



Serves 6

Preparation Time: 15 minutes

Cook Time: 25 minutes

INGREDIENTS:

½ teaspoon cumin seeds,
toasted and ground

½ teaspoon yellow mustard
seeds, toasted and ground

2 medium yellow onions, peeled
and diced small

1 large bunch cilantro

¼ cup unsweetened coconut

3 tablespoons grated ginger

2 serrano chiles, stemmed (for
less heat, remove the seeds)

Zest and juice of 2 lemons

Sea salt, to taste

3 cups [Vegetable Stock](#), or low-
sodium vegetable broth

1 cup millet

4 cloves garlic, peeled and
minced

1 tablespoon curry powder

½ teaspoon crushed red pepper

2 tablespoons mellow white
miso, dissolved in ¼ cup hot
water

2 tablespoons tomato puree

¼ cup nutritional yeast, optional

1 batch [Creamy Red Pepper
Coriander Sauce](#)

Curried Millet Cakes with Creamy Red Pepper Coriander Sauce

Millet, one of the oldest cultivated grains, is quick cooking and takes on the flavor of whatever spice you cook it with. Here, the versatile grain embraces the flavors of India with a dish meant for special occasions and weeknight dinners. Top each cake with a dollop of fresh Cilantro Chutney to add a burst of zesty heat with each bite.

Serve this delicious dish with [Creamy Red Pepper Coriander Sauce](#).

From [Forks Over Knives—The Cookbook](#)

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By Del Sroufe

- 1 For Cilantro Chutney topping, combine cumin seeds, mustard seeds, 1 cup of the diced onions, the cilantro, coconut, ginger, serrano chiles, a pinch of sea salt, and lemon zest and juice in a blender. Blend on high until smooth. Add water as needed to achieve a thick paste. Set aside.
- 2 Preheat the oven to 350° F.
- 3 Place the vegetable stock in a medium saucepan and bring to a boil over high heat. Add the millet and bring the mixture back to a boil. Reduce the heat to medium and cook, covered, for 20 minutes, or until the millet is tender.
- 4 Place the second chopped onions in a large saucepan and sauté over medium heat for 7 to 8 minutes. Add water 1 to 2 tablespoons at a time to keep the onions from sticking to the pan. Add the garlic, curry powder, and crushed red pepper and cook for another minute. Add the miso, tomato puree, and nutritional yeast, if using, and mix well. Add the millet, season with salt, and mix well.
- 5 Line a baking sheet with parchment paper. Using an ice cream scoop or a ⅓-cup measure, shape the millet mixture into 12 round cakes. Place the cakes on the prepared baking sheet, and bake for 15 minutes.
- 6 To serve, spoon some of the [Red Pepper Coriander Sauce](#) onto a plate and top with two of the millet cakes. Spoon a dollop of Cilantro Chutney on top of each millet cake.