

Milan's own recipe for cooking "Hulled Millet",

the healthiest grain that you can cook, the only grain that is alkaline even after cooking, and is completely gluten-free, a contains very high quality and complete, easily digestible proteins, and all the essential minerals including lots of magnesium and potassium, plus it's very inexpensive and tastes great!



You will need a stainless steel strainer and bowl. To reheat you can use my "UFO-Dish steam-reheat-in-oven method."



No, you don't need five cups – literally – they are in the photo just to illustrate that the optimal cooking mix is 5 cups of water to one cup of hulled millet, provided that you cook it without the lid on the pot, which is preferable.



Hulled Millet With Vegetables

A Very Healthy Recipe

It is best (but not absolutely necessary) to soak the rinsed millet in cold water overnight before cooking, then I scald the soaked millet with boiling water for about 5 minutes just prior to putting it into a pot that contains five times the quantity of water (1 cup millet cooks in 5 cups of water) that is already boiling, and some leeks and onions and perhaps also squash, a bit of turmeric or curcumin, and sea salt (Herbamare is best) and I set the heat for low boiling and boil the millet in the vegetable "soup" for 10 - 15 minutes with the lid off so the healthy healing steam can permeate the kitchen (if you cook with the lid on, use less water) and then you turn the heat off and cover with the lid and let it the hulled millet soak up the remaining moisture like rice. Seaweed like wakame and/or kombu can also be added just at the moment that the heat is turned off and these will make sure that the remaining moisture is soaked up and give you a welcome dose of organic iodine and great taste! When the millet is served up on the plate and not too hot any more I add a several table-spoons of extra-virgin organic olive oil, and serve with fresh green salad (including broccoli especially broccoli sprouts which I recommend that you eat with every meal anyway).

Hulled Millet is the healthiest meal I know!

I wish you all a long, happy, prosperous and loving life! Hoping to hear from you soon how you like this recipe ...,

With my best regards from Prague, Milan :-)

PS - if you readers who don't understand Czech are wondering why the Czech language version of my recipe (at www.Desiderata.cz) is so long and detailed, and the English language version is so short and feel sort of cheated, what follows here is a long version of the recipe, which dwells more in depth on the nuances of how to make the best hulled millet possible and why I recommend the specific steps and ingredients in the recipe. So here it goes:

When you prepare hulled millet according to my recipe you will get rid of practically all of the oil (fat) content (about 4% by weight) by flushing it away with boiling water just prior to cooking the millet. You should first rinse the hulled millet in a stainless steel fine mesh strainer repeatedly until the ... (cold, tap ...) water runs clear, using a stainless steel or oven-safe glass bowl of similar size and shape under the strainer to help percolate the grains and thus allow any impurities to be flushed out of the hulled millet.

Then you should leave the millet in the strainer inside the bowl, filled with cold tap water (or cold distilled water) overnight to allow the hulled millet to undergo a process similar to sprouting (although hulled millet obviously cannot actually sprout because the hull or outer hard shell of the millet grain has been removed ...) thus becoming even more easily digestible. The next day or even just a couple of hours later when you are ready to cook and have rinsed the hulled millet one more time under cold tap water you should then pour boiling water (not from your water heater but cold tap water or distilled water brought to a boil in a tea-kettle) into the hulled millet and allow the boiling water to remain there for 2 - 3 minutes, with the boiling water covering the hulled millet completely and raising the strainer with the hulled millet up and down a couple of times to allow the boiling water to flow throughout the hulled millet, and you will notice that the water draining from the hulled millet turns yellowish and looks fatty like the oil that it contains, that is why you are doing this extra step of scalding the hulled millet with the boiling water, in order to get rid of this oil which is usually rancid from long storage after the millet was hulled (hulled means that the outer protective layer which kept the oil from getting rancid was removed when the milled was "hulled"). Incidentally, millet that has not been hulled is fantastic food for birds, their favorite, and they have no problem digesting it, raw and with the hulls

and all, but we humans would have a problem digesting the fibers in the hull so please take my word for it and only cook hulled millet and leave the unhulled millet for the birds. In the meantime you should have brought a 5X larger volume of drinking or distilled water (I recommend 5 cups water to 1 cup of hulled millet) to a boil in a large stainless steel pot with seasoned sea salt (never use ordinary table salt NaCl - sodium chloride, which raises blood pressure, and try to avoid "iodized" salt which contains inorganic iodine, sea-weeds are a far better source of organic iodine ...), sliced leeks and onions, shiitake mushrooms and/or burdock root or parsley root and sliced carrots and whatever other vegetables you prefer if you wish, and once the water is boiling you strain the hulled millet and carefully flip the strainer with the rinsed and scalded hulled millet into the pot and allow to boil at least 10 minutes, initially leaving the pot uncovered. Once you see that the hulled millet is percolating in the boiling pot turn down the heat so it is just barely percolating to make sure that you do not boil too much water out of the pot, while the percolation makes sure that the millet does not get stuck to the bottom and burned (I do use a spoon to stir the contents of the pot a couple of times). After all any food that is burned becomes unhealthy, carcinogenic, that is true even for bread, pizza and especially potatoes etc., the main culprit is called "acrylamides" which is what is formed when starchy foods get over-heated (browned), You can read about this in the article by Dr. Mercola MD: <http://articles.mercola.com/sites/articles/archive/2002/10/16/carcinogens.aspx> so when any food is heated to the point that it turns brown (or black), don't eat it because it will contain many carcinogens. After about 10 – 15 minutes you will see that the hulled millet has absorbed the water and expanded and you can turn the heat completely off, particularly if you notice little steam holes in the millet's surface, that is a sign that the water has boiled (vaporized) off and any further heating will begin burning the bottom portion of the food, so it is time to move the pot to a part of the range that is not hot, or place the hot pot on a cork or wood place mat, or if it really looks like you have almost begun to burn the meal, immediately fill up a much larger pot or bowl with cold tap water and immerse the bottom of the cooking pot into it, the pot with the just cooked meal will float in the cold water and immediately begin cooling the pot and the meal contained in it will usually be saved, this procedure will save the day! Once you have cooked the hulled millet, you can leave it, with the heat turned off, or as I mentioned before on a wood or cork place-mat, with the lid on the pot, in place for another 10 – 15 minutes, or longer if you are still waiting for the kids to come home, for example, and the hulled millet will continue to expand, like rice, and the sea-weed if you added it at the last moment of cooking as I suggested will become even more delicious. Once you have served the portions on the plates, and allowed the meal to cool down a bit so it is edible without your guests getting their tongues burned, you can put some additional seasoned herbal sea salt (I prefer Herbamare brand, or, in the Czech Republic, CountryLife.cz sells a great product „Sonnentour 12 Sea Salt with 12 Herbs“ which contains sea salt and 12 delicious herbs) and pour a couple of table-spoons of extra-virgin organic olive oil on the hulled millet, which will make the flavor buds burst with pleasure, particularly if you also added (at the last moment before turning off the heat) sea kelp (kombu, wakame etc.) into the millet, which will get cooked by the residual steam once the pot is covered with the lid. If you were to put in the sea kelp at the beginning of the cooking process, it would cause the millet to be more likely to get burned due to the carrageenan content of seaweed, which tends to absorb all available water, and making the contents of the pot have a gelly-consistency and preventing the millet from percolating and moving all around the pot, and leaving the millet too dry, which will quickly cause the contents to start to get burned on the bottom, which is something you do not want. Sea kelp is your best source of natural iodine, which is essential for proper thyroid gland function, and much superior to the inorganic iodine that is routinely added to commercial salt in super-markets, which is supposedly actually harmful according to some food experts. Wakame is a sea-weed which is so thin and tender that it can actually be eaten raw but if you want to be sure that you cook any microscopic sea-life that is still left clinging onto it tastes just as delicious lightly steamed. Kombu on the other hand is another very popular sea-weed which has proven research showing that it actually destroys cancer cells through a process called "apoptosis" thanks to it's content of a simple sugar called "fucoidin", and so it is a good idea to eat it often, but it is a lot thicker than Wakame and it requires actually cooking it in water for about 5 to 10 minutes, so either cook it in a separate pot with water or

what I do is first while it is completely dry and brittle I break it up (by hand) into little pieces and scatter it onto the surface of the almost-cooked millet and make sure I mix it into the still very moist millet so that in just a couple of minutes it will get sufficiently cooked to become tender and easily edible, without causing the millet to get all jellied-up and burned on the bottom from the released carrageenan content of the sea-weed. Don't worry, you will do a great job of it and love the sea-weeds.

If you want the hulled millet to have a darker, richer golden color and at the same time raise tremendously the antioxidant content of the meal, just add some Curcumin (made from Turmeric, which you can also use, which is similar to Curry, which however does not have such a high content of Curcumin, all of which you could choose to use) and it will also help protect you from cancer while giving the hulled millet a very interesting rusty-gold color! For those of you afraid to get your pearly-white teeth stained from the Curcumin, which is in fact used as a natural textile dye in many countries, you can Curcumin in capsules, or a liquid gelcap version mixed in olive-oil from "New Chapter", which is a very high-quality concentrate of raw Curcumin, and your teeth will stay pearly-white, why not. Don't forget to cool down any cooked hulled millet that you are not going to eat right away in a „heat sink“ (float the cooking pot inside a much larger pot or bowl filled with cold water) and after cooling place the pot in a refrigerator, where it can stay (with the lid on) safely for 2 – 3 days without danger of growing yeast or bacteria as tends to happen even after just a couple of hours when you leave food like rice etc. at room temperature exposed to the air. There are in fact yeast and other pathogens in some grains that survive boiling and then when the grains cool down to room temperature they begin multiplying like crazy, but remain invisible to the naked eye! Then even after reheating the toxins released from yeast etc. are not destroyed by the cooking process and can be very harmful, especially if you consume such food regularly, like the aflatoxins from peanuts - I bet many of you did not know about that!

When you want to enjoy more of the already cooked, refrigerated hulled millet simply remove the portion you wish on a white ceramic or glass plate, flaking off thin layers of hulled millet in the pot using a table-spoon so that the hulled millet will get re-heated more evenly, and add a couple of tablespoons of water preferably boiling water and- this is important and my own "invention" – place a soup-plate upside down over the large dinner plate containing the hulled millet to create a sort of "flying-saucer" configuration that will prevent the added water from evaporating and escaping to soon and will create an effect equivalent to warming the food in a "convectomat" steam-warmer used in fancy restaurants to quickly warm up and "refresh" food, and place it in your regular electric convection oven in your kitchen (as opposed to microwave oven which I do not use at all as it creates carcinogenic food), or if in an office environment, get yourself a convection oven with air recirculation, and you will have your meal safely warmed-up in approx. 5 minutes even at the lowest possible temperature setting which is 100 degrees Celsius. In fact after just 5 minutes your plate might be too hot to the touch so please be careful and use an oven mitt and allow the plate to cool down particularly before you add any extra virgin olive oil so as not to cause the oil to go rancid, however. There are some convection ovens with a finer temperature setting which you can set to 50` - 80° Celsius which is sufficient for warming, and allows you to leave it in the oven longer without danger of burning, especially when you are not quite ready to sit down and eat your meal, the food will be OK even if you forget and leave it in the oven at this setting for a half-an hour or more, provided you added enough water. The hulled millet warmed this way should stay nice and moist and there is no danger that the meal will become burned or mushy by heating it in this way! Please note that you should never ever use a Microwave oven for any cooking or heating any food or liquids, which become carcinogenic and definitely unhealthy by having their molecules all torn up into short segments and scrambled in the Microwave oven that your body will not recognize as food which can lead to autoimmune (over-) reactions that could contribute to the development diseases such as Multiple Sclerosis and Cancer., see www.Mercola.com

<http://www.mercola.com/article/microwave/hazards.htm> . Dr. Joseph Mercola, MD, from Chicago, Illinois, USA, strongly recommends that you should in fact throw away your microwave ovens, or at best use them only to sterilize dishwashing sponges (I would just throw the sponges away when they

get contaminated and not keep the microwave around so as not to tempt anyone to even think of using it!). And there you have it, you have made the millet more digestible by soaking overnight and then gotten rid of the potentially rancid fats by draining them away with boiling water, and then you have added a very healthy fat, i.e., extra virgin organic olive oil to the millet once it is no longer so hot that the olive oil remains extra-virgin, and you have created a wonderful „super“ alkalizing meal, completely gluten-free, containing a uniquely complete range of all the essential amino acids, essential minerals including magnesium and potassium which are so essential for cardiovascular health, and containing a healthy serving of natural fiber as well, everything you could want in a hot delicious meal that you can eat every day or even several times a day, a meal that is probably the cheapest and also the most nutritious and to this writer also the most delicious, and which can by it's ease of growing the millet grain enable us to feed all the starving populations in the world (without the need to grow potentially dangerous Genetically Modified grains) and allow the animals to live out their lives without the animal rights violations and torturing, butchering and animal cadaver-eating (meat-eating, sorry about that ...) that is going on in the world today.

Millet is NOT (just) a „Side Dish“,

so don't cook it according to the recipe on the package that has a printed recipe that starts with this unfortunate caption!!

Whatever you do, don't try to cook the millet according to the labels that are commonly affixed to the packages, proclaiming that hulled millet is suitable as (merely) a side dish, and at least in one case of a major Czech distributor of health foods. Particularly do not follow the advice that after merely rinsing the hulled millet you should then place it in an oven and bake it, and then pour boiling water over the baked millet, that makes no sense at all and is bound to result in carcinogenic browning of the grain and incomplete cooking.

Cooked Hulled Millet is simply NOT (JUST) A SIDE DISH - it is the finest main course that a healthy-minded person could wish to eat, and deserves to be thought of and prepared with that in mind. Yes you should eat lots of raw vegetables and a green salad with it, but I do not recommend unnecessarily combining hulled millet with too many other „main“ ingredients, and certainly I cannot recommend combining it with meats, even though hulled millet is still the best choice over alternatives like potatoes, pasta, even rice, not to mention french fries (ugh!). Meats, besides not being healthy, promoting cancer etc., require a very acidic environment in your stomach, and the end-result of the metabolism of meats and dairy and soy products results in the creation of toxic acids. Hulled millet in order to be optimally digested requires a much more alkaline environment, and even after cooking, hulled millet is alkaline-forming, so there is a conflict and neither meats nor millet (nor potatoes or any cooked grain for that matter) will get properly and completely digested when eaten together. So please just enjoy your hulled millet as your main course, cook it with lots of interesting healthy ingredients (as I already mentioned, onions, leeks, also add squash, carrots, parsley (roots and/or tops), broccoli, shiitake mushrooms (soak shiitake mushrooms first for a half-an-hour or so in water unless they are already cracked into little pieces in which case it does not matter), and at the end of the cooking process add the wakame and/or broken-up-into little pieces kombu seaweed, and don't be afraid to use the seasoned sea-salt, it is healthy, even essential, for normal persons when used in moderation, and then at the end just before you eat it when you add the final touch – the extra virgin organic olive oil – you will have a taste treat that no meat can match! If you want your meal to be even more on the wild side, you can grate some fresh ginger, garlic, and lots of organic carrots and mix with freshly ground chia or linseed (flax seed), perhaps combined with hemp seeds, pumpkin seeds and sesame seeds, ground in a „coffee“ grinder (Bosch MKM 6003 has worked the best for me, and to make the mixture not so „dry“ so as not to have to use too much olive oil to make it palatable I recommend pouring some distilled (or drinking) water, or cooled down herbal tea, or aloe vera juice, or fresh carrot juice, or Biotta Breuss Juice over the mixture, and then putting just a few drops of either olive oil and/or macadamia and pumpkin seed oil or primrose oil or whatever healthy

extra-virgin vegetable oil you wish, and your taste buds will think you just poured a whole heap of healthy oil into it, but you did not! And if that is not „hot“ enough, you can add one or two miniature cayenne peppers into the coffee grinder along with the other ingredients I mentioned (or add already ground-up cayenne pepper in moderate quantity, about one gram or less is usually plenty) and the resulting mix of nuts and seeds will really stimulate your taste buds and yet be cooling to your stomach and actually help heal ulcers (always check with your doctor so I don't get the blame, but make sure that your doctor is well educated in nutrition, not just the few hours in medical school which is all most MD's ever had). As you hopefully know, a small amount of cayenne pepper is actually healthy, a great source of Vitamin C and an anti-carcinogen, and it will successfully overwhelm your allergen receptors so that they will not react to the usual allergens that might otherwise cause you allergies like hayfever, at least for a few hours, that works fairly well for colds as well. However, if you overdo it and use too much cayenne pepper, more than a couple of grams, long-term, it can then become potentially a carcinogen, so don't overdo it! By the way, black pepper and white pepper contain approx. 20% piperone, a potent carcinogen, and tend to cause ulcers, so I stay away from using regular pepper altogether. Quinoa , buckwheat and amaranth are all very healthy gluten-free grains which you can cook, and if needed re-warm later for subsequent servings of already-cooked and refrigerated portions, in the same way using my hulled-millet recipe, except that the other grains do not need to be soaked overnight nor scalded with hot water prior to cooking, although quinoa will reward you for soaking it for even just a couple of hours prior to cooking by starting to sprout – literally – and thus becoming even more easily digestible, which you will be able to see with your own eyes as the quinoa grains grow a little root in just a couple of hours. This same root will appear even if you don't soak it just as a result of cooking the grain, and will encircle the grain and give it the appearance of having a saturn-like “ring” around the grain when it is fully cooked. “Gluten-free” grains means that these grains do not contain any gluten (which is literally a “glue” which makes your blood thick i.e. raises blood pressure etc.,) and especially the type and the high quantity of gluten which is contained in wheat flour (and to a lesser extent in rye, barley and oats) is in the opinion of many nutrition experts not desirable to consume on a daily basis (or at all if you can avoid it) even if you are not officially diagnosed as having a gluten intolerance. Besides, many cases of gluten-intolerant symptoms go undiagnosed and the persons suffer needlessly. Wheat flour and thus gluten is contained in just about all baked goods, pasta, pizza, and many other foods in which wheat is an ingredient, so it is very hard to avoid in commercially processed and “manufactured” food and so it is very difficult to avoid, unless you make a commitment to eat whole, organic and genetically unmodified food in which case you will in contrast to most people actually know what you are eating and will be able to avoid eating glue (gluten).

Please let me know if you have any questions or comments. Enjoy living a healthy and happy life!

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