



# MILLET RECIPE CARDS



## Whole Grain Porridge

MILLET  
RECIPE



### DIRECTIONS

Grains can be soaked overnight with water and salt and cooked in the morning for half the time.

1. In a medium pot, bring water and salt to rapid boil. Add the grain and return to the boiling point.
2. Boil for 5 minutes.
3. Reduce heat to very low, and simmer with lid for 20 minutes.
4. To a small bowl or measuring cup, add milk, nut butter and maple syrup. Stir to combine.
5. Divide the grain in portions and pour the milk mixture overtop of each, stir to combine.

### INGREDIENTS

- 1 cup millet, rinsed
- 2 cups water
- ½ teaspoon sea salt
- 2 tablespoons almond butter
- 1 tablespoon pure maple syrup
- 1 cup of seasonal frozen berries or sliced apples
- 1 teaspoon cinnamon
- 1 cup of milk or milk alternative

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## MILLET RECIPE CARDS

### Millet Pancakes

MILLET  
RECIPE

POUND  
FOR CHANGE



#### DIRECTIONS

1. Sift flour into a bowl and gradually pour in the warm water, stirring and mixing well as you do so to make a smooth, runny paste. Set aside for 4 hours.
2. After this, heat the margarine or oil in a shallow pan or griddle plate. While it is warming, beat the batter with a spoon.
3. When the margarine or oil is hot, ladle or pour enough batter in the pan to make a saucer sized pancake and cook until crisp. You can turn it once if you like but it is not essential.

\*This dish is often served as a snack with honey or fruit chutney

#### INGREDIENTS

- 2 cups millet flour
- 1 ¼ cup lukewarm water
- Margarine or oil
- Sugar to taste
- 1 pinch of salt

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### Nutty Porridge

MILLET  
RECIPE

POUND  
FOR CHANGE



#### DIRECTIONS

1. Heat a medium pot over medium heat. Add millet, stirring grains until they become fragrant. Add water and salt, and bring to a boil.
2. Simmer for 15 minutes, stirring occasionally, until porridge is soft like oatmeal. Add butter and honey, stirring well. Serve hot, topped with fruit.

#### INGREDIENTS

2 servings

- 1 cup raw millet
- 5 cups water
- ½ teaspoon sea salt
- 4 teaspoons butter
- 6 tablespoons honey
- ¼ cup fresh blueberries  
or dried cranberries

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## MILLET RECIPE CARDS

### Savoury Millet Cake

MILLET  
RECIPE

**POUND  
FOR CHANGE**



#### DIRECTIONS

1. Rinse millet in cold water and drain.
2. Pour stock into saucepan and add millet.
3. Bring to the boil.
4. Skim surface gently with a spoon if necessary.
5. Cover and simmer on low heat for about 25 minutes until all the liquid has been absorbed.
6. Remove from heat, cover and leave to stand for 10 minutes.
7. Add butter and stir well.
8. Beat eggs and milk together.
9. Add salt and black pepper, oregano and almonds.
10. Stir into the millet.
11. Grease an oven proof dish and pour in the mixture
12. Bake in a hot pre-heated oven (430°F) for 10 - 15 minutes.

#### INGREDIENTS

- 8 ozs (225g) millet
- $\frac{3}{4}$  pint (400 mls) chicken or vegetable stock
- 4 tablespoons butter
- 3 eggs
- 4 tablespoons milk (soya or dairy)
- Salt and plenty of freshly ground black pepper
- 1 teaspoon oregano
- 1 tablespoon finely chopped almonds

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### Millet Croquettes

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#### DIRECTIONS

Preheat oven to 350°F

1. Rinse and dry toast millet and amaranth for a few minutes, add 2 cups of water and cook for 30 minutes.
2. Grind the toasted walnuts or sunflower seeds to a powder or alternatively use whole for a crunch and nutty texture.
3. Sauté onions and a bit of olive oil over medium heat, once onions have softened add kale, carrots, chopped dill and scallions until wilted and cooked together.
4. Combine all ingredients in a large bowl; add corn flour, salt, turmeric, sesame oil and tamari.
5. Form into 2 inch logs on baking sheet with parchment paper and bake for 25 - 30 minutes at 350°F.

#### INGREDIENTS

- 1 cup millet (or  $\frac{1}{2}$  millet and  $\frac{1}{2}$  amaranth)
- 2 cups of water
- $\frac{1}{4}$  cup corn flour
- $\frac{1}{2}$  cup toasted walnuts or sunflower seeds (grounded)
- 1 carrot, shredded
- 2 scallions, minced or  $\frac{1}{4}$  cup chopped parsley
- 1 bunch of kale, chopped
- $\frac{1}{4}$  cup chopped dill
- 1 onion, diced
- Dash of turmeric
- 1 teaspoon sea salt
- 1 tablespoon sesame oil
- 1 tablespoon tamari

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## MILLET RECIPE CARDS

### Easy Mexican Millet

MILLET  
RECIPE

**POUND  
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#### DIRECTIONS

1. Bring millet and water to a boil. Cover and turn down heat until all water is absorbed (about 15 - 20 minutes).
2. In a large skillet, heat oil over medium-high heat and add garlic and corn. Sauté for 2 minutes and then add tomatoes. Season lightly with salt and pepper.
3. Add the cumin. Let simmer for 5 minutes. Remove from heat and add the millet. Mix well and season with salt and pepper, to taste. Add in the cilantro and serve.

Recommended by Chef Heinz Haas

#### INGREDIENTS

6 servings

- 1 cup millet
- 2 cups water
- 2 teaspoons olive oil
- 1 clove garlic, minced
- 2 fresh ears corn, kernels removed (or the equivalent in frozen or canned)
- 4 large tomatoes, diced
- Salt and pepper, to taste
- 1 tablespoon cumin
- 1 ½ cups cilantro, chopped

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### Delicious Millet Patties

MILLET  
RECIPE

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#### DIRECTIONS

1. Mix all ingredients in a bowl. Add water till soft (but not mushy) and you are able to form patties (or if you want them for an entree, tiny meatballs with toothpicks on them).
2. Place them on an oiled cookie sheet. Bake at 350°F for 30 minutes or till golden brown. If you want, you can serve them with your favorite gravy or sauce if they are to accompany a dish. These are versatile, you can also serve them with a lot of sautéed onions and peppers on top.

Recommended by Chef Heinz Haas

#### INGREDIENTS

- 1 cup cooked millet
- 2 cups quick oats
- 1 cup bread crumbs
- 3 tablespoons sesame seeds (toasted)
- 1 teaspoon celery salt
- ½ teaspoon paprika
- ¼ teaspoon sweet basil
- ⅛ teaspoon oregano powder
- ¼ teaspoon garlic granules
- 2 tablespoons grated onion
- 1 tablespoon extra virgin olive oil
- 1 tablespoon cereal coffee
- Salt to taste (optional)

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