



There's a Chef in My Kitchen, LLC

## *Quinoa, Orange, and Roasted Leek Salad*

*with orange vinaigrette*

Serves 4 to 6

*Quinoa was known to the Incas as the mother seed – the source of all life. That said, I can't help but believe quinoa is a fabulous grain in every sense of the word. It is loaded with protein, unlike its look-a-like counterpart cous cous, and it is loaded with a light nutty flavor. It is the perfect backdrop to this combination of bright, flavorful citrus and roasted leeks. I like to prepare my quinoa with a combination of filtered water and high quality chicken (preferably homemade) stock. If using a mild flavored canned broth then I suggest using all broth. This simple, but classic, salad balances the nutty sweetness of the grain against the roasted sweetness of the leeks; the bright sweet acidity offered by the oranges and in the dressing, makes it simply perfect.*



Place setting & Serving Pieces: *Casafina Madeira Harvest in Smoked Salmon and Vanilla Cream*  
[www.ProperSetting.com](http://www.ProperSetting.com)

### **Ingredients:**

- 2 tablespoons butter
- 1 tablespoon olive oil
- 2 medium leeks, root end trimmed; white and light green parts only, coarsely chopped
- 1 cup sweet corn kernels (frozen is acceptable)
- 2 cups prepared quinoa
- 1 small cucumber, finely chopped
- 2 red peppers (hot, e.g., Fresno) (substitute jalapenos), seeded and finely chopped
- 2 sweet ripe oranges, peel, pith, and membranes removed, then segmented; coarsely chop the segments of one orange
- 2 tablespoons finely chopped fresh parsley
- 1 tablespoon finely chopped fresh mint
- Zest of 1 orange

### *Orange Dressing:*

- 1 sweet ripe orange, peel, pith, and membranes removed, then segmented (catch any juices from the orange in a bowl and add to the dressing for added orange flavor)
- 1 teaspoon orange zest
- 2 teaspoons light corn syrup
- 2 teaspoons Champagne (or white wine) vinegar
- 1/4 to 1/2 cup grapeseed oil
- Sea salt and fresh ground pepper, to season

### **Preparation:**

Combine the butter and olive oil in a large skillet placed over medium-high heat. When the butter is melted and bubbling, reduce the heat to medium and add the

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leeks and the corn. Toss to coat with the butter and oil. Season with salt. Gently sauté until the leeks and the corn begin to caramelize, about 3 to 5 minutes. Toss. Sauté for another 3 minutes or until the vegetables are well caramelized, but not burnt. Remove from heat and spread on a sheet pan to cool.

In a large mixing bowl, combine the prepared quinoa, cucumber, the pan-roasted leeks and corn, the pepper, and the chopped orange. Add the herbs and the orange zest. Gently toss to combine.

*Prepare the Orange Vinaigrette.* Place the orange segments and the zest into a blender and puree. Add the corn syrup and the vinegar. With the blender running, slowly add the oil until an emulsified dressing forms. Taste after 1/4 cup of oil and add additional oil sparingly until a balance of flavor is achieved. Season to taste with sea salt and fresh ground pepper.

Pour about half of the orange dressing around the prepared quinoa salad and toss until the dressing is evenly dispersed throughout the salad. Refrigerate for at least 20 minutes to allow the flavors to meld.

***To Serve:***

Arrange the orange segments on a chilled salad plate. Mound the quinoa mixture on to the orange segments. Pass the remaining dressing at the table.

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