



**NWWA**

Presents

# ★ MILLET DIARIES ★

A TREASURE TROVE OF MILLET BASED RECIPES



**"A HEALTHY BET, EAT MILLETS"**

## **FOREWORD**



In a rapidly changing world with its multitude of challenges, it has been my constant endeavour to ensure that I steer NWWA in a manner that will ensure not only the welfare but also the 'wellness' of the Naval community. Therefore, it gives me immense pleasure to introduce and endorse this book on millets, an often-neglected but a highly nutritious group of grains. This book, which is a compilation of recipes by the ladies of Naval Base Karwar, is a valuable contribution towards the positive health of the naval community. Equally important is the fact that it aligns seamlessly with the importance NWWA's places on 'wellness'.

Although millets have been an integral part of the human diet for thousands of years, with the advent of modern agriculture and the rise of processed foods, millets have been pushed to the margins of our food system.

In this book, the authors make a compelling case for the rediscovery and revival of millets as a vital component of our diet. By providing a comprehensive collection of recipes of millets ranging from breakfast menu to desserts, and by choosing simple, traditional, most commonly consumed dishes of Indian cuisine, they have demonstrated the ease with which we can include the powerhouse of nutrient grains in our diet.

As we face mounting challenges such as climate change, food insecurity, and chronic diseases, the reintegration of millets into our food systems has the potential to address multiple issues simultaneously. These small-seeded grasses provide sustenance to diverse communities across the world, especially in regions with limited access to water and other resources. Not only are millets highly nutritious packed with a range of vitamins, minerals and antioxidants, they are drought resistant and versatile crops that can thrive in diverse agro ecological contexts. They offer a sustainable and resilient alternative to the monoculture-based agriculture that dominates much of the world today.

With the United Nations declaring 2023 as the International Year of Millets this is an excellent opportunity to promote the use of millets in our food systems. As mentioned by the Hon'ble PM Shri Narendra Modi recently, increased demand for millet will bring income to small farmers of the country, curb lifestyle diseases, and help in climate change resilience. It provides us a platform to showcase our millet diversity and expertise to the rest of the world and to position ourselves as a global leader in millet cultivation, processing, and marketing.

I wholeheartedly endorse this call to action for all of us to recognize the value of millets, and appreciate the support provided by DGMS [Navy] in promoting the revival and increasing awareness of benefit of using millets. I urge everyone to read this book, to learn from it, and to contribute to a more sustainable and healthy future for the Indian Navy and the country at large.

*Kala Hanikumar .*



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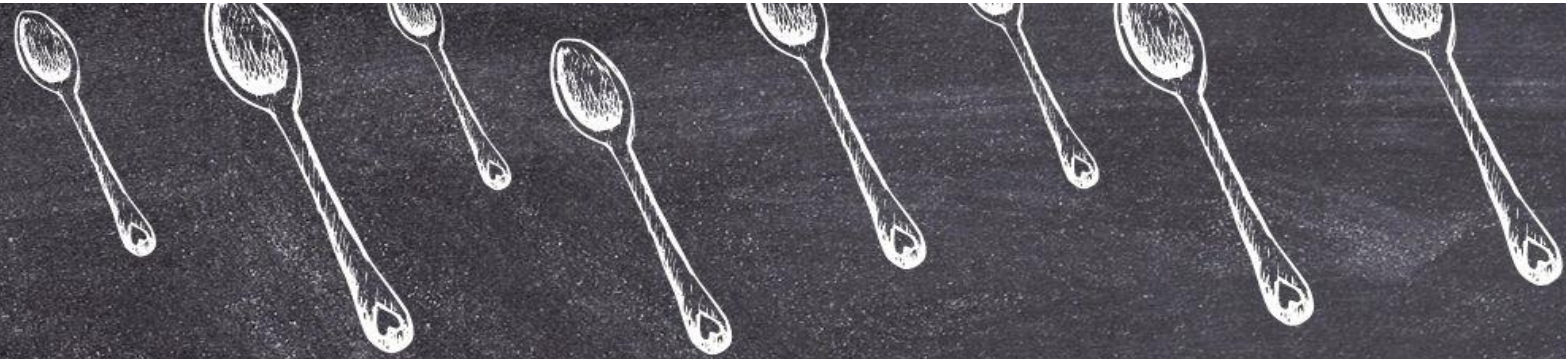
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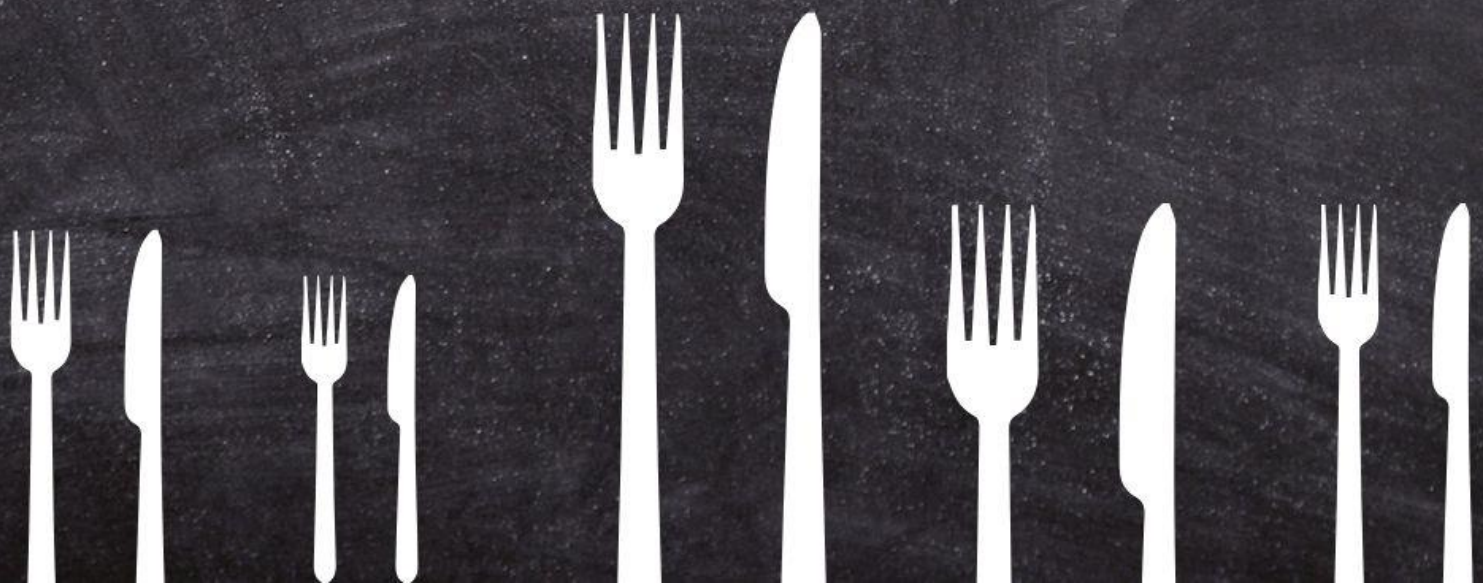
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# ★ STARTERS ★





## **1. Bajra Methi Dhokla**



### **Ingredients:**

- 1 cup of bajra flour.
- 1/4 cup of semolina.
- 1/2 tsp of cumin seeds.
- 1 cup of sprouted moth.
- 1 cup of fenugreek leaves(methi).
- 1 green chili.
- 1/2 inch of ginger.
- 1 tsp of chopped coriander.
- 1 cup of buttermilk.

- 1 tsp of oil.
- 1 packet of Eno.
- For tadka:
- 1 tbsp of Oil.
- 1 tsp of mustard seeds.
- 1 pinch of Asafoetida.
- 6-7 of curry leaves.
- 1 tsp of sugar.
- 1 cup of water.

**Method:**

1. Grind spouted moth coarsely with coriander, chili, ginger, salt, cumin seeds.
2. Take a bowl add bajra flour, fenugreek leaves semolina, moth, mixture, buttermilk, salt, Eno mix well.
3. Pour it over greased tray then immediately put in dhokla vessel to steam, cover and cook it for 15 minutes.
4. After 15 minutes check the dhokla and take out on the plate and cut the dhokla in square shape.
5. For tadka: Heat tadka pan add oil, mustard seeds, asafoetida, curry leaves, water and sugar let it boil.
6. Pour over the dhokla let it soak well.

## **2.Ragi Momo**



### **Ingredients for Momo Sheet:**

- Ragi Flour: 1 cup
- All-purpose gluten-free flour: 1/2 cup
- Salt: 1/4 tsp
- Oil: 1 tsp

### **Ingredients for Filling:**

- Shrimp: 7-8 medium size shrimps.
- Onion: 1/2. Finely chopped. It's important you chop them real fine.
- MSG (Ajinomoto/MSG): 1/2tsp
- Dark soya sauce: 2 tsp
- Salt to taste
- Spring onion: 1/2 onion, super finely chopped.
- Sweet chilli sauce: 2 tbsp
- Olive oil: 1 tbsp
- Mix them all very well. The filling is ready.

**Method:**

1. In a bowl, add the ragi flour, all-purpose flour, water, salt, 1 tsp oil and knead well into a dough.
2. Divide the dough into smaller portions and roll out each smaller portion into thin circular wrapper sheets. This will be the cover of your momos. The filling will be placed in these sheets.
3. Place 1 dough sheet on your palm, next take a tablespoon of filling and place it in the middle of the wrapper.
4. You want your dumpling to be full, but not too full that it oozes out the filling when you fold it.
5. Next, fold the wrapper over and pinch the edges together to seal it. Now place the dumpling on a tray with the pinched edges facing up and pinch a few pleats in the dumpling to create a pouch.
6. Seal them nicely and steam them for 13-15 minutes.
7. Serve them with hot Momo chutney or dip them in chilli oil



### **3.Jowar Paddu**

#### **Ingredients**

- Yellow grain sorghum [Manjal Cholan, solam, Jowar]- 2 cups
- Urad dal – ½ cup
- Rice flour - 3 tbsp
- Jaggery [grated] - 2 tbsp
- Salt to taste
- Oil - 2 tbsp
- Water as needed



#### **Method:**

1. Wash and soak yellow sorghum, urad dal, and fenugreek seeds separately overnight.
2. Then drain water.
3. In a grinder add yellow sorghum & grind to nice batter with enough water.
4. Then add urad dal & grind to smooth batter with enough water.
5. Transfer both batter to a container then add sea salt / normal salt then mix well cover it and leave it for fermentation (approximately 8 hours).
6. Then add rice flour, & jaggery mix well.

7. Heat paddu tawa & grease with oil then pour batter. Cover lid and cook for 2 min.
8. Flip over and pour 1 tbsp of oil around the paddu then again cook for 2 min.
9. Cut off heat. Then transfer to serving plate.
10. Serve hot with coconut chutney.



## **4.Ragi Chicken Roll:**

### **Ingredients**

- 4 Flour Tbsp (25.0 gm) Ragi
- 1 Tbsp (20.0 gm) Mayonnaise
- 1 Chopped Tbsp (13.0 gm) Tomato
- 1/8 Tsp (0.56 gm) Green Chilli Paste
- 1/8 Tsp (0.28 gm) Jeera
- 1/4 Grated Tsp (0.47 gm) Ginger
- 1/2 Powder Tsp (1.0 gm) Red Chilly
- 1/4 Tsp (0.41 gm) Dhania Powder
- 1/4 Tsp (0.44 gm) Jeera Powder
- 1/4 Tsp (0.37 gm) Garam Masala
- 1/8 Tsp (0.54 gm) Salt
- 1/2 Tsp (2.0 gm) Butter
- 1/4 Grated Tsp (1.0 gm) Garlic
- 1 Tsp (3.0 ml) Oil
- 1/8 Tsp (0.43 gm) Baking Powder
- 1/4 Shredded Cup (35.0 gm) Chicken, Breast



### **For Ragi Roti:**

1. In a bowl 4 tbsp ragi flour, 1/8 tsp salt, 1/8 tsp baking powder and mix it well.
2. Add water as required and knead into the soft dough.
3. Roll out dough using a rolling pin and place on a heated pan then roast from both sides with 1/2 tsp Butter.

### **For Chicken Mixture:**

1. In a pan heat, 1 tsp oil then add into the 1/8 tsp jeera, 1/4 tsp grated garlic, 1/4 tsp grated ginger, 1/8 tsp green chilli paste, 1 tbsp chopped tomato and sauté it well.
2. Add into the 1/4 cup Shredded Cooked Chicken, 1/2 tsp red chilly powder, 1/4 tsp jeera powder, 1/4 tsp dhania powder, 1/4 tsp garam masala, 1/8 tsp Salt and mix well.
3. Place ragi roti and spread 1 tbsp mayonnaise and chicken mixture.
4. Roll it with a hand and serve.

## **5.Lehsuni Millet Kebabs**

### **Ingredients:**

- 1 Cup Grated Cabbage
- 1 Cup Jowar flour
- 1/4th Cup low fat Dahi
- 1-2 tbsp Coriander Chopped
- ½ tbsp lemon juice)
- 1 tsp Ginger – green chilli paste
- 2 tsp garlic paste
- ½ tsp turmeric powder
- 1-2 pinch full of Asafoetida
- Salt as per taste
- 1 tsp oil
- 1 tsp cumin seeds (Jeera)



### **Method:**

1. To make the kebabs, combine the cabbage, jowar flour, curd, coriander, lemon juice, ginger – green chili paste, garlic paste, turmeric, a pinch of asafoetida and salt in a bowl and knead into a soft dough using some water. (Cabbage can also be substituted with carrots or lauki).
2. Divide the dough into 2 equal portions and shape them into cylindrical rolls.
3. Arrange both the rolls on a greased sieve and steam in a steamer for 20 mins on low- medium flame.
4. Allow it to cool completely.
5. Once cooled, slice it in shapes of tikki/kebabs.
6. Heat a spoon of oil in a non-stick pan and add the cumin seeds.
7. Once it crackles, add the sliced kebabs and sauté for a few mins till some of the kebabs turn a shade brown.
8. Garnish with some coriander and serve with green chutney.



## **6.Ragi Tea**

### **Ingredients:**

- Whole ragi grain 2 tbsp.
- Chai masala 1/8 tsp.
- Jaggery ½ -1 tsp.
- Water 1 cup
- Coriander seeds (Optional) 1 tsp.
- Milk (Optional)



### **Method:**

1. Dry roast the whole ragi grain in a low heat pan for 6-7 minutes or roast until it turned black and starts to smoke slightly.
2. Grind the roasted ragi grain into the grinder.
3. Then add the ground whole ragi grain into 1 cup of water, add chai masala, and jaggery too.
4. It's your choice to add coriander seeds; they also are required to be dry roasted before adding.
5. Also, adding milk is a completely optional step, do as you like.
6. Give it a nice boil and serve warm.

## **7.Finger Millet Juice**

### **Ingredients:**

- 1/2 cup finger millet
- 1/2 cup powdered jaggery
- 1/2 teaspoon of cardamom powder or 2-3 cardamoms
- Water to dilute and grind

### **Method:**

1. Transfer finger millet along with 1 cup of water, jaggery, cardamom pods peeled into a grinder and blend into a smooth paste.
2. Strain the mixture if needed and discard the residue, it'll mainly contain finger millet husk. You can drink it without straining it too.
3. Adjust the amount of jaggery you add according to your palate. You can use more cardamom powder if needed.
4. Dilute the juice if required by adding more water.
5. Serve as-is or chilled and enjoy!





## **8.Mixed Millet Bhel Puri**

### **Ingredients:**

- 1 Cup mix millet flakes
- 1 cup ragi flakes
- 3 cups puffed rice flakes
- 1/2 cup peanuts, roasted
- 1/2 cup amaranth & brown rice namkeen
- 2 tbsp chat masala
- 3 tbsp black sesame
- 4 potatoes (diced), boiled
- 2 onions, chopped
- 2 Tomatoes
- 4 tbsp lime juice
- 2 tbsp green chilles
- 3 tbsp green chutney
- Handful of fresh coriander
- 3 tbsp moringa leaves powder



### **Method:**

1. Take a bowl and add mix millets, ragi flakes and puffed rice flakes. Now add roasted peanuts along with amaranth and brown rice namkeen. Sprinkle chat masala and black sesame in it.
2. Moisten the mixture with potatoes, tomatoes, onions, lime juice and green chilies. Mix well.
3. Later add moringa powder and green chutney and mix well.
4. Garnish with coriander leaves and serve it.

## **9.Baked Ragi Chakli**

### **Ingredients:**

- 3/4 cup Ragi flour
- 1/2 cup plain yogurt
- 2 tbsp whole wheat flour
- 1 tsp sesame seeds
- 1 tsp chilli powder
- A pinch of asafetida
- Salt to taste
- 1 tsp oil
- Water for binding

### **Method:**

1. Preheat the oven to a 180 degree Celsius.
2. Take a large mixing bowl and combine ragi and wheat flour with sesame seeds, salt, chilli powder, and asafoetida/Hing.
3. Add the yoghurt and water mixture to form a malleable dough.
4. Heat a tablespoon of vegetable oil and pour it into the dough.
5. Next, prepare the sheet pan and place a butter paper over it.
6. Using a chakli press, press out round swirls from the center to the edges onto the butter paper.
7. Bake for 20 minutes in a preheated oven, then flip and bake for another 10 minutes.
8. Allow it cool completely before storing in an airtight container and have a happy snack.





## **10.Ragi Soup**



### **Ingredients:**

- 4 tablespoon Ragi flour or Finger millet flour
- 1 + 3 cups Water
- 1 tablespoon Oil
- 1 Onion, finely chopped
- 4 Garlic cloves, finely chopped
- ¼ inch Ginger, finely chopped
- 6 Mushrooms, sliced or chopped
- ⅓ cup Carrot, finely chopped
- ⅓ cup Green beans, finely chopped

- ⅓ cup Sweet corn (fresh or frozen)
- ⅓ cup Green peas (fresh or frozen)
- ¾ to 1 teaspoon Salt, adjust to taste
- 1 tablespoon Cilantro or Coriander leaves chopped

### Method:

1. Add ragi flour with 1 cup of water in a bowl and whisk until it's lump-free. Keep this aside.
2. In a pan or pot on medium flame, add oil. Once the oil is hot, add onion, garlic, ginger, and sauté until onions become translucent.
3. Now add mushrooms and sauté for 2 minutes on medium flame.
4. Next, add carrots, green beans, sweet corn, green peas, and salt and continue to sauté for 2 minutes.
5. Add 3 cups of water and bring it to a boil. Simmer it for 2 minutes.
6. Finally, add the ragi slurry and keep mixing and simmer for 3 minutes. Add cilantro and switch off the flame. Serve this soup hot and enjoy.



## **11.Spiced Carrot And Millet Salad**

### **Ingredients:**

- ¾ cup millet
- 2 medium carrots
- 2 small or 1 large red onion,
- 1½ teaspoon garlic powder
- 1 teaspoon turmeric powder
- ½ teaspoon chilli powder
- ¼ cup olive oil
- 1 teaspoon salt
- ⅓ cup sultanas
- ½ cup walnuts, chopped
- 1 can / 400g 14.10 ounces chickpeas, drained and rinsed
- Large handful cilantro / coriander, finely chopped



### **Method:**

1. Preheat the oven to 200 degrees Celsius (390 degrees Fahrenheit) and line a tray with baking paper.
2. Toss the carrots, onion, garlic, turmeric, chilli, oil, and salt together until all the spices are covering the vegetables well.
3. Spread onto baking tray evenly and roast until they start browning and slightly softening. This will take about 20 – 25 minutes. Take them out after 10 minutes and give it a toss to make sure that it bakes evenly and place them back in the oven.
4. In the meantime, bring the millet to a boil with 1½ cups / 375ml of water.
5. Reduce the heat to a gentle simmer, covering and cooking for 20 minutes or until most of the water has absorbed.
6. Remove from heat and let sit for around 5 minutes, covered.
7. In a large bowl combine the roasted carrots and onions, sultanas, walnuts, chickpeas, cilantro, and millet.
8. Drizzle some olive oil and add salt to taste.
9. Give it a good toss and serve.



## **12.Barnyard Millet Pakoda**

### **Ingredients:**

- Barnyard millet Baragu- 1 cup
- Medium rava- 1 tbsp
- All-purpose flour- 1 tbsp
- Salt- 1 tsp
- Onion- 2 nos.
- Finely chopped ginger- 1 tsp
- Green chilies- 2 nos.
- Curry leaves- Few
- Coriander leaves- Handful
- Cooking oil- Enough to deep fry



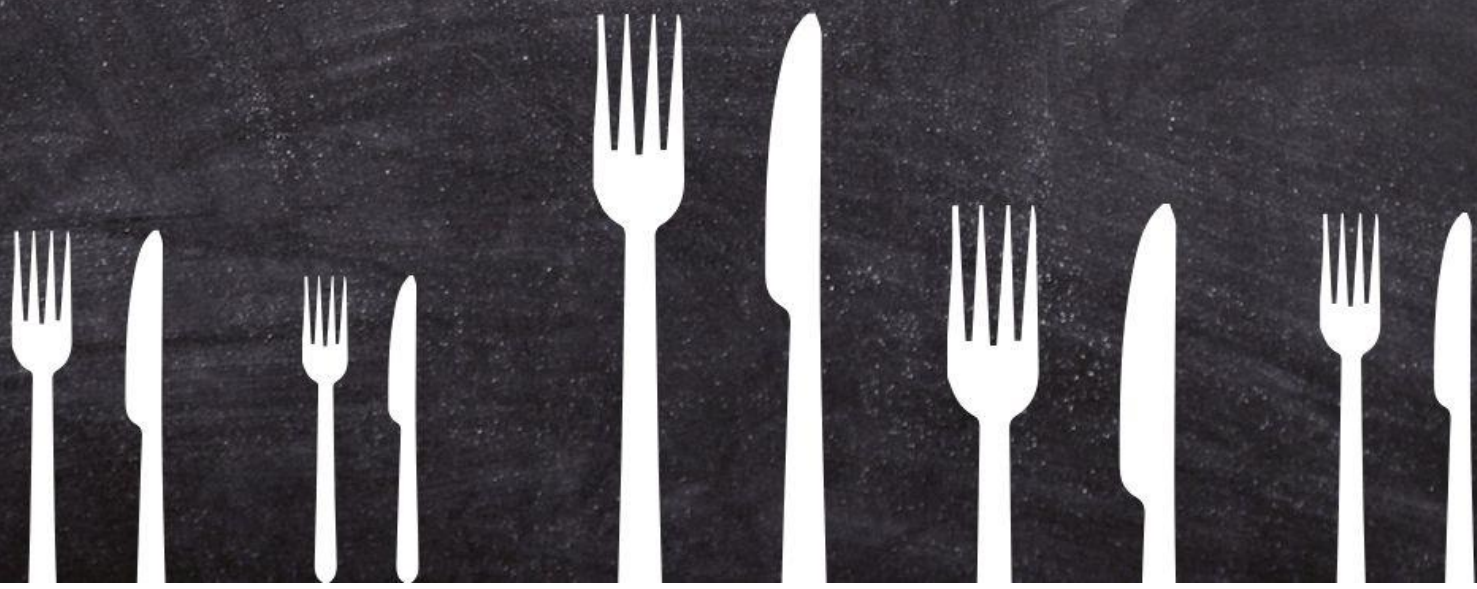
### **Method:**

1. Take a cup of millet and grind it to fine flour using mixer grinder.
2. Sieve it so that you obtain evenly powdered flour. Next add rava and maida to it. Give a quick mix.
3. Peel off the onions and slice them thinly. Chop green chillies, curry leaves and coriander leave finely. Next add all the chopped ingredients to the flour along with salt and ginger. Adding water in steps, make a stiff dough.
4. You can taste and adjust the salt and spice at this stage. Next heat oil in a wok and drop pinch of dough in to oil. Deep fry in medium flame till they turn brown.
5. When the bubbles reduce, remove the millet pakoda from oil using a slotted ladle. Let them drain off excess oil on a tissue paper.





# ★ MAIN COURSE ★





## **13.RAGI PUTTU**

### **Ingredients:**

- 1/2 cup ragi flour
- Salt to taste
- Water as needed
- 3 tbsp coconut
- 3 tsp jaggery syrup or any sweetener
- A pinch cardamom powders
- 2 tsp ghee.



### **Method:**

1. Measure and add ragi flour to a pan, dry roast for 3 mins until its slightly becomes coarse and sandy in texture. Add salt to it.
2. Mix well, add water little by little for a breadcrumb like mixture.
3. When you hold with your palm it should hold together but when pressed it should easily crumble. This is the right stage.
4. Transfer the ragi mixture to a steamer.
5. Steam cook for 10-12 mins, you can see the slight color change. I used a white cloth for steaming, placed it inside the steamer then added ragi mixture.
6. You can use your idli plate for steaming too. Instead, you can use the kuzha for making puttu too.
7. Now transfer it to a mixing bowl. Add ghee.
8. Add cardamom powder and jaggery syrup or any sweetener of your choice. Add grated coconut. Mix well.
9. You can serve it as such or fill a bowl base with coconut first.
10. Add cooked puttu over it, press well and flatten it.
11. Invert to the serving plate and serve. This is just for serving purpose.
12. Serve Ragi Puttu hot or warm with banana and cane sugar.



## **14.Sanwa Ki Khichdi**

### **Ingredients:**

- 1 cup sanwa ke chawal (barnyard millet rice), soaked in water for 1-2 hours and drained
- 2 chopped potatoes
- 1 big tomato, chopped
- 2 tbsp roasted and crushed peanuts
- 2 tbsp desi ghee (clarified butter)
- 1 tsp jeera (cumin seeds)
- 1 chopped green chilli
- 1/4 tsp black pepper powder
- 1 1/2 tsp sendha namak (rock salt)
- 2 1/2 cups water



### **Method:**

1. Heat desi ghee till it melts. Reduce heat to low and add jeera. Let the jeera crackle.
2. Add the potatoes. Stir-fry for 3-4 minutes or till about half cooked.
3. Add the chopped green chilli and crushed peanuts. Stir-fry for 30 seconds.
4. Add the chopped tomatoes, black pepper powder and sendha namak. Cook till tomatoes turn soft.
5. Add the sanwa rice. Mix and add the water. Stir again and check the salt. Add more salt if needed. Raise heat to high till water comes to a boil.
6. Reduce heat to low and cover the rice. Cook for 8-10 minutes till the rice is done. Keep checking a few times in between. Our khichdi took 10 minutes to cook.
7. Do not dry out the water completely, but keep the khichdi a little bit like a liquid as the sanwa rice will absorb all the water in a short while. Otherwise, the khichdi will become too dry.
8. Serve with dahi or yogurt.

## **15.VEG MILLET NOODLES**



### **Ingredients:**

- Millet Noodles-1 pack / 180gm
- Oil-1 tsp
- Garlic – 2-3 pods, thinly sliced
- Onion-2
- Green Chilly-2
- Cabbage / any vegetable combined -1/2 cup
- Green Chilly Sauce-1 tsp
- Soy Sauce-1tsp
- Tomato Sauce-2 tsp
- Black Pepper Powder-1/4 tsp
- Salt-to taste
- Coriander leaves/ Green Onions – 3-4 tsp

**Method:**

1. In a large pan bring water to boil and add the noodles.
2. Let it boil for 5 minutes or until done.
3. Pour the noodles in a sieve and wash it over cool water to stop cooking.
4. Allow it to drain.
5. In a pan heat oil and add garlic. Sauté for a minute and then add onions and green chillies.
6. When the onions turn translucent, add cabbage and let them fry for a minute or two.
7. Add in the sauces and salt. Mix well.
8. Add the drained noodles and mix gently so that all the spices mix well.
9. Remove from flame and garnish with coriander leaves.
10. Serve hot with tomato sauce.





## **16.FOXTAIL / SAMAI MILLET UPMA**



### **Ingredients:**

- 1 teaspoon Sesame (Gingelly) Oil
- 1/4 teaspoon Mustard seeds (Rai/ Kadugu)
- 1 teaspoon White Urad Dal (Split)
- 2 sprig Curry leaves, finely chopped
- 1 Green Chilli
- 1 Dry Red Chilli
- 1/2 cup Onion, finely chopped
- 1 inch Ginger, finely chopped
- 1/4 teaspoon Turmeric powder (Haldi)
- 1/4 cup Carrot (Gajjar), finely chopped
- 1/4 cup Green beans, finely chopped
- 1 cup Foxtail Millet
- 1 Lemon, salt to taste
- 2 tablespoons Coriander (Dhania) Leaves, juice from one lemon
- 1 tablespoon Ghee

**Method:**

1. To begin making the Foxtail Millet Upma, heat oil in a pressure cooker over medium heat; add mustard seeds and split urad dal and allow it to crackle. Allow the urad dal to turn golden brown and crisp.
2. Once the dal is golden brown, add the green chilli and red chilli and sauté for a few seconds.
3. Add the onion, ginger and sauté until the onions soften. Once the onion softens, add the curry leaves, turmeric powder, beans, carrots, foxtail millet, salt and 2-1/2 cups of water.
4. Cover the pressure cooker and pressure cook the millet upma for 5 to 6 whistles and simmer for 5 minutes and turn off the heat. Allow the pressure to release naturally.
5. Once the pressure releases, give it a gentle stir. Squeeze in the juice from one lemon and stir in the chopped coriander leaves.
6. Serve Foxtail Millet Upma Recipe along with Tomato Onion Chutney Recipe or coconut chutney.



## **17.KODO MILLET PULAO**



### **Ingredients:**

- Dry Whole Spices + Fat
- 1 tbsp ghee
- 1 each clove, green cardamom
- 1 inch cinnamon
- 1 tsp cumin seeds
- 1 tsp chopped ginger
- 1 tsp chopped garlic
- ¼ cup sliced onion
- 1 cup mixed vegetables
- 2 slit green chillies
- ½ cup chickpeas (cooked) substitute with more vegetables or paneer or tofu or any cooked legumes
- Powdered Spices
- ¼ tsp hing
- ½ tsp red chilli powder
- ½ tsp turmeric powder



- ¼ tsp garam masala
- ½ cup kodo millet rinsed and drained
- 1 cup water
- ¼ cup chopped mint leaves
- 1 tbsp roasted cashew nuts for garnish
- 1 tsp lemon juice

**Method:**

1. Rinse millets well and keep aside. Ensure all water is completely drained.
2. To a 2L pressure cooker, add ghee and then the clove, cardamom and cumin seeds.
3. Then, add onions followed by vegetables. Stir well and then add the spices.
4. Now, add the drained millets. Stir well. Then, add water. Once the water comes to a boil, add a handful of mint leaves.
5. Close the pressure cooker. Put the whistle on and cook for 2 whistles in medium to low flame.
6. Let pressure settle. Garnish and serve!



## **18.Barnyard Millet Lemon Rice**



### **Ingredients:**

- Barnyard Millet - 1 cup
- Lemon juice - 2-3 Tbsp
- Green chillies slit - 2
- Peanuts or cashew - 2 Tbsp
- Oil - 2 Tbsp
- Mustard - 1/2 Tsp
- Turmeric powder - 1/2 Tsp
- Curry leaves - 1 sprig
- Finely chopped ginger - 1/2 tsp
- Chana dal - 1Tsp
- Urad dal - 1 Tsp
- Hing - a pinch



**Method:**

1. Wash and drain barnyard millet. Pressure cook 1 cup of millet with 2 cups of water for 2 whistles. When the pressure releases, transfer the millet to a large plate and fluff it gently. Let it cool.
2. Take about 2 Tbsp lemon juice in a cup. Add salt and turmeric powder to it. Mix well and keep aside.
3. Heat oil in a pan and fry the peanuts or cashew until golden and crunchy. Remove it and keep aside on a plate.
4. Then in the same pan, add mustard, chana dal, urad dal, hing, ginger, green chillies and curry leaves one after the other. When the dals turn golden, add this to the lemon juice mixture prepared earlier. Mix well.
5. Now add this mixture to the cooled barnyard millet and mix gently. Do a taste test and add more salt or lemon juice if required.
6. Serve with pickle or papad.





## **19.Ragi Roti**

### **Ingredients:**

- 2 cup Ragi Flour/ Finger millet flour
- 2 medium onion, chopped
- 4 – 5 Green Chillies
- Few Curry Leaves, finely chopped
- Few Coriander leaves, finely chopped
- 1 Tsp Jeera
- 1/2 cup coconut, grated
- Salt to taste
- Oil, to roast



### **Method:**

1. Add onion, coconut, green chilli, coriander, Curry leaves, salt, cumin seeds in a wide mixing bowl.
2. Mix it nicely by crushing onions with your hands for few minutes. This brings out more flavours from them.
3. Add ragi flour to it. Start adding warm water little by little and mix it nicely to form a dough.
4. The dough should be such that it is easy to spread. It should not be too hard, smooth-firm dough.
5. Spread a plastic sheet / aluminium foils / parchment paper /banana leaf on your kitchen slab. Grease it with a drop of oil. Take an orange sized dough and pat it evenly with your hands to a thin pancake. Wet your hands in between with water to ease the patting. Make 1-3 holes on the roti so that they get cooked uniformly.
6. Heat the griddle. When it's hot, put the sheet on the griddle (roti side facing the griddle). Cook the roti along with the sheet for 30 sec and then slowly remove the foil. Roti gets transferred from sheet to the griddle.
7. Cook on medium heat. Pour some oil in the holes and all over the roti. Cover and cook till it becomes slightly brown in colour.

8. Then flip the roti and continue cooking for about a minute or so till the roti becomes crispy.
9. Repeat the same with the remaining dough. Serve the rotis hot.
10. Ragi roti is ready to be served. Serve it coconut chutney / chutney powder + yoghurt / chutney powder + butter / Uchellu chutney /any chutney



## **20.Kodo Millet Pongal**



### **Ingredients:**

- 1/2 cup varagu rice
- 3 tbsp moong dal
- 1 and 1/4 cups water
- 5 cashews broken
- 1 tsp ghee
- Salt to taste

### **To temper:**

- 1 tsp oil
- 1/2 tsp pepper whole or crushed roughly
- 1/2 tsp jeera whole or crushed roughly
- Few curry leaves
- 1 green chillies
- 1/2 tsp ginger chopped finely



- 1/8 tsp hing

**Method:**

1. Dry roast moong dal till golden brown.
2. Transfer to pressure cooker, then Rinse the millet well, drain water and add it to cooker.
3. Add water and pressure cook for 3-4 whistles in medium flame. Switch off.
4. Once pressure releases, mash up rice and dal well with a ladle.
5. Now get ready with the tempering items. Heat oil in a pan – add the items listed under ‘temper’ let it splutter.
6. Then fry cashews in ghee and transfer both tempering and fried cashews to the Pongal.
7. Give a quick stir.
8. Serve hot with a drizzle of ghee on top along with chutney and sambar.

## **21.Ragi Dosa**



### **Ingredients:**

- 1 cup ragi flour / finger millet / kezhvaragu / nachani / mandua
- 1 cup rava / semolina / suji
- ½ cup rice flour
- ½ cup curd / yogurt
- 1 inch ginger (finely chopped)
- 1 green chilli (finely chopped)
- Few curry leaves (chopped)
- 2 tbsp coriander (finely chopped)
- 1 onion (finely chopped)
- 1 tsp cumin / jeera
- ½ tsp pepper (crushed)
- 1 tsp salt
- 3½ cup water
- Oil for roasting

**Method:**

1. In a large mixing bowl take 1 cup ragi flour, 1 cup rava, ½ cup rice flour.
2. Also add ½ cup curd, 1 inch ginger, 1 green chilli, few curry leaves, 2 tbsp coriander, 1 onion, 1 tsp cumin, ½ tsp pepper and 1 tsp salt.
3. Add 1-2 cup water and mix well to form a lump free batter.
4. Rest the batter for 15-20 minutes.
5. Add 1½ cups of water or as required and prepare a flowing consistency batter.
6. Now carefully pour the dosa batter over hot tawa.
7. Sprinkle ½ or 1 tsp of oil from the top.
8. Once the dosa roasts to golden brown, flip over and cook.
9. Fold the dosa and serve instant ragi dosa immediately with mint chutney.



## **22. Vegetable Ragi Poha**

### **Ingredients**

- Ragi Poha [finger millet pohe] – 1 cup
- Onion – 1 [sliced]
- Carrot – 1 [finely chopped]
- Capsicum – 2 [chopped]
- Green chilli – 1 [sliced or chopped]
- Ginger – 1 ½ tbsp [finely chopped]
- Curry leaves – 1 spring
- Coriander leaves – 2 tbsp [roughly chopped]
- Mustard seeds – 1 tbsp
- Bengal gram – 1 tbsp
- Urad dal – ½ tbsp
- Oil – 2 tbsp
- Salt to taste

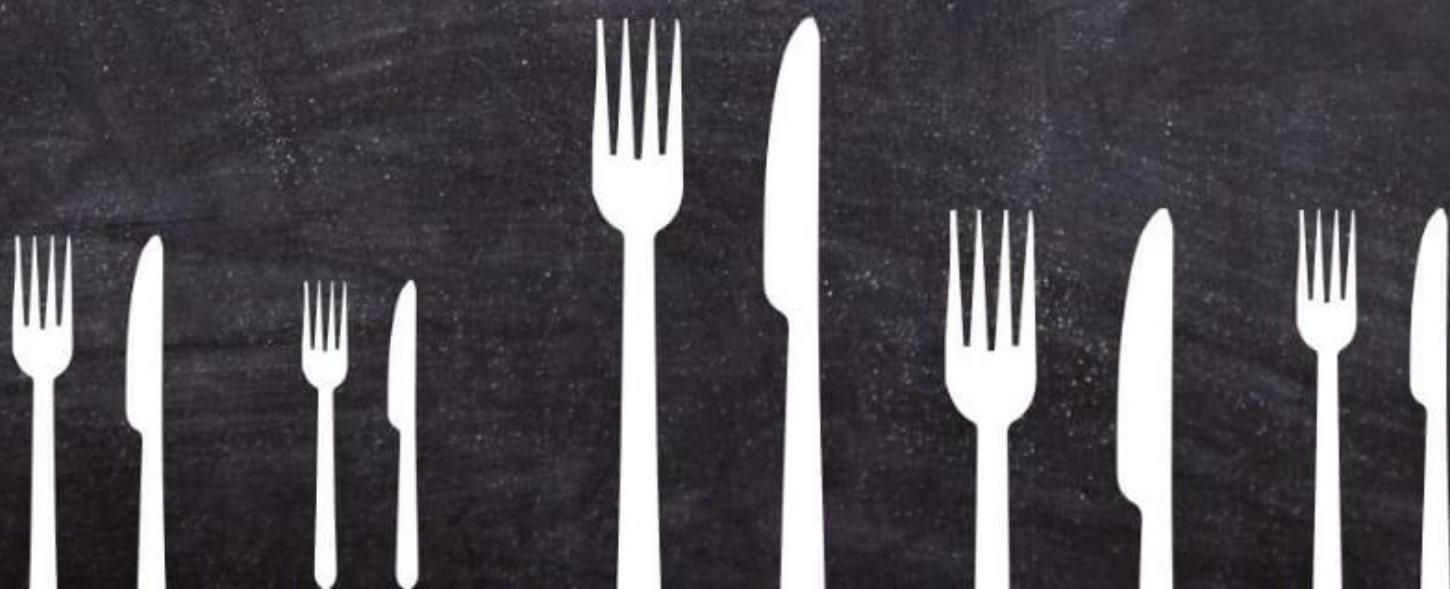


### **Method:**

1. Wash ragi poha then drain water [don't soak] & steam in an idli cooker for 3 min. Then let it cool [2 min].
2. Heat oil in a pan, add mustard seeds & let its splutter, Bengal gram, & urad dal.
3. Then add onion sauté well.
4. Add ginger, carrot, capsicum, green chilli & curry leaves sauté.
5. Add steamed ragi aval and salt mix well on medium to low flame.
6. Sprinkle coriander leaves mix well & cut off heat.
7. Serve hot with pickle, coconut chutney.



# ★ DESSERTS ★





## **23.Foxtail Millet Brownie Recipe**



### **Ingredients:**

- 30 gm Foxtail Millet
- 10 gm Whole Wheat Flour
- 100 gm Chocolate Dark (85%)
- 40 gm Butter
- 80 gm Fresh Yogurt
- 2 tbs Unsweetened Cocoa Powder
- 1 tsp Instant Coffee Powder
- 2 tsp Hot Water
- 80 gm Raw Cane Sugar
- 1/2 tsp Baking Powder
- 50 gm Chocolate Chips

### **Instructions:**

1. Melt chocolate and butter in a double boiler. Once it melts, let it come to room temperature.
2. In another mixing bowl, add fresh yogurt and raw cane sugar. Mix until sugar dissolves.
3. Add melted chocolate and butter solution to it. Whisk it well.
4. In a small bowl, dissolve instant coffee into hot water and keep it aside.



5. Meanwhile, keep the oven for preheating at 180 °C and line an 8" x 8" inches square tin with parchment paper.
6. Sieve Foxtail millet flour, whole wheat flour, Cocoa powder and baking powder directly into the wet ingredient.
7. Using a spatula, mix all the dry and wet ingredients.
8. Add coffee solution and chocolate chips into the batter. Mix it.
9. Pour the batter into a lined tin. Using spatula evenly spread the batter.
10. Bake this brownie batter in a preheated oven at 180 °C for 20 minutes.
11. After baking let the homemade chocolate millet brownies rest for minimum 30 minutes and then slice.
12. Our Goopy foxtail millet triple chocolate millet brownies are ready.



## **24.Little Millet Pudding Recipe**



### **Ingredients:**

- 1/4th cup Mille Little Millet
- 1 1/2 cups boiled milk
- 1/4th cup sugar
- 1 tsp ghee
- 5-6 cashews and pistachios
- 1/4th tsp cardamom powder
- 1 cup water
- Few saffron strands

### **Method:**

1. Heat ghee in a pan and roast the cashews till golden brown and remove. Add rinsed little millet to the remaining ghee and roast for few seconds. Take care millet doesn't change colour.

2. Include a cup of water to the millet and let it cook till soft. You can simmer and close the lid for few minutes. When the millet turns soft and mushy, add milk.
3. With constant stirring let the millets get cooked in milk. Milk reduces and becomes creamy and thick after few minutes. Meanwhile soak saffron strands in a teaspoon of milk for few minutes.
4. Add saffron soaked milk and sugar to the pan and continue cooking till everything combines in to creamy kheer.
5. Finally sprinkle cardamom powder and garnish with roasted pistachios.





## **25.Bajre ka Churma**

### **Ingredients:**

- 3 cups bajra (black millet) flour (coarsely ground)  
water as required
- 8 tbsp sugar
- 1/4 tsp cardamom (elaichi) powder
- 1/4 tsp nutmeg (jaiphal) powder
- 1 cup ghee
- 2 tsp poppy seeds  
(khus-khus)

### **Method:**

1. Bind the bajra flour using required water the dough should not be too hard or too soft
2. Divide into 3 parts. Roll out each part into a thick roti using bajra flour.
3. Heat the tava lower the flame and put the roti on it on the other side brush with water so that a boil does not form.
4. Turn side when water has dried up after a few seconds put the turned side facing the flame.
5. Repeat the same with the remaining 2 rotis
6. Crumble all the 3 rotis in a frying pan.
7. Heat the ghee. Add the crumbled roti powder elaichi and nutmeg powder.
8. Add sugar after adding the roti and elaichi and nutmeg powder and mix well.
9. Divide the mix into 3 parts makes balls and rolls them in poppy seeds.



## **26.SANWA KHEER**



### **Ingredients:**

- 1/2 cup sanwa millet (sama)
- 1 liter milk
- 10 to 15 almonds (badam)
- 10 to 15 pistachios
- 1/2 tsp cardamom (elaichi) powder
- 15 raisins (kismis)
- 1/2 cup sugar

### **Method:**

1. Wash sanwa and keep aside
2. Boil milk in a heavy bottom pan and meanwhile wash the raisins and pat them dry.
3. Thinly slice almonds and pistachios.
4. Add sanwa in boiling milk.
5. Cook sanwa in milk till cooked, stirring continuously.
6. Add sugar, cardamom powder, raisins, pistachios and almonds, mix well and cook for about 5-7 minutes, stirring continuously. Remove from the flame and serve hot or chilled as per your choice.

## **27.RAGI STEAM CAKE**

### **Ingredients:**

- Ragi (Finger Millet) Flour – 1.5 cups (I used Double Horse brand)
- Grated Coconut – 1/4 to 1/2 cup
- Salt – 1/4 tsp
- Crushed Cumin (Jeerakam) – 1/4 tsp
- Water – 1/2 cup approx.

### **Method:**

1. Take ragi flour in a bowl. Add 1/4 tsp of salt and crushed cumin to the bowl. Combine everything with your hands.
2. Sprinkle 1/2 cup of water little by little and start mixing the ragi flour with your hand. Be careful while adding water. The flour should get wet yet retain a powdery consistency. If you add too much water it will change into a dough. When done, you should be able to roll the flour into a ball with a tight fist but it should powder back when crumbled.
3. Pulse the wet flour in a spice grinder so that there are no lumps. The flour will become fluffy and aerated.
4. Bring 1 cup water to a boil in a Pressure Cooker. Add 2 tsp of grated coconut to the bottom of the **Chiratta Puttu Kutti** (utensil for holding the flour). Follow with spoonful of ragi flour till you almost fill the Puttu Kutti. Top with 1 tsp coconut.
5. Steam for around 3-4 minutes so that it is fluffy and cooked. Serve with Banana or any spicy curry like Kadala Curry.





## **28.Ragi Chocolate Cake**

### **Ingredients:**

- Ragi Flour - 3/4 cup or 100 gms
- Whole Wheat Flour - 3/4 cup or 100 gms
- Cocoa Powder - 2 tbsps
- Baking Powder - 1.5 tsps
- Baking Soda - 1/2 tsp
- Salt - a pinch or 1/8 tsp
- Jaggery Powder - 1/2 cup or 200 gms
- Curd - 1/3 cup or 80 ml
- Milk - 3/4 cup or 180 ml
- Vanilla Essence - 1 tsp
- Oil/ Melted Desi ghee / Melted Butter - 1/2 cup
- **For Chocolate Ganache: (optional)**
- Dark Chocolate - 50gms + Cream 100 gms



### **Method:**

1. Preheat cooker with 1 cup salt for 15-20 min on medium to high flame.
2. Sieve dry ingredients in bowl - ragi flour, whole wheat flour, cocoa powder, baking powder, soda, salt.
3. In another bowl, take oil, add in jaggery powder or melted jaggery along with curd, milk, vanilla essence. Whisk everything well.
4. Combine dry ingredients with wet ingredients in batches to prepare a smooth batter.
5. Grease a baking dish, line with parchment paper. Pour the batter and tap it for few times to level it up.
6. Baking options:
  - ❖ Preheated cooker for 30 min
  - ❖ Oven at 170 degrees for 30-35 min
  - ❖ Air fryer at 160 degrees for 25 min
7. Cool down the cake completely.

8. To prepare chocolate ganache - melt chocolate with cream and whisk the mixture for few min till smooth consistency.
9. Spread on cake and garnish with chopped nuts. Set in refrigerator for 1-2 hours till set.

#### **Orange marmalade jam for chocolate cake**

1. Take 500 grams oranges with pulp and without seeds
2. Take 500 grams sugar.
3. Take 2 tsp orange zest.
4. In a pan add the ingredients and heat till it forms jam-like consistency.
5. Check the consistency of jam by taking a drop of hot mixture on a cold spoon. It should be not runny enough and not solidify, somewhere in between.
6. Cool down the mixture and store the marmalade jam in a airtight container in a fridge.

## **29.Millets Chikki**



### **Ingredients:**

- Ragi Seeds- 1tbsp
- Foxtail Seeds- 1tbsp
- Bajra seeds- 1tbsp
- Sunflower Seeds- 1tbsp
- Jaggery- 100mg
- Dry fruits to taste

### **Method:**

1. Take ragi seeds, foxtail millet seeds and bajra seeds and roast them in pan and keep aside.
2. Take sunflower seeds, dry fruits of your choice, and roast them on the pan and keep aside.
3. Now take 1 tsp ghee in a pan and add jaggery to and stir continuously on low heat.
4. The jaggery will start to melt. Check its consistency by adding a drop of melted jaggery in a bowl of cold water. If the jaggery breaks like a chikki in water, it's at a perfect temperature.
5. Now add all the millets, seeds and dry fruits to the jaggery and mix well under low flame.
6. Now take a spoon of this hot mixture and try to shape the inside of a silicon cup with it.
7. After the mixture cools down, it will take the shape of a bowl, and your millets.
8. Once the bowl is ready, you can fill it with any pudding or kheer.



## **30.Little Millet Sweet Pongal**

### **Ingredients:**

- Little millet - 1 cup
- Moong dhal - 1/2 cup
- Jaggery - 1 cup
- Milk - 1/2 cup
- Elaichi powder - 1/4 tsp
- Cashew - 7 nos
- Raisins - 10 nos
- Ghee



### **Method:**

1. Wash little millet and moong dhal together and soak for 1 hour. Drain all and transfer it to pressure cooker and add 4 and cups of water, 1 tsp ghee, and pressure cook for 3 - 4 whistles.
2. In another pan boil milk add jaggery to it and filter for impurities.
3. In the boiling milk and jaggery add cooked pongal and bring it to boil, add elaichi powder to it.
4. In a pan heat ghee, add cashew and raisins, fry them and add to the boiling pongal.

## **31.Ragi Jowar Laddu**



### **Ingredients:**

- 1 cup Ragi floor
- 1 cup Jowar floor
- 200 ml of ghee
- Dry nuts (almond and cashew)
- 2 cups date without seeds
- Elaichi powder

### **Method:**

1. Add the ragi and jowar to a hot pan along with the ghee, and simmer for 10 minutes over low heat.
2. Place the combined ingredients in a bowl.
3. Add ghee to the hot pan once again. Add the dry fruit and cook it in the melted ghee until it turns golden.
4. Place the combined ingredients in the same bowl.
5. Use a grinder to chop the date into smaller pieces.

6. Add ghee to the hot pan. After the ghee has melted, combine the jowar with the fried ragi, fried dry fruits, and grained dates, and simmer for an additional five minutes.
7. When the ingredients are cold enough, combine the elaichi powder.
8. Now you can make Laddu out of that mixture.





## **32.Creamy Millet Pudding**

### **Ingredients:**

- 4 cups non-dairy milk
- 2/3 cup uncooked millet
- 1/4 cup agave (or sweetener of choice)
- 1 teaspoon vanilla bean paste (or vanilla extract)
- 1/2 teaspoon almond extract
- 1/2 teaspoon cinnamon
- 1/4 teaspoon sea salt
- For serving: (optional)
- Chopped almonds
- Fresh berries



### **Method:**

1. Add the millet to a medium pot with a lid, and toast it over medium heat, stirring frequently, until the millet starts popping. The goal is a light toast, so be careful not to burn it.
2. Once the millet is toasted, add the remaining ingredients to the pot and stir to combine. Cover the pot and bring the mixture to a boil.
3. Reduce the heat to low and simmer for 20-25 minutes, stirring occasionally, until the millet is cooked through.
4. Serve warm with a sprinkle of chopped almonds and fresh berries, if you like.

### **33.Millet Chocolate Burfi**

#### **Ingredients:**

- 1/2 cup millet flour
- 1/2 cup sugar
- 1/4 cup water
- 2 tsp cocoa powder
- 2 tsp ghee
- 1 tbsp pistachios chopped finely



#### **Method:**

1. Heat ghee in a kadai - add millet flour to it.
2. Roast in low flame for 5 mins, transfer to a plate and cool down then add coco powder to it.
3. Mix well or sieve it well, set aside.
4. In the same pan add sugar.
5. Add water to it let it boil in medium flame.
6. When it starts to thicken and bubble up well, check for single thread consistency. 7)When a thin string consistency is reached immediately add the flour cocoa mixture.
7. Mix well, act quickly keep stirring to avoid lumps. In 2 mins the batter will become thick, add ghee at this stage.
8. The mixture will be thickish like idli batter consistency.
9. Mix well and switch off. Immediately transfer to ghee greased tray.
10. Sprinkle chopped nuts on it. Slightly press it. Leave it to set for 10 mins then mark pieces with a knife then carefully separate the pieces and enjoy.





# *The Millet Saga*

Our health majorly depends upon what we eat. It is indeed important that we adopt a healthy diet. Millets which are one of the most nutritional grains was once the major staple food of most parts of the country and now it's being promoted for its health benefits. Why is that we tend to divert from our culture to something new and easy? Our food , our place , our traditions are more beneficial to us. So let us all try to adopt, practice and promote the use of millets in our daily lives.