

Recipe – Crispy Amaranth Cakes

Ingredients:

- 1 cup amaranth
- 2 cups water
- salt to taste
- 1 tsp onion powder
- coconut fat or olive oil for frying

Directions:

Place the amaranth in a hot saucepan. Cook dry while stirring constantly until the grains begin to turn golden and you hear lots of popping.

Add the water, salt and onion powder and whisk to get out the lumps of onion powder.

Turn heat to low and simmer for 15 minutes or until done, stirring as needed. Cool.

Heat enough coconut fat to cover the skillet.

Form the amaranth porridge into small cakes and place in the hot oil.

Fry until deep golden brown on both sides and serve immediately

If they stick to the pan, they probably aren't done. Letting them cook a bit longer will usually solve the problem.

Serves 8 – 12.