

Group 1: The impact of toasting

1. Rinse 1 ¼ cup of quinoa with a fine mesh strainer. Keep rinsing until the water runs clear.
2. Divide the quinoa into ½ cup and ½ cup.
3. You will toast one of the ½ cup portions. You can either spread your grains on a rimmed baking sheet and toast in a 350°F oven until lightly browned (about 10 to 15 minutes), or cook them in a dry skillet over medium heat, stirring often, until they're just slightly browned and smell fragrant.
4. The other ½ cup portion will be cooked without toasting. Add the ½ cup portion and 1 cup of water to a saucepan. Once the water has come to a boil, reduce the heat to a simmer and cover the saucepan. Simmer for 15-20 minutes, or until all water is absorbed.
5. Once the toasted quinoa is done toasting, add it to 1 cup of water in a sauce pan. Once the water has come to a boil, reduce the heat to a simmer and cover the saucepan. Simmer for 15-20 minutes, or until all water is absorbed.
6. Fluff gently.
7. Set aside a small portion from one of the batches to refrigerate.

Compare your final products based on the appearance, aroma, flavor, texture. Remember to use words and phrases that are descriptive enough that the reader would be able to identify the food without knowing what it is.

Toasted Quinoa

Appearance	Aroma	Flavor	Texture

Untoasted Quinoa

Appearance	Aroma	Flavor	Texture

Which quinoa did you like better? Why?

Group 2: Boiling Method versus Cover and Simmer Method

Cover and Simmer Method:

1. Combine $\frac{1}{2}$ cup of white rice and 1 cup of water in a saucepan.
2. Bring to a boil.
3. Once boiling, turn the heat down to a simmer. Cover with a lid. Simmer for 15 minutes or until water is absorbed.

Boiling Method:

1. In a POT, bring 1 cup of water to a boil.
2. Add in $\frac{1}{2}$ cup of white rice. DO NOT TURN DOWN THE HEAT.
3. After ten minutes, check the doneness of the rice. It may take 15 minutes.

8. Set aside a small portion from one of the batches to refrigerate.

Compare your final products based on the appearance, aroma, flavor, texture. Remember to use words and phrases that are descriptive enough that the reader would be able to identify the food without knowing what it is.

Simmer and Cover Rice

Appearance	Aroma	Flavor	Texture

Boiled Rice

Appearance	Aroma	Flavor	Texture

Which rice did you like better? Why?

Group 3: Salted Water versus Aromatics/Broth

Salted Water Method:

1. Combine ½ cup of white rice, 1 cup of water, ½ a teaspoon of salt in a saucepan.
2. Bring to a boil.
3. Once boiling, turn the heat down to a simmer. Cover with a lid. Simmer for 15 minutes or until water is absorbed.

Aromatics/Broth Method:

4. Combine ½ cup of white rice, 1 cup of water OR broth, ½ a teaspoon of any combination of herbs (onion, bay, thyme, rosemary, and garlic) in a saucepan.
5. Bring to a boil.
6. Once boiling, turn the heat down to a simmer. Cover with a lid. Simmer for 15 minutes or until water is absorbed.

9. Set aside a small portion from one of the batches to refrigerate.

Compare your final products based on the appearance, aroma, flavor, texture. Remember to use words and phrases that are descriptive enough that the reader would be able to identify the food without knowing what it is.

Salted Water Rice

Appearance	Aroma	Flavor	Texture

Aromatics/Broth Rice

Appearance	Aroma	Flavor	Texture

Which rice did you like better? Why?