



Sparkle Kitchen

Fall Millet Fritters

Ingredients

1 cup uncooked millet

5 eggs

1/4 cup diced onion

3 tbl chopped parsley

1 tbl chopped chives (optional)

1 tsp salt

cold-pressed, high-heat vegetable oil, such as safflower or avocado oil

Directions

Rinse the millet with water and the help of a fine mesh strainer. Place in a pot with 3.5 cups of water, and simmer for 25-30 minutes, until all the water has been absorbed. Remove from the heat and allow to cool slightly (though not completely, as millet gets quite firm when cold).

In a mixing bowl, beat the eggs. Add the rest of the ingredients, and mix well. When the millet has cooled to where you can touch it (without hollering “ouch!”), combine with the egg mixture, and stir well.

Heat 1/2 cup of oil in a skillet or frying pan. When the oil begins to ripple, drop spoonfuls of the millet mixture into the hot oil. Gently flatten with the spatula, and allow to fry on one side, until golden and firm. Flip the fritters, and fry on the opposite side. When completely golden and firm, remove from the pan and place on a paper towel, allowing any extra oil to be absorbed.

Serve warm. And enjoy!