

Millet Pilaf

Date Printed: 02/09/22

Recipe ID: 213622

Found in: Starches, HACCP Process 3

Created by: Robert Coutu

Created at: SAGE House #S0900

Contains

LM-Wheat (LM-W), LM-Gluten (LM-G), LM-Mustard (LM-Mu)

Eating Patterns

Vegetarian (V), Vegan (V+)

Information

Dot Color:	Yellow	Yield:	1.5 qt
Portion Size:	1/2 cup (3 1/4 oz)	Number of Portions:	12
Prep Time:	0h 10m		
Cook Time:	0h 10m		
Primary Cooking Method:	Simmer		

Ingredient	Allergen(s)	Amount
extra virgin olive oil		2 Tbs, 1 1/4 tsp
carrots		4 3/4 oz
dried pitted dates	LM-W, LM-G	3 2/3 oz
kosher salt		2 1/2 tsp
ground black pepper		1/2 tsp
curry powder	LM-Mu	1 Tbs, 1/2 tsp
ground cayenne pepper		1/2 tsp
dry millet		1 1/8 cup, 1 Tbs
Vegetable Broth		2 1/3 cup, 1 Tbs
fresh chives		2/3 oz
fresh parsley		1/3 oz
lemon zest		2 1/2 tsp

Methods

1. To prepare ingredients: Prepare Vegetable Broth according to recipe. Peel and dice carrots. Small chop dates. Pick and chop parsley. Mince chives.
2. In a pot, heat olive oil. Saute carrots and dates until carrots have softened, about 5 minutes.
3. Add salt, pepper, curry powder, and cayenne pepper. Stir to bloom spices until fragrant.
4. Add the dry millet and stir to coat.

Methods

5. Add vegetable broth and stir. Bring to boil and then reduce to simmer. Cover and cook for 30 minutes or until millet is tender.
6. Remove from heat and fluff with a fork. Add chives, parsley, and lemon zest. Serve warm.

Vegetable Broth

Date Printed: 02/09/22

Recipe ID: 126132

Found in: HACCP Process 2, HACCP Process 3

Created by: Erin Still

Created at: SAGE House #S0900

Eating Patterns

Vegetarian (V), Vegan (V+)

Information

Dot Color:	Red	Yield:	2.3333 cup
Portion Size:	1 cup (8 1/2 oz)	Number of Portions:	2
Prep Time:	0h 10m		
Cook Time:	0h 00m		
Primary Cooking Method:	Boil		

Ingredient

Allergen(s)

Amount

water		2 1/8 cup, 2 Tbs
Knorr® liquid concentrated vegetable flavor soup base		1 1/2 Tbs, 1/2 tsp

Methods

1. Place water in large stockpot and bring to a boil. Add base and return to a boil. Remove from heat and use immediately or cool rapidly using an ice wand or water bath.