

Millet Recipes: Millet Fried “Rice”, Two Ways

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Beyond its reputation as birdseed, millet really is very tasty and super versatile too. If you aren't familiar with this whole grain, I discuss [millet nutrition](#), [millet cooking tips](#) and [millet gluten free facts](#) [HERE](#).

Once every three days or so I cook a big batch of whole grains in my rice cooker and then store the cooked grains in a covered container in my fridge. I like to rotate grains so I don't eat the same ones over and over (this is mostly because each grain has its own unique nutrition profile with different antioxidants and distinctive phytonutrients, so it's a good idea to go for variety.)

Anyway, millet makes it's way into my grain rotation approximately once every two weeks. I often eat millet for a hot breakfast cereal (mixed with some flaxseeds or chia seeds) or a quickie lunch...cold millet mixed with soy sauce, toasted sesame oil, chopped scallions, sugar snap peas, mint and corriander—YUM! Another of my favorite things to do with cooked millet is to make fried “rice” (which is basically like a millet pilaf.)

Millet Fried “Rice”

I've always loved fried rice...it's one of those incredibly easy, versatile dishes just about everyone likes (even picky kids!) If you're in a rush...which I always am!... you can practically serve fried rice as a complete meal. And of course it is perfect for entertaining. I always make my fried rice with brown rice, but I actually *prefer* fried rice made with millet instead of rice. In fact, my friend Cherie just made *Millet Fried “Rice” #1* (recipe is below) for the first time when she had us over for a dinner party the other day and everybody

thought it was amazing.

The Secret to Making the Best Millet Fried “Rice”

The secret to making the best fried rice (or 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.

How to Cook Millet

I prefer to cook my millet in a rice cooker, but you can also cook it stovetop. [For directions on how to cook millet click HERE.](#)

Millet Fried “Rice” #1

Serves: 4

This version is vegan and egg-free but absolutely delicious. Cherie’s dinner party guests just loved it. This is also the millet in the photo at the top of the page.

- 2 tablespoons toasted sesame oil
- 3 tablespoons fresh ginger, peeled and grated
- 5 cloves garlic, minced
- 1/4 cup scallions, finely chopped
- 1 shallot, finely chopped
- 2 red bell peppers, finely chopped
- 2 cups carrots, finely chopped
- Unrefined sea salt, to taste
- 3 cups cooked, cold millet
- 1-2 tablespoons good quality soy sauce
- 1 cup frozen petite peas, thawed
- 1/4 cup parsley, finely chopped

1. Heat the oil in a large wok (or skillet) 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 1 minute. Season lightly with unrefined sea salt to taste.
2. 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. Gently fold in the peas. Add the parsley. Drizzle with just a smidgen more toasted sesame oil. Serve warm.

Millet Fried “Rice” #2

Serves: 4

This version includes eggs and is more like traditional fried rice. With a side of stir-fried greens

this makes a light and healthy complete meal.

- *2 tablespoons toasted sesame oil, plus more for oiling egg pan*
- *2 organic, free-range eggs*
- *3 tablespoons fresh ginger, peeled and grated*
- *5 cloves crushed garlic*
- *1 cup diced leek, white part only*
- *1 cup diced carrots*
- *2 cups cooked, cold millet*
- *1 tablespoon good quality soy sauce*
- *1 green onions, sliced on diagonal*
- *1 tomato, chopped*

- 1. Lightly oil a 10-inch fry pan on medium-low. Break the eggs into the pan and allow them to cook until the whites are firm and whites on the bottom are still jelly-like over the yolk. Using a spatula, flip the eggs and cook for 30-45 more seconds. Remove the fried eggs from the pan and set aside.*
- 2. Heat 2 tablespoons of the oil in a large wok (or skillet) over medium-high heat; add the ginger and garlic and sauté briefly, about 30 seconds. Add the leeks and carrots and sauté 2 minutes. Add the millet; stir-fry until slightly colored, about 4 minutes. Add soy sauce and cook 2 minutes. Place fried eggs on top of millet. Scatter green onion and chopped tomato on top. Drizzle with a smidgen of sesame oil and a little more soy sauce. Serve warm.*