

Fun with Millet

Introduction to Millet—this wholesome grain is high in protein and is one of the least inflammatory grains. Nearly 30% of the planet eats millet as their basic diet ingredient. It is easily grown in hot dry climates and has a short growing season. Millet can be used in almost any recipe that calls for rice, pasta. It's taste characteristics will vary with the cooking technique.

Shopping for Millet—you can buy millet safely (as a gluten-free person) from the bulk food bins or pre-packaged. Many supermarkets now carry it. You must carefully sort millet out to glean any foreign particles or stray or bad grains. This is easily done on a small light colored plate. Pouring the plate full so that the grain is only one layer deep allows you to gently shake the plate (without throwing on floor). This allows the grain to rotate and you can quickly identify the “icky parts” and remove. At this point, it is good to measure out the amount needed and put into a measuring cup for cleaning. It is easiest to use an oversized cup so that you can fill with cool water and agitate well, pouring off and refilling several times. Water should run fairly clear once the grain is “clean”. You can then dump it into a sieve and give it one final rinse and drain. You are now ready to proceed with your recipe of choice.

Basic Millet (not-mush!) - 4 Servings

Millet is one of the more mush-inclined grains, as it easily absorbs water. If you follow these directions, you stand a good chance of having differentiated millet particles instead of millet paste.

1 C millet
2 C water, very hot (I use microwave)
1 Tbs. butter or margarine, try coconut oil, canola or olive oil

Add oil (butter or margarine) to pan (I like to use a heavy bottomed non-stick pan). Heat and add cleaned, washed and drained millet. Toss and stir, keeping the millet moving to toast equally—when done should have a lightly nutty aroma and be slightly tan in color. Shouldn't take longer than 3-5 min. Add hot water. Stir briefly, and partially cover. Turn heat to low.

Cook the millet for 15 to 20 minutes *only!!!* Stir with a fork halfway through cooking and again at the end. During cooking keep the lid tipped open partially. This will allow the trapped steam escape. So that the millet absorbs the water but doesn't start to break down the grains. When the water has been absorbed, fluff it with a fork, A LOT, and leave it uncovered. This is the best deterrent to mushiness.

You may need to adjust water slightly as the moisture content in the grain can vary a bit depending on it's age.

Mashed Potatoes, NOT = Millet with Cauliflower

If you or your guests cannot eat nightshades like potatoes or peppers; this is a good swap for mashed potato, as a side dish.

Rinse millet and place in a saucepan with the remaining ingredients. Bring to the boil, reduce to a simmer and cover for 25-30 minutes.

1 cup of dried uncooked millet
1 head of cauliflower, chopped
1 tsp onion powder or garlic powder
more seasoning suggestions below
4 cups of water
(less if you want a drier result)
Pinch of sea salt

Remove from the heat, let it stand for about 5 minutes then mash with potato masher or use a mixer. Serve hot, topped with chives, roasted garlic, butter or even gravy!!

I have jazzed this up by cooking with roasted garlic, fresh herbs and/or dashes of spices like cumin for a less bland version.

Millet Breakfast Muffins adapted from Whole Life Nutrition Cookbook www.wholelifefood.com Tom Malterre and Ali Segersten

A hearty and delicious breakfast muffin to start your day right. Made with dried or fresh fruits and nuts and/or seed added will help to keep you going and will stick with you. These are gluten-free, dairy free and egg free. If you have difficulty with tree nuts, use sunflower, pumpkin, sesame seeds or a combination of them.

2 cups millet flour (can also use Teff)
½ cup tapioca flour
2 tablespoons ground flax seeds
2 teaspoons baking powder
½ teaspoon baking soda
1 teaspoon xanthan gum
½ teaspoon sea salt
1 teaspoon cinnamon
½ teaspoon nutmeg
¾ cup orange juice
½ cup applesauce
½ cup agave nectar, honey, or maple syrup
⅓ cup extra virgin olive oil or melted virgin coconut oil or grape seed oil
½ cup chopped walnuts or pecans
½ cup Zante currants, raisins or dried cranberries or other fruit
1 cup grated carrots
1 small tart apple, diced, leave peel on for extra vitamins and fibre but chop finely.

Preheat oven to 350 degrees. Oil a 12-cup muffin pan.

In a medium sized mixing bowl, add the millet flour, tapioca flour, ground flax, baking powder, baking soda, xanthan gum, sea salt, cinnamon, and nutmeg. Whisk together well.

In another mixing bowl, whisk together the orange juice, applesauce, agave nectar, and oil.

Add the wet ingredients to the dry and whisk together. Then add the nuts, dried fruit, and grated carrots, and diced apples. Continue to mix with a large wooden spoon until all of the ingredients are combined. Be sure to not over mix the batter!

Spoon batter into oiled muffin cups and bake for about 25 to 30 minutes. Cool muffins on a wire rack. Source: www.NourishingMeals.com

Millet Pancakes

Pull out your favorite pancake recipe. Reduce your GF flour mixture by half. Leave all other ingredients the same. Add the “missing flour” in the same quantity, using millet flour (see box to right). Allow your batter to “rest” for about half an hour. Cook, as per usual.

Quantity of millet flour to replace the flour cut in half from your favorite pancake recipe.

Millet pancakes make a “heartier” pancake, suitable for dinner or snacking. Great as a “bread” with casserole type entrees

Crockpot Grains

You can use any combination of grains and vegetables. Just use approximately the same total quantities. For grains, approx. 1 C total.

Directions

Clean millet by sorting for small foreign objects. Measure dry millet, quinoa and brown rice into a sieve. *You can replace any of these grains with other gluten-free grains to suit your taste. Options include amaranth, buckwheat, teff, wild rice, or gourmet brown rice blend; total 1 cup.

Place sieve into a bowl or pan and fill with water so that the grains are covered. Agitate well, drain, change water, repeat twice. Rinse grains under running water and set aside.

Prepare fresh vegetables, these can also be adjusted to your tastes, measure should be about 3 1/2 cups of vegetables. Fresh tomatoes are also optional.

Kidney beans can be deleted or substitute a different bean.

Corn and/or tomatoes can be deleted or substitute for green peas, asparagus, broccoli, use your imagination (or what is on sale at the store!)

Pour one cup measure of grains into crockpot. Add water, then combine all remaining ingredients in a crockpot.

Steamed Salmon

from Mary Jensen and Fumio Otsu, adapted from Whole Life Nutrition

1 pound wild salmon fillet
Celery (1-2 stalks), chopped
Leeks (1-2), sliced 1/4 " rounds
Brown sugar or maple sugar (optional)
Herbamare or salt
Fresh basil, fennel, rosemary, thyme, or fresh herb of choice, chopped (optional)
Red bell pepper, sliced (optional)

Place celery and leeks into a pan at least 2" deep and wide enough to hold your salmon. Add water – just enough to almost cover

1/2	cup	Millet, uncooked* see notes
1/4	cup	Quinoa, uncooked*
1/4	cup	Brown rice, uncooked*
1	cup	Onions, chopped
1	cup	Green bell pepper, chopped
1	cup	Cabbage, chopped
1/2	cup	Carrots, chopped
16	ounces	kidney beans, canned, rinsed
26	ounces	Spaghetti sauce, canned
1	cup	Water
1	cup	Tomatoes, fresh, chopped
1 1/2	cup	Corn, frozen or canned
1	tspn	Mixed dried Italian herbs
1/2	tspn	garlic powder
x	To taste	salt
x	To taste	black pepper

Cover and cook on low setting 8 hours. Stir before serving.

Serves 8 as a side dish and 4 - 6 as a filling main course. Try as a filling inside fresh cabbage leaf wraps.

vegetables - about 1 inch.

Place salmon on top of celery and leeks, skin side down.

Sprinkle to taste with brown or maple sugar, about 2 tablespoons.

Sprinkle to taste with Herbamare or salt.

Add optional chopped herb and red pepper.

Steam covered over medium heat for 10-15 minutes or until salmon is cooked through.

Serve with steamed salmon topped with steamed celery, leeks, and red pepper.

Vegetable Nut Appetizers

Heavily Adapted from Vegetable Walnut Patties in John Robbin's "May All Be Fed"

Place cooked millet in large bowl.

In a medium frying pan heat vegetable oil then add celery and green onions, cooked until softened, About 5 minutes. Add to bowl with millet.

Add remaining ingredients. You can increase seeds/nuts to 2 C if you prefer. Also, you can substitute for your choice of nuts or use pumpkin seeds. Stir until well blended. Use spoon to measure small mounds onto nonstick cookie sheet or an oiled sheet if not non-stick. If desired, sprinkle lightly with sesame seeds or sunflower seeds, if desired.

Pour off excess seeds before placing in oven. Bake at 400 degrees F for 20 - 30 minutes
Serve warm. Makes approx. 50 "two-bite" sized appetizers. Serve with dip or barbeque sauce.

2 C millet, cooked, soft, "mush" style
1 Tbs vegetable oil
2 stalk celery (or heart), chopped
1 bunch green onions, chopped
2 C cooked brown rice
1/4 C Garfava flour (or other bean flour)
1/4 C GF flour blend
1 C fresh parsley, chopped
1 medium carrot grated
1/2 C lightly ground sunflower seeds
1/2 C lightly ground sesame seeds
2 tsp. dried basil, or 1/2 C fresh
1 tsp dried thyme or 2 tsp. fresh
3 Tbs. GF soy sauce
Sea Salt and Pepper if desired

Autumn Millet Bake

from Mark Bittman

Preheat the oven to 375F and grease a 2-quart casserole, a large gratin dish, or a 9x13-inch baking dish with olive oil.

Put 2 tablespoons of the oil in a small skillet over medium-high heat. When hot, add the millet and toast, stirring frequently, until fragrant and golden, about 3 minutes. Spread in the bottom of the prepared baking dish.

Scatter the squash or pumpkin cubes and the cranberries on top of the millet. Sprinkle with salt and pepper and the sage and drizzle with syrup. Carefully pour the warmed stock over all. Cover tightly with lid or foil and bake without disturbing, for 45 minutes.

Carefully uncover and turn the oven to 400F. Taste a bit and adjust the seasoning. Millet should be close to being cooked at this point. If it seems too dry, add a spoonful or two of water or stock. Sprinkle the pumpkin seeds on top, and return the dish to the oven. Bake until the mixture bubbles and the top is browned, another 10 minutes or so. Serve piping hot or at room temperature— is tasty either way. Drizzle with the remaining olive oil if you like, just before serving.

1/4 cup extra virgin olive oil, plus oil for the dish (see note at end)
3/4 cup millet
1 medium butternut or other winter squash or 1 small pumpkin, peeled seeded and cut into 1-inch cubes
1 cup fresh (or dried) cranberries
Salt and freshly ground pepper
1 tablespoon minced sage leaves or 1 teaspoon dried
2 tablespoons maple syrup or honey
1 1/2 cup vegetable stock or water, warmed*
1/4 cup pumpkin seeds or coarsely chopped hazelnuts