

what geeks eat...



Quinoa Salad

1/2 an english cucumber, matchsticked
1 jalapeno, sliced thin
1 1/2 inch knob of fresh ginger, chopped fine
2 cups fresh cilantro leaves
2 cups fresh parsley leaves
A handful of grape tomatoes, halved
3 green onions, biased cut, thin
1 1/2 cup quinoa

Cook the quinoa. Sorry, but at this time I have no idea how to properly cook quinoa. Please let me know how if this is a skill you have.

Toss the quinoa until its cooled or alternatively plan ahead and chill it in the refrigerator. Add the veggies.

Blood Orange Vinaigrette

Juice 2 to 4 blood oranges depending on their size
Add olive oil to taste. I think it was about 1/2 cup
Salt and pepper
1/2 teaspoon ground cumin

huge so I knew one pork roast would maybe feed the two of them but not all four of us. That's okay with me because although I love BBQ pork I also love a good hit of protein from fish served on a bed of flavorful grains and veg.

The fish is Marinated Wild White Salmon from TJ's and the salad uses quinoa as the grain and a flavorful array of herbs and veg. I tossed the salad with a blood orange vinaigrette and reserved some to drizzle on the fish...it was delicious and added just the right note of acidity. The nuts on top are Wild Chilean Avellanas that are roasted and lightly salted. The avellana is a hazelnut. But these are crunchier and sweeter...adding just the right addition to a perfect meal. My only issue is I'm still not very good at cooking the quinoa. I tried pouring boiling water over it to, covering it, and setting it aside for 30 minutes, but that didn't work so I finished it off in the microwave for 3 minutes. That took care of it. I think I'll check my http://www.amazon.com/Vegetarian-Cooking-Everyone-Deborah-Madison/dp/0767900146/ref=pd_bbs_sr_1/102-4221527-1069766?ie=UTF8&s=books&qid=1176241084&sr=8-1 Deborah Madison books to see what she says about cooking quinoa. The rest was easy, chop, whisk, grill, serve.

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Whisk until it's cohesive. Reserve about 1/4 cup for the fish and toss the rest on the salad. Refrigerate while you grill the fish.

Grill the fish indoors in a really hot pan coated with canola oil. The outside grill is better but mine needs some repairs.

Once the fish is done plate the salad, add the grilled fish, spoon the reserved vinaigrette over the fish. Add the Avellano nuts, a little sea salt, serve and enjoy.