

## Millet (Grains and Seeds)

**Interesting facts:** Cultivation of millet started nearly 10,000 years ago. It was staple food in the East Asia, before rice was domesticated. In Chinese language, word "harmony" is composed of signs for millet and mouth, placed next to one another. Millet is the sixth most important type of grain today. Millet is recommended for gluten-sensitive person. Millet is used mostly as food for birds in America.

**How to prepare and cook:** Before cooking grains, soak them in pure water overnight then rinse them thoroughly. To cook the grain, combine it with water in a heavy steel pot. Do not use aluminum cookware. You may add a pinch of salt, ghee, oil or spices. Bring the grain to a boil, cover the pot, reduce heat, and simmer without stirring until the water is absorbed. Remove from heat and allow the grain to stand, still covered, for ten minutes before serving.

Use 1 cup of grain and 2 ½ cups of water or broth. Cook for 25 minutes. Yields 3 ½ to 4 cups.

### Recipe ideas:

**Simple Millet Hot Cereal:** Toast 1 cup raw millet in a saucepan for 5 minutes or until toasty and golden brown. Add 2 ½ cups boiling water, stir, cover and simmer for 30 minutes or until all the water has been absorbed. Remove from the heat and let stand for another 10 minutes. Add brown sugar, maple syrup, or fresh fruit and serve.

**Note:** An easy way to make whole grain cereal for breakfast is to place the grain in boiling water in a thermos the night before. The cereal will be ready to eat in the morning with all the nutrients intact.

**Savory Millet Upma:** In a skillet or sauté pan that has a lid, toast 1½ cups raw millet over medium heat until the seeds just start to brown. Remove from the heat and set aside. Heat 2 tablespoons olive oil over medium heat. Add 1½ teaspoons mustard seeds and 1½ teaspoons cumin seeds. Let cook for 1 minute or until they just start to pop. Add 2 teaspoons fresh minced ginger and 3 cloves of minced garlic and cook for 1 minute. Add 2 green chiles and 1 tablespoon curry powder. Cook until the aromatics are fragrant. Mix in 1 diced onion and toss to coat in the spices. Cook the onions for 3 minutes until softened a bit. Add 1 diced bell pepper, 1 cup of diced carrots and 4 diced red potatoes. Toss to mix all the veggies and cook for 6 minutes. Add 1 cup chopped broccoli florets, 1 diced yellow squash and 3 chopped plum tomatoes. Season the veggies with kosher salt to taste and cook for another 4 minutes. Add the toasted millet to the pan along with 3 cups water or vegetable broth and bring to a boil. Lower the heat, stir, cover the pot and let cook until the water is absorbed, about 25-30 minutes. When all the water is gone, remove from the heat and let stand, covered, 10 more minutes. Top with a few squeezes of fresh lemon juice and mix in 3 tablespoons fresh chopped cilantro or parsley. Serve while hot. Garnish with extra cilantro or parsley.