



## **How to cook millet**

Millet is so versatile, it can be used in main dishes and desserts. It has a delicate nutty flavor and, depending on how it is cooked, a texture that can be crunchy or soft. We think the flavor complements winter squashes particularly well, making it a perfect grain for this time of year.

- To cook basic millet: Rinse and drain millet. In a medium saucepan, bring 2 1/2 cups water and 1 cup millet to a boil. Cover, reduce heat to medium-low, and cook 15 minutes. Remove from heat and let sit uncovered for 20 minutes. Toss with butter or olive oil and season to taste with salt, pepper, or herbs. Makes about 3 cups.
- For a softer texture similar to mashed potatoes, increase water to 3 1/2 cups and simmer, covered, until water is absorbed, about 45 minutes to an hour.
- For a nuttier flavor, toast the millet before cooking. Toast it in a dry skillet over medium heat, stirring constantly until fragrant, about 3 minutes.
- Leftover millet can be tossed into salads, stir-fried with tofu and vegetables, shaped into croquettes, or simmered with milk, honey, and cinnamon for breakfast.