.– When the rice is transparent, drain the oil. Add the chicken stock, slices of tomatoes, and pieces of amaranth leaves.
- 3.– Stir in parsley and salt according to your taste.
- 4.– Cook until the rice puffs up (if necessary, add more water).
- 5.– When the rice has puffed up, add the puffed amaranth. Mix everything well, and serve.

LENTILS WITH AMARANTH

Ingredients:

0.5 kg of lentils	2 liters of water
half an onion, chopped	1 garlic clove, minced
2 tomatoes, cut into pieces	1 tablespoon of oil
1 cup of amaranth flour	salt, to taste

Directions:

- 1.– Boil the lentils in water until they are soft. (If necessary, add more water. The mix should be watery like soup.)
- 2.– Fry the tomato with the garlic and onion until the onion is transparent.
- 3.– Mix the amaranth flour in a cup of cold water and add it to the lentils.
- 4.– Combine the lentils with the tomato, garlic and onion. Add salt and continue to cook for about 5 more minutes.

CREAM OF AMARANTH

Ingredients:

20 large amaranth leaves	1 liter of chicken stock
1 large onion, chopped	1 garlic clove, minced
1 tbs. of oil	1 cup of water
5 grams of fresh thyme leaves	salt, to taste
1.5 cup of amaranth flour	

Directions:

- 1.– In a pot, boil the chicken stock. Add the amaranth leaves and thyme and allow them to boil for a few minutes more until the leaves become shiny.
- 2.– In a different pot, heat the oil. Fry the garlic and onion until the onion is transparent.
- 3.– Add the amaranth leaves to the chicken stock.
- 4.– Mix the amaranth flour in cold water and then add it to the stock.
- 5.– Remove the pot from the fire, and after it has cooled, blend everything in a blender.
- 6.– Return it to the pot and simmer everything for 10 minutes. Taste and season to taste. Serve.

GREEN RICE

Ingredients:

0.5 kilogram of rice	half an onion, chopped
20 large amaranth leaves	2 onion cloves, minced
3 cups of chicken stock	salt, to taste
1 cup puffed amaranth	2 tbs. oil
4 chilies <u>poblanos</u> , roasted and deseeded	

Directions:

- 1.– Heat the oil and add the rice, onion, and garlic.
- 2.– Separately, liquefy the chilies with the amaranth leaves and chicken stock.
- 3.– When the rice is transparent, drain the rice. Add the mix of chilies and add the salt. Simmer until the rice puffs up. (If necessary, add more water.)
- 4.– When the rice is puffed up, add the puffed amaranth, mix, and serve.

AMARANTH AND OATS COOKIES

Ingredients:

1 cup of butter, soft (not warm)	
1 cup of sugar	1 cup of raisins
1 teaspoon of ground cinnamon	2 eggs
1/2 cup of amaranth cereal	1/2 cup of oats
1/2 cup or amaranth flour	1 teaspoon of vanilla
1 tsp. baking powder	1 cup of white flour
1/2 teaspoon of salt	

Directions:

- 1.– Preheat the oven at 175° C.
- 2.– Mix the butter and sugar, cinnamon, and vanilla until it is soft and fluffy.
- 3.– Crack the eggs and beat them into the mix.
- 4.– Combine with the flours, baking powder, and salt, mixing gradually until forming a creamy mix.
- 5.– Add the oats, amaranth cereal, and raisins.
- 6.– Dispense spoonfuls of the mix in an un-greased baking tray.
- 7.– Bake at 200° C for 8 to 13 minutes (until they are golden).
- 8.– Allow them to cool slightly before removing from tray.

AMARANTH CANDY

Ingredients:

6 cups of water	7 peaches, peeled and cut
2 cups of amaranth flour	1 cinnamon stick
2 tablespoons of sugar	

Directions:

- 1.– Combine the water, cinnamon, and pieces of peaches in a pot. Boil for 15 minutes.
- 2.– Mix the amaranth flour in cold water and stir it into the pot until it is well mixed.
- 3.– Allow it to boil for 10 more minutes, stirring slowly to prevent the mix from burning.
- 4.– Add the sugar and remove from the stove. Serve cold.

DESSERTS

ALEGRÍAS

Ingredients:

1/4 kg of amaranth cereal 1/2 a lemon
1 cone raw sugarcane 1 cup of water

Directions:

- 1.- Break apart the sugarcane as much as possible.
- 2.- Determine whether the sugarcane is sufficiently heavy by dropping a piece of it in a cup of water. If the sugarcane does not dissolve and remains as a ball at the bottom of the cup, it is ready. If it is ready, put it in a pot and add the water.
- 3.- Add the lemon and immediately stir in the amaranth cereal until it is perfectly mixed.
- 4.- Before it cools, put this on a tray or any other flat surface and shape it with your hands.
- 5.- Allow it to cool for only a bit more and then cut it into squares to have the happiness readily available.

SMALL CORN AND AMARANTH TORTILLAS

Ingredients:

1 cup of amaranth flour 1 cup of wheat flour
1 cup of milk or water 1 tbs. of baking powder
1 egg 1 tbs. of vanilla

Directions:

- 1.- Combine the dry ingredients.
- 2.- Add the egg, vanilla, and milk or water, and stir.
- 3.- Slightly grease a skillet (not for frying) and when it is very hot, empty a spoonful of the prepared dough.
- 4.- When the tortilla bubbles, turn it over and allow it to cook on the other side.
- 5.- These tortillas can be served with honey, powdered sugar, some jam, or with a side of cut fruit.

Salads and Salsas

NOPAL SALAD

Ingredients:

10 nopal cactus pads, cut in cubes 1 avocado cut in pieces
15 large amaranth leaves half an onion, chopped
3 tomatoes, cut in pieces salt, to taste
cilantro, washed and chopped 1 cup puffed amaranth
**1/4 cup of vinegar (optional)

Directions:

- 1.- Cook the nopals and when they are done, drain them.
- 2.- Cut the amaranth leaves.
- 3.- In a casserole, mix all of the ingredients and add salt according to your taste.

** If you would like, add a fourth cup of vinegar.

VEGETABLE SALAD

Ingredients:

20 amaranth leaves
1/2 lb. green beans, boiled and cut
1/2 lb. potatoes, boiled and cut into squares
1/2 lb. carrots, boiled and cut into squares
1 cup green bean seeds, boiled
1 cup puffed amaranth
vinegar, to taste

Directions:

- 1.- Cut the amaranth leaves.
- 2.- Mix all of the vegetables.
- 3.- Pour vinegar over everything, and allow it to marinate for 30 minutes.
- 4.- Sprinkle the puffed amaranth over the vegetables and serve.

RED SALSA

Ingredients:

10 amaranth leaves, cut into pieces	10 green chilies serranos
1/4 of an onion	1 garlic clove
3 tomatoes	cilantro, chopped, to taste
1/2 cup of amaranth flour	salt, to taste
1 cup of water	

Directions:

- 1.– Roast the tomatoes. When they are ready, peel them.
- 2.– In a food processor, grind the garlic and onion. Add them to the tomatoes and chilis.
- 3.– Add the cilantro, amaranth leaves, salt and water.
- 4.– Mix the amaranth flour in cold water and add to the salsa until everything is well mixed.

GUACAMOLE

Ingredients:

3 large, ripe avocados	3 tomatoes
1 small onion	4 chilies
10 medium-size amaranth leaves	salt, to taste
1 cup puffed amaranth	**1 lemon (optional)

Directions:

- 1.– Remove the avocados' skins and cut them into medium-sized cubes.
- 2.– Chop the onion, tomatoes, amaranth leaves, and chilis. Combine everything with the avocado cubes.
- 3.– Sprinkle in the cup of amaranth cereal and add a pinch of salt.
- 4.– Carefully mix all of the ingredient.

***Optional: sprinkle the juice of a lemon over the avocado cubes.*

LEMONADE

Ingredients:

15 medium lemons	15 amaranth leaves
3 liters of water	sugar (as much as needed)

Directions:

- 1.– Squeeze the lemons and collect their juice in a cup.
- 2.– Blend or grind the amaranth leaves with the lemon juice and a small amount of water.
- 3.– Sweeten the water as desired and add the lemon juice and amaranth leaves.

***This recipe can be made with any fruit.*

HORCHATA

Ingredients:

1 kg of rice, soaked	3 liters of water
2 cups of amaranth flour	cinnamon, to taste
sugar, to taste	**melon, cut into pieces
**nuts, chopped	

Directions:

- 1.– Combine the soaked rice with cinnamon, and grind or blend in a blender.
- 2.– Drain and add it to the water.
- 3.– Separately, dissolve the amaranth flour in water.
- 4.– Combine the liquefied rice with amaranth flour in a large pitcher and add a bit more water.
- 5.– Sweeten the water as usual.
- 6.– Lastly, sprinkle amaranth cereal and serve.

***If you would like, you can add melon and nuts according to your tastes.*

WATERS AND DRINKS

RICE AND AMARANTH DRINK

Ingredients:

1 cup of amaranth flour 1/4 kg of rice
1 cup of amaranth cereal 1 liter of water
sugar and ground cinnamon (as necessary)

Directions:

- 1.— Start to cook the rice and milk on low heat, and when the rice begins to cook, add the cinnamon.
- 2.— Dissolve the amaranth flour in water, and when the rice is well cooked, stir it in along with sugar. Allow everything to boil for about 5 to 10 minutes.
- 3.— Allow it to coo. Sprinkle with amaranth cereal before serving.

OATS AND AMARANTH DRINK

Ingredients:

2 liters of water 1 cup of oats
2 cups of amaranth flour 1 cup of amaranth cereal
cinnamon and sugar, to taste

Directions:

- 1.— Start to boil the water, cinnamon, and oats.
- 2.— Separately, with a bit of water, dissolve the amaranth flour.
- 3.— Stir the dissolved amaranth flour into the boiling water while stirring so it does not stick to the pot. Allow it to reach boiling point.
- 4.— Add the amaranth cereal and sugar. Serve.

***This amaranth flour drink can be used like any other flour drink.*

Stews

MEXICAN-STYLE EGGS

Ingredients:

5 eggs half an onion, chopped
15 amaranth leaves, cut into pieces 3 tomatoes, chopped
1 cup puffed amaranth 2 tbs. oil
4 green chilis, cut into pieces salt, to taste

Directions:

- 1.— Fry the onion in oil. When the onion becomes transparent, add the tomatoes and pieces of amaranth leaves.
- 2.— Stir in the chili pieces. Add eggs and mix together.
- 3.— Add some salt and the cup of amaranth cereal.
- 4.— When the eggs are done, remove from the stove. Serve.

CORN TORTILLAS

Ingredients:

1 cup of puffed amaranth 3 kgs of corn dough
1 cup of amaranth flour 20 large amaranth leaves

Directions:

- 1.— Mix the puffed amaranth and one kilogram of corn tortilla dough.
- 2.— Mix the amaranth leaves with one kilogram of corn tortilla dough.
- 3.— Little by little add the cup of amaranth flour to the last kilogram of corn dough. Be careful not to allow the dough to get too sticky.
- 2.— Take a piece of the dough and flatten it until it forms a large and thin circle.
- 3.— Allow the circle to cook in the comal for a few minutes on each side.
- 4.— Remove from the comal and place in clean napkins so that remains warm until you eat it.

YELLOW CHICKEN WITH AMARANTH

AMARANTH CROQUETTES

Ingredients:

0.5 kg of amaranth leaves	3 eggs
1 cup of ground bread	half block fresh cheese
1/4 cup of amaranth flour	oil for frying
1/2 cup of white flour	
1/4 cup of milk	

Directions:

- 1.– Blend the amaranth leaves with the eggs, milk, and the flours until it becomes a consistent paste. (If necessary, add more milk.)
- 2.– With your hands, form croquettes the thickness of a finger so that they may cook well.
- 3.– Fry in oil on both sides and drain them well over paper towels to remove excess grease.
- 4.– Allow them to cool for a while and serve.

POTATOES IN GREEN SAUCE

Ingredients:

1 kg of potatoes, cubed	4 green chilies
20 amaranth leaves	10 green tomatoes
1/2 an onion	1 stem of epazote
1 tablespoon of oil	salt, to taste
1/2 cup of amaranth flour (powder)	

Directions:

- 1.– Boil the potatoes in water. In a separate pot, set to boil the green tomatoes and chilies.
- 2.– Grind the green tomatoes, chilies, onion, amaranth leaves, and epazote. When everything has been ground, fry it in oil and allow it to marinade.
- 3.– Add the potato pieces.
- 4.– Mix the amaranth flour in cold water and blend it into the salsa until everything is well mixed. Add salt to your taste.

Ingredientes:

1/2 kg of tomatoes	2 onions
10 chilies guajillos	4 chayotes
1/4 kg of green beans	3 potatoes
1 cup of amaranth flour	1 kg of chicken
2 garlic cloves	
Hierba Santa, cumin, pepper, and salt, to taste	

Directions:

1. Begin to cook the chicken with the onion and salt (to your taste).
2. Devein the chilies and toast them over fire. When the chilis are clean and toasted, put them in hot water.
3. begin to cook the chayotes, potatoes and green beans. (Allow them to cook only half way because they will finish being cooked along with the rest of the stew.)
5. Grind the garlic, cumin, pepper, onion, and chilies. Add them to the pot where the chicken is cooking.
6. Add the amaranth leaves and hierba santa.
7. Separately, dissolve the amaranth dough and flour in water. Mix it into the stew.
8. Add the vegetables to the stew and allow them to cook. When everything is done, remove from the stove and serve.

TOSTADAS

Ingredients:

1 small pot of bean paste	20 pieces of toast
1 cup of amaranth flour	cheese, to taste
20 large amaranth leaves, cut	1/2 cabbage, sliced
2 cups of amaranth cereal	

Directions:

- 1.– Little by little, add the amaranth paste to the bean paste. Stir well until the flour cannot be spotted.
- 2.– Combine the cabbage with the amaranth leaves and cereal.
- 3.– Lastly, spread the bean paste over the pieces of toast and top with a generous amount of amaranth leaves and col.
- 4.– Garnish with cheese.