



Millet A Super Food

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History of Millets

illets are a family of widely different small-seeded grasses commonly cultivated as cereal crops or grains for human food and livestock across the globe. Millets have been found in several areas worldwide, including India, Mexico, China, and Africa, among the earliest archaeological crop discoveries. Millet cultivation has been reported on the Korean Peninsula since the Middle Jeulmun Pottery Period (around 3,500–2,000BC). Millets were recorded in some of the ancient Yajurveda scriptures in India, including foxtail millet (priyangava), Barnyard millet (aanava), and black finger millet (shyaamaka), indicating that millet intake before the Indian Bronze Age (4,500BC).







earl Millet

Pearl millet has ovoid grains of 3-4 mm length, the largest kernels of all varieties of millet. These can be nearly white, pale yellow, brown, grey, slate blue or purple. The 1000-seed weight can be anything from 2.5 to 14 g with a mean of 8 g .The height of the plant ranges from 0.5 -4m. India is the largest producer of pearl millet. India began growing pearl millet between 1500 and 1100 BCE. Rajasthan is the highest-producing state in India.

Pearl Millet (Cenchrus americanus, synonym Pennisetum glaucum)

Genus Cenchrus
Species C. americanus

Origin Africa and the Indian subcontinent

Regional names Bajra (Hindi), Kambu (Tamil)

Health Benefits

Gluten-free
Enriched with Vital Nutrients
Best Plant-Based Protein Source
Rich in Antioxidants
Perfect Food for Babies
Treats Iron Deficiency Anemia
Reduces Blood Sugar Levels
Aids in Weight Loss





inger Millet

Finger millet is a short day plant with a growing optimum 12 hours of daylight for most varieties. The have the ability to withstand cultivation at altitudes over 2000 m above sea level, its high drought tolerance, and the long storage time of the grains.

Finger Millet (Eleusine coracana)

Genus Eleusine
Species E. coracana

Origin East Africa - Ethiopia and Uganda

Regional names Ragi (Hindi)



Health Benefits

Finger millet is full of dietary fiber, which helps to control the "bad" cholesterol that can contribute to heart diseases like atherosclerosis. The potassium found in finger millet can help keep your kidneys and heart functioning properly. Excellent sources of

Vitamin A
Vitamin B
Niacin
Calcium
Iron
Phosphorus

Potassium
Antioxidants



oxtail Millet

It is the second-most widely planted species of millet and the most grown millet species in Asia. Other names for the species include dwarf setaria foxtail bristle-grass, giant setaria, green foxtail, Italian millet, German millet, and Hungarian millet Foxtail millet has also been grown in India since antiquity. It has been a staple diet among people for a long time from the Sangam period.

Foxtail Millet (Setaria italic, synonym Panicum italicum L.)

Genus Setaria
Species S. italic
Origin China

Regional names Kangni (Hindi), Thinai (Tamil)

Health Benefits

Manages Diabetes

Foxtail millet is an absolutely great substitute to rice as it keeps you satiated for longer hours Triggers

Weight loss

Stronger bones

Strengthens nervous system

Boosts Cardiac health

Helps improve Immunity.





odo Millet

Kodo millet grass reaches up to four feet tall, sporting slender leaves at 20 to 40 cm in length requiring very little water to grow. When harvested the seeds are ellipsoidal in shape, tiny at 1.5mm in width and 2mm in length, colour varying between light brown to dark grey. Kodo millet is also known as cow grass, rice grass, ditch millet, Indian cow grass. Kodo millet is repository of nutrients, a great substitute for rice and wheat. Ancient Indian medicine ayurveda classifies Kodo millet as langhana, which means bringing lightness to the body and is included under the category of Trina Dhanya Varga – (grains that are produced by grass like plants). It is termed as a wholesome food, prized for its medicinal, therapeutic and culinary properties.

Kodo Millet (Paspalum scrobiculatum)

Genus Paspalum
Species P. scrobiculatum

Origin Africa

Regional names Kedrav (Hindi), Varagu (Tamil)

Health Benefits

They are rich in B vitamins, especially niacin, B6 and folic acid, as well as the minerals such as calcium, iron, potassium, magnesium and zinc.

Controls Diabetes

Aids in Weight Loss

Keeps heart healthy

Healths wounds

Helps in weight loss





orghum

Sorghum is especially valued in hot and arid regions for its resistance to drought and heat. For human consumption, the gluten-free grain is usually ground into a meal that is made into porridge, flatbreads, and cakes. The characteristic strong flavour can be reduced by processing. The grain is also used in making edible oil, starch, dextrose (a sugar), paste, and alcoholic beverages. The stalks are used as fodder and building materials.

Sorghum (Sorghum bicolor)

Genus Sorghum
Species S. bicolor

Origin Sudan, Ethiopia, and West Africa Regional names Jowar (Hindi), Cholam (Tamil)

Health Benefits

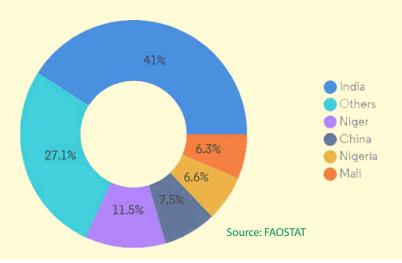
It's rich in vitamins and minerals like B vitamins, magnesium, potassium, phosphorus, iron, and zinc. It's also an excellent source of fiber, antioxidants, and protein







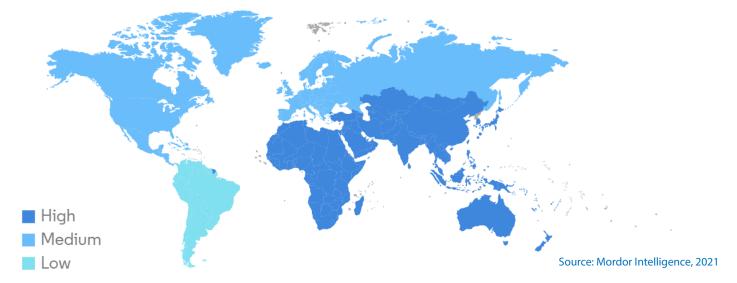
GLOBAL STATUS OF MILLET PRODUCTION



Millets are cultivated globally in 93 countries. Millet production dominates in Africa and Asia accounting for about 97% of the total millet production, followed by the European Union (1.81%) and America (1.18%) and countries of the Australian subcontinent only 0.127% of total global production.

India is the largest grower of millet which accounts for about 41.09% of total millet production followed by Niger (11.54%) and China (7.57%). India covers 83% of Asia's millet cropping area.





The global market is projected to be 4.8% CAGR during the period of 2022-2027 (Source-Mordor Intelligence)

FAO has declared 2023 as "International Year of Millets", which can boost the production as well as the market for the millets. India is the 5th largest exporter of millets globally.

India has exported millets of worth US \$26.97 million.

The major export destinations for India are – Nepal, UAE, Saudi Arabia, Libya, Tunisia, Morocco, the UK, Oman and Algeria.

The top 3 importers are - Nepal, UAE and Saudi Arabia.

It has been predicted that the millets market is set to grow from a value of \$ 9 billion to over \$ 12 billion by 2025.







Non-Dairy Millet Ice Cream

100 grams of Non-Dairy Millet Ice Cream gives . . .

59% lesser **calories** than commercially available ice cream

22% lesser carbohydrates than commercially available ice cream

43% lesser fat than commercially available ice cream

Percent Daily Values

80%

46%

44% Magnesium

14%Vitamin B₂

9% Vitamin A **7%** Zinc

Percent Daily Values are based on a 2000 calorie diet



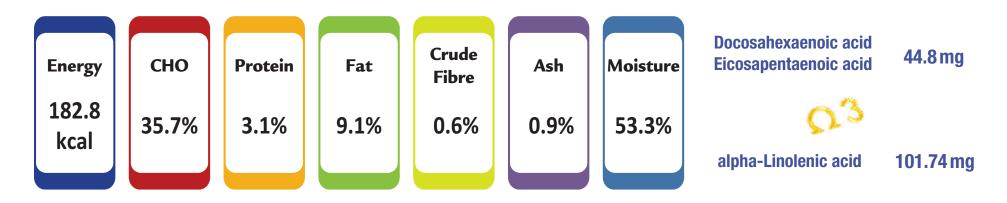


Rich in Folic Acid Vitamin B

Approximately 65 percent of the human population has a reduced ability to digest lactose after infancy making them "Lactose Intolerant"

Nutrition Facts

NON-DAIRY MILLET ICE CREAM



100 grams of Non-Dairy Millet Ice Cream has Omega-3 fatty acids equipvalent to . . .



15.9 grams of **Tuna**



1.1 grams of Walnuts



19.6 grams of **Egg Yolk**

Micronutrient Enriched Lactose – Free Low Fat

Millet Idli/Dosa Mix



100 grams of Millet Idli gives . . .

44% more protein than Rice

89% more calcium than Whole Wheat

50% more methionine than Semolina

43% more linoleic acid than Atta

42% more carotenoids than Brown Rice

31% more folate than maize

27% less carbohydrate than milled rice

Low GI Gluten Free Least Allergenic



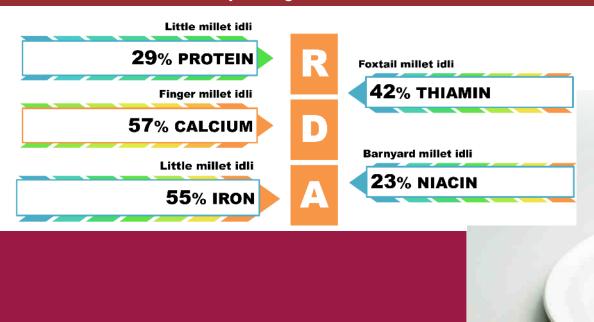
Proteins
Dietary fibre
Vitamins
Minerals

Millets are a repository of protein, fibre, vitamins and minerals. The versatile gluten free grain is alkaline, which makes it easy to digest and helps balance the body's natural tendency towards acidity.

Nutritive Value (for 100g of dry mix)

Composition	Finger Millet	Foxtail Millet	Little Millet	Kodo Millet	Barnyard Millet
Protein (g)	11.67	12.09	16.26	11.67	13.75
Carbohydrate (g)	64.17	65.39	61.50	65.47	63.39
Fat (g)	4.02	4.36	4.08	4.47	4.54
Fibre (g)	6.70	5.56	5.56	5.24	5.79
Energy (K.Cal)	339.54	349.16	347.76	348.79	349.42

RDA of moderate active man per 100g mix



Functional Millet Cookies



9 lesser **calories** than Choco-Sandwich Cookies

4.5 X more **protein** than Plain Biscuits

59% lesser carbohydrates than Oatmeal Cookies

1.3 Mmore **fat** than Whole Wheat Crackers





Percent Daily Values

18%
Energy

46%

Protein

88%

Fat

81%
Calcium

88%
Magnesium

60% Iron

Percent Daily Values are based on a 2000 calorie diet



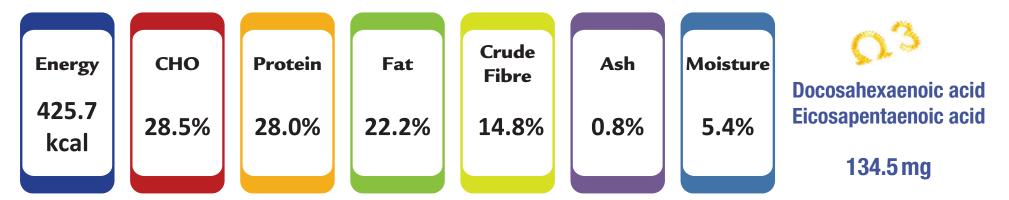
High Energy Protein Fibre

Protein Fibre Folic Acid Vitamin B

High protein content makes finger millet a very important factor in preventing malnutrition. The millet can be a good source of protein for vegetarians because of its methionine content that constitutes about 5% of protein

Nutrition Faces

FUNCTIONAL MILLET COOKIES



100 grams of Functional Millet Cookies has Omega-3 fatty acids equipvalent to . . .

58.9 grams of **Egg Yolk**



47.9 grams of **Tuna**

9.1 grams of **Sardine**



Ingredients

Foxtail Millet Bolandie

Little Millet

ngredient

200 g Cream Cheese 25 g Castor Sugar 50 g little Millet flour, 1 no of Lemon Juice and rind, 2 No's Egg, 250 g Heavy Cream

Rub the lemon zest into the sugar. Stir in the little millet flour In bowl of your electric stand mixer, fitted with the paddle attachment (or with a hand mixer), place the cream cheese, sugar mixture Cream the on medium low





50 g Palm sugar, 220 g Eggs, 125 g Couverture Milk Chocolate 125 g couverture White chocolate, 220 g Peenut Butter 50 g Almond powder, 25 g Foxtail milltet, 50 g Walnut, Pinch of Salt

Preparation

Whip the eggs and Palm sugar until pale colour Melt the dark chocolate with the butter and add to the first mixture. Add the foxtail millet flour and almond flour Then chocolate chip Bake at 160°C to 15 minutes to 20 Minutes.

Cheese Cake

Pearl Millet & Coconut Cream Brulee

Preparation

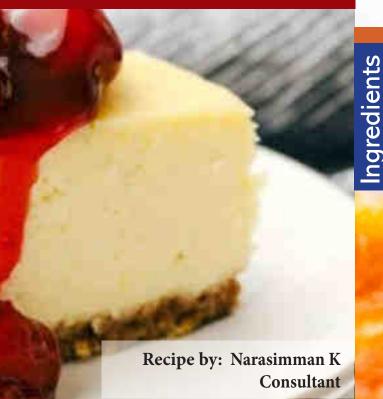
speed until smooth Add the eggs, one at a time, beat well Add the almond cream and beat until incorporated. Pour in the Cheese cake filling into the crust, Bake for 15 minutes and then lower the oven temperature to (120 ° C) and continue to bake for about another 60 - 70 minutes.



300 Coconut Milk 1 vanilla bean, Split and Seeds Removed, 60 g Egg yolks, Room Temperature, 50 g alm Sugar, 50 g Honey, Pearl Millet Puree 50 g Pearl millet (Boiled), 25 g Palm sugar, 25 g Honey

Preparation

Boil the coconut milk and the vanilla bean and seeds to the scalding point Remove from heat and remove the vanilla bean. Mx the egg yolks and Palm sugar then add honey Gradually pour the scalding coconut cream into the egg yolk mixture Gently fold the pearl millet puree mixture into the coconut cream Brulee mixture Prepare a water bath Bake for about 30 - 40 minutes 150'C Immediately remove the custards from the water bath and cool to room temperature. Refrigerate (uncovered) for at least 3 hours or until cold and firm. Remove the Coconut Pearl Millet Brulee from the refrigerator. Garnish Brulee with Brown sugar evenly spread on top and caramelized with blow torch and fresh fruits.



Traditional Recipes



Kodo Rainbow Uthapam

Ingredients

Kodo millet -1/2 cup
Urad dhal- 1/4cup
Fenugreek-1tsp
Beetroot (puree)-1tbsp
Carrot(puree)-1tbsp
Coriander (puree)-1tbsp
Salt-1tsp
Onion and coriander leaves for garnish

- Soak kodo millet for 6 hrs with fenugreek and soak urad dal for 4 hrs or overnight.
- · Kodo millet grind kodo and urad separately add salt, mix and ferment for 6 hrs or overnight.
- Mix 1 scoop of batter with each puree.
- Pour each batter into the pan, add onion and coriander and cook.
- · Sever it with any chutney of choice



Recipe by: Anu Mariyam John, Kollam dist, Kerala

Sprouted Millet Paniyaram

Foxtail millet - 100 gm, Little millet - 100 gm

Kodo millet - 100 gm, Proso millet - 100 gm

Barnyard millet - 100 gm, Sorghum - 100 gm

Wheat - 100 gm, Ground nut - 100 gm

Soya - 100 gm, Chick pea (White & Black) - each 100 gm

Green gram - 100 gm, Horse gram - 100 gm

Kidney Bean (Rajma) - 100 gm, Green Peas - 100 gm

Flat Lentis (both white & brown) - 100 gm, Kavuni Rice - 100 gm

Cardamom - 6 nos. Karupatti/Palm jaggery - ½ kg.

Graded coconut Badam - 25 gm, Dry grapes - 100 gm

Pista - 25 gm, Groundnut oil (chekku oil)

Finger millet - 100 gm, Pearl millet - 100 gm

- Take 100 grams of above said ingredients from Serial Number 1 to 17
- After cleaning soak in water for 24 hrs. Then let it sprout for 24 hrs
- After germination blend the ingredients
- Soaked kavuni rice well Then take the batter and add palm jiggery syrup (for sweetness),
 cardamom powder, Badam, Pista, cashew (roughly chopped) & grated coconut
- Pour the batter into kuzhi paniyaram pan filled with heated Groundnut Chekku Oil with minimum flame for 3-4 minutes
- Delicious Sprouted Mixed Millet crispy kuzhi paniyaram is ready



Recipe by: J. Selvathi Ganesan, Thanjavur

Pithe (Bengali Pancake)

Ingredients

Ragi Flour- 250g

Semolina/ Sooji- 250g

Khoa- 100g

Milk- 350mL

Cardamom/ Elaichi- 2g

Ghee- 15mL

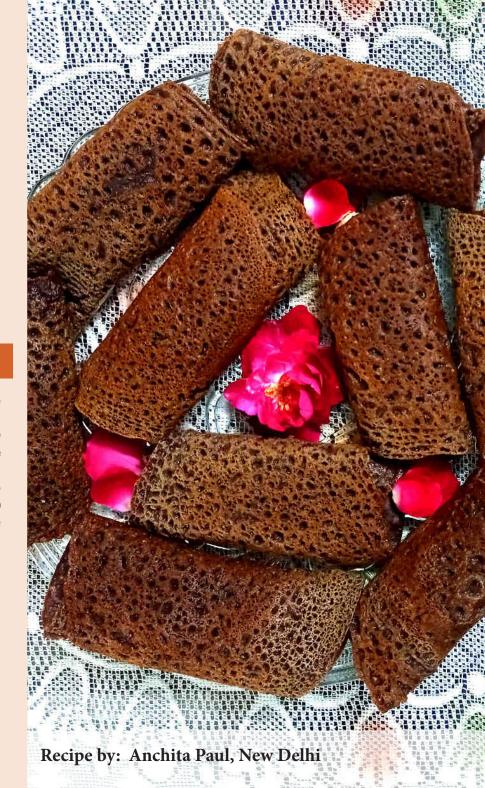
Oil- 10mL

Salt- 0.5g

Sugar- 250g

Dry Fruits- 5g

- · Heat the wok on low flame for about 5 minutes.
- Put 250 g Semolina and pour 15 ml ghee in it and fry for about 20 minutes on low flame till the color becomes light brown. Stir it frequently to prevent burning.
- Add 150 g of sugar to it and mix it uniformly for about 2 minutes, then add 1 cup (100 ml) of water, stir it, and add 0.25 g salt for the taste. (We can also add milk and change the amount according to our taste and preferences.)
- Add 3-4 cardamom/Elaichi (2 g) to enhance the flavor and stir it for around 10 minutes to complete the preparation of Semolina/ Sooji. (We can also use Cardamom/ Elaichi powder.)
- Now add 100 g Khoa, mix it properly for about 2 minutes, add dry fruits to garnish and the preparation of the filling is complete.
- · Take out and put in the container and place it aside.
- Take 250 g Ragi flour in a bowl, add 350 ml milk, then add 100 g sugar, and finally add 0.25 g salt for the taste. (We can also change the amount according to our taste and preferences.)
- Stir it continuously to prevent the formation of lumps.
- Keep the batter aside for about half an hour.
- Heat the non-stick pan on the low flame for about 5 minutes.
- Spread little oil over the pan with the help of a brush to prevent the sticking of the
- Pour the batter and spread it quickly with the help of a ladle.
- Put the filling at the center lengthwise, after 1-2 minutes roll it and press it slightly.
- · Place it on the plate and repeat the process till the batter or filling gets finished.
- After preparing, you can spread some rose petals for decorations and serve/have them.



Ragi Puttu

Ingredients

Ragi Flour – 500gms Hot water – 2 tspn Fresh coconut - 1 grated Pinch of salt

- · Place the Ragi flour in a mixing bowl and add pinch of salt
- Sprinkle little amount of water and rub into the flour until you notice that when you try to make a fistful of ball it will hold and crumble down when you release the ball
- · At this level of consistency, mixture is ready for steaming
- · Boil water in a puttu maker or pressure cooker
- Take puttu maker and stuff few(2tspn) grated coconut as first layer
- Stuff ragi flour (4 tspn) as second layer
- · Repeat the above two steps
- Let the steam pass through for 5 to 6 minutes
- Once you notice steam coming through the top holes, turn off the heat
- Open the lid and press through one end and slide the puttu onto a serving plate
- Serve the Ragi puttu with ripe banana and brown sugar for super-delicious breakfast



Recipe by: Suganya S, Pudukottai

Foxtail Millet Manoharam

Ingredients

Foxtail millet flour- 1 cup Roasted Bengal gram flour-1/4 cup

Bengal gram flour-1/4 cup Ghee-2 tsp

Salt-1/2 tsp

Oil- for deep frying

Grated jaggery- 1cup

Elaichi powder- 2 tsp Cashews-garnishing Ghee- 2 tsp

Water-1/4 cup

- Foxtail millet flour, gram flour, and roasted Bengal gram flour should be sieved to remove impurities or lumps, and transfer the flour mixture into a vessel.
- · Meanwhile, heat oil in a Kadai.
- Ghee, salt and flour mixture should be mixed well and the water to be sprinkled for a smooth dough to fry the muruku.
- Transfer the dough to the muruku mould and gently squeeze it into the hot oil and cook the muruku until it turns golden brown.
- The prepared muruku should be drained off from oil in tissue paper and then broken into pieces and kept aside.
- Boil water in a heavy-bottomed pan and add the grated jaggery allow to dissolve. Then it should be filtered for impurities.
- Boil the strained jaggery syrup with cardamom to get hardball consistency or chikki syrup consistency. Once the syrup attained the correct consistency switch off the flame and add the broken muruku pieces into the jaggery syrup and mix well. Allow it to cool for 3 minutes.
- Apply ghee to your palm and roll the sweet muruku into lemon-sized balls and cool it. It can be stored in a air-tight container for 10 days.
- Serve the delicious, nutritious, and traditional snack and enjoy the treat. Definitely, the glossy sweet Manoharan will melt into your mouth.



Recipe by: V. Subasshini, Chennai

Finger Millet Chimili

Ingredients

Ragi/ Finger Millet flour - 2 cups
Salt - a pinch
Peanuts - 1 cup
Black Sesame/ Til seeds - 4 tbsp
Jaggery Powder - 1 cup Cardamom powder - 1/4 tsp (optional)

- Dry Roast black sesame seeds until they begin to pop and keep aside.
- Dry roast peanuts until the aroma seeps out, peel off the skin and keep aside.
- Take ragi flour, little salt and water to make it reach Puttu consistency. When you hold the mixture with the hands, it should stand still.
- Steam-cook the ragi flour for 10 minutes and keep it ready. For the next method, take ragi flour, salt and water and knead to form a soft dough.
- · Make ragi roti, crumble them and keep ready.
- Transfer the steam-cooked ragi flour and/ or crumbled ragi roti to a mixer jar.
- Add in the peanuts, sesame seeds, cardamom powder and Jaggery powder and grind coarsely.
- · Make Chimili balls.



Recipe by: Vijay K, Coimbatore

Kodo Millet Briyani

Ingredients

Boiled Kodo Millet - 2 cups (500 gr), Ginger Garlic paste - 2 spon, nicly cutt onion - 1 cup, nicly cutt tomato - 1 cup, Green chilli - 2 Number, curd - 50 ml, Ghee - 100 ml, Red Chilli Powder - 1 spoon, Garam Masala (or) Briyani Masala - 1 spoon.

Preparation

Take boiled Kodo millet rice soak 30 minutes. take thick base vessel add ghee add chopped onion and gree chillies sauté it until it gets golden brown. Add briyani masala, ginger garlic paste sauté it few more mins. until it's raw smell gone its all get into a gravy consistency.

For 1 cup of rice add 2 cup of water (1:2) add boiled kodo millet rice to boiling water. cook it for few mins in high flame and keep the stove in low flame and close the vessel with tight lid for 15 mins. Briyani is Ready!!



Proso Millet Porridge

ngredients

Proso Millet (Panivaragu) - 2 cup (200 ml) Moong Dal - 1 Cup (100 ml), Fenugreek - 2 Spoon 20 ml, Badham - 10 numbers, Cashew nut - 10 numbers, Walnut + Pistha - 10 numbers, Stone Salt - 2 spoon, Can Jaggery - 250 gm, Cocount milk - 1 cup, cardormon powder - 1 spoon.

Preparation

Take proso millet, moongdal and all other nuts fry golden colour, Next Grind rice broken powder, Next take 1 cup porridge powder and 5 cups plain water, mix well, Boil this mixture frequently for 5 minutes, finely add coconut milk and cardomon powder (add optional - salt or can jaggary). Its a serve hot sure complete Nutrition food and very best supplementary food for cancer patients!!!



Barnyard Millet Dosa

Ingredients

Barnyard Millet (Kudhiraivali) - 1 kg, Toor Dal - 50 g, Gram Dal - 50 g, Urad dal - 100 g, Fenugreek - 25 g, Stone salt - 50 g.

Preparation

All Ingredients soak for 3 hours Grind into fine Batter, Add salt and mix well. ferment for 10 hours then make dosa in hot pan.



Small Millet Pongal

ngredients

Barnyard millet - 100 g, Koda millet - 100 g, Little Millet - 100 g, Mappillai Samba Rice - 100 g (Broken), Moong Dall - 100 g, Black Pepper - 2 spoon, cumine seeds - 2 spoon, cashew nuts - 10 numbers, Green chilli - 2 numbers, Shredded Ginger - 1 inch, Ghee - 100 ml, Curey Leaves and coriander leaves stone salt - 2 spoon.

Preparation

Take all millets and moongdal mix well with take 1 cup mixed millets and 5 cups potable water and cook in a pressure cooker for 15 minutes. season green chillies, curryleaves and shredded ginger cashew nut in ghee. Add this to cooked pongal and serve hot with sambar.

Thinai murukku

Ingredients

Thinai- 1 cup
Dry chilli-3
Rice flour- 1/4 cup
Fried Gram flour -1/2 cup
Ajwain-1/4 tea spoon
Sesame -1/2 tea spoon
Salt
Garlic-2 smashed

- Soak Thinai for 1 hr with Dry chilli Grind and add the rest of the ingredients
- Deep fry in oil



Rice Noodles (Idiyappam)

Ingredients

Pasteurised flour - 1 cup
Wheat - 1 cup
Finger millet - 1 cup
Little millet - 1 cup
Salt - as required
Oil - as required
Hot water - as required
Lamb nalli - 500 g
Chilli powder - 1.5 spoon
Turmeric powder - 1.5 spoon

Jeera powder - 1 spoon
Pepper powder - 2 spoon
Onion - 3 nos
Tomatoes - 4 nos
Ginger paste - 2 spoon
Garlic paste - 2 spoon
Coriander leaves - required
Dry chilli - 1
Garam masala - 1.5 spoon
Corianderpowder - 1 spoon

Preparation

• Take 1 cup of pasteurised flour, 1 cup of finger millet, 1 cup of little millet and 1 cup of wheat and add required salt and mix them using hot water. After they are completely mixed using a string hopper place them in a plate and cook them using steam. Within 10 minutes idiyappam will get ready. MAKING OF MUTTON NALLI PAYA: Boil the nalli in cooker for 5 whistle along with ginger garlic paste turmeric powder dry chilli oil. Take a pan add oil. After oil is heated add Clove, elachi, cinnamon, onion tomato saute them and add ginger garlic paste and saute till oil gets out from them. Now add chilli powder, jeera powder, garam masala powder, coriander powder, salt and saute them. After the raw smell of masalas gone add required amount of water and wait till 1 boil after add the nalli (crushed them at bottom) Place them in cooker and give the whistle cook for 15 to 20 mins at last add some pepper powder if salt is low add some salt and garnish them with coriander leaves



Recipe by: Hafila Banu. K. N, Trichy



Baked Foods



Edible Tea Cup

Ingredients

Barnyard millet flour - 1/2 cup Wheat flour - 1/2 cup Oil - 1/2 cup Jaggery - 1/2 cup Baking powder- 1tps Cold milk- 2 tbsp

- Roast millet flour on low flame slightly for 2-3 minutes or until it is slightly hot to touch.
 Leave it to cool.
- Grease a cookie tray with oil and keep it ready. Pre heat the oven to 180 degree C for 15 minutes before baking.
- Sieve together millet flour and baking powder
- In a bowl, add the sieved millet flour, oil along with add powdered jaggery and mix well.
- Make a ball and press by mold which look like glass and keep it in greased tray and baked in preheated oven
- · Allow to cool



Recipe by: B.S Abishek, Madurai, TN

Millet Cobbler

Ingredients

Foxtail millet flour: 2 cup

Sugar: 2 cups
Salt: one pinch

Baking powder: 1 tbsp

Butter: 100g Milk: 500 ml

Lemon juice: 1 tbsp

Fruits (mashed): Apple, Pineapple and Dragon fruit Cinnamon - 1

teaspoon

- Pre-heat oven to 200°C.
- Melt butter in a baking tray
- For batter, mix millet flour, powdered sugar, baking powder, salt and milk together.
- Add batter to melted butter and don't stir.
- Add remaining sugar and lemon juice to mashed fruits and bring to boil in a pan.
- · Add this mixture to the batter without stirring.
- Bake it in the oven at 200°c for 30-40 mins
- Cool to room temperature.
- · Tastes best when served chilled with ice cream and nuts.



Millet Breakfast Bar

Ingredients

Millet mix (Ragi, foxtail millet, barnyard millet, little millet) - 1/2 cup

Oats - 1 cup
Flax seeds - 3 tbsp
Sunflower seeds - 2 tbsp
Chia seeds - 2 tbsp
Watermelon seeds - 1 tbsp
Almonds - 10-15 nos
Cashews - 10 nos

Walnut - 5-6 nos
Pistachios - 5-6 nos
Dates - ½-¾ cup
Dried fig - 4 nos
Black raisins - 2 tbsp
Corn flakes - 3 tbsp
Honey - ¼ cup

- Add the oats, chopped nuts, and seeds to a small baking sheet, and then bake for 5 minutes, stir well and bake for another 2-3 minutes. Transfer these to a huge bowl.
- Wash and clean the millets well as they may contain undesired components. Dry roast the millet mix in a pan on medium heat and transfer it to the same bowl as in the 1st step.
- Now we are adding lightly chopped dried figs, raisins, and cornflakes to the bowl. In a food processor, pop up the dates and blend them until they form a ball (which takes around 30-50 seconds). Add this to the previous bowl along with some honey.
- Take a little coconut oil and spread it in your hands, and start mixing all together slowly until it's nicely combined. Make sure that all of the nuts, oats, seeds, and millets are mixed in with the date paste and honey. The final step is to press this yummy healthy mix into a baking dish(6X6) lined with some parchment paper. Pour the mixture into the dish and use a spoon or our hands to pack it firmly and uniformly. Once it is pressed, bake it in the oven at 160°c for 25-30 minutes or till it's golden.
- When it is out of the oven, lift the block of the breakfast bar and cut it into your desired squares or rectangles. Now the Heavenly healthy millet breakfast bars are ready to devour.



Recipe by: Sharafun Ban C A, Kerala

Chocolate Filled Millet Muffin

Ragi flour - 50g Oat flour- 40g All-purpose flour- 50g Baking powder- 1/2 tsp Baking soda- 1/4 tsp Sugar- 100g Coconut oil- 20ml Butter- 30g Vanilla essence- 1 tsp Egg- 1 Milk- 95ml Curd- 5g Chopped Couverture chocolate

- Add the butter and oil to a large mixing bowl and mix well.
- · Add the sugar and vanilla essence and cream them together until fully combined
- Add the egg and whisk for 10 to 15 secs
- Mix the milk and curd well and add it to the bowl.
- · Sift and the dry ingredients and add it to the bowl in small portions
- Prepare the muffin tin and line them with cupcake liners.
- Divide the batter equally and pour it in the muffin tin. Place a piece of chocolate (5-7g) inside each cup.
- Preheat the oven at 175 C for 10-15 mins
- · Bake the cake for about 15 mins.
- To check the doneness of the cupcake, tap the centre slightly, if the cake bounces back to its original shape, the cupcakes are done.



Millet Soup Sticks

ngredients

Foxtail Millet flour: 30 g Great Millet flour: 25 g White Wheat flour: 22.5 g

Dried Yeast: 3 g

Sugar: 5 g Salt: 2.25 g Butter: 10 g

Seasame seeds: 1.25 g

Ajowan: 1 g Water: 50 ml

- · Weighing of all ingredients according to the recipe .
- · Mixing of all flours.
- Dried yeast dissolved in the Luke warm water then all flours including the ingredients were added into the dough kneading machine and slowly water was added.
- Prepared dough kept for fermentation (15 min.).
- The rolling of dough was done manually with hands.
- The rolled dough was cut into the desired shape having the length of 12 cm, width 1-1.2 cm and the thickness 0.75-0.85 cm.
- Prepared unbaked Multigrain Soup Sticks were put on the greased tray.
- \bullet Baking of the sticks carried out in the preheated oven at (180°c for 30-32 min.)
- Tray was removed from the baking oven and cooling of the prepared sticks at room temperature was done.
- The prepared Multigrain Soup Sticks were packed in the PP packaging material and stored at cool and dry place.



Recipe by: V Prasad Shridharrao Gangakhedkar, VNMKV, Maharashtra

Bajra Carrot Cake (Pearl Millet)

Ingredients

Carrot, Grated - 1 cup
Butter - 1/2 cup
Brown sugar - 1/2 cup
Bajra flour - 1/2 cup
Wheat flour - 1/2 cup
Cinnamon powder - 1/2 tsp
Baking powder - 1tsp
Grated ginger - 1/2 tsp
A pinch of salt

Eggs - 2 nos Milk - 1/4 cup Walnuts, chopped - 1/2 cup Frosting Cream cheese - 200gm Icing sugar - 1 cup Butter - 40gm Vanilla essence - 1 tsp

- Pre-heat the oven at 100 degree °C. Grease a 6-inch baking tray with a oil and line a butter paper. Keep it aside.
- Melt the butter in a double boiler and let it cool.
- Place the melted butter in a mixing bowl and add sugar, little at a time, and continue whisking.
- Add eggs and whisk well.
- Sift together the bajra flour, wheat flour, cinnamon powder, baking powder and salt in a bowl. Add it, one teaspoon at a time, to the egg mixture. Fold carefully to get an even mixture without any lumps.
- Add the milk to make a smooth batter. It should not be too thick or too runny.
- Add the carrots, ginger and walnuts, and fold again.
- Bake in the oven at 150 degree °C for 20-25 minutes for a 6 inch pan or tray or until
 a skewer inserted at the centre comes out clean. Remove from the oven and let it cool.
 For the Cream Cheese Frosting
- In a mixing bowl, whisk cream cheese and butter using an electric beater at low heat until well blended. Do not over mix.
- Gradually add the icing sugar and continue whisking until smooth.
- · Beat in the vanilla essence.
- · Once the cake is completely cool, top it with cream cheese frosting.



Recipe by: Sreenithi Kannan, Thuraiyur TN

Millet Yogurt cake

ngredients

Blueberry: 1/2 cup Ragi flour: 1tbsp Bajra flour: 1/2 cup Brown sugar: 1 tbsp Coconut sugar: 1/2 cup

Baking powder: 1tsp Walnuts: 5 to 6 nos

Oil: 1/4 cup

Plain yogurt: 1/2 cup

Egg: 1no A pinch of salt

- Wash and drain the blueberries. Add blueberries into a small bowl then add the 1tbsp of ragi flour and brown sugar to it
- Shake and toss to get the blueberries coated with flour and brown sugar as much as possible and set it aside
- Whisk together egg, coconut sugar, oil and yogurt
- Now add bajra flour, salt and baking powder then mix just until combined
- · Toss in the flour coated blueberries and fold to incorporate
- · Pour into a cooker pan and top with the walnuts
- Bake for 30 45 mins, so check around 30 mins and bake longer as needed
- · Cool and enjoy the walnut blueberry millet yogurt cake











Foxtail Millet Smoothie

Ingredients

Foxtail millet - 100 g Honey - 4 Tbsp Milk. - 1 cup Cashew Nuts - 5 nos Almonds - 5 nos Dates. - 3 nos

- · Wash the foxtail millet for 3 to 4 times
- Soak it for 3 hours
- · Grind the foxtail millet along with soaked water (finely grind)
- · Heat the water in a bowl . Mix the grinded foxtail millet in the hot water
- Mix it well without lumps (It turns into puree consistency)
- · Then add a pinch of salt
- · Heat the puree till it boils . Then cool it
- · Then grind it along with a cup of milk add chopped nuts
- Then add 4 Tbsp of honey, prefer to diebetic patients or else use brown sugar / white sugar
- · Transfer it into a glass . Garnish it with honey / condensed milk and finely chopped nuts



Recipe by: M. Priya Dharshini, Paramakudi

Millet Milkshake

Ingredients

Foxtail millet-50 g Sugar-20 g Banana- 1 No's Chia seed-1 g

Preparation

- The foxtail millet is soaked in water overnight. The soaked millet is grounded into milk.
- Millet milk is collected by filtration. Boil the millet milk until lasting raw smell.
- Sugar and red banana slices were added to the milk. Grounded and mixed it well using mixy.
- Finally, soaked chia seeds were added to the milkshake and shaken well.
- The milkshake is transferred into the glass bottles and stored in refrigerator



Recipe by: Narmatha R, Namakkal, TN

Kodo Millet Sharbat

Ingredients

Kodo millet – 200 g

Milk – 11

Sweetened Khoa – 100 g

Sugar – 200 g

Sabja seeds – 1 tea spoon

Almond gum – 1 spoon

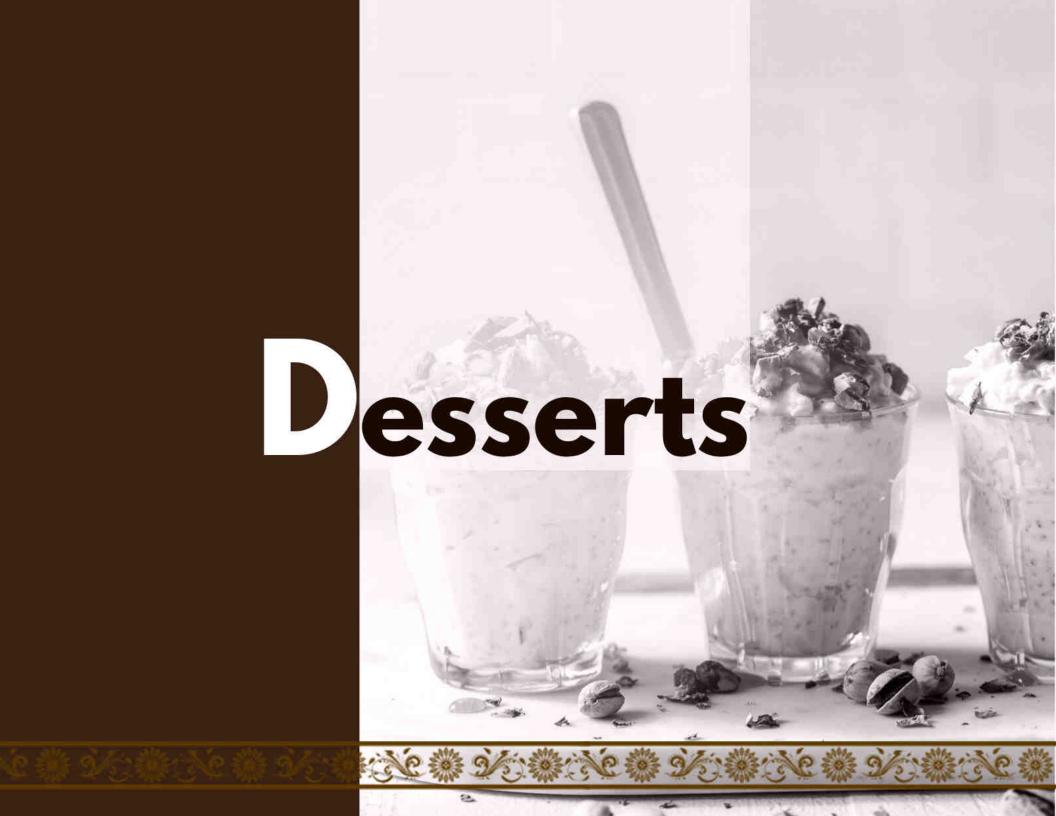
Almond – 50 g

- · Soak the almond gum in water for overnight and sabja seeds 2 hours before preparation
- Heat the milk in a pan. Once the milk is about to boil add the washed kodo millet.
- Let it be heated for 10 to 15 minutes till the kodo millet completely cooked.
- Add the khoa and sugar. Stir the contents till the khoa and sugar gets dissolved.
- Switch of the stove and add the soaked almond gum and sabja seeds and shredded almond.
- Keep the milk sharbat in refrigerator and serve cool.



Recipe by: Keerthana K, Chennai, TN







Millet Tres leches Cake

Ingredients

Ragi flour – 50 g
Oat flour- 40 g
All-purpose flour- 50 g
Baking powder- 1 tsp
Baking soda- ½ tsp
Sugar- 100 g
Coconut oil- 20 ml
Butter- 30 g

Vanilla essence- 1 tsp
Egg- 1
Milk- 95 ml
Curd- 5 g
Sweetened coconut milk- 1.5 cup
non diary whipped cream Mango

- The Cake: Add the butter and oil to a large mixing bowl and mix well.
- · Add the sugar and vanilla essence and cream them together until fully combined
- Add the egg and whisk for 10 to 15 secs Mix the milk and curd well and add it to the bowl.
- · Sift and the dry ingredients and add it to the bowl in small portions
- Prepare 2 cake tins (a 5-inch round) and line it with parchment paper and pour the batter equally in both the tins.
- Preheat the oven at 175 C for 10-15 mins Bake the cake for about 30-35 mins.
- To check the doneness of the cake, prick the cake with a wooden stick, if the stick comes out clean the cake is well done.
- Soaking the Cake: Place the cakes in the serving dish with the top slightly trimmed, and pour ¼ cup of the coconut milk over each cake and let it soak for 5 mins.
- Layer of cream Apply a generous layer of whipped cream over the cake.
- Mango topping Place an even layer of chopped pieces of mango over the cake.
- Chill the cake for an hour in the refrigerator.



Recipe by: Al huda & Mohamed suraiya, Bakespells

Mixed Millet Cream Cake

Ingredients

Thinai - Foxtail Millet (50 g) Ragi - Finger Millet (50 g) Kambu - Pearl Millet (50 g) Butter - 3 tsp Baking soda -1/2 tsp Baking powder -1 tsp

Milk - 100 ml Honey - 50 g

Melted Jaggery -40 g Cocoa powder -3 tsp vanilla essence (optional) Millet Cream base • Ragi -25 g Milk- 100 ml Jaggery - 20 g

Fresh Cream - 1-2 tsp

Preparation

- Method of preparation (Cake Preparation)
- In a pan dry roast and grind the millets (Finger Millet, Foxtail Millet, Pearl Millet)
- In a bowl sieve the millet flour, to the flour mixture add butter, milk, honey, melted jaggery, baking soda, baking powder, Cocoa powder and mix it well till it make the cake batter consistency.
- Keep the mixed batter covered under room temperature for 30-45 mins
- · Take a cake tin and apply butter all over it
- Transfer the prepared batter into the cake tin equally
- In a pan add water and boil it for 15 mins
- · Place the cake tin over the stand in the boiling water and cook it for 45 mins (close the cake tin with the lid so it can cook fast)
- · After 45 mins, the cake is softly cooked and allow it cool for 15 mins (you can also refrigerate it)
- Now after cooling, transfer the cake from cake tin to the plate
- Now the cake is Softly cooked. Method Of Preparation: (Millet Cream)
- Take 100 ml of milk in a pan and boil it for 2-3 mins
- While Milk is being boiled Add 25 g of Ragi to it and stir it continuously.
- Add Jaggery to it and mix it well, Cook it for 5 mins, Allow it to cool for 10-15 mins
- Then Add 1 tsp of fresh cream to it and then grind all these into a soft consistency mixture
- Millet cream is ready to pour on the cooked millet cake base.
- · To the cooked cake base add the millet cream to it and add cocoa powder and cherries as toppings



Recipe by: Srimathy. V, Chennai, TN

Doughnut

ngredients

Flour mix: 100 gm-[Millet flour 75 gm

all purpose flour 25 gm] Baking powder : 1.5 gm Milk powder: 4 gm

Yeast: 4 gm

Sugar powder: 10 gm

Water: 45 ml Margarine: 10 gm Essence: 2 gm Egg: 20 gm Salt: 1.5 gm

- Mix Millet flour, All purpose flour, Milk powder and Baking powder without adding water.
- For 100 gm of flour mix, add 4 gm of yeast with 10 ml of warm water and kept for proofing for 10 mins.
- The proofed yeast was added to the flour mix and kneaded for 10 mins. After that 35 ml of water, 10 g margarine, 20 gm of whole egg, 2ml of essence and 1.5 gm of salt were mixed with wet ingredients and kneaded for about another 10 mins. The dough was supposed to be saggy and wet.
- After preparing dough it is kept for proofing for about 45 mins at a temperature about 32 degree celsius. Once it has risen, the fluffy dough is turned out on to a floured work surface.
- The dough is rolled out to 1.3 cm thick, then it is shaped into doughnuts using round doughnut cutter having 3 cm diameter.
- After that the doughnuts were kept for second proofing for about 45 mins at temperature about 30 degree celsius.
- Thereafter, deep fat frying is conducted to process the final doughnut using a batch fat fryer, doughnuts were fried for 5 mins at 132 degree celsius or till the outer crust turns to brown colour.
- Then the doughnuts were discharged from the frying pan and extra oil was removed from adsorbent paper.
- After cooling to room temperature, then inject the cream into the doughnut using cream injector, then dip in melted chocolate for coating, put some toppings on coated chocolate.



Recipe by: Pallavi S B, UAS, Dharwad, KA

Ragi Halwa

Ingredients

Ragi-half cup

Organic sugar- half cup

Ghee-3 table spoon

Sooji-2 table spoon

Water- one cup

Desired nuts for topping

- Boil one cup of water and add in the organic sugar into the boiling water to make sugar syrup and keep aside
- In a pan add 2 table spoon full of ghee and add in the sooji and mix well
- Then in the pan add the ragi and mix well 3 to 4 minutes
- Add the prepared sugar syrup to the ragi and mix well untill the foldable consistency
- · Add one table spoon of ghee and mix well
- Now the ragi halwa is ready; serve with desired nuts



Recipe by: Ramya, Ariyalur, TN

Foxtail Millet Gulab Jamun

For Jamun Balls

3/4 cup of roasted foxtail millet

- 1/2 cup of wheat flour
- 3 cups of milk
- 1 tablespoon of jaggery
- 1 tablespoon of butter

For Syrup

2 1/4 cup of Jaggery

4 1/2 cup of water

pinch of cardamom powder

Lemon juice

Preparation

Jamun preparation

- Roast 3/4 cup of foxtail millet for 4-5 minutes using dry pan and then allowed to cool it.
- Then grind it using mixer grinder and seive it for fine powder.
- Add ½ cup of wheat flour to it and mix well.
- Roast the mixed flour for 3 minutes using pan with some butter.
- In another pan, add 3 cups boiled milk and 1 tablespoon jaggery and boil in medium flame, add the roasted flour to it when boiling and stir well until it attains the dow consistency and let it cool.
- Add 1 tablespoon of butter to it and mix well, then keep it rest for 15- 25 minutes.
- Now roll the dow into small pieces and deep fry it in medium flame until it becomes golden brown.
- · Add it into hot syrup and serve it.

Syrup preparation

- Boil 2 1/4 cup of jaggery and 4 ½ cup of water in medium flame for 5- 10 minutes and
- Add pinch of cardamom powder.
- Then add little lemon juice to retain its consistency.



Recipe by: Sunil Kumar P, Erode, TN

Ragi Tiramisu

Ingredients

Ragi Flour - 75-80g

Rusk- 8-10 numbers

Mascarpone Cheese - 85g

Icing Sugar - 6 tbsp

Whipping Cream - 125 ml

Instant Coffee powder 2.5 tbsp

Water - 150ml Cocoa powder for dusting

Choco sticks for decorating

- Take 75 -80g of Ragi Flour in a pan and dry roast it in the pan under slow flame for 5-9 minutes.
- Take Mascarpone Cheese, 4tbsp of Icing Sugar and the roasted Ragi Flour in a bowl.
 Whisk this mixture until the cheese and flour get mixed properly. Now add 125 ml of whipping cream and blend it until stiff peaks are formed. Hand blender/Electric blender is recommended for this operation.
- Then prepare coffee mixture by adding 2tbsp of instant coffee powder in 150 ml of water.
- Add 2 tbsp of sugar to it. As soon as the mixture gets hot, switch off the stove.
- Now dip the rusk pieces in the coffee mixture slightly and keep it aside in a plate.
- Then take a glass cup or bowl to assemble Tiramisu.
- At the bottom place two pieces of coffee dipped rusk. Then add two to three tablespoons
 of Ragi whipped cream base and continue repeating the same procedure till the rim of the
 cup / bowl.
- Make sure that the top most layer is the cream layer. Above the cream layer Cocoa powder
 is dusted. This can be further decorated by placing Rusk pieces/ Choco sticks to attract
 children.





No Fire Foods

Ragi Pannacotta

Ingredients

Ragi 1/2
Cup Water 1 + 3/4 Cup
Agar Agar 7-10 Gm
Dates - 7-8
Brown Sugar / Sugar - 4 Tbsp

- Ragi milk preparation: Soak ragi in water overnight or for 6 hours. then grind them in a mixer jar sieve and filter the ragi milk.
- Dates mix preparation: Soak dates overnight or for 6 hours in 3/4th cup of water. Remove the peel and the seed, mush the dates. Keep it aside. Dont throw away the soaked water
- Preparation of pannacotta: In a sauce pan add dates soaked water along with agar agar and let the agar agar dissolve in medium to high flame. - once its dissolved remove from heat - add the ragi milk along with mushed dates and sugar and mix well pour in bowls and let it set in refrigerator. can take up to 1-2 hour to set or more once.



Recipe by: Al huda & Mohamed suraiya, Bakespells

Foxtail Falooda

Ingredients

Curd - 250 g

Dates - 4 pieces

Raisins - 20 g

Jaggery - 25 g

Mung bean sprouts (powder) - 10 g

Roasted Foxtail millet (powder) - 250 g

Mixed seeds and Pomegranate - as topping Almond - as topping

Preparation

- First, prepare the hung curd by placing a sieve in a large bowl layered with a cloth.
- Pour 2 cups of thick curd and tie tight.
- Refrigerate overnight till the curd drops off all water and turns thick and creamy.
- Make a powder of dried mung bean sprouts and roasted foxtail millet.
- Add 25g of jaggery, 4 pieces of dates, 20g of raisins and blend it well.
- Further add 10g of mung bean sprouts powder and 250g of foxtail millet and mix it well.
- · Add mixed seeds and almonds as toppings.
- Serve as creamy falooda



Recipe by: Aiswarya B, Chennai

Ragi Banana Smoothie

Ingredients

Ragi 1/2 cup Water 1 cup 3-4 small ripened bananas Jaggery 2-3 tbsp

Preparation

Preparation Of Ragi Milk:

- Soak ragi in water overnight or for 6 hours.
- Grind it in a mixer jar Sieve and filter the ragi milk.
- Preparation Of Milkshake Mash the bananas and have some chopped pieces for added texture.
- Add the mashed bananas and jaggery and mix well. Serve chilled and as it is.



Recipe by: Al Huda, Bakespells





Novel Recipes

Ragi Pancakes

Ingredients

1/2cup ragi flour

1/4 cup oats flour

2 medium bananas (mashed)

2 eggs

1 tsp baking powder

Pinch of salt

1 tsp lemon juice

*Cooking oil

Preparation

- Take a mixing bowl add 1/2cup of ragi flour, 1/4 cup of oats flour, 1tsp baking powder and salt.
- To the dry mix, add 2 eggs, lemon juice and the mashed banana and mix until no lumps are left.
- Heat a lightly oiled pan over medium heat and pour about 1/4cup of the batter.
- Flip them after bubbles appear on the surface.
- Cook until both the sides are moderately browned.



Recipe by: Gayathri. N Karthika. N Chandru. R. S, Chennai, TN

Kodo Fritters

Ingredients

Kodo millet (Varagu rice) -200 grams
Bengal gram - 1 teaspoon
Jeera - ½ teaspoon
Ghee - 1 tablespoon
Green chilli - 1 no
Pomegranate - 2teaspoon
Maida - 1 teaspoon
Pepper powder - ¼ teaspoon
Bread crumps - 2 tablespoon
Pappad - 6 nos
Oil -300 ml

Preparation

- · Boil and cook kodo millet (varagu).
- Strain the rice and mix thick curd with the rice, the consistency should be thick.
- Meanwhile take 1 teaspoon maida and add 1 tablespoon water and pepper powder and make it as paste without lumps.
- Fry the pappad and crush the pappad and keep aside.

Optional: Pickle

- Take a pan and pour 1 tablespoon ghee.
- After ghee heated put bengal gram and roast then jeera and chillies to be added and these sauting items added to rice.
- Peel the pomegranates and add to the curd rice.
- Make the rice into small balls. [If you like pickle make a hole in the ball and add pickle and make a round]
- Dip the ball into maida slurry.
- · Coat with bread crumbs.
- Next dip the ball into crushed pappad
- Repeat the step once again.
- Heat the oil in the pan
- Deep Fry the balls in medium heated oil.
- Take those balls after it turns light brown colour and serve
- Delicious crispy kodo fritters ready



Recipe by: S. Harini Titu, Ramanathapuram

Barnyard Millet Nuchinunde

Ingredients

Barnyard millet 1 cup
Channa dhal ½ cup
Red gram dhal ½ cup
Onion (chopped) 2 tbsp
Green chillies (chopped) 1tbsp
Ginger (chopped) 1tsp
Dill leaves (chopped) 3tbsp
Coriander leaves (chopped) 2tbsp Asafoetida ¼ tsp
Cumin seeds ¼ tsp
Himalayan pink salt to taste

- · Soak the barnyard millet, channa dhal and red gram dhal separately for 3 hours.
- After 3 hours drain the water and keep aside for 5 minutes.
- Meanwhile in a bowl, add chopped onion, green chilies, coriander leaves, dill leaves, ginger, green chilies, cumin seeds and mix well.
- Blend the barnyard millet into fine powder in the blender and add to the bowl.
- Similarly, coarsely grind the red gram dhal and channa dhal and add it to the bowl as well.
- Mix all the ingredients along with Himalayan pink salt, asafoetida and without adding water make a dough.
- Shape the dough into cylindrical shapes and place in a plate greased with ghee.
- Place the plate in a steamer and cook for 15-20 minutes.
- Serve hot nuchinunde with coconut chutney



Recipe by: Nireeksha V, Mangalore, KA

Shahi Tadka

Ingredients

For bread making

Bajra flour 2 cups Honey 3tbsp Milk 1/4cup Water ½ cup Yeast 1 tsp Sugar 1tsp

For custard or rabdi

Ragi milk 2 cups
Dry fruits 1 cup
Condensed milk 3 tbsp
Bread crumbs 2tbsp
Saffron milk 1tsp
Sugar or jaggery 2 cups

Preparation

Bread making

- Bajra flour which is sieved and then egg (optinal) is added to new bowl.
- Next comes milk, honey, and activated yeast and all dry and wet Ingredients and mixed using spatula.
- · Allow the bread to rise and then microwave it for 13 min at 180
- After the bread is made it is cut into two diagonally and toasted by applying ghee.

Rabdi or custard

- First ragi milk is made by soaking ragi and then grinding it in mixer.
- Then the mixture is strained that is ragi milk.
- It is then allowed to boil and then add the breadcrumbs, jaggery, dry fruits, saffron mixed in
 1 tsp milk and allowed on heat on low flame until it thickens.



Recipe by: Kinza Fathima, Chennai, TN

Kodo millet Nombu Kanji

Ingredients

Millet Pulav Ingredients:

Fox Tail Millet (Thinai), Onion, Tomato, Cinnamon, Clove, Elaichi, Carrot, Beans, Mint Leaves, Ginger Garlic Paste, Oil, Ghee, Green Chilli, Salt Water For Ragi peanut seasame balls:

Ragi, Jaggery, Ghee, Groundnut, Black Seasame For Varagarasi(Kodo millet)

Nombu Kanji: KodoMillet, Onion, Tomato, Moong Dal, Clove, Elaichi, Mint Leaves, Corriander Leaves, Ginger Garlic Paste, Oil, Ghee, Water, Green Chilli, Tumeric and Red Chilli Powder

Preparation

Preparation of Fox Tail Millet Veg Pulav:

- · Take a pressure cooker and place it on the gas stove with medium flame
- · Into the cooker add oil and also ghee for extra taste
- To that goes in Two small Cinnamon, Two cloves, One elaichi, One green chilli(Cut it into two), Half onion, Half tomato, Chopped beans and carrot ,Ginger garlic paste and saute well
- For one cup of fox tail millet(Washed and soaked millet) add 2(1/4) cup of water
- · For your convenience add a little amount of salt
- Close the cooker with the lid and Leave it for three whistle at medium flame
- Your delicious healthy pulav is ready to serve Preparation of Ragi peanut seasame balls:
- First fry the seasame and groudnut(Peel the outer layer)
- Take ragi flour and make it like a chapatti dough
- · Place the Tawa on the stove(medium high flame), make three thick sized roti with that ragi dough
- · Take an ural and put these three hot roti and add jaggery, fried groundnut and seasame smash it well
- Then make small balls using hands immediately after taking out of the ural or else the ball shape wont come
- · Your Ragi peanut seasame ball is ready for tasting.

Preparation of Varagarasi(Kodo millet) Nombu Kanji:

- · Take one cup of moong dal and varagarasi(Kodo millet) soak it in water for 20 minutes
- After placing a cooker on the stove add ghee,oil,Two small Cinnamon, Two cloves, One elaichi, One green chilli(Cut it into two), Half onion, Half tomato, Ginger garlic paste and saute well
- · Add turmeric and red chilli powder in a little amount
- Then goes salt ,water (For 1 cup of Rice add 3 and half cup of water) and moong dal(1/2cup)
- · Close the lid and let it go for two whistles
- · After that take off the lid and add Mint leaves and serve your healthy Nombu Kanji



Millets Tikki

Ingredients

Bajra seeds
Sesame seeds
Groundnut seeds
Oil
Jaggery
Moringa powder

- 1 cup of bajre ka atta, Grinded groundnut seeds, Moringa powder were mixed thoroughly.
- After all the dry ingredients were mixed add sesame seeds which were washed and cleaned then add melted jaggery (while melted add 1/4th cup water) then make a dough out of it by adding2 tbsp of oil.
- Do not knead the dough so much it may give cracks after frying.
- Next keep it for 10 minutes after kneading then make flat patties out of it and deep frying should be done.
- Fry until golden brown.



Recipe by: Sahala, Mangalore





Sweets & Savouries

Multigrain Bhakarwadi

Ingredients

Ragi Flour - 1/4 cup (40 g)

Jowar Flour- 1/4 cup (40 g)

Wheat flour - 1/2 cup (80 g)

Warm Groundnut Oil - 1 Tbsp (15 ml)

Salt - 1/4 tsp

Water as required Stuffing:

Desiccated coconut - 1/3 cup (50 g)

Tamarind pulp with jaggery - 2 Tbsp (30 g)

Coriander seeds - 1 Tbsp (15 g)

Jeera seeds- 0.5 Tbsp (8 g)

Sesame seeds, white - 0.5 Tbsp (8 g)
Asafoetida - 0.5 tsp (2 g)
Red chilli powder- 1 Tbsp (15 g)
Coriander leaves - 1.5 Tbsp (20 g)
Green Chilli Paste - 0.5 Tbsp (8 g)
Sev - 3/4 cup (100 g)
Salt - 1tsp (5 g)
For frying Oil- 1/2 cup (75 g)

- · Mix all the flours along with the salt.
- Add in the warm oil (lightly heated) and mix and rub it into the mixture.
- Once incorporated well, add in 1 Tbsp of hot water and mix well followed by room temperature water to knead into dough.
- The dough should be semi-stiff to touch. Cover and keep aside for 10 minutes.
- Next, dry roast coriander seeds, sesame seeds and jeera and roughly grind them.
- To this mixture, add in the rest of the components of the masala (coconut, coriander leaves, sev, chilli powder, salt, asafoetida, chilli paste, tamarind paste) and mix well.
- After the dough has rested for 10 minutes, knead the dough again for 4-5 minutes or until smooth.
- Cover the dough and keep it aside for 15 minutes to rest.
- After 15 minutes, roll the dough into a flat circle (0.5-0.75 inches thick) using a rolling pin (spread some oil on the rolling board to avoid sticking and breaking of dough)
- Add a layer (0.5 inches thick) of the bhakarwadi stuffing and firmly press. Now, lift one end of the dough and carefully roll it into a log like structure. Secure the ends with water.
- Cut the roll into a 1cm thick pinwheel.
- Keep the oil for heating (140-15oC) until moderately hot.
- Drop in the bhakarwadi and fry until the light brownish colour vanishes.
- Remove and keep on a tissue to remove excess oil and let it cool.
- Serve with a cup of hot tea as a savoury snack.



Recipe by: Koshika Parakh, Prekshit Investments ltd, Bangalore, KA

Jowar Mysorepak

Ingredients

Jowar flour: 100 gm

Sugar: 100gm Water: 100 gm

Ghee:50 gm

Dry fruits: required amount Cardamom: required for taste

Preparation

- Firstly, measure all the ingredients which is required.
- Then take a pan and light on the stove and place the pan on the stove.
- After heating the pan add little amount of ghee.
- · After ghee heated, pour the Jowar flour and fry a little. Put off the stove and remove the pan.
- Prepare sugar syrup in a separate vessel (Single thread consistency), add the cardamom to taste. Add Jowar flour to the syrup.
- Keep stirring the batter without forming lumps by adding ghee little by little until the whole ghee finishes.
- · Pour it into a plate with ghee applied to it and cut it into small pieces. And after serve them and enjoy your recipe.



Recipe by: Kavati Anusha, CFST. PJTSAU, Telangana

Multi-Millet Dorayaki

Ingredients

For Pancake:

Little Millet Flour - 1/4 Cup
Amaranth Flour - 1/4 cup
Rolled Oats Powder - 1/4 cup
Whole Wheat Flour - 1/2 Cup (Can
replace with 1/4 Cup Whole wheat +
1/4 cup Sorghum)
Jaggery Powder - 1/2 cup Melted
Unsalted Butter - 1/4 cup
Vegetable Oil - 1/4
Cup Milk - 3/4 + 1 Tablespoon Cup
Fresh Mango Puree - 1/3 Cup

Baking Powder – 1/4 Teaspoon Vanilla Essence – 1 Teaspoon A Pinch of Baking Soda A Pinch of Salt Filling in Pancake:

Hung Curd – ½ Cup Honey – 2 Tablespoon Fresh Mango Cubes – ¼ Cup

Preparation

- Mix Hung yogurt and honey in a bowl and keep aside (This mixture should be of thick consistency).
- Take a Deep Bowl. Add Jaggery powder, Oil And Melted Butter, Mix well all three ingredients for 4-5 mins.
- To this mixture add the dry ingredients Little Millet Flour, Amaranth Flour, Rolled Oats Powder, Whole Wheat Flour, Baking Powder and Milk
- Mix well until combined into a smooth paste without lumps
- Add Mango Puree, Vanilla Essence, Salt, Baking Soda and mix Gently.
- If mixture is of thick consistency, then add 1 Tablespoon of Milk. Let the Mixture stand for 10 mins.
- Heat a Non-Stick pan and spread some butter.
- Pour small amount of batter onto the heated pan. Spread the batter to form 1/4-inch thickness.
- Cook well on both sides until golden brown. The goodness of super grains means it doesn't cook as fast as refined flour, Add more butter as needed
- Make Even number (2,4,6,8) Pancakes of approximate same size
- · Transfer to a plate, covering with a wet towel or kitchen paper to stop the pancakes from drying out.
- Place a pancake with the wrong side up (the side that was cooked after flipping) on a plate with a smooth surface
- Spread 1 Table spoon of Hung yogurt filling, leaving a small margin around the edge of the pancake.
- · Spread small cubes of Fresh Mango Pieces over filling.
- Place another pancake, right side up on the filling make a sandwich.
- Gently press the round edge of the pancakes together to close the gap.
- Nutri-licious Multi-Millet Dorayaki with Mango Filling is ready to be served.



Recipe by: Alka Duseja (CEO & Founder of Orish Foods) & Mansi Jeswani (Co-Founder), Pune MH

Millet Dhodhal

Ingredients

Wheat flour 100 gms

Ragi flour 50 gms

Thinai flour 50 gms

Kambu flour 50 gms

Jaggery 250 gms

Coconut milk from 2-3 coconuts

Cashewnuts and ghee additional for dressing

- Soak all the flour together in a bowl and set it for 15mins.
- The solid substance will settle down and the milk substance of the flour will be separated.
- Take only the liquid that settles on the top and do this three times and take the flour water and mix with it the Jaggery and coconut milk and strain it.
- Heat an iron pan and add the strained millet water and keep stirring till the oil from the coconut separates.
- Take a tray and grease with ghee and sprinkle some cashewnuts and empty the halwa on to the plate and let it rest.
- · After one hour it will set and cut into pieces and serve.



Recipe by: Dr. S. Sowmya, Cauvery College for Women(Autonomous) Trichy, TN

Millet Malpua

Ingredients

Any one type of millet flour - 100 grams Unsweetened condensed milk - 4 tbsp Salt - 1 pinch Fennel seeds - 1 tsp Milk- 100 ml

Jaggery powder - 100 grams

- · In a bowl add any one type of millet flour 100 grams, unsweetened condensed milk 4 tbsp, salt 1 pinch, fennel seeds 1 tsp, and mix all with 100ml milk allow fermenting for 4 hours
- · Jaggery water: add 100 grams of Jaggery powder and little water make Jaggery water keep it aside After 4 hours
- · Heat a Kadai with ghee. ghee is used here for frying now
- · Pour batter in ghee deep fry until both sides become
- Brown now dip into sugar syrup for 5 minutes.
- Sugar syrup should be warm, after 5 minutes remove from sugar syrup.
- Topping with dry fruits.



Recipe by: Sharmila deve V, Coimbatore, TN

Millet Momos

Ingredients

Jowar flour-40 g
Drumstick leaves-60 g
1/2 cup water
Green gram sprouts-40 g
Onion big -30 g
5 garlic cloves -minced
Oil-2 ml

Ginger - 1inch -minced 1/2 tsp pepper powder Spicy dip-ingredients Red chilli-3 no, Tomato-20 g, Onion-20 g Pinch of salt

Preparation

Momo dough preparation

- 1.50 g of Jowar flour has been measured with the help of weighing scale
- Now add drumstick leaves into the blender along with 2 tsps of water into the blender and grind into fine paste
- Add the blended mixture to the flour and knead the dough with 1ml of oil using measuring spoon and let the dough rest for 20 mins

Momo stuffing preparation

- Heat the 1 ml of oil in the sauce pan, add the minced garlic cloves and ginger and saute for 2 mins
- Now add finely chopped onion and saute for 3 mins, now add the sprouted green gram dhal and mix well and cook for 5 mins
- Add 1/2 tsp of pepper and mix well and allow them to cool

Momo preparation

- Now roll the dough into small rounds and place the stuffing inisde the dough and pleat the dough in the required shape
- Heat the idly cooker and add 2 cups of water and now place the momo on the idly plate
 and steam the momos for 10 mins, for dip take a pan and boil tomato, onion along with red
 chilles and blend well and now it is ready to serve along with the dip



Recipe by: P. G. Bavana dutt, Chennai, TN

Millets & Nuts Laddu and Porridge

ngredients

Sproute Ragi- 100 g, Sprouded Bajjra - 100 g, Sprold Corn - 10 g, Sprouted Channadall - 100 g, Sprouted wheat - 100 g, Ghee - 300 ml, Foxtail Millet - 100 g, Koda Millet - 100 g, Hand Pounded Rice - 100 g, Black Kavunie Rice - 100 g, Can Jaggary Powder - 1kg, Sesame - 100 g, Ground Nut - 200 g, Cashwnut - 100 g, Almond - 100 g, Pisther - 100 g, Valnut - 100 g, Flaxed - 100 g, Cardomon powder - 2 Spoon.

Preparation

All millets and Nuts are fry Golden Brown fried to a color Grind fine powder, Next add can jaggary powder and cardomn powder and nuts.

Next heat Ghee and add laddu powder to make Laddu. This is a Delicious Sweet! Nutrition Sweet! Protein Rich Sweet! This Ingredients make porridge also!



Finger Millet Dates Halwa

ngredients

Sprouted Ragi - 200gr, seedless dates - 200gr, cashew nut - 20 numbers, Almond - 10 numbers, Cardomon powder - 2 spoon, Ghee - 300 ml, Cornflour - 1 spoon - saffron - pinch, Can Jaggary - 100 g.

Preparation

Soak Ragi 2 hours

Grind and filter out the milk.

Boil dates in water 5 mins.

Grind mixi in fine paste Ragi milk + dates paste + Cornflour + Canjaggary into fine paste.

Cookit for 10 mins in low or medium flame.

Add Ghee, cashew nut, and saffron

Cookit until its all get in to a halwa consistaency.

Heat until halwa leave from sides of pan

Tasty - Healthy Halwa is Ready.

Foxtail Millet Crepes

Ingredients

Ingredients

For crepes Foxtail millet flour - 100grams

Egg – 1 beaten

Coconut milk - 1/4 cup

Water - as required Salt -to taste

Oil - for greasing the pan For stuffing

Mutton keema - 100grams

Oil - 3 tbsp

Onion, big-1 (finely chopped)

Ginger garlic paste - ½ tsp

Chilli powder - 1tsp

Garam masala – ½ tsp

Fennel powder – ¼ tsp

Turmeric powder - 1/4 tsp

Coriander leaves - 2 tbsp

(finely chopped)

Lemon juice – few drops

Salt - to taste

Preparation

· Take foxtail millet flour in a bowl, add in coconut milk, beaten egg, salt and mix together. Add water to bring the mix into a thin batter consistency. Leave it aside. Heat a pan and add oil, to it add the chopped onions, sauté for few minutes. Add ginger garlic paste and cook for 5 minutes. Add in the chilli powder, turmeric powder, garam masala, fennel powder and sauté for few mins. Add the keema, mix well and let it cook well. Add coriander leaves and salt and a few drops of lemon juice. Remove the stuffing off flame once it becomes dry. Take a pan and make thin crepes with the made up batter. Keep the stuffing and roll the crepes into rolls. Cut them into half and serve them hot.



Recipe by: Noor Jameela ML, Tirunelveli

Sweet Millet bar

Ingredients

Jowar- 30g

Bajra -20g

Flax seeds -10g

Jaggery -80g

Peanuts -20g

Preparation

- Take a non stick pan roast jowar for 2-3min on low flame until it pops
- · Roast all other ingredients except jaggery separately until aroma of roasting is reached, there is slight change in colour and popping occurs.
- · Now grind the roasted bajra coarsely.mix all these ingredients in a bowl.take a pan put jaggery pieces on medium flame until it melts perfectly.
- · Now transfer all the ingredients to the pan and mix thoroughly and switch off the flame.take a greased container or use butter paper,now put the mixture and settle it and give it a shape.
- · Let it cool down and serve it in a serving plate



Recipe by: Saleha Fatima, Hyderabad

Coconut Pancake roll

Ingredients

For pancake
100g proso millet flour
250ml coconut milk
1 egg
2tsp butter
Salt and sugar for taste

Few drops of vanilla essence

For fillings 150g grated coconut 100g brown sugar Butter

- For pancake Mix all ingredients, stir well until batter become smooth.
- · Heat a pan and grease with butter and add 1 full ladle of the batter in circular movement.
- Flip back and forth until cooked.
- Coconut stuffing Mix all ingredients in a low heat and add some water and stir well.
- · Leave the mixture until sugar gets dissolved and stuff become soft.
- Finishing Take 1 pancake and add 2tsp of coconut stuff and roll once and close both sides and roll it ou until the end.



Recipe by: Mariyam Hyrun Nisha A, Tirunelveli Tamilnadu

Millet Sweet

Ingredients

Little millet rice/Barnyard Millet rice: 200 gms

Milk - 1 ltr

Cardamom powder -1tsp

Jaggery powder - 100 gms.

Dry coconut powder - 200 gms

- Wash and soak millet (barnyard or little millet) for 6 to 8 hours.
- 8 hours later grind millet rice coarsely Heat a pan Add 4 cups of milk when the milk starts to boil add ground rice.
- Stir continuously add cardamom powder 1tsp and jaggery 2 tsp.
- Stir till the batter gets thickened. (at least 8 to 10 minutes) switch off the gas stove.
- Let it cool. Make it small balls. Heat a pan.
- Add 1 cup jaggery powder with 1/2 cup of water. When jaggery water starts to boil add small balls. Cook for 5 minutes.
- Flip both sides and cook. Switch off. Close it with a lid for two minutes. Roll these balls in dry coconut powder.



Recipe by: Sharmila deve V, Coiambatore

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Centre of Excellence for Grain Sciences

The centre is involved in developing the protocols for standardizing different testing quality parameters in nutrients analysis and quality assessment of pre-release varieties. Facility for quality evaluation and milling of millets and pulses, processing of oilseeds also included. Centre of excellence for grain sciences in association with leading industry aims to train students and professionals involved in grain milling, conduct innovative research, and provide solutions to issues faced by the milling industry. This centre also seeks to provide human resources, skill development and a continuous knowledge platform for Government procurement and public distribution authorities to process paddy, millets, pulses and oilseeds. Machinery available for processing half a tonne capacity "state of art rice parboiling and milling unit" integrated with solar drying system, millet processing unit and dhal milling unit. This department also has extrusion cooking unit.

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