



# How To Cook Perfect Millet Every Time

## How to Cook Millet

*Makes about 3 1/2 cups*

*While I list the butter as optional here, it really helps keep the millet from sticking together, and a little bit of salt goes a long way.*

## What You Need

### Ingredients

- 1 cup raw millet
- 2 cups water (or broth, if you'd prefer)
- ¼ teaspoon salt, optional
- 1 tablespoon unsalted butter, optional

### Equipment

- 2-quart saucepan with lid
- Stirring spoon
- Measuring cup and spoons

## Instructions

- 1. Measure millet and cooking liquid:** You'll need 1 cup of raw millet and 2 cups of cooking liquid (water or broth).
- 2. Toast millet:** In a large, dry saucepan, toast the raw millet over medium heat for 4-5 minutes or until it turns a rich golden brown and the grains become fragrant. Be careful not to let them burn.
- 3. Add the water and salt to the pan:** Since the pan is hot, the water will sputter a bit when you pour it in. After adding water and salt, give the millet a good stir.
- 4. Bring the liquid to a boil:** Increase the heat to high and bring the mixture to a boil.
- 5. Lower the heat and simmer:** Decrease the heat to low, drop in the butter and cover the pot. Simmer until the grains absorb most of the water (they'll continue soaking it up as they sit), about 15 minutes. Avoid the temptation to peek a great deal or stir too much (unless its sticking to the bottom). Stirring too vigorously will break up the grains and change the texture.

**6. Remove From Heat and Let Stand:** Like most grains, millet needs a little time off the heat to fully absorb the liquid. Allow it to sit, covered and removed from heat, for 10 minutes.

**7. Fluff and Serve!** After millet sits, fluff it with a fork. Taste and add additional salt if you'd like. Millet does not keep well and is best served warm (see Additional Notes below). ]

### **Additional Notes:**

- To make millet porridge, increase the liquid to 3 cups and stir every few minutes as the millet simmers.
- In terms of texture, some of millet's little beads will cook more quickly than others. You'll likely have some softer grains and some chewy or even crunchy grains. I find this to be a good thing!
- In addition, millet is one thirsty grain and doesn't keep incredibly well overnight. So while I often double or triple many grain recipes to have leftovers for the week, I don't do this with millet as I find leftovers to be quite dry.
- Millet is best served warm.



Millet may not be the most common type of seed crop that you're expecting on your table, but in fact, this group of highly variable seeded grasses are cultivated throughout the world, both for livestock feed and human consumption. It is mainly grown in developing countries, but its quick growing season and ability to grow in relatively harsh, arid, dry environments makes it an ideal crop for many countries. Although there are many different varieties of millet grown around the world, the most common cultivar is *Pennisetum glaucum*, also known as pearl millet. In terms of history, millet likely originated in Africa, but then spread through Asia and the Middle East as early as 10,000 years ago, as it seems that millet was already quite spread out by that point in ancient history. Their reliability to survive harsh conditions made them the perfect crop, and they are still preferred for that reason today.

Millet is counted on around the world to provide basic nutrition for many developing nations. Millet is so important because of its uniquely high content of nutrients, including impressive starch levels, very high B-vitamin content, as well as calcium, iron, potassium, zinc, magnesium, not to mention being a healthy source of essential fats in the body. Furthermore, there are significant levels of protein and dietary fibre in millet as well, which contribute to even more health benefits of this important grain.

## **Millet Salad Bowl**

(serves 1)

Small individual-sized "bowl"

Leafy Greens

Cooked Millet

Berries

Nuts/Seeds

Grated Cheese

Dressing of your choice

Line bowl with greens. Add spoonfuls and sprinklings of other items. Dress and serve.