

Millet and Mushroom Bake

Chinese Food Medicine

Like all grains, millet is fine for any season. But it is particularly good for autumn as it gets rid of heat (that may be left over from summer), moistens dryness (the most common autumn problem) and supports yin and the kidneys for the coming winter. Mushrooms ease cough and get rid of phlegm as well as strengthening the lungs. If you have a great deal of phlegm, swap the millet for rice.

3 cups of millet

Pinch of sea salt

1 tablespoon of olive oil

½ cup flour (unrefined)

½ onion, chopped

200g mushrooms sliced

3 tablespoons of Tamari

Parsley

Spinach

Soak millet in water overnight. Drain. Add millet, fresh water (8cups) and salt to a pot and bring to the boil. Reduce heat and simmer for 35 minutes.

While you prepare the other ingredients, preheat the oven to 180. Place millet in an oiled casserole dish. In a frying pan, sauté onions and mushrooms until soft. Then add flour. Stir in with the mushrooms and onions, before adding 1.5 cups of water, stirring continuously. Bring almost to the boil, then cover, reduce heat then simmer for 5 minutes. Add tamari and simmer a further 10 minutes. Pour contents of the frying pan in with the millet and combine lightly. Bake for 20 minutes. Cut into 4 slices, garnish with parsley and serve with lightly steamed spinach.