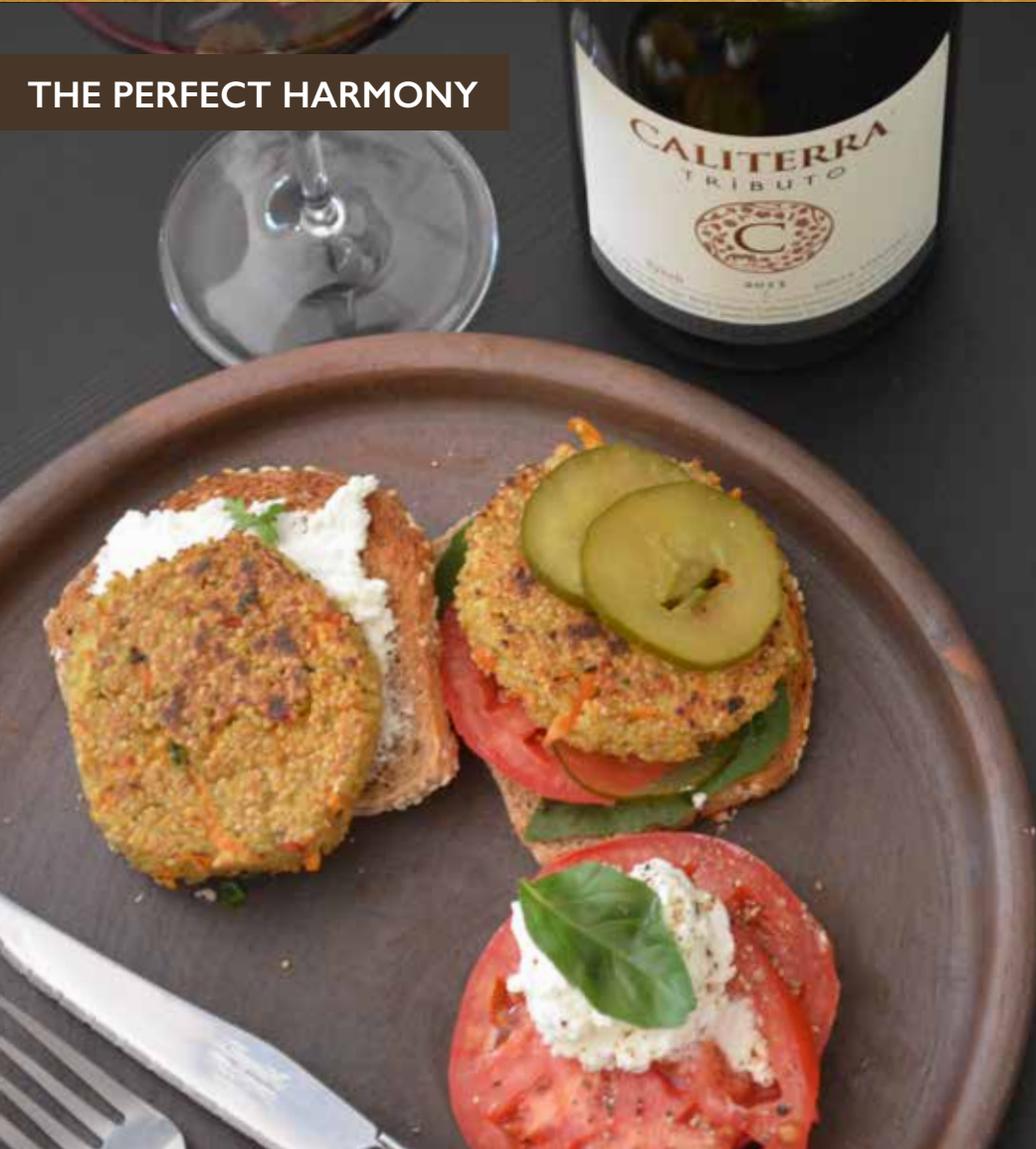




Nuestra Tierra

Newsletter / June-July 2016

THE PERFECT HARMONY



We invite you to try this pairing with our Tributo Syrah 2013:

QUINOA HAMBURGERS WITH CARROTS AND CURRY

Our Syrah combines very well with this simple dish, loaded with semi sweet and spicy seasonings. Quinoa, with its earthy and neutral flavours, is very versatile when combined with syrah, and the tastes of the vegetables and curry provide an excellent balance to the wine's complexity and structure. On the other hand, the acidity of the wine refreshes the palate, and its round tannins provide a delicious and complex finish. We leave you with the recipe:

1. Wash quinoa thoroughly until the water comes out clear; place it in a pot with cold water and bring to boil. Cook for 20 minutes and then turn off the flame. Strain and reserve.
2. Dice onion and pepper and grate the carrot. Sauté onion in coconut oil, add pepper and carrot and the finely chopped parsley. Fry until carrots are soft. Season with salt and pepper.
3. Mix the reserved quinoa and the sautéed vegetables in a bowl; add the eggs and the whole grain breads previously grated in a food processor. Stir well until the mixture reaches a consistency that allows forming hamburgers with your hands. Add a tablespoon of curry powder, salt and pepper.
4. Shape patties of 8 cm in diameter and grill them for 10 minutes on each side on a Teflon covered frying pan with a thin film of coconut oil. Serve with salads or as a sandwich.

Ingredients / 8 servings

· 2 cups quinoa



· 1 carrot



· Coconut oil



· ½ red onion



· 2 farm raised eggs · Curry powder and Parsley



· ¼ red bell pepper



· 4 slices whole grain bread



· Sea salt and fresh pepper

