



MARCH'S RECIPE:

HERBY MILLET

This is a simple way to cook millet. It goes well with egg or cheese and with any vegetable dish.

Preparation time: 5 mins

Cooking time: 30 mins

Serves: 4

Ingredients

1/2 onion
2 cloves garlic
2 teaspoons fresh parsley
1 cup millet
2 1/2 cups water
1 teaspoon nori flakes
1 teaspoon sage
1/4 teaspoon thyme
Pinch salt

Method

Chop the onion, garlic and parsley fairly small. Then simply put all the ingredients in a pan, cover and bring to boil. Simmer for 20-30 minutes, adding more water if needed.

Energetics

Millet is a cool grain which nourishes the Kidney. It is also one of the few alkalizing grains, making it easy to digest and strengthening to the Stomach and Spleen. The supportive action on the Kidney is reinforced by the garlic, parsley and nori whilst the sage and onion act against Phlegm in the Lung and the onion generates movement. This is a good recipe for Damp conditions.