

Recipe – Millet with Cashew Butter (Pressure Cooker)

Ingredients:

- 2 cups millet
- 3 ½ cups boiling water mixed with
- 2 TBS cashew or other nut butter or oil
- one piece kombu
- 1 tsp salt, if permitted

Directions:

Set the water to heat, dissolve the nut butter in it.

Meanwhile, rinse the millet well and drain.

Place the millet in a pressure cooker and heat it on high heat to toast it. Stir constantly until it pops a little or you see it starting to brown up a bit.

Add the water, kombu and salt, and lock the lid in place.

On high heat, bring to high pressure (second red bar) and turn to low to maintain pressure for 9 minutes.

Turn off the heat and allow the pressure to come down naturally for about 10 minutes.

Remove the lid, and fluff. Compost or thin slice the kombu for salad.