

Millet with Squash

2 cups organic millet, washed

1 cup buttercup or butternut squash, cubed

6 cups boiling water

pinch of sea salt

Place the millet, squash, and sea salt in the pot of boiling water. Cover and reduce the flame to medium-low. Simmer for 30 to 35 minutes. Remove from the flame and place in a serving dish.

Millet with Sweet Vegetables

2 cups organic millet, washed and dry-roasted

1/2 cup winter squash, cubed

1/2 cup cabbage, sliced in 1 inch chunks

1/4 cup onion, diced

1/4 cup carrot, diced

6 cups boiling water

pinch of sea salt

Millet with Sautéed Vegetables

2 cups organic millet, washed

1/4 cup onion, diced

3 shiitake mushrooms, soaked, stems removed, and diced

1/2 cup carrot, diced

1/2 cup green string beans, sliced in half

sesame oil

6 cups boiling water

pinch of sea salt

Place a small amount of sesame oil in a skillet and heat. Sauté the onions for 1 to 2 minutes. Add the shiitake, carrot, and string beans. Sauté for 2 to 3 minutes. Place the sautéed vegetables, millet, and sea salt in the pot of boiling water. Mix, cover, and bring to a boil again. Reduce the flame to medium-low and simmer for 30 to 35 minutes. Remove from the flame and place in a serving bowl.

Millet with Cauliflower

2 cups organic millet, washed

6 cups boiling water

2 cups cauliflower, cut in florets

pinch of sea salt

Place the millet, cauliflower, and sea salt in the pot of boiling water. Cover and bring to a boil again. Reduce the flame to medium-low and simmer for 30 to 35 minutes. Remove the cover and place in a serving bowl.

Millet with Almonds

2 cups organic millet, washed
1/2 cup organic almonds, washed
6 cups boiling water
pinch of sea salt

90

water, for blanching almonds

Place 1/2 inch water in a small saucepan, cover, and bring to a boil. Add the almonds, cover, and simmer for 1 minute. Pour the almonds into a strainer and drain. Squeeze each almond between your thumb and index finger to remove the skin. Discard the skins. Add the millet, almonds, and sea salt to the pot of boiling water. Mix, cover, and bring to a boil again. Reduce the flame to medium-low and simmer for 30 to 35 minutes. Remove from the flame and place the millet and almonds in a serving bowl.

Millet with Sesame Seeds and Chives

2 cups organic millet, washed

6 cups boiling water

pinch of sea salt

1/4 cup tan or black sesame seeds, washed and dry-roasted

1/4 cup chives, finely chopped

Boil the millet as instructed for 30 to 35 minutes. Remove from the flame. Remove the cover and thoroughly mix in the roasted sesame seeds and chives so they are evenly distributed throughout the grain. Serve.

Millet with Seitan and Vegetables

2 cups organic millet, washed

1 cup cooked seitan, diced

1 cup green peas, shelled

1 ear sweet corn, removed from cob

6 cups boiling water

Place the millet, seitan, and vegetables in the pot of boiling water. Do not add sea salt as the seitan is cooked in soy sauce and is already salty. Mix the ingredients, cover, and bring to a boil again. Reduce the flame to medium-low and simmer for 30 to 35 minutes. Remove from the flame and place in a serving bowl.

Boiled Millet Mashed Potatoes

2 cups organic millet, washed

1 medium-sized cauliflower, sliced in florets

6 cups boiling water

pinch of sea salt

Place the millet, cauliflower, and sea salt in the pot of boiling water. Mix, cover, and bring to a boil again. Reduce the flame to medium-low and simmer for 30 to 35 minutes. Remove from the flame and take the cover off. Mash the millet and cauliflower with a potato masher or wooden pestle until they are the consistency of mashed potatoes. Place in a serving bowl.

Millet Mashed Potatoes with Red Pepper-Miso Sauce

5 to 6 cups cooked millet mashed potatoes

2 cups sweet red pepper, sliced thin

1 cup onion, sliced in thin half-moons

1 Tbsp mellow barley miso, puréed

1/2 cup plain soymilk

olive oil or rice bran oil

parsley, minced, for garnish

Place a small amount of oil in a skillet and heat. Add the onion and sauté for 1 to 2 minutes. Add the sliced pepper and sauté for another 3 to 4 minutes. Add the soymilk and puréed miso. Mix well. Cover the skillet, reduce the flame to low, and simmer for about 5 to 7 minutes. Remove from the flame and place in a serving bowl. Spoon the sauce over the millet mashed potatoes when serving. Garnish with chopped parsley and serve.

Millet Gomoku (Millet with Mixed Vegetables)

- 2 cups organic millet, washed and dry-roasted**
- 1/2 cup cooked seitan, fried tempeh, or deep-fried tofu, diced**
- 1/2 cup carrot, diced**
- 1/4 cup burdock, diced**
- 1/4 cup celery, diced**
- 1 cup sweet corn, removed from cob**
- 1/4 cup daikon, diced**
- 1/4 cup rutabaga, diced**
- 4 cups water**

Place all ingredients in a pressure cooker, mix, and cover. Bring up to pressure over a high flame. Reduce the flame to medium-low and place a flame deflector under the cooker. Cook for 15 minutes. Remove from the flame and allow the pressure to come down. Remove the cover and place the gomoku in a serving bowl.

Millet Burgers with Tamari-Ginger Sauce

4 cups leftover cooked millet

1/4 cup onion, minced

1/4 cup carrot, finely diced

1/4 cup celery, finely diced

2 Tbsp parsley, minced

1/4 cup pumpkin seeds, roasted and half-ground or crushed

1/2 cup water

whole wheat pastry flour

tamari soy sauce

light or dark sesame oil

Place the millet, onion, carrot, celery, parsley, and pumpkin seeds in a mix-

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1/2 cup water

whole wheat pastry flour

tamari soy sauce

light or dark sesame oil

Place the millet, onion, carrot, celery, parsley, and pumpkin seeds in a mix-

ing bowl. If the millet is dry, add the above amount of water. If the millet is soft and wet, add enough whole wheat pastry flour to hold the millet together well enough to form burgers. Season with a little tamari soy sauce. Form the millet mixture into balls and flatten out to form burgers or patty shapes. Heat oil on a pancake griddle. Place 4 to 5 burgers on the griddle and fry over a medium flame until golden. Flip the burgers over and fry the other side until golden. Remove and place on a serving platter.

Tamari-Ginger Sauce

1/4 cup tamari soy sauce

3/4 cup water

1 tsp ginger juice

Place the soy sauce and water in a saucepan. Heat over a high flame until almost boiling. Reduce the flame to low and simmer 1 to 2 minutes. Turn the flame off and add the ginger juice. Mix and spoon the sauce over each burger. Serve hot.

Millet and Lentil Burgers

2 cups leftover cooked millet
2 cup cooked lentils
1/2 cup onion, minced
1/4 cup celery, minced
2 Tbsp parsley, minced
2 Tbsp garlic, minced (optional)
tamari soy sauce
sesame or corn oil

Mix the millet, lentils, and vegetables. Season with a little tamari soy sauce and mix again. Form into burgers. Heat an oiled skillet and place 4 to 5 burgers on it. Fry until golden. Flip over and fry the other side until golden. Repeat until all burgers have been fried. Place on a serving platter. Serve with your favorite sauce, gravy, or natural mustard and sauerkraut.

Millet Loaf with Mushroom Sauce

1 cup organic millet, washed
1/2 cup carrot, diced
1/2 cup leek, sliced
1/4 cup celery, diced
1/4 cup burdock, diced
3 cups boiling water
pinch of sea salt
1/4 cup whole wheat pastry flour
1 1/2 cups water or vegetable stock
1/2 cup onion, minced
1/4 lb mushrooms, sliced
1 1/2 Tbsp tamari soy sauce
sesame oil or corn oil
parsley, minced, for garnish

Place the millet, carrot, leek, celery, and sea salt in the pot of boiling water. Mix, cover, and bring to a boil again. Reduce the flame to medium-low and simmer for 30 to 35 minutes. Remove from the flame. Very lightly oil a loaf pan or casserole dish and place the cooked millet and vegetables in it. Press the mil-

let down firmly in the pan so that the surface is even.

Brush a skillet with oil and heat. Sauté the onion and mushrooms for several minutes until the onions are translucent. Sprinkle the flour over the vegetables and mix it in with the vegetables to evenly coat them. Slowly add the water, stirring constantly to prevent lumping. Bring to a boil. Reduce the flame to low, cover, and simmer for 5 to 7 minutes, stirring occasionally to prevent sticking and burning.

With a chopstick, poke several small holes in the millet so that it can absorb the sauce. Pour the mushroom sauce over the millet. Bake at 350 degrees F. for 30 to 35 minutes. Remove from the oven. Slice and serve or scoop out with a spoon and serve. Garnish with chopped parsley.

Millet and Chickpea Salad

- 3 cups cooked millet
- 1 cup cooked chickpeas
- 1/2 cup red onion, diced
- 1/2 cup green peas, shelled
- 1/4 cup carrot, diced
- 1 Tbsp burdock, diced
- 1/2 cup sweet corn, removed from cob
- 1 Tbsp chives, scallion, or parsley, chopped
- 3 umeboshi plums, pits removed
- 3 Tbsp organic roasted tahini
- 1 Tbsp onion, finely grated
- 3/4 cup water

Place the millet, chickpeas, and red onion in a mixing bowl. Blanch the green peas for 2 minutes in boiling water. Remove, drain, and place in the mixing bowl. Blanch the carrot for 1 minute, the burdock for 2 minutes, and the sweet corn for 1 1/2 minutes. Place in the mixing bowl.

Grind the umeboshi plums in a suribachi until it becomes a smooth paste. Add the tahini and grind again until evenly mixed with the umeboshi. Add the onion and grind. Slowly add the water, puréeing constantly until the dressing is smooth and creamy. Pour the dressing over the millet salad ingredients and mix thoroughly. Place in a serving bowl. Garnish with chopped chives.

Fried Millet with Vegetables

3 cups leftover cooked millet
1/4 cup onion, diced
1/4 cup carrot, diced
1/2 cup cabbage, sliced in 1 inch pieces
1/4 cup water
1/4 cup scallion, finely chopped
tamari soy sauce
sesame oil

Oil a skillet and heat. Sauté the onion for 1 to 2 minutes. Layer the carrot, cabbage, and millet on top of the onion. Add water, cover, and reduce the flame to low. When the millet is hot and the vegetables are cooked, season with several drops of tamari soy sauce and mix. Cover and cook for another 3 to 4 minutes. Sprinkle the scallion on top, cover, and cook for another minute or so. Place in a serving bowl.