

Crock-pot Teff Porridge

serves 3-4 metric measures

1/2 cup teff seeds 90 grams

1 1/2 cup water 360 ml

Put seeds and water into a 4 cup crock pot. Cook for 3 hours. Stir porridge and add another cup of water (240 ml) if you prefer it thinner.

Cooked teff firms up a lot when it cools. Your leftovers will solidify. Simply break it up, stir, and press with the back of a spoon to remove the little lumps. You will end up with the lovely results pictured.

You could easily double this recipe, and it might take longer to cook. Crock-pots come in many sizes and some have high and low settings. Be sure to do a test run in your crock-pot during the day, before leaving it alone overnight. If it works, you can have a hearty breakfast waiting for you when you stumble out of bed.

Read more: <http://blog.kitchentherapy.us/2009/06/t-is-for-teff/>

Kitchen Therapy
www.kitchentherapy.us

Linda Simon, R.D., C.P.C. 608-868-1113
<http://blog.kitchentherapy.us>