

SIMMERED MILLET

2 cups millet
7 cups water
1 teaspoon sea salt

1. Bring water and salt to a rolling boil in a covered pot.
2. Wash millet like washing sesame seeds. (See gomashio recipe) With this method any stones and sand stay in the bottom of the bowl. If there are many stones left, repeat this process until clean.
3. Add washed millet to boiling water. Cover and return to a boil.
4. Place a heat deflector under pot. Reduce the flame to a medium low and cook for 45 minutes.
5. Shut off the flame. Remove pot from the stove and allow millet to rest for 10 minutes.
6. Remove lid and place millet in a serving bowl. Cover with a mat.

Variation: Fresh corn, cauliflower or winter squash are delicious additions to millet. Add any one of them at step #3 when the millet is added to the boiling water.