

Creamy Millet and Cauliflower

45 MIN

4 to 6 Servings

Easy

Ingredients

- 1 large onion, small dice
- 2 tablespoons olive oil
- ½ to 1 tsp salt
- 1 small cauliflower or 1/2 large cauliflower, cut into small florets
- 1 cup millet, washed in cool water, and drained
- 1 ½ cup non-dairy milk (my favorite is oat milk) or half and half
- 1 ½ cup water
- 1 tsp crushed sage
- *Optional: ½ tsp Herbs de Provence*
- 1 tablespoon tahini

Instructions

Pressure cooker method

- Sauté the onions in approximately 2 tablespoons olive oil in your pressure cooker.
- Add a pinch or two of sea salt to the onions and cook until they are soft and sweet, just about caramelized. You may have to add a bit of water occasionally to keep the onions from burning.
- Next layer the cauliflower on top of the onions and the millet on top of the cauliflower.
- Add the water and either half and half or non-dairy milk and seasonings.
- Put the pressure cooker lid on and bring to pressure. If you're using an Instant Pot use low pressure. Once at full pressure turn to low and cook for 10 minutes.

After turning off the heat allow the pressure to come down slowly.

- Remove lid and stir in the tahini. Stir well. Adjust seasonings as needed.

Sometimes I want this dish to be very creamy and I will run an immersion blender through it or put it in a food processor, which will give it the consistency of mashed potatoes. Sometimes I like the more rustic texture of the dish and just stir well.

Cooking without a pressure cooker

The process of cooking millet and cauliflower without a pressure cooker is a bit different since the cauliflower needs to cook until it's tender before adding the millet. If the millet is added before the cauliflower is soft it will absorb all the liquid and the cauliflower won't cook. I, of course, learned this the hard way.

- Sauté the onions in a small amount of oil in a pot.
- Add a pinch or two of sea salt to the onions and cook until they are soft and sweet, just about caramelized. You may have to add a bit of water occasionally to keep the onions from burning.
- Next layer the cauliflower on top of the onions. Add the water, half and half, or non-dairy milk and herbs. Put a lid on the pot and gently simmer until the cauliflower is soft.
- Now add the millet.
- Cook for up to 45 minutes, stirring regularly to prevent burning.
- The millet should be creamy and soft. Mash the cauliflower with a spoon and stir in the tahini.

For a creamier texture

For a creamier texture put the millet into a food processor or use an immersion blender to blend all the ingredients.