

Millet Knishes

Recipe By *Brynie Greisman*



Cooking and Prep: 
1.5 h

Serves:  8

Contains:  

Preference: Parve

Difficulty: Easy

Occasion: Shabbat

Diet: Low Carb, Vegan, Low Fat, No Refined Sugar, Vegetarian, Pescetarian

Source: Family Table by Mishpacha Magazine

Cuisines: Ashkenazi

Millet is one of the most digestible and nonallergic grains. It is teeny tiny and butter colored with a mild, pleasing, and slightly nutty taste. The texture and taste are somewhere between an egg-rich pasta and cornmeal. It swells tremendously when cooked. It has lots of fiber, is low in simple sugars, and is high in protein (15%). When I gave it to friends to taste, they thought it was outstanding, and a much preferred alternative to potato or other carb-laden knishes. Try it — you might love it!

Ingredients (14)

Dough

- 1 cup (**Shibolim Whole Wheat**) flour
- 1/4 cup oil
- 1/4 cup water

pinch salt *(optional)*

Filling

1 cup millet

1/2 cup ground flaxseed or 1/4 cup each ground flaxseed and oat bran

4 cups water

2 cloves garlic, crushed, or 2 cubes **Gefen Frozen Garlic** or 1/2 teaspoon garlic powder

1 teaspoon salt

1 carrot, minced *(optional)*

1 stalk celery, minced *(optional)*

handful of frozen peas *(optional)*

Optional Glaze

egg *(optional)*

black and white sesame seeds *(optional)*

Start Cooking

Prepare the Dough

1. Mix together all dough ingredients until a soft dough is formed. Set aside.

Prepare the Filling

1. Rinse millet in a strainer and place in a frying pan over medium heat. Gently stir until it starts to give off a nutty aroma.
2. Add ground flaxseed, water, garlic, salt, and optional veggies.
3. Cover. Lower flame and cook until liquid is absorbed, 18–25 minutes. Millet is done once it's fluffy. Drain if necessary.
4. Roll out dough into a large rectangle.
5. Smear filling over dough, and roll up jelly-roll style. Smear with egg and sesame seeds, if

desired.

6. Bake whole or slice first (or form into individual knishes) at 350 degrees Fahrenheit (180 degrees Celsius) for approximately 35 minutes.

Note:

You will have leftover millet, which can be eaten as is or frozen and added to soups or casseroles.

Tip:

Millet can be substituted for rice in a pilaf, or as a gluten-free substitute for couscous. It's also a great alternative to oatmeal for breakfast. It combines equally well with chopped baked apple or in a savory dish with root vegetables.

Variation:

You can also use a more basic filling: 2 cups cooked millet, 1 large sautéed onion, and salt to taste. Cooked millet should always be used while it's warm or it will get glob-like.