



# **Mighty Millet** **The Grain of Harmony**

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**Allergy Chefs, Inc.®**

**WHOLE  
GRAINS  
COUNCIL**  
*Whole Grains at Every Meal*





# Gluten-Free Whole Grains

**CAN YOU NAME THE  
11 GLUTEN-FREE GRAINS?**

# Gluten-Free Grains

Amaranth\*

Buckwheat\*

Corn\*

Millet\*

Montina™

Oats\*

Quinoa\*

Rice

Sorghum\*

Teff\*

Wild Rice

\* BOB'S RED MILL NATURAL FOODS

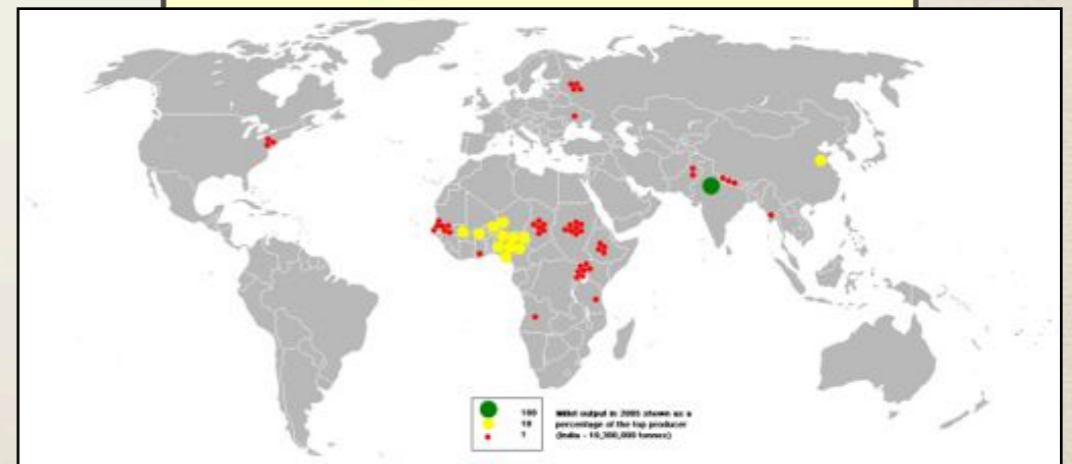
# The Benefits of Gluten-Free Grains

- Are good sources of protein, vitamins, minerals, fiber, beneficial fatty acids, antioxidants and phytonutrients.
- Many of these grains contain all 8 essential amino acids
  - Amaranth
  - Buckwheat
  - Quinoa
  - Teff
- Grains are easy to digest
  - Amaranth
  - Buckwheat
  - Millet
  - Quinoa
  - Sorghum
  - Teff



# Mighty Millet, The Grain of Harmony

- Before rice, millet was the staple grain in Asia – 8300 B.C.E.
- Chinese language – signs for “millet” and “mouth” together make “harmony” and “peace”
- Millet spread to the Black Sea area by 5000 B.C.E.
- Today, millet is the world’s sixth most important grain.
- Top producers: India, Africa, China



Source: Whole Grains Council

# Millet of the Past

- China, 2800 BCE – millet wine was more popular than tea
- Great Kahn's reign, millet was made into gruel cooked with milk
- Northern India, millet was made into flatbread, Roti
- Millet Herodotus, Greek Historian
- Egyptians used millet to make bread
- Romans made a polenta type porridge



# Types of Millet

- Millet is a group of different small-seed grains
- Most common millet
  - Pearl
  - Foxtail
  - Proso, also called hog, common or broom corn millet
  - Finger, also called ragi in India
- Millet can grow from 1 to 15 feet tall





# Growing, Harvesting, and Processing

- Millet grows best in warm, semiarid climate and grows well in low moisture
- Bob's Red Mill sources Proso millet from Midwestern U.S.
- Millet can mature in 45-65 days
- Cleaning process for raw millet
  - Screening
  - Magnetic separation
  - Destoning
- Raw millet processing
  - Hulling
  - Husk separation and peeling
  - Whitening and polishing
  - Sieving and classifying
  - Whole kernel are then color sorted
- Final processing at BRM
  - The grain is stone ground and packaged in their GF processing plant

# Nutrition and Health Benefit

- Naturally gluten free
- Alkaline based – helps balance body's natural tendency towards acidity
- Easy to digest
- High in fiber, protein, Vit-B6, niacin, folacin, calcium, iron, potassium, magnesium and zinc
- Protein powerhouse
  - ½ cup cooked contains 4.2 grams
  - ½ cup raw contains 11 grams



# Culinary Basics for Millet

- Millet has a mild, sweet and earthy flavor
- Store millet in airtight container for 1 month – refrigerate if held longer
- Standard water/grain ratio - 2 ½ cups water to 1 cup grain
- Fluffy millet is 1 cup toasted millet to 2 ¼ cups liquid. Use for pilaf, salads, soups and stews
- Sticky millet is 1 cup millet to 2 ¾ cups liquid. Use for croquettes and patties
- Creamy millet is 1 cup ground millet to 5 cups water. Use for porridge and polenta
- Up to 30% millet flour can be added to flour blends to add a unique flavor.



# **Millet-Sweet Potato Falafal**

Key Ingredients

Millet

Sweet potatoes

Raw Garbanzo beans

Fresh herbs





Thank You