

Millet and Barley Pilaf

If you have pink cheeks and tend to run warm or experience night sweats, the preceding recipe may be too warming for you. This recipe is cooling and nourishing to the kidney yin and will be a better choice.

¼ lb boneless pork, very thinly sliced
1 Tbsp. soy sauce
1 Tbsp. rice vinegar

½ cup millet
½ cup barley
2 ½ cups water
½ tsp. salt

¾ cup asparagus, sliced 1 inch long

1 Tbsp. black sesame seeds

In a small bowl, combine pork with soy sauce and vinegar. Set aside to marinate.

Bring water and salt to a boil in a medium sauce pan. Add millet and barley, return to a boil, then reduce heat, cover, and simmer over low heat for ½ hour.

While the grains are cooking, steam the asparagus. Bring a small amount of water to boil in a medium saucepan. Place the asparagus in a metal steamer basket, and place the basket over the boiling water. Cover the pan tightly and reduce heat to low. Steam for 7 minutes and check for doneness. The asparagus should be bright green in color and still slightly crispy but warmed through. Remove from the steamer and set aside.

After the grains have cooked for ½ hour, drain the excess marinade from the pork, and add the pork to the grains. Cover and cook for an additional 10 minutes. Add steamed asparagus and stir well.

Divide pilaf into 4 serving bowls and top each with ½ Tbsp. black sesame seeds. Serve immediately.