



Millet is a very small, round grain with a history that traces back thousands of years. It was the chief grain in China before rice became popular and continues to sustain people in Africa, China, Russia, and India, among other places. Millet is an extremely nutritious and hardy crop that grows well under harsh or dry conditions, both of which contribute to its widespread use and popularity around the world.

Characteristics

- Gluten-free
- High in protein, fiber, iron, magnesium, and potassium
- Contains silica, which helps keep bones flexible in aging process
- Soothing, especially for indigestion or morning sickness
- Anti-fungal; helps ease Candida symptoms
- Improves breath
- Warming; good to eat in cool or rainy weather
- Supports kidneys and stomach

Uses

Millet can be used in porridges, cereal, soups, and dense breads. It is a delicious wheat-free substitution for couscous, as it has a similar consistency. In parts of Africa, millet is fermented to make beer.

Buying & Storing

Look for yellow colored, raw millet in health food stores. Millet is often found in the bulk section of the health food store and is generally not sold in regular supermarkets. Store in an airtight jar or glass container for six to nine months.

Preparation

Rinse millet before cooking, and use one part millet to two parts liquid.

Basic Millet

Prep Time: 2 minutes

Cooking Time: 30 minutes

Serves 4

Ingredients:

- 1 cup millet
- 2 cups of water
- a few grains of sea salt

Directions:

- Rinse millet in a grain strainer.
- Place all ingredients in a pot with a tight fitting lid.
- Bring to a boil, reduce heat to low.
- Simmer 30 minutes.

More water may be added to make the millet a softer consistency. Millet can also be lightly toasted before cooking to give it a nutty flavor.



Creamy Millet and Amaranth

Prep Time: 2 minutes

Cooking Time: 35 minutes

Serves 6

Ingredients:

- 1 cup millet
- 1/2 cup amaranth
- 3 1/2 - 4 cups water
- 1 teaspoon sea salt

Directions:

- Rinse millet in a grain strainer.
- Put all ingredients in a pot and bring to a boil.
- Turn heat down and simmer for about 35 minutes stirring frequently. When the grains are soft and creamy, it's ready!

Variations:

Serve with a spoon of flaxseed oil on top for a buttery flavor. Top with cooked vegetables or greens and any dressing. Add a teaspoon of cinnamon and 1/4 cup raisins during cooking for a sweet treat! Add chunks of parsnip or carrot during cooking for extra sweetness. Add almonds or other nuts or seeds during cooking for richness and crunch.

Curried Millet

Prep Time: 5 minutes

Cooking Time: 25 minutes

Serves 4

Ingredients:

- 1 cup dry roasted millet
- 1/2 cup crushed cashews
- 3 tablespoons pumpkin seeds
- 1 teaspoon curry powder
- 1 teaspoon grated ginger
- 1 teaspoon sea salt
- 2 cups stock or water

Directions:

- Boil the stock or water in a pot.
- Place remaining ingredients in the pot, bring to a boil, reduce heat to low, and simmer for 20-25 minutes, or until all the liquid is absorbed.
- Fluff with a fork and serve warm