

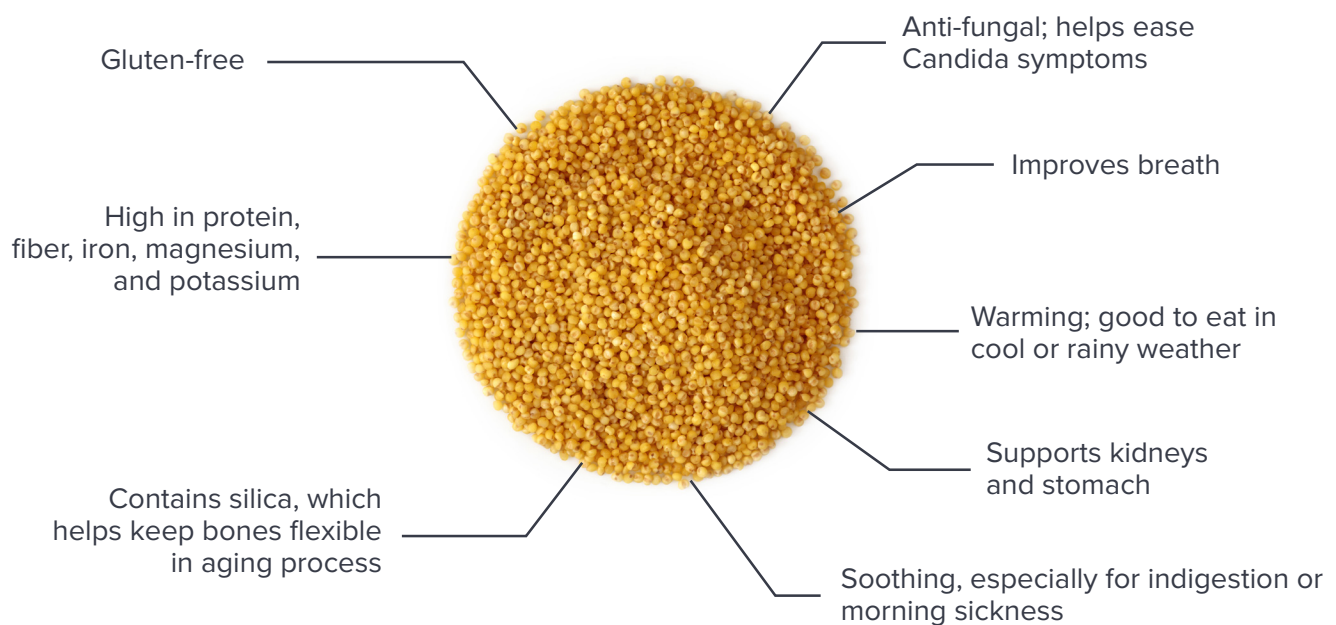
# MILLET

SECONDARY FOODS | WHOLE FOODS

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



## USES AND PREPARATION

Millet can be used in porridges, cereal, soups, and dense breads. It's a delicious wheat-free substitution for couscous, as it has a similar consistency. In parts of Africa, millet is fermented to make beer. Rinse millet before cooking, and use one part millet to two parts liquid.

## BUYING AND 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 isn't generally sold in regular supermarkets. Store in an airtight jar or glass container for 6-9 months.

# BASIC MILLET



**PREP TIME** 2 min



**COOK TIME** 30 min



**YIELD** 4 servings

## INGREDIENTS

- 1 cup millet
- 2 cups water
- Pinch sea salt

## DIRECTIONS

1. Rinse millet in a grain strainer.
2. Place all ingredients in a pot with a tight fitting lid.
3. Bring to a boil and reduce heat to low
4. 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 min



**COOK TIME** 35 min



**YIELD** 6 servings

## INGREDIENTS

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

## DIRECTIONS

1. Rinse millet in a grain strainer.
2. Put all ingredients in a pot and bring to a boil.
3. 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 tsp 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 min



**COOK TIME** 25 min



**YIELD** 4 servings

## INGREDIENTS

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

## DIRECTIONS

1. Boil the stock or water in a pot.
2. 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).
3. Fluff with a fork and serve warm.

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