

## ANCIENT GRAIN PORRIDGE

serves 6

150gr Red quinoa  
150gr White quinoa  
200gr Amaranth grains

Cook each grain individually in double its own weight in water. Stir them regularly to ensure that they do not stick to the pot and that they cook evenly. The grains should suck up all of the water and be very tender when finished. If they are still crunchy add more water as needed and continue to cook. Once cooked combine them all in a bowl and season very lightly with salt.

## SPICED HONEY

250gr honey  
10gr cider vinegar  
1gr ground nutmeg  
1gr ground cinnamon  
1gr ground all spice  
Combine all the ingredients and bring to a simmer.

## POACHED PEARS

6 pears  
800gr sugar  
400gr white wine  
1 vanilla pod, split  
1L water  
Juice of 3 lemons

Combine all of the ingredients except the pear in a pot and bring to a simmer. Let simmer. Peel the pears and remove the core through the bottom of the pear using a melon baller. Place in the poaching liquid cover with a cartouche. Simmer for about 30 minutes at a low temperature or until the pear is tender when a knife is passed through it. Place the pot in an ice bath and cool with the pears in it.

## To Assemble

25gr butter  
1L homo milk  
25g brown sugar  
200g oats  
Salt

50g dried cranberries  
30 grams dried blueberries  
15g pumpkin seeds  
15g sunflower seeds

Bring the oats, milk, butter, brown sugar and a pinch of salt to simmer stirring regularly. Once the oats are cooked add the cooked amaranth and quinoa and simmer for another few minutes stirring regularly. The porridge should be thick and rich at this point, if not simmer a few minutes longer. Distribute the porridge into six bowls. Place a poached pear in the center of each porridge and sprinkle with the dried berries and seeds. Finish with a drizzle of spiced honey

