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Pumpkin and Quinoa Salad

Chef Ron Canady of Char's Tracy Mansion

Ingredients

1 pumpkin (8#) – top cut open | seeds out | some flesh for sauté
2 cups quinoa
4 cups fresh chicken stock
24 large shrimp | peeled
6 tablespoons olive oil (split 3 ways)
2 small sweet onions | small dice | split in half
½ ounce fresh ginger | peeled and chopped
3 celery stalks | small dice
1 red and 1 orange pepper | small dice
1 ½ cups dried cranberries
1 medium (*sweet – Johnny Gold) apple | seeded and medium dice
½ cup toasted almonds
6 artichoke hearts | chopped
6 mint leaves | finely cut
1 tablespoon fresh dill | chopped
2 lemons | zest and juice
1 orange | zest and juice
1 tablespoon shiraza hot sauce
1 teaspoon hot pepper flakes
2 tablespoons honey
salt and pepper to taste

Process

Prepare quinoa – set aside uncovered | Heat 2 tbsp oil in pot over medium heat. Add half the onion and sauté 4 to 5 minutes. Add half the garlic and sauté 1 minute. Add quinoa and stir 1 minute. Add chicken stock and bring to a boil. Turn to simmer, cover and cook about 12 minutes until all liquid is absorbed.

Prepare nut & apple mix – set aside | combine apples, almonds, cranberries

Prepare liquid zest mix – set aside | shiraza, honey, lemon, orange, hot pepper flakes

Prepare veggie and pumpkin sauté | Heat 2 tbsp oil over medium heat. Sauté ginger, onion, celery, peppers and pumpkin about 7 minutes. Add to quinoa mixture.

Prepare shrimp | Sauté until opaque (4-5 minutes). Chop and add to quinoa mixture.

Add remaining ingredients | liquid zest mix and nut & apple mix to the quinoa mixture

Mix well and season with salt and pepper