



Buckwheat Porridge

Introduction

Jaglanka, a delightful millet porridge, is a nutritious dish that serves as a fantastic breakfast

option or a wholesome snack. Packed with vitamins and minerals, this recipe is not only easy to prepare, but it's also versatile, allowing you to adapt it to your taste by adding various toppings and flavors. Perfect for anyone looking to start their day on a healthy note!

Detailed Ingredients with measures

Millet - 1 cup
Water - 2 cups
Salt - a pinch
Milk (optional) - 1 cup
Honey or maple syrup (optional) - to taste
Fresh fruits (e.g., berries, banana) - as desired
Nuts or seeds (e.g., almonds, chia seeds) - as desired

Prep Time

10 minutes

Cook Time, Total Time, Yield

Cook Time - 20 minutes
Total Time - 30 minutes
Yield - Serves 2-3 portions



www.savorydiscovery.com

Buckwheat Porridge

Detailed Directions and Instructions

Step 1: Prepare the Ingredients

Gather all the ingredients needed for the dish. Ensure that you have everything ready for a smooth cooking process.

Step 2: Rinse the Grains

Thoroughly rinse the millet under cold water. This helps to remove any impurities and improves the overall taste.

Step 3: Cook the Millet

In a saucepan, combine the rinsed millet with water or milk. Use a standard ratio of 1:2 (1 cup of millet to 2 cups of liquid). Bring the mixture to a boil.

Step 4: Simmer

Once it reaches a boil, reduce the heat to low and cover the saucepan. Let it simmer for about 15-20 minutes until the millet is cooked and the liquid is absorbed.

Step 5: Fluff the Millet

After cooking, remove the saucepan from heat and let it sit for a few minutes. Then, use a fork to fluff the millet before serving.

Step 6: Add Toppings

Serve the cooked millet in bowls and add your choice of toppings such as fruits, nuts, or honey for added flavor.

Notes

Note 1: Variations

Feel free to experiment with different liquids, like coconut milk or almond milk, for unique flavors.

Note 2: Sweet or Savory

This dish can be served as a sweet breakfast or a savory side dish. Adjust the toppings

accordingly.

Note 3: Storage

Leftovers can be stored in an airtight container in the refrigerator for up to three days. Reheat before serving.



www.savorydiscovery.com

Buckwheat Porridge

Cook techniques

Click next page below