



Millet Fried “Rice”

The secret to making the best millet fried “rice” is to use really dry cooked grains. Day-old cooked grains are best. If your cooked grains are wet or damp you can spread them on a cookie sheet and dry them in a 250 degree oven or toast in the wok over low heat.

2 main dish servings 4 side dish servings

2 Tb coconut oil

3 tablespoons fresh ginger, peeled and grated

5 cloves garlic, minced

1/4 cup scallions, sliced

1 shallot, finely chopped

1 red bell peppers, chopped

2 cups carrots, coarsely chopped

1 cup frozen petite peas, rinsed under hot water to thaw

Celtic Sea salt, to taste

2 cups cooked, cold millet (see Basics in Menu & Recipe)

1-2 Tb wheat free tamari or tamari

1/4 cup parsley, finely chopped

1Tb toasted sesame oil

- Heat the coconut oil in a large sauté pan over medium-high heat.
- Add the ginger and garlic and cook for about 15 seconds.
- Stir in the shallots and scallions; cook for 30 seconds.
- Add the red bell pepper and carrots, and cook, stirring constantly for 2-5 minutes until carrots are tender but not soft.
- Season lightly with sea salt to taste.
- Add peas, cook for 1 minute
- Add the cooked millet to the skillet and stir-fry for 1 minute, tossing to separate the grains and combine well.
- Stir in the soy sauce.
- Add the parsley.
- Drizzle with toasted sesame oil.
- Serve warm.