

TASTE WITHOUT WASTE

Millet & Quinoa Balls

Makes at least 20 golf ball sized 'patties'.

Ingredients

1 tbsp sunflower oil
1 small brown onion, finely chopped
1 clove garlic, crushed
1 tsp ginger, minced
1 tsp ground cumin
1 tsp turmeric
½ tsp paprika
¼ tsp chilli powder
1 cup millet, rinsed
½ cup quinoa, rinsed
½ cup yellow moong dal, rinsed (substitute with yellow split peas if necessary)
1 L vegetable stock
8 shiitake mushrooms, stalks removed and finely diced
1 cup grated zucchini (roughly 1 small-medium)
1 cup grated pumpkin
1 heaped tbsp arame
3 tbsp mint, finely chopped
1 tbsp chives, finely chopped
2 tbsp coriander, finely chopped
Plenty of sea salt and freshly ground black pepper
Sesame seeds and poppy seeds for rolling

Method

Heat the oil in a large saucepan. Saute the onion over a low heat until soft and translucent. Tip in the garlic, ginger, cumin, turmeric, paprika and chilli powder and stir for one minute or until fragrant.

Now add the millet, quinoa and moong dal and stir to coat each particle in the oil. Pour in the stock then stir through the mushrooms, zucchini, pumpkin and arame. Simmer, stirring every so often, for about 20 to 30 minutes or until the grains are just tender.

Place a lid on the saucepan and remove from the heat. Leave to sit for another 20 minutes or so, or until the grains are completely cooked. Stir through the chopped mint, chives and coriander. Season well with salt and pepper.

Remove the lid and place the pot on a wire rack. (Note: At this point you can also serve the mixture as a 'risotto' of sorts). Once the mixture has cooled to room temperature, place in an airtight container and refrigerate overnight.

Preheat the oven to 180C. Line two to three baking trays with greaseproof paper. Tip a decent amount of sesame and poppy seeds onto separate plates (or the same if you don't mind a 'mixed' appearance).

Take a rough ¼ cup of the mixture and squish it firmly in your hands. Shape into a ball, by rolling in the palm of your hands. Roll in either the sesame or poppy seeds until lightly coated. Gently place on a prepared baking tray. Repeat with the remaining mixture, leaving a few centimetres between each ball.

Bake for 15 minutes or until they begin to turn dark golden and the edges 'firm/crisp' up a little.

Serve warm or cold.

Source: Significantly adapted from Janella Purcell's Eating the Seasons.

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