MILLET
RECIPE
DIARY

AN INITIATIVE BY
8 MILLET HOUSE
FOXTAIL MILLET

RECIPIES LIST

- Foxtail Millet Kheer
- Foxtail Mango Rice
- Foxtail Millet Cutlet
- Foxtail Coconut Rice
- Foxtail Biryani
- Foxtail Bread
- Foxtail Bisi bele bath
Foxtail millet is one of the oldest cultivated millets. Three to four decades ago, foxtail millet was consumed as the staple food. It has double quantity of protein content compared to rice. It controls blood sugar and cholesterol. It increases disease resistant capacity when consumed and is considered ideal food for people suffering from diabetes and gastric problem. Foxtail millet provides a host of nutrients, has a sweet nutty flavour and is considered to be one of the most digestible and non-allergic grains available. It contains fibre, protein, calcium and vitamins. It is a nutritive food for children and pregnant women. It is rich in dietary fibre and minerals such as copper and iron that keep one’s body strong and immune.
Foxtail Millet Kheer

Ingredients:
- De-hulled foxtail millets - 1 cup
- Dry fruits
- Ghee
- Water
- Sugar
- Milk
- Cardamom powder

Preparation Method:
1. Cook the de-hulled foxtail millet in boiling water for 5 min.
2. Roast dry fruits in ghee
3. Boil the water and milk, then add the cooked millet, add sugar and stir slowly for 10-15 minutes until it is cooked.
4. Add cardamom powder and decorate with cashew nuts and other dry fruits.
5. Serve hot as a traditional sweet
Ingredients:

• Foxtail millet – 1 cup
• water – 2 cups
• raw mango grated – 1 or per taste
• groundnuts – 2 tbsp.
• seasoning – curry leaves
• chillies
• mustard seeds
• Black-gram dal
• turmeric
• asafoetida
• oil
• Salt to taste
Preparation Method:

1. Cook the millet in water and let it cool before mixing the rest of the ingredients.
2. Fry groundnuts in oil, keep aside.
3. Prepare the seasoning.
4. Add grated mango and sauté for a minute.
5. Add the cooked millet and mix.
6. Tangy mango rice is ready, serve hot.
Foxtail Millet Cutlet

Ingredients:

- De-hulled foxtail millet - 100 g
- Potatoes – 20 g
- Carrots – 20 g
- Beans – 20 g
- Salt – 2 g
- Pepper – 5 g
- Chat masala – 5 g
- Bread crumbs – 20 g
- Green chillies – 5 g
- Water – as required
- oil - for shallow or deep frying
Preparation Method:

1. All the chopped vegetables and foxtail millet grain are cooked and kept aside.
2. In a pan add one table spoon of oil, ginger garlic paste, sliced green chillies and fry them until light brown colour appears.
3. Add the cooked millet, chat masala, pepper and cooked vegetables and mix them well.
4. Make them into cutlet shapes, coat the cutlets with foxtail bread crumbs.
5. Shallow or deep fry in a pan them until light brown colour appears.
6. Serve with tomato sauce or chutney.
Foxtail Coconut Rice

Ingredients:
- Foxtail millet- 1 cup
- Coconut grated - 1 cup
- Ghee - 2 tbsp.
- coriander leaves - 2 tbsp.
- salt – as desired.

Preparation Method:
1. Foxtail millet is soaked for 2 hr. and cooked fully.
2. Add ghee and cumin, green leaves, ginger, leaves, red chilli, curry leaves and sauté them in a pan.
3. Add cooked foxtail and grated coconut and cook for two min.
4. Add salt as per taste and serve hot.
Foxtail Biryani

Ingredients:

• Foxtail Millet - 1 1/2 cup
• Onion sliced – 2, Carrots - 1/2 inch pieces (2)
• French beans - 1/2 inch pieces (15)
• Green peas shelled - 1 cup, Salt – as desired
• Green cardamoms – 8
• black cardamom – 1. cloves – 15
• Cinnamon - 1/2 inch stick
• Bay leaf – 1
• Caraway seeds (shahi jeera) - 1/2 tbsp.
• Ginger-garlic paste - 1 1/2 tsp.
• Turmeric powder – 1 tsp.
• Red chilli powder- 1 tsp.
• Coriander powder- 1 tsp.
• Tomatoes - 1 cup,
• Garam masala powder- 1 tsp.
• Lemon juice - 1 tsp.
• Food colour- a pinch (If desired)
• Fresh coriander leaves chopped - 2 tsp.
• Fresh mint leaves chopped - 2 tsp.
Preparation Method:

1. Boil Foxtail millet in four cups of salted boiling water with cardamom, cloves and cinnamon, until three-fourth done. Drain excess water and set aside.

2. Boil all the chopped vegetables and keep aside.

3. Add green cardamoms, cloves, black cardamom and cinnamon along with bay leaf and caraway seeds and roast in a thick bottom pan.

4. Add tomatoes, ginger-garlic paste, deep fried onions, carrot, French beans, and boiled green peas. Sprinkle salt, cover and cook on medium heat for two minutes.

5. Add turmeric powder, red chilli powder, coriander powder, garam masala powder and mix well. Simmer for two minutes.

6. Arrange a layer of millet at the top over that arrange half the cooked vegetables.

7. Sprinkle fried onions, lemon juice, food colour mixed in milk garam masala powder, the coriander leaves and the mint leaves.


9. NOTE: For chicken biryani in the place of vegetables chicken is to be substituted, remaining whole procedure is same.
Foxtail Bread

Ingredients:

- Foxtail millet flour – 1 cup
- Maida – 1 cup, Milk – 15 ml
- Salt – 1 g, Yeast – 2 g
- Sugar – 5 g, Water – 30 ml
- Egg-1 and oil – for greasing

Preparation Method:

1. In a large bowl, dissolve yeast in warm water. Add the sugar, salt, oil and keep aside for 2 minutes.
2. Add the foxtail millet flour, maid a, milk and mix them into a smooth dough.
3. Knead until smooth and elastic, about 8 to 10 minutes and place in a greased bowl.
4. Cover and let rise in a warm place until doubled, about 1 ½ hrs. and set the oven temperature to 190°C.
5. After 1 ½ hr. punch down the dough on to a floured surface.
6. Shape them into a loaf and place in a greased loaf pan and bake them at 190°C for 15 to 20 min.
7. Remove from pan and cool them and cut them into loaves and pack.
Foxtail Bisi Bele Bath

Ingredients:

• For masala powder - coriander seeds
• Red dry chillies, Chana dal
• Fenugreek seeds
• For sambar - cooked toor dal - 1 cup, Lemon – 1
• Tamarind – 1, Small onion- 5-7
• Mixed vegetables - 2 cups (carrot, Drumstick, Beans and potato)
• Oil - 2 tsp.
• Curry leaves – 10, Mustard seeds - 1/4 tsp.
• Turmeric powder - 1/4 tsp. Broken red chillies – 2.
• Asafoetida- a generous pinch, Salt to taste
• Coriander leaves - 1 tsp.
• Foxtail millet - 1 cup
• Water - 2 cups
• Salt - a pinch
• Coriander leaves - 2 tbsp.
Preparation Method:

1. Add tamarind water, vegetables, salt and sambar spice powder in a pressure cooker and cook till two whistles.
2. Cook the foxtail millet, toor dal, turmeric powder, salt and water in another pressure cooker until two whistles.
3. For seasoning, sauté mustard seeds, cumin seeds, red chilli, curry leaves in ghee and keep aside.
4. Add the spicy vegetable tamarind curry to the cooked millets and mix together till a mishmash.
5. Add the seasoning and transfer the Bisi Bele bath to a serving bowl. Sprinkle the chopped coriander and serve hot.
BARNYARD MILLET

RECIPIES LIST

- Barnyard Millet Cutlet
- Barnyard Maheri
- Barnyard Indiana
- Barnyard Pudina Rice
- Barnyard Payasam
- Barnyard Millet Pizza
Barnyard millet is a **good source of protein**, which is **highly digestible** and is an excellent source of dietary fibre with good amount of soluble and insoluble fractions. The **carbohydrate content of barnyard millet is low** and slowly digestible, which makes the barnyard millet a **nature’s gift for the modern mankind** who is engaged in sedentary activities. In it millet the major fatty acid is linoleic acid followed by palmitic and oleic acid. It also shows a high degree of retro gradation of amylase, which facilitates the formation of higher amounts of resistant starches. Hence it can be **potentially recommended for the patients with cardiovascular disease and diabetes mellitus**. Barnyard millet is most effective in **reducing blood glucose and lipid levels**. In today’s scenario of increased diabetes mellitus, this millet could become an ideal food. It is also an appropriate food for patients intolerant to gluten which causes celiac disease.
Barnyard Indiana

Ingredients:

• Barnyard millet – 150 g
• Small dices of vegs. (carrots, French beans, cauliflower and green peas) – 150 g
• Salt – to taste
• Green chilli chopped – 15 g
• Ghee – 50 g,
• Curry powder – 2 tsp.
• Coriander leaves, - as required
• Asafoetida – a pinch
• Cumin seed – 2 g and water– ½ cup.

Preparation Method:

1. Clean and soak the millet in water for 15 min
2. Heat ghee in cooker, add cumin, asafoetida and diced vegetables along with curry powder and sauté.
3. Add pre soaked millets and mix well
4. Add water, salt and pressure cook with one whistle
5. Open and garnish with ghee, chopped coriander leaves and serve hot

Source: ICAR-CIAE, Bhopal
Barnyard Pudina Rice

Ingredients:

- Barnyard millet - 1 cup, Water – 2 cups, Onion-1
- carrot- 1 cup, Tomato – 2
- Curry leaves- 1 spring bay leaf - 1; pudina (mint) chutney: Mint leaves - 1cup
- Coriander leaves - 1/4 cup, green chilli-1, cloves – 1, garlic – 1
- Ginger - 1/2 inch and salt to taste and oil – 2 tbsp.

Preparation Method:

1. Cook barnyard millet in a pressure cooker with water, salt to taste and bay leaf at medium flame for 1 whistle.
2. Prepare mint chutney with minimum water. Chop all the vegetables.
3. In a hot pan, take 1 tsp of oil. Add whole spices to it and fry for a minute.
4. Add chopped onion and fry till translucent.
5. Add chopped carrots and stir well, add mint chutney. Cook the chutney till the raw taste of mint and coriander disappears. Add salt to taste.
6. Add the cooked barnyard millet and mix evenly. Remove from flame.
7. Serve hot with some Raitha.
Barnyard Payasam

Ingredients:

- Barnyard millet – 150 g,
- Sugar – 250 g
- Milk – 250 ml
- Saffron – 4-5 threads
- Dry fruits (cashew, almond and pista) – 50 g
- and ghee – 30 ml.

Preparation Method:

1. Cook together barnyard millet, saffron and milk on slow heat until the millet get smashed.
2. Add sugar and stringently to cook payasam.
3. Heat ghee in a pan add all dry fruits and roast until golden colour and add to the cooked payasam.
4. It can be served hot or cold. Source.
Barnyard Millet Pizza

Ingredients:

- Pizza base: Barnyard millet, ½ cup
- Maida - ½ cup, baking soda - ½ tsp.
- Salt - as required
- Oil - 1-2 tsp. (for cooking the crusts),
- Water - if needed; millet crust pizza —Onions
- Green capsicum, Tomatoes cubed - 1/3 cup,
- Sweet corn kernels - a few tomato sauce - 1/3 cup and mozzarella cheese - as required
Preparation Method:

1. Soak the millet in enough water for at least an hour and grind into a smooth paste.

2. Add baking powder, maida along with salt and mix well (you can also ferment the batter in a warm place for 6 hrs.)

3. Heat a flat pan. Pour a ladle full of the prepared batter – don’t spread it. Spread few drops of oil all around the crust, cook and flip it to the other side.

4. Pre-heat the oven at 180°C for about 5-7 min.

5. Meanwhile, line a baking tray with aluminium foil or parchment paper. Place these prepared pizza crusts on the baking tray.

6. Spread the tomato sauce and mozzarella cheese over the sauce. Place cubed onions, capsicum and sweet corn all over the pizza.

7. Bake/Grill at 180°C for about 7-10 min., until the cheese is bubbly and the vegetables are toasted.

8. Serve hot with red chilli flakes and mixed Italian herbs on top!

NOTE: There can be a few cracks over the edges of the pizza crust as it is gluten free, but that does not hamper the taste.
RECIPIES LIST

Onion Chapati
Finger Millet Laddu
Finger Millet Muruku
Ragi Mudde
Ragi Chocolate Pudding
Ragi Vermicelli Kheer
Ragi Vermicelli Upma
Finger Millet Cake
It is an annual plant extensively grown as cereal in the dry areas of India, especially in the southern part. It contains **high amounts of calcium**, proteins with well-balanced **essential amino acids along with vitamin A, vitamin B and phosphorous**. Its high fibre content **prevents constipation, high blood pressure and intestinal cancer**. Finger millet is commonly used in South Indian Kitchens. It is rich in calcium, about ten times that of rice or wheat. It is an important ingredient in the food of babies, as it contains plenty of calcium and iron. Protein content in finger millet is high making it an important factor in preventing malnutrition. Also making it an **ideal food for diabetics** as it has demonstrated ability of controlling blood glucose levels & hyperglycaemia.
Onion Chapati (Finger Millet)

**Ingredients:**

- Finger millet flour - 1 cup,
- Onion,
- Salt,
- Green chilli,
- Curd,
- Water,
- Coriander and oil - as required.

**Preparation Method:**

1. Add all the ingredients and knead it to a soft dough.
2. Heat a pan, grease it with oil.
3. Now make equal size balls of the dough and make small roti with hand by applying little oil to your palms.
4. Transfer it to the pan and cook it on a low flame. Once done flip it over the other side.
5. The prepared roti can be enjoyed with curd, pickle or any curry
Finger Millet Laddu

Ingredients:

- Finger millet flour- 1 cup,
- Sugar- 1/2 cup powdered,
- Ghee - 3 tsp,
- Milk – 1/4 cup,
- Cardamom powder-1 tsp,
- Coconut gratings
- dry fruits – as required chopped finely

Preparation Method:

1. Finger millet flour until roasted aroma appears.
2. Roast dry fruits in ghee, heat milk and melt the jaggery.
3. Add all roasted ingredients together and mix well.
4. Shape into round lemon sized balls manually and serve.
Finger Millet Muruku

Ingredients:

- Finger millet flour – 1 cup,
- Rice flour – 1 cup,
- Sesame seeds – 2 tsp,
- Turmeric – 1/2 tsp,
- Salt – 1 tsp,
- Chilli powder – 2 tsp,
- Tymol seeds – 1/2 tsp; water – as required; oil – for frying.

Preparation Method:

1. Prepare dough with all ingredients and water.
2. Fill the dough in hand operated muruku making machine
3. Prepare 3-4 rounds of muruku on a cloth
4. Fry the prepared muruku in oil. Put the flame on low to ensure proper frying
5. After frying put the muruku on paper and cool it and serve as evening snack.
Ragi Mudde

Ingredients:

- Finger millet flour- 1/4 cup
- water- 1 cup
- Pinch of salt (only if needed)
Preparation Method:

1. Mix about 2 tsp of finger millet flour with water.
2. In an aluminum or thick-bottomed utensil, boil water and add salt.
3. Add finger millet flour and water mixture and stir continuously.
4. Add the remaining finger millet flour and simmer for 3-4 minutes.
5. Transfer half of liquid to a utensil.
6. Stir the paste till it becomes an uniform paste without lumps add the transferred liquid again to the mixture
7. Cover the utensil and cook in sim mode for another 2-3 minutes.
8. Roll the paste into a ball
9. Soft finger millet mudde or soft finger millet ball is ready.
10. Serve hot with sambar or chutney
Ragi Chocolate Pudding

Ingredients:

• Finger millet rawa – 1/4 cup,
• Finger millet flour – 1/4 cup,
• Water – 3/4 cup,
• Salt – a pinch,
• Boiled milk – 1/4 cup,
• Chocolate chopped – 1/4 cup
  and chopped nuts – 1 tsp

Preparation Method:

1. Boil water with a pinch of salt and add the finger millet rawa to the boiling water and add milk to the mixture
2. Add the finger millet flour to it and do not stop stirring, else lump swill form.
3. Keep stirring for 2 minutes and add chopped dark chocolate mix and stir well.
4. Serve hot or cold with chopped nuts.
Ragi Vermicelli Kheer

Ingredients:

• Finger millet vermicelli – 1 cup,
• Dry fruits,
• Ghee,
• Water,
• Sugar,
• Milk and cardamom powder - as required.

Preparation Method:

1. Boil milk in a thick bottomed pan.
2. Roast dry fruits, finger millet vermicelli in ghee separately
3. Boil milk and add roasted vermicelli and cook for 3 min. add sugar and mix well.
4. When contents starts boiling, add cardamom powder and dry fruits.
5. Cool and serve
Ragi Vermicelli Upma

Ingredients:

- Finger millet vermicelli - 1 cup,
- Chopped onions,
- Green chillies,
- Mustard seeds,
- Black-gram dal,
- Curry leaves,
- Ground nut,
- Water and oil – as required.

Preparation Method:

1. Roast the finger millet vermicelli in little oil
2. Make seasoning with mustard seeds, black-gram dal, cumin, ground nuts and curry leaves
3. Pour water and boil, add salt to taste
4. Cook vermicelli in above boiled water and serve hot.
Finger Millet Cake

Ingredients:

• Finger millet flour - 100 g,
• Essence - 3 ml, Fat – 100 g,
• Baking powder – 3 g,
• Egg - 2 cocoa powder – 5 g,
  Sugar – 100 g,
• Salt – 2 g and milk - 20 ml

Preparation Method:

1. Pre heat oven to 180°C, sieve all dry ingredients thrice for uniform mixing.
2. Sugar powder and egg whites are to be beated well and add milk, essence, egg yolk and mix well.
3. Add finger millet flour, salt, cocoa powder and baking powder and make into fine batter.
4. Put the batter in baking bowl and place in the oven at 180°C for 25-30 min.
5. Take the cake out and wait for 10 min until it cools.
6. The cake is removed from mould after at least 15 min. cut into pieces and serve.
RECIPES LIST

Kodo Millet Upma
Kodo Millet Methi Rice
Kodo Millet Pulao
Kodo Coriander Rice
Kodo Millet Payasam
Kodo Millet Adai
Kodo millet was domesticated in India almost 3000 years ago. It is an annual tufted grass that grows up to 90 cm high. The grain is enclosed within hard, corneous, persistent husks that are difficult to remove. It has the highest dietary fibre amongst all the millets. It forms the mainstay of the dietary nutritional requirements. It has high protein content (11%), low fat (4.2%) and very high fibre content (14.3%). Kodo millet is very easy to digest, it contains a high amount of lecithin and is excellent for strengthening the nervous system. It is rich in B vitamins, especially niacin, B6 and folic acid, as well as the minerals such as calcium, iron, potassium, magnesium and zinc. It contain no gluten and is good for people who are gluten intolerant. Regular consumption of kodo is very beneficial for postmenopausal women suffering from signs of cardiovascular disease, like high blood pressure and high cholesterol levels.
Kodo Millet Upma

Ingredients:

• Kodo millet grain - 1 cup,
• Chopped onions, Green chillies,
• Carrot, Beans,
• Potato ginger, Mustard seeds,
• Black-gram dal,
• Bengal gram dal, Curry leaves,
• Water and oil – as required.
Preparation Method:

1. Wash kodo millet two or three times, then drain the water completely and keep it aside.
2. Chop onions, green chillies and veggies finely. Grate the ginger.
3. Heat the oil in a pressure cooker, add mustard seeds when it splutters, add black-gram dal, chana dal, curry leaves and green chillies.
4. When dal turns golden brown add onions, ginger, turmeric, sauté till onions turns golden brown.
5. Add carrots, beans, and potato sauté for 2 to 3 minutes. Then add kodo millet, sauté for 1 minute, till everything combines.
6. Then add water and salt. When water starts boiling close the lid, and cook in moderate flame for 3 whistles.
7. When pressure subsides, open the lid and serve hot with any type of chutney or sambar.
**Kodo Millet Methi Rice**

**Ingredients:**

- Kodo millet - 1 cup,
- water – 3 cup,
- Chopped methi leaves - 2 cups,
- Chopped onions - 1/2 cup,
- Chopped tomatoes - 1/2 cup,
- Ginger garlic paste - 2 tsp,
- Green chillies – 3,
- Curry leaves – 8,
- Salt – to taste;
- whole spices:
  - bay leaf – 1
  - clove – 2
Preparation Method:

1. Wash kodo millet rice and keep it aside. Chop all vegetables and keep it ready.
2. Wash the methi leaves and chop the methi leaves.
3. Heat a teaspoon of oil in a pressure cooker. Add the whole spices and fry for a few minutes. Add curry leaves, chopped onions and fry till translucent.
4. Add green chillies and ginger garlic paste and fry for a few minutes.
5. Add 3 cups of water and when water comes to a boil, add kodo millet rice, chopped methi leaves and cook till 1 whistle in medium flame.
6. Serve hot with some raitha.
Kodo Millet Pulao

Ingredients:

- Kodo millet - 1 cup,
- water - 1 & 1/2 cups,
- Chopped carrot,
- Beans,
- Green peas - 1 cup,
- Onion – 1,
- Ginger garlic paste - 1 tsp,
- Green chilli – 2,
- Mint leaves – 12,
- Salt - as needed;
- To temper:
  - Ghee/ oil - 3 tsp,
  - Cinnamon - 1 inch piece,
  - Fennel seeds - 1 tsp
  - bay leaf - 1
Kodo Coriander Rice

Ingredients:

• Kodo millet - 1 cup
• water – 2 cups
• Onion-1
• Carrot - 1 cup
• Tomato – 2
• Curry leaves- 1
• spring bay leaf – 1
• Coriander Chutney:
  • Coriander leaves - 1 cup, mint leaves - 1/4 cup,
  • Green chilli-1,
  • Cloves – 1,
  • Garlic – 1,
  • Ginger - 1/2 inch and salt to taste and oil – 2 tsp.
Preparation Method:

1. Cook kodo millet rice in a pressure cooker with water, salt to taste and bay leaf at medium flame for 1 whistle.
2. Prepare coriander chutney with minimum water. Chop all the vegetables.
3. In a hot pan, take 1 tsp of oil. Add whole spices to it and fry for a minute.
4. Add chopped onion and fry till translucent.
5. Add chopped carrots and stir well, add mint chutney. Cook the chutney till the raw taste of coriander disappears. Add salt to taste.
6. Add the cooked kodo millet and mix evenly. Remove from flame. NOTE: Millet rice has to cool otherwise it will become mushy.
7. Serve hot with some raitha Source
Kodo millet Payasam

Ingredients:

- Kodo millet – 150 g,
- Sugar – 250 g,
- Milk – 250 ml,
- Saffron – 4-5 threads,
- Dry fruits (cashew, almond and pista) – 50 g
- ghee – 30 ml.

Preparation Method:

1. Cook together kodo millet, saffron and milk on slow heat until the millet get smashed.
2. Add sugar and stirgently to cook payasam.
3. Heat ghee in a pan add all dry fruits and roast until golden colour and add to the cooked payasam.
4. It can be served hot or cold. Source: ICAR-CIAE, Bhopal
Kodo Millet Adai

Ingredients:

• (To soak) kodo millet – 1/2 cup,
• Toor dal–¼ cup, Channa dal – ¼ cup,
• Moong dal – 1 tsp and urad dal – 1 tsp; (For Seasoning)Red chillies – 2,
• Fennel seeds - 1 tsp(optional), Small onion - 1/4 cup chopped finely.
• Curry leaves - few torn into pieces, Coriander leaves - 1 tbsp,
• Mint leaves - 1 tbsp finely chopped and salt- to taste
Preparation Method:

1. Take soaking ingredients and soak for 4 hrs. Drain water and set aside.
2. Take red chillies and fennel seeds in a mixer, add little of mixed millet mixture and grind it to a coarse mixture.
3. Add chopped onion, coriander leaves and required salt. The batter should be slightly runny in between idli and dosa batter consistency.
4. Heat the adai (or dosa pan) pan, grease with little oil, make round adai and cook till golden brown and crispate the edges and add onion and ginger garlic paste.
5. Add the chopped veggies, mint leaves and salt.
6. Serve hot garnish with coriander leaves.
7. Serve hot with any chutney of your choice.
PROSO MILLET

RECIPIES LIST

Proso Millet Rawa Idli
Proso Millet Khaja
Proso Millet Burfi
Proso Millet Samosa
Proso Millet Payasam
Proso millet is a short season crop that grows in low rainfall areas. This millet can be cultivated along with red gram, maize and sorghum. It releases energy over a longer period of time after consumption allowing one to work from morning to evening without getting tired. The same is not true with rice. This has much protein crude fibre, minerals and calcium. Health benefits of proso millet comes from its unique properties. It is completely gluten free and has significant amounts of carbohydrate and fatty acids. It is cheaper source of manganese as compared to other conventional sources like spices and nuts. It contains high amounts of calcium which is essential for bone growth and maintenance. It has been shown to reduce cholesterol levels and also reduce the risk of heart diseases. It also prevents breast cancer among other diseases.
Proso Millet Rawa Idli

Ingredients:

Proso milletidli rawa- 1 cup,

• Urad dal – 1 cup
• salt – to taste
Preparation Method:

1. Soak urad dal in water for 4-6 hr and drain out the water and grind it
2. To the batter, add one cup of proso millet idli rawa, salt and allow to ferment over night.
3. Pour out the batter into idli moulds and cook in idli cooker for 7-10 min.
4. Serve hot with coconut chutney and sambar.
Proso Millet Khaja

Ingredients:
• Proso millet flour – ½ cup,
• Maida– ½ cup,
• Sugar – ½ tsp and oil– for frying

Preparation Method:
1. Prepare dough with proso millet flour and maida. Add small quantity of hot oil while dough making.
2. Roll the roti from the dough into 1 inch thickness and roll into the center.
3. Cut the roll into small shapes (khajas).
4. Add sugar to water and boil till single thread consistency.
5. Fry the prepared khaja in oil.
6. Excess oil is drained and put it on tissue paper.
7. Add the prepared khajas in sugar and soak for 5 min and serve.
Proso Millet Burfi

Ingredients:

- Proso millet flour - 1 cup,
- Powdered jaggery - ½ cup,
- Ghee - 2 tsp,
- Water - ¼ cup,
- Cardamom powder - 1/8 tsp and sliced almonds - 1 tsp

Preparation Method:

1. Grease a plate with ghee and keep it aside.
2. Heat the jaggery in a pan with ¼ cup of water till single thread consistency. Keep it aside.
3. Add little ghee in a pan and add proso millet flour and fry until nice aroma comes.
4. Then add the jaggery syrup and cardamom powder and mix it quickly.
5. Add remaining ghee and stir continuously for 2-3 min or till the mixture leaves the sides of the pan.
6. Spread it in a greased plate and garnish with chopped nuts. Allow it to cool down and cut the min to small pieces.
7. Healthy and yummy proso millet burfi is ready
Proso Millet Samosa

Ingredients:

• Proso millet flour – 1 cup,
• Maida – 1 cup,
• Potatoes – 1 cup,
• Boiled peas,
• Onions,
• Green chillies and curry leaves.
Preparation Method:

1. Take one cup of proso millet flour and one cup of maida. Mix well and add required amount of water to make dough.
2. Make small chapatti balls and spread the dough with roller stick and cut in to half’s.
3. Mash boiled potatoes, add chopped onions, green chilies and curry leaves.
4. Make seasoning with chopped onions, green chilies, curry leaves and boiled mashed potatoes, boiled peas and salt to taste.
5. Fill the above mixture in each half fold in triangular shape and deep fry
6. Serve hot with chutney or tomato sauce.
Proso Millet Payasam

Ingredients:
• De-hulled proso millet - 1 cup,
• Dry fruits,
• Ghee,
• Water,
• Sugar,
• Milk,
• Cardamom powder— as required

Preparation Method:
1. Cook the de-hulled proso millet in boiling water for 5 min.
2. Roast dry fruits in ghee
3. Boil the milk and then add the cooked millet, add sugar and stir slowly for 10-15 minutes until it is cooked.
4. Add cardamom powder and decorate with cashew nuts and other dry fruits.
5. Serve hot as a traditional sweet.
PEARL MILLET

RECIPIES LIST

Onion Muthias
Pearl Millet Upma
Pearl Millet Roti
Pearl Millet Pakoda
Pearl Millet Halwa
Pearl Millet Pesarattu
Pearl Millet Khichidi
Pearl millet plant was probably domesticated as a food crop some 4000 to 5000 years ago along the southern margins of the central highlands of the Sahara. It has since become widely distributed across the semiarid tropics of Africa and Asia. Pearl millet has traditionally been an important grain, forage, and Stover crop primarily in the arid and subtropical regions of many developing countries. Pearl millet is well adapted to growing areas characterized by drought, low soil fertility, and high temperature. Because of its tolerance to difficult growing conditions, it can be grown in areas where other cereal crops, such as maize or wheat, would not survive. This millet possess phytochemicals that lower cholesterol. It also contains foliate, magnesium, copper, zinc and vitamins E and B-complex. It has high energy content compared to other millets. It is also rich in calcium and unsaturated fats which are good for health.
Onion Muthias (Pearl millet)

**Ingredients:**

- Pearl millet - 1 cup,
- Onions chopped,
- Turmeric,
- Chilli powder,
- Coriander,
- Cumin seeds,
- Ginger-green chilli paste,
- Baking soda,
- Salt and oil – as required.

**Preparation Method:**

1. Combine all ingredients and mix well and knead into a semi-soft dough.
2. Apply a little oil and shape into cylindrical and cut into slices.
3. Heat the remaining oil in a non stick pan and add the mustard seeds.
4. Shallow fry the pieces in oil and season with cumin seeds.
5. Serve hot garnished with coriander.
Pearl Millet Upma

Ingredients:

- Pearl millet rawa - 1 cup,
- Chopped onions,
- Green chillies, Carrot, Beans,
- Potato ginger, Mustard seeds,
- Black-gram dal, Bengal gram dal,
- Curry leaves,
- Water and oil – as required.
Preparation Method:

1. Roast pearl millet rawa till it turns brown.
2. Season with chopped onions, green chillies, veggies, finely black gram dal, chana dal, curry leaves mustard seeds, curry leaves and green chillies.
3. Add carrots, beans, and potato sauté for 2 to 3 minutes.
4. Add water and add roasted rawa cook well till it becomes soft and serve hot
Pearl Millet Roti

Ingredients:

• Pearl millet flour - 1 cup,
• Water - as required

Preparation Method:

1. Add hot water to the sieved pearl millet flour. Knead into smooth soft dough.
2. Make round ball and spread it into round shape on polythene sheet by rolling stick or by hand pressing with palm.
3. Bake the roti properly on both the sides.
4. Serve hot with any curry or dal.
Pearl Millet Pakoda

**Ingredients:**

- Chopped onion,
- Green chilli; pearl millet flour – 1 cup,
- Bengal gram flour – 1/2 cup; chilli powder and salt – as required.
Preparation Method:

1. Mix pearl millet sorghum flour, bengal gram flour, chopped onion, green chilli, chilli powder, salt and water with medium batter consistency.
2. Fry the batter in oil with the required shapes.
3. Excess oil is removed in a tissue.
4. This is served as evening snack along with tomato sauce.
Pearl Millet Halwa

Ingredients:

• Pearl millet flour – 1 cup,
• Jaggery – 1 cup,
• Butter- 1 cup and milk - 1 cup

Preparation Method:

1. In one pan roast pearl millet flour in ghee until the aroma and color changes.
2. Add milk to the mixture and cook
3. Add the melted jaggery, ghee and mix well without formation of lumps till thick consistency.
4. Pour the prepared batter in a mould and allow to set.
**Pearl Millet Pesarattu**

**Ingredients:**

- Pearl millet-1 cup,
- Whole green gram -1 cup,
- Red chillies-4, Green chillies – 2,
- Chopped onion -2-3, Ginger - 1/2 inch,
- Salt to taste and coriander leaves chopped - 2 tsp

**Preparation Method:**

1. Soak pearl millet and whole green gram together for 5-6 hr and grind them to batter consistency and ferment for 3-4 hr.
2. Grind red chillies, green chillies, ginger, needed salt and add to the batter along with finely chopped onions and coriander leaves.
3. Heat a tawa on medium flame and put pesarattu.
4. Flip the pesarattu to the other side for cooking on both sides.
5. Once cooked remove from tawa and serve hot with any chutney/ sambar.
Pearl Millet Thalipeeth

Ingredients:

- Pearl millet flour- 1 cup,
- Rice flour 2 tsp,
- Onions - 1 finely chopped,
- Green chillies - 1 to 2 (optional),
- Garlic paste - 1/2 tsp (optional), Salt to taste,
- Coriander – (2-3) tsp finely chopped,
- Oil - for cooking,
- Warm water- to knead and ajwain - 1/2 tsp

Preparation Method:

1. Mix all ingredients by adding warm water and knead into a dough
2. Make small (golf ball size) rounds of the dough and on plastic sheet apply some oil and press it into a flat circle and create hole in the center.
3. The thalipeeth shouldn't be too thin, as it may break.
4. Shallow fry in a pan.
5. Remove on paper napkin, serve hot with chutney, sauce or pickles.
Pearl Millet Khichidi

Ingredients:

- Pearl millet - 1 cup,
- Moong dal - 1 cup,
- Potato,
- Carrot,
- Beans,
- Green peas,
- Salt, Oil,
- Onion,
- Green chillies,
- Tomato, Asafoetida,
- Cumin seeds,
- Mustard seeds,
- Ginger garlic paste,
- Red chili powder,
- Coriander powder,
- Turmeric powder,
- 2 tbsp - chopped coriander leaves,
- Lemon juice - as required.
Preparation Method:

1. Soak pearl millet grain and moong dal over night.
2. Boil all the vegetables
3. In a pressure cooker add soaked, washed pearl millet grain, moong dal, all the vegetables, green chilli, salt, turmeric powder and 4 cups water and cook for 3-4 whistles.
4. In a pan sauté onion, green chilli, asafoetida, cumin seeds and mustard seeds in oil.
5. Add red chilli powder, and mix cooked millet grain well, simmer for 2-3 mins, adjust salt if required.
6. Season with coriander leaves and lemon juice and serve hot.
LITTLE MILLET

RECIPIES LIST

Little Millet Payasam
Little Millet Curd Rice
Mushroom Biryani
Pudina Rice
Little Tomato Rice
Kodo Millet Adai
Little millet is grown throughout India and is one of the traditional crops. It is mostly mix cropped with other millets, pulses and oilseeds. It is generally consumed as rice and any recipe that demands staple rice can be prepared using little millet. This species of cereal is similar in habit to the proso millet except that it is smaller. It is an annual herbaceous plant, which grows straight or with folded blades to a height of 30 cm to 1 m. The leaves are linear, sometimes with hairy lamina and membranous hairy ligules. Little millet is reported to have 37% to 38% of dietary fibre, termed as a nutraceutical and highest among cereals. Thus, it is a complete food ingredient suitable for large scale utilization as processed products, snacks, baby foods etc., and also plays a major role in propagating food security among under developed and developing countries.
Little Millet Payasam

Ingredients:

- De-hulled little millet – 1 cup,
- Dry fruits,
- Ghee,
- Water,
- Sugar, Milk,
- Cardamom powder– as required

Preparation Method:

1. Cook the de-hulled little millet in boiling water for 5 min.
2. Roast dry fruits in ghee
3. Boil the milk and then add the cooked millet, add sugar and stir slowly for 10-15 minutes until it is cooked.
4. Add cardamom powder and decorate with cashew nuts and other dry fruits.
5. Serve hot as a traditional sweet
Little Millet Curd Rice

Ingredients:

• Little millet - 1/2 cup,
• Water - 2 cups, Curd - 3/4 cup,
• Milk - 1/4 cup, Carrot3 tbsp,
• Grated coriander leaves - 2 tsp finely chopped,
• Salt - to taste; To temper: Oil - 1 tsp,
• Mustard Seeds - 1/2 tsp, split urad dal - 1/2 tsp,
• Curry leaves – few,
• Green chilli - 1 finely chopped and ginger- 1/4 inch piece
Preparation Method:

1. Boil water, add the millet and cook till millet becomes soft.
2. Then take the millet in a mixing bowl and mash it and add curd, then milk and mix it up well.
3. Heat oil in a tadka pan and add the seasoning 'to temper' let it splutter.
4. Transfer the tempering to the rice along with grated carrot, coriander leaves and required salt. Mix well.
5. Serve chilled and garnish with carrots and coriander leaves.
Mushroom Biryani (Little)

Ingredients:

- Little millet - 1 cup,
- Mushroom - 100 g,
- Onion – 1, Tomato – 1,
- Ginger garlic paste - 1 tsp,
- Turmeric powder - 1/2 tsp,
- Red chilli powder - 1 tsp,
- Garam masala - 1 tsp,
- Salt - to taste,
- Water - 2 cups (for millet) + 1/4 cup (for mushroom masala); To grind to a paste: Coriander leaves - 1/2 cup,
- Mint leaves - 1/2 cup,
- Green chillies – 1; To temper: Ghee - 2 tsp, oil - 1 tsp,
- Cloves – 4, Cardamom – 1,
- Bay leaf – 1, Cinnamon - 1 stick,
- Star anise – 1,
- Mace - small piece,
- Fennel seeds- 1 tsp, cumin seeds - 1 tsp and curry leaves - few
Preparation Method:

1. Dry roast the little millet for 1-2 min. Grind the under masala with little water to a fine paste. Keep aside

2. Heat ghee and oil in a pressure cooker, add the items to temper, and fry till aroma comes. Add the chopped onions and fry till golden brown. Add the tomatoes, ginger garlic paste, masalas, salt and the coriander mint paste. Mix well.

3. Sauté well and then add the chopped mushrooms, water and cook.

4. Once it starts to boil, add the little millet, water, few coriander and mint leaves and pressure cook for 1 whistle.

5. Consume hot with any gravy and onion raita. NOTE: Use fresh and clean mushrooms.
Little Pudina Rice

Ingredients:

- Little millet - 1 cup,
- Water – 2 cups,
- Onion-1,
- Carrot - 1 cup,
- Tomato – 2,
- Curry leaves- 1 spring bay leaf - 1; pudina (mint)

Chutney: Mint leaves - 1 cup,
- Coriander leaves - 1/4 cup,
- Green chilli-1,
- Cloves – 1,
- Garlic – 1,
- Ginger- 1/2 inch and salt to taste and oil – 2 tsp
Preparation Method:

1. Cook little millet rice in a pressure cooker with water, salt to taste and bay leaf at medium flame for 1 whistle.
2. Prepare mint chutney with minimum water. Chop all the vegetables.
3. In a hot pan, take 1 tsp of oil. Add whole spices to it and fry for a minute.
4. Add chopped onion and fry till translucent.
5. Add chopped carrots and stir well, add mint chutney. Cook the chutney till the raw taste of mint and coriander disappears. Add salt to taste.
6. Add the cooked little millet rice and mix evenly. Remove from flame. NOTE: Millet rice has to cool otherwise it will become mushy.
7. Serve hot with some raitha
Ingredients:

- Little millet - 1 cup,
- Onion-1,
- Carrot- 1 cup,
- Tomato – 2,
- Green chilli-1,
- Curry leaves- 1 spring,
- Ginger-1tsp [finely chopped],
- Mustard seeds-1 tsp,
- Bengal gram-1 tsp,
- Urad dal-1 Tsp,
- Turmeric powder - ¼ tsp,
- Red chilli powder – ¾ tsp,
- Coriander leaves-2 tsp [chopped],
- Water-1 ¾ to 2 cups,
- Salt to taste and oil – 2 tsp
Preparation Method:

1. Wash and little millet for 15 min.
2. Heat oil in a pressure cooker add mustard seed sand let it splutter.
3. Then add Bengal gram, urad dal sauté gently then add onion, ginger, green chilli, green peas, carrot and curry leaves sauté.
4. Add tomato, turmeric and red chilli powder mix well till soft.
5. Add water and salt and mix well and let it boil.
6. Then add little millet mix well then cover it and cook for 3 whistle.
7. Then add coriander leaves mix well and serve hot with coconut chutney or pickle.
SORGHUM MILLET

RECIPES LIST

Sorghum Annam
Sorghum Dosa
Sorghum Ambali
Sorghum Roti
Sorghum Samosa
Sorghum Upma
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Sorghum Biscuits
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Sorghum cake
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Sorghum uttapam
Sorghum paraboiled wada
Sorghum soup cream
Sorghum is traditional staple food of the dry land regions of the world, a warm season crop intolerant to low temperatures, resistant to pests and diseases highly nutritious and a climate-compliant crop. It ranks fifth in cereals produced world-wide and fourth in India. Generally, sorghum grains act as a principal source of protein, vitamins, energy and minerals for millions of people especially in the semi-arid regions playing a crucial role in the world’s food economy. It has a nutritional profile better than rice which is the staple food of majority of the human population for its rich protein, fibre thiamine, riboflavin, folic acid, calcium, phosphorous, iron and β-carotene. Sorghum is rich in potassium, phosphorus and calcium with sufficient amounts of iron, zinc and sodium. Due to this, it is being targeted as a means to reduce malnutrition globally. It helps to control heart problems, obesity and arthritis.
Sorghum Annam

Ingredients:

• De-hulled sorghum grain- 1 cup

Preparation Method:

1. Cook pearled or de-hulled sorghum in the boiling water till the grains become smooth and palatable.
2. It can also be prepared in pressure cooker for 5-10 minutes
Sorghum Dosa

Ingredients:

• Sorghum grain - 3 cup,
• Black gram dal - 1 cup,
• Salt and oil (for shallow fry)

Preparation Method:

1. Grind the soaked sorghum grain and black gram dal together into a fine batter. Add salt for taste and allow it for fermentation.
2. Apply a tea spoon of oil on the preheated dosa making tawa and pour the batter on it, spread with scoop into thin round shape. Fry till crisp dosa is obtained.
3. Serve hot with chutney.
Sorghum Ambali

**Ingredients:**

- Sorghum flour - 1/2 cup,
- Rice starch soup and salt as required.

**Preparation Method:**

1. Mix sorghum flour with luke warm water carefully to avoid formation of lumps.
2. Add rice starch soup & salt to the above mixture and cook for 15-20 min
3. Cool the drink, or else ferment for overnight in earthen pot and can be consumed next day
Sorghum Roti

Ingredients:

• Sorghum flour- 100 g

Preparation Method:

1. Add hot water to the sieved sorghum flour. Knead into smooth soft dough. Make round ball (approx 50 g) and spread it into round shape on polythene sheet by using a rolling stick or by pressing with the palm.
2. Bake the roti properly on both the sides of a preheated tawa.
3. Serve hot with any curry or dal
Sorghum Tawa Roti

Ingredients:

- Sorghum flour – 25 g,
- Chopped onions,
- Capsicum,
- Carrot,
- Cabbage,
- Geen chilli paste,
- Sesame seeds,
- Jeera,
- Salt – as desired and water – as Required.

Preparation Method:

1. Mix the ingredients thoroughly by adding required amount of water to make it like chapati dough.
2. Make small balls and spread it into round using roller stick and roast it in pre-heated tawa on both sides.
Sorghum Samosa

Ingredients:

- Sorghum flour – 1 cup,
- Maida – 1 cup,
- Potatoes – 1 cup,
- Boiled peas,
- Onions,
- Green chillies and curry leaves as required.

Preparation Method:

1. Take one cup of sorghum flour and one cup of maida. Mix well and add required amount of water to make dough.
2. Make small chapati balls and spread the dough with roller stick and cut into half’s.
3. Mash boiled potatoes, add chopped onions, green chillies and curry leaves.
4. Make seasoning with chopped onions, green chillies, curry leaves and boiled mashed potatoes, boiled peas and salt to taste.
5. Fill the above mixture in each half and fold in triangular shape and deep fry.
6. Serve hot with tomato sauce or chutney.
Sorghum Upma

Ingredients:

- Sorghum rawa – 1 cup; bengal gram dal,
- Mustard seeds; Chopped onion,
- Green chillies,
- Carrot,
- Tomato and curry leaves – as required.

Preparation Method:

1. Roast 1 cup sorghum rawa till it turns brown.
2. Season the in another pan mustard seeds, Bengal gram dal,
   onion, green chillies, carrot, tomato and curry leaves.
3. Add 3 cups water, salt and boil. Add roasted rawa slowly.
4. Cook well till it become soft at low flame and serve hot.
Sorghum Sangati

Ingredients:

- Sorghum rawa – 1 cup,
- Sorghum flour – 1 cup,
- Cooked rice – ¼ cup and
- salt – for taste.

Preparation Method:

1. Add sieved sorghum rawa to the boiled water.
2. Cook at low flame for 5 min, then add sorghum flour slowly & mix thoroughly so that lumps are not formed.
3. After 10 min of cooking, add some cooked rice and mix well and again cook for 15-20 min.
4. Make that mixture into small balls
5. Serve hot with vegetable curry or chutney
Sorghum Kesari

Ingredients:

• Sorghum rawa – 1 cup,
• Dry fruits (cashew, Pista, Badam and rasins) – ¼ cup,
• Ghee – 1 tsp and milk – ½ cup.

Preparation Method:

1. Roast sorghum rawa and dry fruits separately in little oil/ghee to light brown.
2. In a pan boil milk with a pinch of kesari.
3. Add fried rawa and sugar to the boiled milk and allow it for cooking for 15 minutes.
4. Garnish it with dry fruits, and little ghee before serving hot.
Sorghum Khichidi

Ingredients:

• Sorghum khichidi rawa – 1 cup,
• Moong dal – ½ cup; mustard seeds,
• Chopped onions,
• Green chillies,
• Tomato,
• Curry leaves,
• Ginger garlic paste,
• Turmeric powder,
• Salt and water— as required.

Preparation Method:

1. Soak green moong dal and sorghum rawa for 15 min.
2. Season with mustard seeds, onion, green chillies, ginger garlic paste, tomatoes, curry leaves and turmeric powder.
3. Add sufficient water and salt, cook at low flame till it is cooked properly and serve ot.
Sorghum Chuduwa

Ingredients:

• Sorghum flakes - 1 cup,
• Black-gram dal,
• Fried channa dal,
• Jeera,
• Ground nuts,
• Red chillies – as required; oil – for deep frying.

Preparation Method:

1. Fry the flakes in oil and keep separately
2. Heat the oil and add black gram dal, fried channa dal, jeera, groundnuts, red chillies and fry till it turns brown, then add chopped onions, green chilli paste and pinch of turmeric powder.
3. Now add salt to taste then fry all these ingredients together.
4. Add fried flakes to the above ingredients and mix thoroughly.
Sorghum Idli

Ingredients:
- Sorghum idli rawa - 3 cups and black gram dal - 1 cup

Preparation Method:
1. Make batter with soaked (overnight) black gram dal.
2. Mix washed sorghum fine semolina to the batter, add salt to taste and allow for fermentation.
3. Pour the batter into greased stainless steel idli moulds and steam for 15-20 min.
4. Serve hot with chutney
Sorghum Pongal

Ingredients:

• Sorghum flakes – ½ cup,
• Moong dal – ½ cup,
• Salt,
• Ground pepper,
• Cumin,
• Cashew,
• Curry leaves – as required.

Preparation Method:

1. Cook ½ cup moong dal till it becomes soft.
2. Add ½ cup flakes, 2 cups of milk and cook till it turns very soft.
3. Add salt and season with ground pepper, cumin, cashew nut, curry leaves and serve hot.
Sorghum Pongal (sweet)

Ingredients:

- Sorghum flakes – ½ cup,
- Moong dal – ½ cup,
- Milk – 2 cups,
- Jaggery – 1 cup,
- Cardamom powder,
- Ghee,
- Cashew nuts,
- Dry coconut – as required.

Preparation Method:

1. Cook ½ cup moong dal till it becomes soft.
2. Add ½ cup flakes, 2 cups of milk and cook till it turns very soft.
3. Add 1 cup jaggery and cardamom powder. Heat ghee, fry cashew nuts, dry coconut and add to sweet pongal and serve hot.
Pure Sorghum Biscuit

**Ingredients:**
- Sorghum flour,
- Baking powder,
- Fat,
- Sugar,
- Essence and salt.

**Preparation Method:**
1. Mix sorghum flour, baking powder, salt and sieve it.
2. Cream fat and sugar in planetary mixer for 30 min.
3. Add sorghum flour and mix for 5 minutes.
4. Place the dough in a cookie cutter to cut into cookie shape.
5. Bake it in an oven at 150 C for 30 min, cool and pack.
Sorghum Peda

Ingredients:

• Sorghum flakes – 1 cup,
• Powdered sugar – 3/4 cup; ghee,
• Cashew and badam – as required

Preparation Method:

1. Roast the flakes and grind it to fine powder.
2. Add equal quantity of sugar to flakes powder and mix well. Add ghee slowly to the flakes powder and make into small balls.
3. Decorate with cashew or badam.
Sorghum Salt Biscuits

Ingredients:

- Sorghum flour,
- Baking powder,
- Fat,
- Sugar,
- Essence and salt.

Preparation Method:

1. Creaming of fat and sugar is done in planetary mixer for 30 min.
2. Then add flour and other ingredients to the creamed mixture.
3. Make the mixture into soft dough.
4. Roll the dough and cut it into moulds.
5. Bake the moulds at 150°C for 15-20 minutes.
6. Then cool them for some time and pack.
Sorghum Sweet Biscuits

Ingredients:

- De-hulled sorghum flour,
- Refined wheat flour,
- Skimmed milk powder,
- Baking powder,
- Fat,
- Sugar,
- Vanilla essence and salt.

Preparation Method:

1. Creaming of fat and sugar is done in planetary mixer for 30 min.
2. Then add flour and other ingredients to the creamed mixture.
3. Make the mixture in to soft dough.
4. Roll the dough and cut it into moulds.
5. Bake the moulds at 150 C for 15-20 mins.
6. Then cool them for some time and pack.
Groundnut Biscuits
(Sorghum)

Ingredients:

• De-hulled sorghum flour,
• Refined wheat flour,
• Skimmed milk powder,
• Salt,
• Ammonia,
• Roasted groundnut grits,
• Egg,
• Baking powder,
• Fat,
• Sugar,
• Vanilla essence and salt.
Preparation Method:

1. Creaming of fat and sugar is done in planetary mixer for 30 min.
2. Then add flour, half of the groundnut grits and other ingredients to the creamed mixture.
3. Make the mixture in to soft dough.
4. Roll the dough.
5. Sprinkle rest of the groundnut powder on the rolled sheet.
6. Now cut the dough into moulds.
7. O Bake the moulds at 150 F for 15- 20 min and cool them.
8. Then cool for some time and pack
Coconut Biscuits

**Ingredients:**

- De-hulled sorghum flour,
- Refined wheat flour,
- Skimmed milk powder,
- Salt,
- Ammonia,
- Desiccated coconut,
- Egg,
- Baking powder,
- Fat,
- Sugar,
- Vanilla essence
- salt.
Preparation Method:

1. Creaming of fat and sugar is done in planetary mixer for 30 min.
2. Then add flour, half of the desiccated coconut and other ingredients to the creamed mixture.
3. Make the mixture in to a soft dough.
4. Roll the dough.
5. Sprinkle rest of the coconut powder on the rolled sheet.
6. Now cut the dough into moulds.
7. Bake the moulds at 150 F for 15-20 minutes.
8. Then cool for some time and pack.
Vermicelli Kheer (Sorghum)

Ingredients:

- Sorghum vermicelli – ½ cup,
- Sugar – 1/4 cup, milk – ½ cup

Preparation Method:

1. Fry the vermicelli, cashew nuts and other dry fruits with fat
2. Boil the water and milk, then add roasted vermicelli. After it is half cooked, add sugar and stir slowly for 10-15 minutes until it is cooked.
3. Add cardamom powder and decorate with cashew nuts and other dry fruits.
4. Serve hot as a traditional sweet
Vermicelli Upma (Sorghum)

**Ingredients:**

- Sorghum vermicelli – ½ cup,
- Mustard seeds,
- Channa dal,
- Black gram dal,
- Cumin,
- Ground nuts,
- Curry leaves and salt as required

**Preparation Method:**

1. Roast the sorghum vermicelli in little oil
2. Make seasoning with mustard seeds, channa dal, back-gram dal, cumin, ground nuts and curry leaves
3. Pour water and boil, add salt to taste
4. Cook vermicelli in above boiled water and serve hot.
Cabbage Muthias (Sorghum)

Ingredients:

• Grated cabbage-1 cup,
• Sorghum flour -1 cup, Curd,
• Chopped coriander, Lemon juice,
• Ginger-green chilli paste, Grated garlic,
• Turmeric powder, Baking soda,
• Sugar and salt as required.

Preparation Method:

1. Combine all the ingredients in a bowl and knead to make a soft dough using enough water.
2. Divide the dough into a 3 equal parts and shape each portion into a cylindrical roll.
3. Place the rolls on a greased steaming dish and steam for 10 to 12 min. till firm.
4. Remove, cool and cut into thick slices and sauté over a low flame till they are lightly browned.
5. Serve hot, garnished with coriander.
Sorghum based Sharbat

Ingredients:

- Sorghum flour - 1 cup,
- Barley 1/2 cup,
- Sugar,
- Pepper corns,
- Lemon and water – as required.

Preparation Method:

1. Add sorghum flour and barley to cold water and boil in simmer for 20 minutes.
2. Remove the pan from the heat and add the peppercorns, lemon zest and sweetener.
3. Stir, cover, and cool to room temperature and chill well.
4. Before serving, blend in the lemon or pour over ice and garnish with a citrus twist.
Sorghum Gorimetteelu

**Ingredients:**

- Sorghum flour - 1 cup,
- Maida - 1 cup,
- Chilli powder and oil - as required.

**Preparation Method:**

1. Prepare dough with sorghum flour and maida. Add small quantity of hot oil while dough making
2. Roll the roti from the dough
3. Make shapes manually and press in between with fingers
4. Fry the prepared gorimettalu in oil
5. Excess oil is to be drained using tissue paper before serving.
Jeera/Sweet Lassi (Sorghum)

Ingredients:

- Germinated sorghum flour – 5 g,
- Milk – 100 ml, Curd – 2 ml,
- Sugar – as desired; cumin powder (jeera),
- Salt – as desired.

Preparation Method:

1. Boil milk and cool it till lukewarm
2. Add 5 g of germinated sorghum powder and heat up and hold for 10 min.
3. Add curd culture to it and allow it to be come curd.
4. Keep the curd in refrigerated conditions.
5. To make jeera lassi add cumin powder, salt and stir continuously for 5-10 min to avoid the lumps, and then filter whole material and chill.
6. To make sweet lassi add sugar and stir continuously for 5-10 min to avoid the lumps and chill. (If needed add rose syrup or leechi syrup)
7. Best when served chilled.
Sorghum Eggless Cake

Ingredients:

- Sorghum flour – 1 cup,
- Condensed milk or powder – ½ cup,
- Oil – 1 cup,
- Baking powder – 1 g,
- Powdered sugar – ¾ cup,
- Baking soda – 1 g, curd – ½ cup and
  vanilla essence – 2 ml

Preparation Method:

1. Preheat the oven to 180°C before mixing of ingredients.
2. Mix curd, milk and oil well and add powdered sugar, baking powder, baking soda and mix well.
3. Add essence and sorghum flour to the mixture.
4. Grease the cake tray with oil and put the cake batter without air bubbles in to it.
5. Bake at 180°C for 30 min after which remove the cake from the mould and serve.
Sorghum Cake

Ingredients:

- Sorghum flour - 100 g,
- Vanilla essence - 3 ml, Fat – 100 g,
- Baking powder – 3 g,
- Egg - 2 cocoa powder – 5 g, Sugar – 100 g,
- Salt – 2 g and milk - 20 ml
Preparation Method:

1. Preheat oven to 180°C, sieve all dry ingredients thrice for uniform mixing.
2. Sugar powder and egg whites are to be beaten well and add milk, essence and egg yolk and mix well.
3. Add sorghum flour, salt, cocoa powder and baking powder and make into fine batter.
4. Put the batter in baking bowl and place in the oven at 180°C for 25-30 min.
5. Take the cake out and wait for 10 min until it cools.
6. The cake is removed from mould, cut into pieces and serve.
Sorghum Bhakarwadi

**Ingredients:**

(Masala): Pepper - 10 g,
Sugar – 40 g,
Sesame – 50g,
Aniseed– 8 g,
Cumin – 25 g,
Almond – 10g,
Coriander – 50 g, - 15 g,
Salt – 15 g,
Chilli powder – 30g,
Poppy seed powder - 10g,
Chat masala – 8 g; (Dough) black gram
Dal - 50 g; sorghum flour– 50 g,
Bengal gram flour – 50 g,
Wheat flour – 60 g,
Oil –for frying and water–as required.
Preparation Method:

1. Prepare masala for bhakarwadi.
2. Mix all the flours with water and add oil and knead till dough consistency and make small balls.
3. Roll the small balls into and round shapes and put the bhakarwadi masala onto the round shape.
4. Roll inward and cut the roll into small pieces.
5. Fry the small rolls in oil until golden colour appears.
6. This can be consumed as an evening snack.
Sorghum Halwa

Ingredients:

- Sorghum Flour – 1 cup,
- Jaggery – 1 cup,
- Butter- 1 cup and milk - 1 cup

Preparation Method:

1. In one pan roast sorghum flour and ghee until the aroma and colour changes.
2. Add milk to the mixture and cook
3. Add the melted jaggery, ghee and mix well without formation of lumps till thick consistency.
4. Pour the prepared batter in a mould and allow to set.
Sorghum Chandravankalu
(Moon biscuits)

Ingredients:

- Sorghum flour – 1 cup,
- Whole wheat flour – 1 cup,
- Sugar powder – 1 cup,
- Butter – 2 tsp and oil – 1/4 cup.

Preparation Method:

1. Mix sorghum flour, whole wheat flour, powdered sugar and butter.
2. Add oil to the flour and make it into dough and roll it.
3. Cut crescent shapes of dough pieces and place it onto a greased bakery tray.
4. Bake it in an oven at 150°C for 20 min for preparation of sorghum moon biscuits.
5. Cool and pack.
Sorghum Spicy Boondi

Ingredients:

- Sorghum flour – 60 g,
- Bengal gram flour – 40 g,
- Oil – for frying ; chilli powder,
- Salt,
- Curry leaves,
- Fried cashew nut and water – as required

Preparation Method:

1. Mix sorghum flour, Bengal gram flour and water till batter consistency.
2. Put the batter onto a boondi frame and fry the boondi till golden colour
3. Excess oil is to be removed by placing the boondi on tissue.
4. In a pan roast cashew and curry leaves in oil.
5. Add appropriate amount of salt, chilli powder, roasted cashew nuts and curry leaves to make spicy sorghum boondi.
Sorghum Boondi Laddu

Ingredients:

- Sorghum flour – 60 g,
- Bengal gram flour – 40 g,
- Oil – for frying; sugar – 50 g,
- Raisins, cashew nut,
- cardamom Powder,
- Ghee and water– as required

Preparation Method:

1. Mix sorghum flour, Bengal gram flour and water till batter consistency.
2. Put the batter onto a boondi frame and fry the till boondi golden colour.
3. Take sugar and water in a pan, and boil till a single thread cons is teensy and add the cardamom powder and mix well.
4. Now take boondi is in a bowl, add in the sugar syrup. Make lemon size balls and serve
Sorghum Uttapam

Ingredients:

• Sorghum grain – 1 cup,
• Black-gram dal – 1/4 cup,
• Ginger-green chilli paste – 1/4 tsp,
• Salt- to taste; oil – for greasing and cooking,
• Chopped tomatoes and coriander – 1 tsp.

Preparation Method:

1. Wash and soak the whole sorghum grain and black gram dal in enough water separately overnight. Drain well.
2. Combine the whole sorghum grain, black gram dal and water in a mixer, blend till smooth and add ginger-green chilli paste and salt and mix well.
3. Heat the pan and grease it using ½ tsp. of oil.
4. Pour small spoon full of the batter on the pan like uttappam.
5. Sprinkle little tomatoes and coriander evenly over each uttappam, press lightly and cook on both the sides on a medium flame.
Parboiled Wada (Sorghum)

Ingredients:

- Parboiled sorghum grain – 1 cup,
- Bengal gram flour – 1/4 cup,
- Oil – for frying,
- Salt – for taste, clove – 1/4 tsp,
- Chilli powder – 2 tsp,
- Cinnamon – 1/4 tsp

Preparation Method:

1. The parboiled sorghum grain is taken and made into a coarse paste in wet grinder or grinder.
2. Bengal gram flour, salt, clove, chilli powder and cinnamon are added to the above mixture.
3. Small balls of the mixture are made and made into wada.
4. The wada is fried in oil.
5. Excess oil is removed using tissue paper and served with tomato sauce or chutney.
Sorghum Soup Cream

Ingredients:

• Sorghum grain – 100 g,
• Bouguetgarni – 1 no,
• Roughly cut vegetables (leeks, celery, carrot, onion and turnip) – 100 g,
• veg. stock – 1000 ml and
• seasoning – to taste

Preparation Method:

1. Clean and boil sorghum along with all the vegetables.
2. Add a sprig of bouguetgarni.
3. When all ingredients are well done remove bouguetgarni.
4. Blend it in a mixer and bring back in a pantore-boil.
5. Adjust the seasoning and add a dash of fresh cream.
6. Serve it piping hot with garlic bread.
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