

## How to Cook Millet

**Makes about 3 1/2 cups**

### INGREDIENTS

- 1 cup raw millet
- 2 cups water (or broth, if you'd prefer)
- 1/4 teaspoon salt, optional
- 1 tablespoon unsalted butter, optional

### INSTRUCTIONS

1. **Measure millet and cooking liquid:** You'll need 1 cup of raw millet and 2 cups of cooking liquid (water or broth).
2. **Toast millet:** In a large, dry saucepan, toast the raw millet over medium heat for 4-5 minutes or until it turns a rich golden brown and the grains become fragrant. Be careful not to let them burn.
3. **Add the water and salt to the pan:** Since the pan is hot, the water will sputter a bit when you pour it in. After adding water and salt, give the millet a good stir.
4. **Bring the liquid to a boil:** Increase the heat to high and bring the mixture to a boil.
5. **Lower the heat and simmer:** Decrease the heat to low, drop in the butter and cover the pot. Simmer until the grains absorb most of the water (they'll continue soaking it up as they sit), about 15 minutes. Avoid the temptation to peek a great deal or stir too much (unless its sticking to the bottom). Stirring too vigorously will break up the grains and change the texture.
6. **Remove from heat and let stand:** Like most grains, millet needs a little time off the heat to fully absorb the liquid. Allow it to sit, covered and removed from heat, for 10 minutes.
7. **Fluff and serve!** After the millet sits, fluff it with a fork. Taste and add additional salt if you'd like.

**Millet does not keep well and is best served warm.**

### RECIPE NOTES

While I list the butter as optional here, it really helps keep the millet from sticking together, and a little bit of salt goes a long way.

### PORRIDGE

1. To make millet porridge, increase the liquid to 3 cups and stir every few minutes as the millet simmers.
2. In terms of texture, some of millet's little beads will cook more quickly than others. You'll likely have some softer grains and some chewy or even crunchy grains. I find this to be a good thing!

3. In addition, millet is one thirsty grain and doesn't keep incredibly well overnight. So while I often double or triple many grain recipes to have leftovers for the week, I don't do this with millet as I find leftovers to be quite dry.

Millet is best served warm.

Recipe is from:

<https://www.thekitchn.com/how-to-cook-perfect-millet-every-time-cooking-lessons-from-the-kitchn-185974>