Millet Breakfast Pot with Figs and Walnuts

2 breakfast bowls · Active 15 min · Total 45 min

Skills: Confident beginner

Ingredients

- 1/2 cup hulled millet grains (90 g)
- 1 cup drinking-quality water (240 ml), plus tablespoons if needed
- 1 cup milk (240 ml)
- 1/8 teaspoon fine salt (0.75 g)
- 1/3 cup dried figs, hard stalks removed and finely chopped (60 g)
- 1/2 teaspoon ground cinnamon (1 g)
- 1/4 cup walnuts, roughly chopped (30 g)
- 2 teaspoons honey (14 g), to serve

Set out

At least 1.5-liter (1.6-quart) heavy saucepan with lid, Wooden spoon, Knife and board

Allergens

Milk, Walnuts. Check labels and substitutions.

Make it

1. Toast millet in the dry saucepan over medium-low heat for 2 minutes, stirring, until lightly fragrant. Carefully add the measured water and salt, bring to a simmer, cover and cook on low for 10 minutes.

2. Uncover, add milk, chopped figs and cinnamon and return just to a gentle simmer. Cook on low for 15–20 minutes, stirring often across the bottom, until the grains are tender and the mixture is creamy. Add water by the tablespoon if it thickens before the millet is soft.

3. Remove from the heat, cover and rest for 5 minutes. Loosen with a little water if necessary. Divide between two bowls and top each with half the walnuts and honey. Serve immediately.

Choose the breakfast for your departure time

Millet needs a longer gentle cook than instant cereal. Make this when you are settled and can attend the pan, with the stove switched off before travel.

A useful detail

Whole millet retains small grain shapes in the finished porridge. Aim for tenderness rather than trying to dissolve every grain into a smooth cream.

Keep it well

Refrigerate promptly in shallow portions within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 2 days. Reheat to 165°F/74°C while stirring, adding milk or water to restore a spoonable texture. Keep walnuts dry and separate until serving. Check milk storage instructions after opening.