Chickpea Millet Patties with Cucumber Dip

8 patties and cucumber-yogurt dip; 2 meals of 4 patties with half the dip · Active 45 min · Total 1 hr 50 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

- 1/3 cup dry millet (60 g)
- 3/4 cup water (180 ml)
- About 1 1/2 cups canned chickpeas, drained and rinsed (240 g edible)
- 1 large egg, beaten (about 50 g without shell)
- 1/3 cup plain dry breadcrumbs (30 g)
- 1 small onion, very finely grated or minced (50 g)
- 3 tablespoons finely chopped parsley (10 g)
- 4 teaspoons olive oil (20 ml/about 18 g), divided
- 3/4 cup plus 1 tablespoon plain nonfat Greek yogurt (200 g)
- About 1 small cucumber, grated and squeezed lightly before weighing (150 g prepared)
- 4 teaspoons lemon juice (20 ml/about 20 g), divided
- 1/2 teaspoon fine salt (3 g), divided
- 1/4 teaspoon black pepper (0.6 g), divided

Set out

Small saucepan with tight lid, Plate for cooling millet, Large mixing bowl, Small bowl for dip, 26 cm/10-inch nonstick skillet, Wide spatula, Fork, Clean kitchen cloth or sieve for cucumber, Kitchen scale, Food thermometer, 2 plates, Fine sieve for rinsing millet

Allergens

Egg, Wheat, Milk; check breadcrumb labels for other added allergens. Check labels and substitutions.

Make it

1. Rinse millet in a fine sieve. Bring the 3/4 cup (180 ml) water to a boil in the small saucepan, add millet, cover and simmer very gently for 18–20 minutes, or until soft and the water is absorbed. If still firm, add a small splash of boiling water and continue. Stand covered off the heat for 10 minutes, then spread on a plate and cool for 15 minutes while preparing the other ingredients.

2. Mash drained chickpeas in the mixing bowl with a fork, leaving only small pieces. Mix in cooled millet, beaten egg, breadcrumbs, onion, parsley, half the lemon juice, two-thirds of the salt and half the pepper. Cover and refrigerate for 15 minutes so the breadcrumbs absorb moisture.

3. Meanwhile squeeze the grated cucumber and weigh 150 g. Stir into yogurt with the remaining lemon juice, salt and pepper. Refrigerate the dip until serving.

4. Weigh the finished patty mixture and divide it into 8 equal portions. Press into compact discs about 2 3/4 inches (7 cm) wide and 1/2 inch (1.5 cm) thick.

5. Heat half the oil in the nonstick skillet over medium heat. Add 4 patties and cook for 5–6 minutes per side, turning once with a wide spatula, until golden and the centers reach 160°F/71°C. Put the first batch on a clean plate and repeat with the remaining oil and 4 patties. Serve 4 patties per person with half the cold dip.

A useful kitchen skill

Cool a cooked binding ingredient before mixing in egg, and test a compact patty shape before heating the pan.

A useful detail

This is not a twenty-minute canned-bean recipe: the 110-minute total includes millet cooking, covered rest, cooling, mixture chilling and two frying batches. A small sieve is required for rinsing millet; allow longer if its packet needs it.

Keep it well

Refrigerate promptly in shallow containers at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Refrigerate cooked patties and dip separately and use within 3 days. Reheat patties to 165°F/74°C throughout; keep the dip cold. Freeze cooked patties for up to 2 months and thaw in the refrigerator. Freezing the dip is not recommended for texture.