

Millet

Ingredients

- 1 cup millet
- 2 cups water

Instructions

1. Thoroughly rinse the millet in a fine strain.
2. Combine the millet and water in large pan and simmer for 15-20 minutes.
3. Remove from the heat and let the millet rest for 10 minutes for a fluffy texture.

The millet can also be prepared in a rice cooker with the same ratio.

For a nuttier flavor you can toast the millet for a few minutes in a dry pan before cooking with the water.