



Acknowledgements

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Taste The Miraculous Millets



LOW GLYCEMIC
INDEX



HIGH IN DIETARY
FIBRE



HIGH IN
CALCIUM



HIGH IN
IRON



GLUTEN
FREE



ODISHA MILLETS MISSION – Gender Equity, Climate Resilience, Nutrition Security

Implemented by Directorate of Agriculture & Food Production in collaboration with WASSAN & NCDS.
An initiative of Dept. of Agriculture & Farmers' Empowerment, Government of Odisha



Aadi Anna

The Ancient Grains



Preface

India is suffering from the twin challenges of obesity and malnutrition. Lifestyle-related diseases have increased manifold in last few decades. Millets which are highly nutritious have gradually declined in the regular diet of citizens. There is a knowledge gap when it comes to millet recipes, especially among the younger generation in urban areas. There is a pressing need to reacquaint younger generations with traditional recipes and encourage them to diversify their plates with millets.

In this context, Government of Odisha launched “Odisha Millets Mission” in 2017, a flagship programme to revive millets in farms and on plates. Odisha Millets Mission (OMM) was initiated in 7 districts covering 30 blocks and has been expanded to 19 districts and 143 blocks in 2022. OMM covers all aspects of the millet ecosystem including production, conservation, consumption, processing, marketing and inclusion of millets in the State Nutrition Programme; Integrated Child Development Services, Mid-Day Meal, tribal school hostels and Public Distribution System.

OMM through this recipe book aims to demystify the cooking of millets. This book offers recipes of a variety of millet-based recipes with a special focus on Odia cuisine and food culture. We are hopeful that this publication will engender conversations around millet recipes and cater to the palates of a growing number of millet lovers.

About Millets



Finger Millet

Finger Millet is popularly known as Ragi in India. In Odisha it is known as MANDIA (ମାନ୍ଦିଆ), Finger millet contains high amount of calcium, protein with well-balanced essential amino acids composition along with Vitamin A, Vitamin B and phosphorous. Its high fibre content also checks constipation, high blood cholesterol and intestinal cancer. Protein content in finger millet is high, thereby making it an important factor in preventing malnutrition. It is an ideal food for diabetics as it has demonstrated the ability to control blood glucose levels and hyper-glycemia.



Little Millet

Little Millet is one of the majors in list of millets, it is also called as Kutki, Shavan, and Samai in India. In Odisha it is also known as Suan/ Koshla/ Kuri/ Gurji. Little millet is reported to have 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, among several such others, and also plays a major role in propagating food security. It is generally consumed as rice and any recipe that demands staple rice can be prepared using little millet.

Foxtail Millet

Foxtail Millet or Italian millet is known as Kakum/ Kangni in India, In Odisha it is popularly known as KANGU (କାଂଗୁ)/ KANG/ GONDLI, is a gluten-free grain and the second most commonly grown species besides being one of the oldest cultivated millet. 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.



Barnyard Millet

Barnyard Millet is popular in millets name list and also known as Sawa/ Jodi/ Bila-suan/ Kheera. The carbohydrate content of barnyard millet is low and slowly digestible, which makes the barnyard millet a nature's gift for the present-day people. 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 patients with cardiovascular diseases and diabetes.





Sorghum

Sorghum or Jawar or Great millet is another popular millet widely cultivated in different states of India. In Odisha it's locally known as Janha/ Khedjanha/ Gangei/ Janjarla. It has a nutritional profile that is better than rice. 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.



Proso Millet

Proso Millet is popularly known as Cheena in India and in Odisha also. It releases energy over a longer period of time after consumption allowing one to work for longer duration without fatigue. This has heavy protein content, crude fibre, minerals and calcium. A health benefit of Proso millet comes from its unique properties as is entirely gluten-free and has significant amounts of carbohydrate and fatty acids.

Pearl Millet

Pearl Millet also known as Bajra or "Birds feed", is one of the most common types of millets. In Odisha it locally known as Bajra/ Gathia/ Katenga/ Katreng. This millet is known to possess phyto-chemicals that lower cholesterol. It also contains folate, iron, magnesium, copper, zinc, and vitamins E and B-complex. Pearl millet has a high energy content compared to other millets. It is also rich in calcium and unsaturated fats, which are good for the body.



Kodo Millet

Kodo Millet, also known as Kodon Millet in India and in Odisha it is known as Kodo, It has the highest dietary fibre amongst all millets. It constitutes the mainstay of dietary nutritional requirements. It has high protein content, low fat and very high fibre content. Kodo millet is very easy to digest; it contains a high amount of lecithin and is excellent for strengthening the nervous system. Regular consumption of Kodo millet is very beneficial for postmenopausal women suffering from signs of cardiovascular disease, like high blood pressure and high cholesterol levels.



Food and Balanced Diet

Food

Food is any substance consumed to provide nutritional support for an organism. It is usually of plant, animal or fungal origin and contains essential nutrients such as carbohydrates, fats, proteins, vitamins, minerals etc.

Food Preparation

While many foods can be eaten raw, many also undergo some form of preparation for reasons of safety, palatability, texture, or flavour. At the simplest level this may involve washing, cutting, trimming, or adding other foods or ingredients, such as spices. It may also involve mixing, heating or cooling, pressure cooking, fermentation, or combination with other food.

Main source of food

The main sources of our food are Plants (ingredients like grains, cereals, vegetables and fruits etc) and Animals (milk, meat products and eggs).

What is meant by a balanced diet?

A nutritionally balanced diet is one that fulfils all of a person's nutritional needs. Each body needs a certain amount of calories and nutrients to stay healthy. A balanced diet provides all the nutrients a person requires, without exceeding the recommended calorie intake per day.

A healthy balanced diet should contain different vegetables and fruits every day, starchy food with higher fibre, proteins, unsaturated fats etc.

What is importance of balanced diet?

A balanced diet supplies the nutrients our body needs to work effectively. Without balanced nutrition, our body is more prone to disease, infection, fatigue, and low performance.

A well-balanced diet provides the human body with essential nutrients needed to allow the body to effectively perform different activities. Eating well ensures proper nutrition that keeps the body active and healthy, also protects the body against malnutrition.

Millet is gluten-free, highly nutritious and rich in dietary fibre. They are rich in micronutrients, including calcium, iron, phosphorus, etc. They are low in Glycaemic Index (GI) as such don't cause huge spike in blood sugar. Millets should ideally be an integral part of our daily diet.

CONTENTS

| Sl.No. | Recipe | Page No. | Sl.No. | Recipe | Page No. |
|--------|----------------------------|----------|--------|----------------------------|----------|
| 1 | Finger Millet Enduri Pitha | 1 | 17 | Little Millet Enduri Pitha | 33 |
| 2 | Finger Millet Challah | 3 | 18 | Little Millet Idli | 35 |
| 3 | Finger Millet Manda Pitha | 5 | 19 | Little Millet Khichdi | 37 |
| 4 | Finger Millet Mixture | 7 | 20 | Little Millet Upma | 39 |
| 5 | Finger Millet Aarisa Pitha | 9 | 21 | Foxtail Millet Vada | 41 |
| 6 | Finger Millet Soup | 11 | 22 | Foxtail Millet Kheer | 43 |
| 7 | Finger Millet Ladoo | 13 | 23 | Foxtail Millet Dosa | 45 |
| 8 | Finger Millet Muruku | 15 | 24 | Kodo Millet Pulao | 47 |
| 9 | Finger Millet Idli | 17 | 25 | Kodo Millet Chakuli | 49 |
| 10 | Finger Millet Modak | 19 | 26 | Sorghum Roti | 51 |
| 11 | Finger Millet Halwa | 21 | 27 | Sorghum Ladoo | 53 |
| 12 | Finger Millet Bread | 23 | 28 | Sorghum Barfi | 55 |
| 13 | Finger Millet Vada | 25 | 29 | Sorghum Salad | 57 |
| 14 | Finger Millet Cake | 27 | 30 | Sorghum Puffed Ladoo | 59 |
| 15 | Finger Millet Biscuit | 29 | 31 | Sorghum Dosa | 61 |
| 16 | Finger Millet Pakoda | 31 | 32 | Proso Millet Curd Rice | 62 |



FINGER MILLET (MANDIA)

ENDURI PITHA

Serves- 25 Nos.

*6 Hr, 25 Min.

*8 Ingredients

Prep. time - 6 Hr
Cooking time- 25 Min.
Total time - 6 Hr, 25 Min.

Ingredients :

Finger millet powder - 700 gm
Black gram - 300 gm
Fresh grated coconut - 350 gm
Jaggery - 300 gm
Cardamom powder - 3 gm
Black pepper powder - 3 gm
Turmeric leaves
Salt - as per taste

Utensils :

Pan - 1
Bowl - 2
Spoon - 1
Idli mould - 1
Grinder

Preparation Method :

Preparation of this recipe involves two steps

- ◆ Wash and soak blackgram in a bowl for 4 hours.
- ◆ After 4 hours, grind it into a thick batter. Add salt and finger millet powder to batter.
- ◆ Leave the batter for fermentation for about 2 hours.

Step 1: For filling

- ◆ Take a medium sized pan and put the fresh grated coconut and jaggery.
- ◆ Heat it on a low flame and stir fry for 4 to 5 minutes till it becomes little dry.
- ◆ Add green cardamom and black-pepper powder and continue heating on low flame for another 2 minutes.
- ◆ Put this mix aside in a bowl and let it cool.

Step 2: Pitha

- ◆ Take one whole medium sized green turmeric leaf.
- ◆ Put a little batter on the leaf and flatten the same.
- ◆ Then put the required quantity of stuffing on the batter and fold the turmeric leaf across the lengthwise in such a way that the stuffing gets sandwiched.
- ◆ Tie a thread around the folded leaf and ensure batter is not leaking.
- ◆ Then steam it in a idli maker with turmeric leaf for minimum 20 to 25 minutes in a medium flame.
- ◆ Now Mandia Enduri Pitha is ready to serve hot.



FINGER MILLET (MANDIA) **CHALLAH**

Serves- 10 Nos.

*25 Min.

*10 Ingredients

Prep. time - 10 Min.

Cooking time - 15 Min.

Total time - 25 Min.

Ingredients :

| | | |
|----------------------|---|--------------|
| Finger millet powder | - | 100 gm |
| Curd | - | 500 gm |
| Roasted cumin powder | - | 3 tbs |
| Black pepper | - | 2 tbs |
| Salt | - | as per taste |
| Black salt | - | 1 tbs |
| Green chilli | - | as required |
| Coriander leaf | - | 50 gm |
| Mint leaf | - | 25 gm |
| Mango ginger | - | 2 inch |

Utensils :

| | | |
|---------|---|---|
| Pan | - | 1 |
| Cup | - | 1 |
| Glass | - | 1 |
| Grinder | | |

Preparation Method :

- ◆ Take a medium sized pan and add two glasses of water.
- ◆ Heat the water on medium flame till it boils.
- ◆ In the meanwhile, take another cup of water and add to finger millet powder.
- ◆ Mix it well without forming lumps.
- ◆ Pour the mix into the boiling water and stir continuously to avoid lumps.
- ◆ Heat the mix for 10 minutes on a low flame and then allow it to cool.
- ◆ Mix green chilli, coriander leaf, Mango ginger, mint leaf and grind it to paste.
- ◆ Add curd, cumin powder, salt, black salt and pepper powder to the paste.
- ◆ Add cooled finger millet mixture and six more glass of cold water to the paste and mix it well.
- ◆ Now Finger millet challah is ready to serve.
(you can also add jaljeera powder or chat masala for additional taste instead of roasted cumin powder.)



FINGER MILLET (MANDIA)

MANDA PITHA

Serves- 20 Nos.

*40 Min.

*8 Ingredients

Prep. time - 10 Min.

Cooking time - 30 Min.

Total time - 40 Min.

Ingredients :

| | | |
|-----------------------|---|--------------|
| Rice powder/ Suji | - | 200 gm |
| Finger millet powder | - | 300 gm |
| Finely grated coconut | - | 4 cup |
| Jaggery | - | 200 gm |
| Green cardamom powder | - | 1 tsp |
| Black pepper powder | - | ½ tsp |
| Ghee | - | 1 tbs |
| Salt | - | as per taste |

Utensils :

| | | |
|---------|---|---|
| Pan | - | 1 |
| Bowl | - | 1 |
| Dish | - | 1 |
| Steamer | - | 1 |

Preparation Method :

Preparation of this recipe involves two steps

Step 1: Preparation of fillings

- ◆ Take a pan and add grated coconut and jaggery to it.
- ◆ Heat a pan on a low flame for 5 minutes. Keep stirring to ensure coconut and jaggery is not burnt.
- ◆ Add green cardamom powder, black pepper powder to the pan and mix well.
- ◆ Heat the mix for another 2 to 3 minutes on low flame and keep it aside to cool.

Step 2: Preparation of Pitha

- ◆ Take a bowl and mix finger millet powder and rice powder/ suji.
- ◆ Take a separate dish and add 4 cup of water. Heat the dish till water boils.
- ◆ Add ghee, salt, mixture (finger millet & rice/ suji) to boiled water.
- ◆ Heat the mixture on low flame for 3 minutes.
- ◆ Spread some ghee on the base of a steel bowl.
- ◆ Shift the mixture to it and add half cup of water and one spoon of refine oil.
- ◆ Knead it with hand till it becomes smooth dough.
- ◆ Now take a little dough, roll it into a ball, flatten it well.
- ◆ Form balls by rolling them with the help of your palms.
- ◆ Flatten each ball and place the filling in it.
- ◆ Close the flattened balls after putting the filling and carefully give them a rounded shape again.
- ◆ Steam the stuffed balls for 10 min in a steamer.
- ◆ Put them on a plate and serve hot.



FINGER MILLET (MANDIA) MIXTURE

Serves- 10 Nos.

*50 Min.

*11 Ingredients

Prep. time - 20 Min.

Cooking time- 30 Min.

Total time - 50 Min.

Ingredients :

- Finger millet powder- 200 gm
- Bengalgram flour - 200 gm
- Chilli powder - 30 gm
- Black pepper powder - 20 gm
- Curry leaves - 1 handfull
- Rock salt - as per taste
- Salt - as per taste
- Groundnuts - 50 gm
- Asafetida (Hing) - 1 pinch
- Oil to fry - as required
- Ajwain - 10 gm

Utensils :

- Pan - 1
- Bowl - 2
- Boondi plate - 1
- Sev mould - 1
- Strainer - 1

Preparation Method :

Finger millet mixture involves two steps

Step 1: Preparation of Finger millet Boondi Batter

- ◆ Take 100 gm of finger millet powder, 100 gm of Bengal gram powder, chilli powder, salt and water and mix them with hand till it becomes a thick batter.

Step 2: Preparation of Finger millet Sev Batter

- ◆ Take 100 gm of finger millet powder, 100 gm of Bengal gram powder, chilli powder, ajwain, asafetida , salt and water. Mix them with hand till it becomes a thick batter.

Preparation Method

- ◆ Take a medium sized pan and heat oil in medium flame till it becomes hot.
- ◆ Pour finger millet boondi batter directly through boondi plate into the hot oil.
- ◆ Fry them till they turn golden brown and keep them aside in a bowl to cool.
- ◆ Pour finger millet sev batter directly through sev mould plate into the hot oil.
- ◆ Fry them till they turn golden brown and keep them aside in a bowl to cool.
- ◆ Fry curry leaves and ground nuts and put them in the same bowl to cool.
- ◆ Mix all fried ingredients, black pepper powder rock salt and now finger millet mixture is ready.



FINGER MILLET (MANDIA)

AARISA PITHA

Serves- 15 Nos.

*55 Min.

*6 Ingredients

Prep. time - 20 Min.

Cooking time - 35 Min.

Total time - 55 Min.

Ingredients :

| | |
|-----------------------|---------------|
| Finger millet powder- | 150 gm |
| Rice powder | - 250 gm |
| Jaggery | - 250 gm |
| Sesame seed | - 100 gm |
| Refined oil/ ghee | - as required |
| Green cardamom powder | - 1 tsp |

Utensils :

| | | |
|---------|---|---|
| Pan | - | 2 |
| Bowl | - | 1 |
| Plate | - | 1 |
| Spatula | - | 1 |

Preparation Method :

- ◆ Take a medium sized pan. Add glass of water and jaggery.
- ◆ Heat it in medium flame and keep stirring till it turns into thick consistent syrup.
- ◆ Put Fingermillet powder and Rice powder in a bowl and mix it well.
- ◆ Slowly add mixed powder to the syrup and stir continuously till forms into a smooth dough.
- ◆ Add sesame seeds & green cardamom powder to the dough and keep it in a bowl.
- ◆ Take a medium sized pan and heat oil/ghee in a pan.
- ◆ Grease the palms with a little ghee/oil.
- ◆ Take the dough in small portions and flatten it with the help of your palms to give it a oval shape. Each piece should have medium thickness.
- ◆ Fry the pieces in a medium flame in oil/ghee till they turn become brown.
- ◆ Take the pieces out and keep them aside in separate plate.
- ◆ Arisa Pita is ready to be served.



FINGER MILLET (MANDIA) SOUP

Serves- 20 Nos.

*40 Min.

*15 Ingredients

Prep. time - 10 Min.
Cooking time- 30 Min.
Total time - 40 Min.

Ingredients :

| | | |
|----------------------|---|----------------------|
| Finger Millet Powder | - | 100g |
| Chopped carrot | - | 100g |
| Chopped beans | - | 100g |
| Sweet corn | - | 3 pc / 100gm |
| Grated ginger | - | 15 gm |
| Butter/ Refine oil | - | As required |
| Chopped Garlic pods | - | 30-35 pcs |
| Corn flour | - | 50 gm |
| Black pepper powder | - | 10gm/ As required |
| Salt | - | As required |
| White vinegar | - | 4-5 tbs |
| Soya sauce | - | 3 tbs |
| Tomato sauce | - | As required |
| Chilli sauce | - | As required |
| Black salt | - | As required |

Utensils :

| | | |
|-------|---|---|
| Pan | - | 1 |
| Bowl | - | 1 |
| Spoon | - | 1 |

Preparation Method :

- ◆ Mix Finger millet(Mandia)powder & cornflour and keep aside.
- ◆ Put butter/refine oil in the pan and heat it on low flame till butter melts/oil becomes hot.
- ◆ Add garlic pods in butter/ oil, add grated ginger, stir fry for 1 minute in a low flame.
- ◆ Add all the chopped vegetables and sweet corn , stir fry for 3 to 4 minutes on a medium flame.
- ◆ Add vinegar , black pepper powder , salt and soya sauce in to it stir fry for another 3 to 4 minutes.
- ◆ Add water to the pan. Cook them on low flame till vegetables are cooked well.
- ◆ Add Finger millet (Mandia) and corn flour with water in a bowl and mix it till gets uniform consistency without lumps and pour the watery Finger millet (Mandia)corn flour in to the vegetable mix.
- ◆ After that everything is stirred well and allowed to cook till it reaches a thin soup consistency over low-medium heat.
- ◆ When soup is ready ,switch off the flame & add black pepper powder and mix well.
- ◆ Add Tomato sauce, black salt and chilli sauce (as per taste)& serve hot.

(Note-you can add spring onion , coriander leaf , green pea, cabbage , cauliflower, mushroom, palak etc as per local need and preference)



FINGER MILLET (MANDIA) LADOO

Serves- 50 Nos.

*1 Hr, 10 Min.

*6 Ingredients

Prep. time - 30 Min.

Cooking time- 40 Min.

Total time - 1 Hr, 10 Min.

Ingredients :

| | |
|-----------------------|----------|
| Finger millet powder | - 1 kg |
| Jaggery | - 500 gm |
| Groundnuts | - 100 gm |
| Ghee | - 100 gm |
| Sesame seeds | - 100 gm |
| Green cardamom powder | - 5 gm |

Utensils :

| | | |
|------------------|---|---|
| Pan | - | 1 |
| Bowl (large) | - | 1 |
| Bowl (small) | - | 2 |
| Plate (big size) | - | 1 |

Preparation Method :

- ◆ Take a medium sized pan and heat it in low flame for 2 minutes. Put finger millet powder in the pan and dry roast on medium flame for 6 to 8 minutes.
- ◆ Once aroma emerges from the powder or after frying well, remove the finger millet powder from the pan and place it a bowl for cooling.
- ◆ Put the groundnuts in the pan and dry roast on low flame for about 10 mins.
- ◆ Keep stirring continuously till groundnuts turn light brown.
- ◆ Remove the groundnuts from pan and keep them aside in a separate bowl.
- ◆ Put the sesame seeds in the pan and dry roast on low flame for few seconds and keep stirring continuously.
- ◆ Remove the sesame seeds from pan and keep them aside in a separate bowl.
- ◆ Take 400 ml of water in a pan. Add jaggery blocks to the pan and heat on medium flame. Keep heating till jaggery melts in the water and when syrup turns sticky , strain the syrup to remove any impurities and keep it aside .
- ◆ Heat ghee in another pan and add roasted finger millet powder, cardamom powder, roasted groundnuts and one third of roasted sesame seeds and mix it well.
- ◆ Add the jaggery syrup to the mix and mix it well. Grease your palms with ghee and make round balls in form of ladoos.
- ◆ Place the remaining roasted sesame seeds in a plate and roll the ladoos to create a coat on the ladoos.



FINGER MILLET (MANDIA) MURUKU

Serves- 80 Nos.

*1 Hr, 10 Min.

*10 Ingredients

Prep. time - 20 Min.
Cooking time - 50 Min.
Total time - 1 Hr, 10 Min.

Ingredients :

Finger millet powder - 400 gm
Rice powder - 500 gm
Besan - 100 gm
Chilli powder - 50 gm
Turmeric powder - 5 gm
Black Cumin (Kalajeera) - 20 gm
Asafetida (Hing) - 1/6 tsp
Sesame seeds - 50 gm
Salt - as per taste
Oil for frying - as required

Utensils :

Bowl - 1
Pan - 1
Murku machine

Preparation Method :

- ◆ Take a big bowl and add finger millet powder, besan and rice powder into it.
- ◆ Add black cumin, salt, chilli powder, turmeric powder, Asafetida (Hing), sesame seeds to the bowl and mix it well.
- ◆ Take a small pan and heat 50 ml of refined oil till it becomes light hot. Pour the light hot oil into the mixture.
- ◆ Add 2 glasses of water or as required to the mixture and mix it till it becomes smooth dough.
- ◆ Fill the dough in hand operated muruku making machine.
- ◆ Heat the oil in a pan.
- ◆ Once oil is heated, Add dough to the hot oil through hand operated muruku making machine. Deep fry the muruku in oil on low flame until it turns brown.
- ◆ After frying, put the muruku on tissue paper to absorb excess oil and to cool.
- ◆ Muruku is ready to be served as an evening snack.



FINGER MILLET (MANDIA)

IDLI

Serves- 20 Nos.

*7 Hr, 20 Min.

*4 Ingredients

Prep. time - 7 Hr.
Cooking time- 20 Min.
Total time - 7 Hr, 20 Min.

Ingredients :

Finger millet powder - 700 gm
Blackgram - 300 gm
Fenugreek seeds - 10 gm
Salt - as per taste

Utensils :

Idli mould - 1
Bowl - 2
Grinder

Preparation Method :

- ◆ Wash blackgram thoroughly with water till it is clean.
- ◆ Mix fenugreek seeds with washed blackgram and soak the mix for 4 hours.
- ◆ Grind the soaked mix till batter turns into smooth batter.
- ◆ Add finger millet powder and salt to the batter and mix them well.
- ◆ Leave the batter for fermentation for 3 hours.
- ◆ Pour batter in to Idli molds and steam cook for 15 to 20 minutes.
- ◆ Serve with Sambar or chutney.
(You can add baking soda instead of fenugreek seeds but add it after preparation of batter.)



FINGER MILLET (MANDIA) MODAK

Serves- 15 Nos.

*40 Min.

*7 Ingredients

Prep. time - 25 Min.

Cooking time - 15 Min.

Total time - 40 Min.

Ingredients :

For shell :-

Finger millet powder - 200 gm

Rice flour - 100 gm

Ghee - 50 gm

For filling :-

Coconut grated - 3 cup

Jaggery - 3 cup

Green cardamom powder - 5 gm

Saffron - 3 to 4 pcs

Utensils :

Pan - 1

Bowl - 2

Deep dish - 1

Idli mould - 1

Preparation Method :

Preparation of this recipe involves two steps

Step 1: Preparation of filling

- ◆ Take a pan and add grated coconut and jaggery to it.
- ◆ Heat a pan on a low flame for 5 minutes. Keep stirring to ensure coconut and jaggery is not burnt.
- ◆ Add saffron to the pan and mix well.
- ◆ Heat the mix for another 2 to 3 minutes on low flame
- ◆ Add green cardamom powder, switch off the flame and keep it aside to cool.

Step 2: Preparation of modak

- ◆ Take a bowl and mix finger millet powder and rice powder.
- ◆ Take a separate dish and add one cup of water. Heat the dish till water boils.
- ◆ Add ghee, mixture to boiled water.
- ◆ Heat the mixture on low flame for 3 minutes.
- ◆ Spread some ghee on the base of a steel bowl, Shift the mixture to it and knead it with hand till it becomes dough.
- ◆ Now take a little dough, roll it into a ball, flatten it well.
- ◆ Put a spoonful of the filling onto the dough and seal it.
- ◆ Put modak in idli mould and steam it for 10- 15 minutes.
- ◆ Modak should be consumed when it is hot.
- ◆ Modak is ready to be served hot.



FINGER MILLET (MANDIA) HALWA

Serves- 10 Nos.

*30 Min.

*7 Ingredients

Prep. time - 00 Min.

Cooking time - 30 Min.

Total time - 30 Min.

Ingredients :

| | | |
|-----------------------|---|--------|
| Finger millet powder | - | 500 gm |
| Cashew nut | - | 100 gm |
| Raisins (Kismis) | - | 100 gm |
| Sugar | - | 400 gm |
| Ghee | - | 200 gm |
| Green cardamom powder | - | 5 gm |
| Milk | - | 300 ml |

Utensils :

| | | |
|-------|---|---|
| Pan | - | 1 |
| Bowl | - | 1 |
| Plate | - | 1 |

Preparation Method :

- ◆ Take a medium sized pan, put 50gm of ghee and heat it in low flame for 2 minutes.
- ◆ Put cashew nuts into the ghee and heat it in low flame till cashew turn into golden brown and keep them aside in a bowl.
- ◆ Fry raisins in a low flame for 1-2 seconds and keep them aside in a bowl.
- ◆ Roast finger millet powder with remaining of ghee in the same pan.
- ◆ Add milk to finger millet mix and keep stirring to avoid formation of lumps.
- ◆ When finger millet mix is solidified, add sugar and cook till mixtures starts leaving the sides of the pan.
- ◆ Add roasted cashew nuts, raisins, green cardamom powder to the halwa.
- ◆ Finger millet halwa is ready to be served.



FINGER MILLET (MANDIA) BREAD

Serves- 8 Nos.

*3 Hr, 20 Min.

*5 Ingredients

Prep. time - 2 Hr, 45 Min.

Cooking time - 35 Min.

Total time - 3 Hr, 20 Min.

Ingredients :

| | | |
|----------------------|---|--------|
| Finger millet powder | - | 200 gm |
| Maida / wheat flour | - | 200 gm |
| Active yeast | - | 2 tbs |
| Sugar | - | 2 tbs |
| Milk | - | 100 ml |

Utensils :

| | | |
|----------|---|---|
| Bowl | - | 1 |
| Loaf pan | - | 1 |
| Spoon | - | 1 |

Preparation Method :

- ◆ Take a large bowl and dissolve yeast in the lukewarm water.
- ◆ Add sugar to the yeast and keep aside for 15 minutes.
- ◆ Add finger millet powder, wheat flour, milk to the yeast mix and knead it with hand till it turns into smooth dough.
- ◆ Cover the bowl and allow the yeast to ferment for 2½ hours.
- ◆ Set the oven to temperature of 180°C.
- ◆ Take the bread pan and grease it with ghee.
- ◆ Shift the dough into the greased bread pan and bake it at 180°C for 30 to 35 minutes.
- ◆ Remove from pan and allow the bread to cool.
- ◆ Cut the bread into slices and serve.



FINGER MILLET (MANDIA) **VADA**

Serves- 20 Nos.

*5 Hr, 15 Min.

*11 Ingredients

Prep. time - 4 Hr, 45 Min.

Cooking time - 30 Min.

Total time - 5 Hr, 15 Min.

Ingredients :

| | | |
|----------------------|---|--------------|
| Finger millet powder | - | 250 gm |
| Blackgram | - | 250 gm |
| Onion | - | 150 gm |
| Green chilli | - | 50 gm |
| Coriander leaves | - | 30 gm |
| Curry leave | - | 1 handfull |
| Fenugreek seeds | - | 5 gm |
| Cumin seed | - | 10 gm |
| Salt | - | as per taste |
| Oil for frying | - | as required |
| Mango ginger | - | 25 gm |

Utensils :

| | | |
|----------------|---|---|
| Pan | - | 1 |
| Bowl | - | 2 |
| Frying spatula | - | 1 |

Preparation Method :

- ◆ Wash blackgram thoroughly with water till it is clean.
- ◆ Mix fenugreek seeds with washed blackgram and soak the mix for 4 hours.
- ◆ Grind the soaked mix till batter turns into smooth batter.
- ◆ Add finger millet powder and salt to the batter and mix them well.
- ◆ Allow the batter to ferment for 45 mins.
- ◆ Chop onion, greenchilli and coriander leaves and keep them aside in a bowl.
- ◆ Grate mango ginger and add to the bowl.
- ◆ Mix all the chopped ingredients and grated mango-ginger, curry leaves, cumin seeds to the finger millet batter and mix it well.
- ◆ Heat oil in a pan.
- ◆ Make small round balls and flattened it.
- ◆ Deep fry it in hot oil in a medium flame till they turn brown in colour.
- ◆ Serve hot with chutney.
(you can add 1/4th tbs baking powder instead of fenugreek seeds for better fermentation.)



FINGER MILLET (MANDIA) CAKE

Serves- 12 Nos.

*50 Min.

*10 Ingredients

Prep. time - 20 Min.

Cooking time- 30 Min.

Total time - 50 Min.

Ingredients :

| | |
|-----------------------|-----------------|
| Finger millet powder- | 500 gm |
| Refined wheat flour | - 200 gm |
| Butter | - 250 gm |
| Sugar powder | - 250 gm |
| Milk | - 150 ml |
| Vanila essence | - 1 tbs |
| Baking powder | - ½ tbs |
| Baking soda | - ¼ tbs |
| Curd / egg | - 60 gm/ 2 pcs. |
| Choco chips | - 6 tbs |

Utensils :

| | | |
|-------------|---|---|
| Baking bowl | - | 1 |
| Bowl | - | 2 |
| Spatula | - | 1 |
| Oven | - | 1 |

Preparation Method :

- ◆ Pre heat oven to 180°C for 10 to 15 minutes.
- ◆ Take finger millet powder and refined wheat flour in a separate bowl and sieve them to remove any husk or other impurities.
- ◆ Put finger millet powder and refined wheat flour in a bowl and mix them well.
- ◆ Put butter and curd / egg in a bowl and stir them till they attain creamy texture.
- ◆ Add sugar powder and essence to the butter-curd mix and stir it so it gets dissolved.
- ◆ Add finger millet- refined wheat flour mix, baking soda, baking powder to the butter-curd mix.
- ◆ Stir it well so that a batter with uniform texture is formed.
- ◆ Add milk to this batter and mix it till batter attains a good texture.
- ◆ Add choco chips to the batter.
- ◆ Put the batter in baking bowl and place in the oven at 180°C for 25 to 30 min.
- ◆ Check after 25 mins if cake has baked well.
- ◆ If it is not well baked then place the baking bowl for another 5 minute
- ◆ Take the cake out and allow it to cool for 10 mins.
- ◆ Cut into pieces and serve.



FINGER MILLET (MANDIA) **BISCUIT**

Serves- 80 Nos.

*48 Min.

*8 Ingredients

Prep. time - 30 Min.

Cooking time- 18 Min.

Total time - 48 Min.

Ingredients :

Finger millet powder - 800 gm

Refined wheat flour - 200 gm

Baking powder - ½ tbs

Butter - 400 gm

Sugar - 500 gm

Milk - 200 ml

Salt - as per taste

Fruit essence - as required

Utensils :

Bowl - 1

Baking Tray - 1

Cookies cutter - 1

Preparation Method :

- ◆ Take finger millet powder and refined wheat flour in a separate bowl and sieve them to remove any husk or other impurities.
- ◆ Put finger millet powder and refined wheat flour in a bowl and mix them well.
- ◆ Put butter and sugar in a bowl and stir them till they attain creamy texture.
- ◆ Add milk and essence to the butter-sugar mix and stir it so it gets uniform texture.
- ◆ Add finger millet powder, refined wheat flour mix, baking powder and salt into creamy butter mix.
- ◆ Mix it till uniform soft dough texture is attained.
- ◆ Roll the dough in to small balls and cut in cookies shape with hand/cookie cutter machine.
- ◆ Shift the biscuits into baking tray.
- ◆ Heat oven to 180°C for 10 to 15 minutes and bake the biscuits for 15 to 18 minutes.
- ◆ Allow the biscuits to cool and pack them in air tight boxes/containers.



FINGER MILLET (MANDIA) PAKODA

Serves- 10 Nos.

*35 Min.

*9 Ingredients

Prep. time - 10 Min.

Cooking time - 25 Min.

Total time - 35 Min.

Ingredients :

| | | |
|----------------------|---|--------------|
| Finger millet powder | - | 500 gm |
| Bengalgram flour | - | 100 gm |
| Chopped onion | - | 200 gm |
| Chopped green chilli | - | 50 gm |
| Curry leaves | - | 1 handful |
| Coriander leaves | - | 1 handful |
| Salt | - | as per taste |
| Oil | - | as required |
| Garam Masala Powder | - | 15 gm |

Utensils :

| | | |
|----------|---|---|
| Pan | - | 1 |
| Bowl | - | 1 |
| Strainer | - | 1 |

Preparation Method :

- ◆ Take bowl and mix all the ingredients except oil.
- ◆ Mix it well with hand till it gives good uniform and thick texture.
- ◆ Add little water till it turns into thick paste.
- ◆ Take a medium sized pan and heat oil on medium flame till becomes hot.
- ◆ Take small quantities of the paste in suitable pakoda shape and deep fry it.
- ◆ Serve hot with any chutney.
(You can mix slightly fried chopped cabbage or vegetable instead of onion based on preference)



LITTLE MILLET (SUAN)

ENDURI PITHA

Serves- 25 Nos.

*8 Hr, 25 Min.

*9 Ingredients

Prep. time - 8 Hr
Cooking time - 25 Min.
Total time - 8 Hr, 25 Min.

Ingredients :

| | | |
|----------------------|---|--------------|
| Little millet rice | - | 700 gm |
| Black gram | - | 300 gm |
| Fresh grated coconut | - | 200 gm |
| Baking soda | - | 1/4 tsp |
| Jaggery | - | 250 gm |
| Cardamoms powder | - | 1 tbs |
| Black pepper powder | - | 1 tbs |
| Turmeric leaves | - | 25 |
| Salt | - | as per taste |

Utensils :

| | | |
|------------|---|---|
| Pan | - | 1 |
| Bowl | - | 2 |
| Spoon | - | 1 |
| Idli mould | - | 1 |
| Grinder | - | |

Preparation Method :

Preparation of this recipe involves two steps

- ◆ Wash and soak little millet rice and blackgram in separate bowls for 4 hours.
- ◆ After soaking, grind blackgram and little millet rice separately till it turns into smooth paste/ batter.
- ◆ Mix both batter, add salt and baking soda into it. leave the batter for fermentation for about 4 hours.

Step1:Forfilling

- ◆ Take a medium sized pan and put the fresh grated coconut and jaggery.
- ◆ Heat it on a low flame and stir fry for 4 to 5 minutes till it becomes little dry.
- ◆ Add green cardamom and black-pepper powder and continue heating on low flame for another 2 minutes.
- ◆ Put this mix aside in a bowl and let it cool.

Step2:Pitha

- ◆ Take one whole medium sized green turmeric leaf.
- ◆ Put a little batter on the leaf and flatten the same.
- ◆ Then put the required quantity of stuffing on the batter and fold the turmeric leaf across the lengthwise in such a way that the stuffing gets sandwiched.
- ◆ Tie a thread around the folded leaf and ensure batter is not leaking.
- ◆ Then steam it in a idli maker with turmeric leaf. Serve hot.



LITTLE MILLET (SUAN) IDLI

Serves- 60 Nos.

*8 Hr, 50 Min.

*4 Ingredients

Prep. time - 8 Hr, 30 Min.

Cooking time - 20 Min.

Total time - 8 Hr, 50 Min.

Ingredients :

| | | |
|--------------------|---|--------------|
| Little millet rice | - | 650 gm |
| Blackgram | - | 350 gm |
| Fenugreek seeds | - | 10-12 pc |
| Salt | - | as per taste |

Utensils :

| | | |
|------------|---|---|
| Bowl | - | 2 |
| Idli mould | - | 1 |
| Grinder | | |

Preparation Method :

- ◆ Wash blackgram thoroughly with water till it is clean.
- ◆ Mix fenugreek seeds with washed blackgram and soak the mix for 4 hours.
- ◆ Wash little millet rice thoroughly with water till it is clean and soak it for 4 hour and grind it.
- ◆ Grind the soaked blackgram, fenugreek seeds mix till batter turns into smooth paste.
- ◆ Mix both batter, leave the batter for fermentation for 4 hours.
- ◆ Mix salt in to batter and allow it to ferment 30 minute.
- ◆ Pour batter in to Idli moulds and steam cook for 15 to 20 minutes.
- ◆ Serve with Sambar or chutney.



LITTLE MILLET (SUAN) KHICHDI

Serves- 12 Nos.

*55 Min.

*14 Ingredients

Prep. time - 30 Min.

Cooking time- 25 Min.

Total time - 55 Min.

Ingredients :

| | | |
|--|---|--------------|
| Little millet rice | - | 500 gm |
| Green gram dal | - | 200 gm |
| Onion | - | 25 gm |
| Green chilli | - | As needed |
| Oil / ghee | - | 50 gm |
| Vegetables (Beans, cauliflower, Potato, carrot etc.) | - | 400 gm |
| Tomato | - | 100 gm |
| Curry leaf | - | few |
| Coriander leaf | - | 50 gm |
| Mustard seeds | - | 5 gm |
| Cumin seeds | - | 5 gm |
| Ginger garlic paste | - | 20 gm |
| Salt | - | as per taste |
| Turmeric powder | - | 1/2 Tbs |

Utensils :

| | | |
|-------|---|---|
| Pan | - | 1 |
| Bowl | - | 1 |
| Spoon | - | 1 |
| Plate | - | 1 |

Preparation Method :

- ◆ Wash green gram and soak it in a bowl for 30 minutes. Wash little millet rice and keep aside in a bowl.
- ◆ Chop onion, green chilli and vegetables.
- ◆ Take a medium sized pan and heat the oil/ ghee
- ◆ Add the mustard seeds, cumin seeds, curry leaf, chopped onion, green chilli and stir fry it in a low flame for 2 to 3 minutes.
- ◆ Add ginger garlic paste and stir fry for 2 minutes on low flame.
- ◆ Add all the vegetables, turmeric powder, tomato and stir fry for 5 to 10 minutes on low flame.
- ◆ Add green gram, water and heat it on medium flame till water boils.
- ◆ Once water starts boiling, Pour little millet rice in to the pan. Add salt as per taste.
- ◆ Cover the pan with a plate and cook for 20 to 25 minutes.
- ◆ Keep stirring at regular intervals and check if the little millet rice is cooked or not.
- ◆ After completion of cooking, garnish with chopped coriander leaf.
- ◆ Little millet rice kitchdi is ready to eat.



LITTLE MILLET (SUAN) UPMA

Serves- 5 Nos.

*35 Min.

*14 Ingredients

Prep. time - 10 Min.
Cooking time - 25 Min.
Total time - 35 Min.

Ingredients :

| | | |
|--------------------|---|--------------|
| Little millet rice | - | 250 gm |
| Onion | - | 1 pc |
| Carrot | - | 1 pc |
| Beans | - | 50 gm |
| Ginger | - | 1 inch |
| Blackgram | - | 5 gm |
| Bengal gram | - | 5 gm |
| Oil / ghee | - | 50 gm |
| Salt | - | as per taste |
| Tomato | - | 1 pc |
| Turmeric powder | - | as required |
| Mustard seeds | - | 5 gm |
| Green chillies | - | as required |
| Curry leaves | - | as required |

Utensils :

| | | |
|-------|---|---|
| Pan | - | 1 |
| Bowl | - | 2 |
| Spoon | - | 1 |
| Plate | - | 1 |

Preparation Method :

- ◆ Clean the little millet rice and keep it aside in a bowl.
- ◆ Chop green chili, onion and vegetables finely and keep it in a separate bowl.
- ◆ Grate ginger and add it to the bowl.
- ◆ Take a medium sized pan and heat oil till it becomes hot.
- ◆ Add Bengal gram and Black gram to the pan. Stir fry till they become light brown.
- ◆ Add mustard seeds, grated ginger, curry leaves, onion and green chilli and sauté for 2 to 3 minutes till onions turn translucent.
- ◆ Add finely chopped mixed veggies, chopped tomatoes and sauté for 2 to 3 minutes.
- ◆ Add salt, turmeric powder, water and sauté for 3 to 4 minutes.
- ◆ When the water starts to boil, add little millet rice and mix well.
- ◆ Cover the pan and cook for about 10 minutes on low flame till water is absorbed and little millet looks cooked.
- ◆ Garnish with coriander leaves.
- ◆ Served with chutney or curry.



FOXTAIL MILLET (KANGU)

VADA

Serves- 30 Nos.

*8 Hr, 30 Min.

*10 Ingredients

Prep. time - 8 Hr
Cooking time- 30 Min.
Total time - 8 Hr, 30 Min.

Ingredients :

| | | |
|---------------------|---|--------------|
| Foxtail millet rice | - | 250 gm |
| Blackgram | - | 250 gm |
| Onion | - | 150 gm |
| Green chilli | - | 50 gm |
| Curry leaves | - | 1 handful |
| Fenugreek seeds | - | 5 gm |
| Cumin seeds | - | 10 gm |
| Salt | - | as per taste |
| Oil for frying | - | as required |
| Coriander leaves | - | 1 handful |

Utensils :

| | | |
|----------|---|---|
| Pan | - | 1 |
| Bowl | - | 2 |
| Strainer | - | 1 |

Preparation Method :

- ◆ Wash and soak foxtail millet rice in water for 4 hours in a bowl.
- ◆ Mix fenugreek seeds with blackgram and soak it for 4 hours in a separate bowl.
- ◆ Add little water to foxtail millet rice and grind it till it turns into paste and keep it a bowl.
- ◆ Add little water to blackgram-fenugreek seeds mix and grind it till it becomes paste.
- ◆ Mix both blackgram batter and foxtail millet rice batter.
- ◆ Ferment the mix for 4 hours. In winter, ferment it overnight.
- ◆ Mix chopped onion, green chilli, coriander leaves, cumin seeds, curry leaves, salt to the fermented batter and mix it well.
- ◆ Heat oil in a pan.
- ◆ Make small round balls and flatten it with hand.
- ◆ Deep fry it in hot oil till they turn brown in colour.
- ◆ Serve hot with Sambar/chutney.

(You can also prepare vada with kodo millet rice, Proso millet rice, Banyard millet rice and little millet rice with this process.)



FOXTAIL MILLET (KANGU)

KHEER/ PAYASAM

Serves- 30 Nos.

*50 Min.

*7 Ingredients

Prep. time - 10 Min.

Cooking time - 40 Min.

Total time - 50 Min.

Ingredients :

| | | |
|-----------------------|---|--------|
| Foxtail millet rice | - | 500 gm |
| Milk | - | 4 ltr |
| Sugar | - | 500 gm |
| Ghee | - | 50 gm |
| Cashew nut | - | 50 gm |
| Raisin | - | 50 gm |
| Green cardamom powder | - | 1 tbs |

Utensils :

| | | |
|--------|---|---|
| Pan | - | 1 |
| Bowl | - | 2 |
| Vessel | - | 1 |
| Spoon | - | 1 |

Preparation Method :

- ◆ Wash foxtail millet rice and keep aside in a bowl.
- ◆ Take a medium sized pan and heat ghee in it till it becomes hot.
- ◆ Roast cashew and raisin in ghee and keep aside in a bowl.
- ◆ Put foxtail millet rice in the pan and heat in ghee on a low flame for 3 to 4 minutes.
- ◆ Add one liter of water to milk. Boil the milk in a separate vessel.
- ◆ Add roasted foxtail millet rice to boiled milk and cook it for around 20 minutes.
- ◆ Add sugar to the mix and stir slowly for 10 to 15 minutes until it is cooked.
- ◆ Add cardamom powder and decorate the mix with cashew nuts and raisin.
- ◆ Serve it hot or cold as per preference.
(You can add Milk maid for better taste. Kheer with Little millet rice/Banyard millet rice/kodo millet rice /proso millet rice can also be made in similar way).



FOXTAIL MILLET (KANGU) DOSA

Serves- 10 Nos.

*8 Hr, 30 Min.

*5 Ingredients

Prep. time - 8 Hr
Cooking time - 30 Min.
Total time - 8 Hr, 30 Min.

Ingredients :

Foxtail millet rice - 500 gm
Blackgram - 250 gm
Fenugreek seed - 5 gm
Oil (for shallow fry) - 25 gm
Salt - as per taste

Utensils :

Bowl - 2
Dosa making tawa 1
Spoon - 1

Preparation Method :

- ◆ Wash and soak foxtail millet rice in water for 4 hours in a bowl.
- ◆ Mix fenugreek seeds with blackgram and soak it for 3 hours in a separate bowl.
- ◆ Add little water to foxtail millet rice and grind it till it turns into paste and keep it a bowl.
- ◆ Add little water to blackgram-fenugreek seeds mix and grind it till it becomes paste.
- ◆ Mix both blackgram batter and foxtail millet rice batter.
- ◆ Ferment the mix for 4 hours. In winter, ferment it overnight.
- ◆ Add two cups of water to the batter to make it less thick. Add salt and mix well.
- ◆ Apply a tea spoon of oil on the preheated dosa making tawa.
- ◆ Pour the batter on it, spread with scoop into thin round shape. Fry till crisp dosa is obtained.
- ◆ Serve hot with chutney or Samvar.



KODO MILLET PULAO

Serves- 5 Nos.

*50 Min.

*17 Ingredients

Prep. time - 20 Min.
Cooking time - 30 Min.
Total time - 50 Min.

Ingredients :

| | |
|---------------------|----------------|
| Kodo millet rice | - 1 kg |
| Carrot | - 100 gm |
| Beans | - 100 gm |
| Green peas | - 100 gm |
| Curliflower | - 100 gm |
| Potato | - 100 gm |
| Onion | - 200 gm |
| Green chilli | - 50 gm |
| Ginger garlic paste | - 50 gm |
| Ghee / oil | - 200 gm |
| Salt | - as per taste |
| Cardomom | - 15 gm |
| Bayleaf | - 2 pc |
| Cinnamon | - 1 pc |
| Garam masala powder | - 25 gm |
| Chilli powder | - 15 gm |
| Turmeric powder | - 5 gm |

Utensils :

Pan - 1, Bowl - 2, Spoon - 1

Preparation Method :

- ◆ Rinse kodo millet in water and keep it aside with water for soaking.
- ◆ Chop onion, green chilli and vegetables.
- ◆ Take a medium sized pan and heat the oil/ ghee.
- ◆ Roast cardamom, bayleaf and cinnamon for 2 minutes on a low flame.
- ◆ Add onion to the pan, stir fry till onion turn in to golden brown.
- ◆ Add ginger garlic paste and stir fry for 2 minutes on low flame.
- ◆ Add all the chopped vegetables, green chilli, turmeric powder, chilly powder, salt and stir fry for 5 minutes on low flame.
- ◆ Add water, bring the water to a rolling boil.
- ◆ Drain kodo millet rice and add it to the boiling water.
- ◆ Add garam masala to the mix. Cover the pan with a plate and cook for 25 to 30 minutes on a medium flame.
- ◆ Kodo millet rice pulao is ready to be served with curd.



KODO MILLET CHAKULI

Serves- 16 Nos.

*7 Hr, 30 Min.

*4 Ingredients

Prep. time - 7 Hr
Cooking time - 30 Min.
Total time - 7 Hr, 30 Min.

Ingredients :

| | | |
|------------------|---|--------------|
| Kodo millet rice | - | 500 gm |
| Blackgram | - | 250 gm |
| Fenugreek seeds | - | 5 gm |
| Salt | - | as per taste |

Utensils :

| | | |
|-------|---|---|
| Tawa | - | 1 |
| Bowl | - | 2 |
| Spoon | - | 1 |

Preparation Method :

- ◆ Wash and soak Kodo millet rice in water for 4 hours in a bowl.
- ◆ Mix fenugreek seeds with blackgram and soak it for 4 hours in a separate bowl.
- ◆ Add little water to Kodo millet rice and grind it till it turns into paste and keep it a bowl.
- ◆ Add little water to blackgram-fenugreek seeds mix and grind it till it becomes paste.
- ◆ Mix both blackgram batter and Kodo millet rice batter. Add salt to the batter.
- ◆ Ferment the mix for 2 to 3 hours. In winter, ferment it overnight.
- ◆ Heat dosa making tawa.
- ◆ Pour the batter thickly on it, spread with spoon in a round shape.
- ◆ Cook it for 4 to 5 minute. Chakuli is ready.
- ◆ Serve hot with curry/chutney.
(you can add grated gajar in top with chopped onion).



SORGHUM (JANHA) ROTI

Serves- 20 Nos.

*35 Min.

*4 Ingredients

Prep. time - 15 Min.

Cooking time - 20 Min.

Total time - 35 Min.

Ingredients :

| | | |
|---------------|---|--------------|
| Sorghum flour | - | 400 gm |
| Wheat flour | - | 100 gm |
| Salt | - | as per taste |
| Water | - | as required |

Utensils :

| | | |
|---------------|---|---|
| Tawa | - | 1 |
| Spoon | - | 1 |
| Rolling stick | - | 1 |
| Vessel | - | 1 |

Preparation Method :

- ◆ Boil 1 glass of water in a vessel and add salt to it.
- ◆ Mix sorghum flour and wheat flour in a bowl.
- ◆ Add hot water to the mixed flour and knead it with hand to make it into soft dough.
- ◆ Make round ball and spread it into round shape by using a rolling stick or by pressing with the palm.
- ◆ Bake the roti properly on both the sides of a pre heated tawa. Roti is ready to be served.
(Rotis must be immediately made and served hot.)



SORGHUM (JANHA) LADDOO

Serves- 50 Nos.

*1 Hr, 10 Min.

*6 Ingredients

Prep. time - 30 Min.
Cooking time - 40 Min.
Total time - 1 Hr, 10 Min.

Ingredients :

| | | |
|-----------------------------------|---|--------|
| Sorghum powder | - | 1 kg |
| Jaggery | - | 500 gm |
| Green cardamom powder | - | 5 gm |
| Coconut powder or crushed coconut | - | 150 gm |
| Ghee | - | 100 gm |
| Dates (khajur) | - | 100 gm |

Utensils :

| | | |
|-------|---|---|
| Pan | - | 2 |
| Bowl | - | 1 |
| Plate | - | 1 |

Preparation Method :

- ◆ Take a medium sized pan and heat it in low flame for 2 minutes.
- ◆ Put sorghum powder in the pan and dry roast on medium flame for 6 to 8 minutes.
- ◆ When sorghum powder turns in to light golden brown colour, remove it from the pan and place it a bowl for cooling.
- ◆ Take 400 ml water in a pan. Add jaggery blocks to the pan and heat on medium flame.
- ◆ Keep heating till jaggery melts in the water and syrup turns sticky.
- ◆ Once it is sticky, remove the syrup.
- ◆ Strain the syrup to remove any impurities and keep it aside.
- ◆ Heat ghee in another pan and add roasted sorghum powder, green cardamom powder, chopped khajur and half of coconut powder and mix it well.
- ◆ Add jaggery syrup to the mix and mix it well.
- ◆ Grease your palms with ghee and make round balls in form of laddoos.
- ◆ Place the remaining coconut powder in a plate and roll the laddoos to create a coat on the laddoos.



SORGHUM (JANHA) **BARFI**

Serves- 30 Nos.

*30 Min.

*6 Ingredients

Prep. time - 00 Min.

Cooking time- 30 Min.

Total time - 30 Min.

Ingredients :

Sorghum powder - 500 gm

Jaggery - 250 gm

Cardamom powder - 5 gm

Ghee - 100 gm

Boiled milk - 500 ml

Cashew nuts (Kaju) - 50 gm

Utensils :

Pan - 2

Bowl - 1

Spoon - 1

Plate - 1

Preparation Method :

- ◆ Take a medium sized heavy bottomed pan and roast sorghum flour on a low flame until it turns a light golden color.
- ◆ Keep it aside in a bowl and allow it to cool.
- ◆ Take one glass of water in a pan. Add jaggery blocks to the pan and heat on medium flame.
- ◆ Keep heating till jaggery melts in the water and keep stirring till syrup turns sticky.
- ◆ Once it is sticky, add roasted sorghum flour, cardamom powder, milk and ghee in to the syrup.
- ◆ Stir continuously for 6 to 7 minutes on a low flame.
- ◆ Spread it in a greased plate and cut it in to small pieces.
- ◆ Garnish with chopped cashew nuts or coconut powder.



SORGHUM (JANHA) SALAD

Serves- 8 Nos.

*5 Hr, 20 Min.

*12 Ingredients

Prep. time - 5 Hr
Cooking time - 20 Min.
Total time - 5 Hr, 20 Min.

Ingredients :

| | |
|------------------------|--------------|
| Sorghum | - 200 gm |
| Tomato (Chopped) | - 50 gm |
| Carrot (Chopped) | - 100 gm |
| Onion (Chopped) | - 1 pc |
| Cucumber (Chopped) | - 1 pc |
| Green Chilli | - 20 gm |
| Lemon | - ½ pc |
| Chat masala | - 2 tbs |
| Coriander leaf | - 20 gm |
| Mint leaf | - 20 gm |
| Black salt | - aspertaste |
| Salt | - aspertaste |

Utensils :

| | |
|-----------------|-----|
| Pressure Cooker | - 1 |
| Bowl | - 2 |
| Spoon | - 1 |

Preparation Method :

- ◆ Wash and soak sorghum for 5 hours.
- ◆ Take a pressure cooker and add 2 glasses of water and a pinch of salt to it.
- ◆ Add soaked sorghum to water and pressure cook it for two whistles.
- ◆ Remove sorghum and allow it to cool in a bowl.
- ◆ Add chopped onion, cucumber, tomato, Carrot, green chillies, chopped coriander leaf, mint leaf to cooked sorghum.
- ◆ Add salt, chat masala, lemon juice and black salt (as per taste).
- ◆ Mix it well.
- ◆ Sorghum salad is ready to be served.



PUFFED SORGHUM (JANHA) **LADOO**

Serves- 15 Nos.

*40 Min.

*5 Ingredients

Prep. time - 20 Min.

Cooking time - 20 Min.

Total time - 40 Min.

Ingredients :

| | | |
|-----------------------|---|--------|
| Sorghum grains | - | 100 gm |
| Jaggery | - | 200 gm |
| Green cardamom Powder | - | 5 gm |
| Blackpepper powder | - | 10 gm |
| Ghee | | 10 gm |

Utensils :

| | | |
|-------|---|---|
| Pan | - | 2 |
| Bowl | - | 1 |
| Spoon | - | 1 |
| Plate | - | 1 |

Preparation Method :

- ◆ Take a plate and put sorghum grains in it.
- ◆ Manually remove the stones or any other impurities without addition of water.
- ◆ Take a medium sized pan and heat it on the medium flame for 5 to 7 minutes.
- ◆ Dry roast sorghum until it puffs. It should be continuously stirred to avoid burning.
- ◆ Keep the puffed sorghum aside in a bowl.
- ◆ Take one glass of water in a pan. Add jaggery blocks to the pan and heat on medium flame.
- ◆ Keep heating till jaggery melts in the water and syrup turns sticky.
- ◆ Once it is sticky, add puffed sorghum and cardamom powder, black pepper powder to the syrup and mix it well with.
- ◆ Grease your palms with ghee and make round balls in form of ladoos.



SORGHUM (JANHA) DOSA

Serves- 30 Nos.

*8 Hr, 30 Min.

*4 Ingredients

Prep. time - 8 Hr
Cooking time- 30 Min.
Total time - 8 Hr, 30 Min.

Ingredients :

| | | |
|-----------------|---|--------------|
| Sorghum | - | 500 gm |
| Blackgram | - | 250 gm |
| Fenugreek seeds | - | 5 gm |
| Salt | - | as per taste |

Utensils :

| | | |
|------------------|---|---|
| Bowl | - | 2 |
| Dosa making tawa | - | 1 |
| Spoon | - | 1 |

Preparation Method :

- ◆ Wash and soak sorghum in water for 4 hours in a bowl.
- ◆ Mix fenugreek seeds with blackgram and soak it for 4 hours in a separate bowl.
- ◆ Add little water to sorghum and grind it till it turns into paste and keep it a bowl.
- ◆ Add little water to blackgram-fenugreek seeds mix and grind it till it becomes paste.
- ◆ Mix both blackgram batter and sorghum batter. Add salt to the batter.
- ◆ Ferment the mix for 3 hours. In winter, ferment it overnight.
- ◆ Mix well by adding water (as required) to get a dosa batter consistency.
- ◆ Apply a tea spoon of oil on the preheated dosa making tawa.
- ◆ Pour the batter on it, spread thinly with spoon to round shape.
- ◆ Fry till crisp dosa is obtained.



PROSO MILLET (CHEENA) CURD RICE

Serves- 5 Nos.

*30 Min.

*12 Ingredients

Prep. time - 00 Min.

Cooking time - 30 Min.

Total time - 30 Min.

Ingredients :

| | |
|---------------------------------|----------------|
| Proso millet rice | - 250 gm |
| Curd | - 500 gm |
| Finely chopped coriander leaves | - 5 tbs |
| Salt | - as per taste |
| Oil | - 50 gm |
| Cumin | - ½ tbs |
| Mustard seeds | - ¼ tbs |
| Blackgram | - ½ tbs |
| Bengalgram dal | - ½ tbs |
| Curry leaves | - 20 gm |
| Red chilli | - 5 pc |
| Groundnuts | - 1 handful |

Utensils :

| | | |
|-------|---|---|
| Pan | - | 2 |
| Bowl | - | 2 |
| Spoon | - | 1 |

Preparation Method :

- ◆ Wash the proso millet rice to remove any stones or impurities.
- ◆ Take a medium sized pan and add water to it. Boil the water.
- ◆ Add washed proso millet rice to the boiled water and cook it for about 15 minutes or till it becomes soft.
- ◆ Keep the cooked proso millet rice aside in a bowl. Allow it to cool.
- ◆ Take another bowl, add curd and salt to it.
- ◆ Mix curd with cooked proso millet rice. Stir it well so that it is properly mixed.
- ◆ Take a small pan and heat oil in it.
- ◆ Add curry leaf, mustard seeds, cumin seeds, red chilli and stir fry for 10 seconds on a low flame.
- ◆ Add groundnuts, black gram and bengal gram and stir fry for 2 minutes on a low flame. Immediately transfer the contents to proso millet curd rice and mix it well so it is uniformly spread.
- ◆ Garnish with coriander leaves and serve.

Thumb rules while cooking millet

- ◆ Always store millet in a cool and dry place. Sun drying at regular intervals will ensure shelf-life.
- ◆ Little millet, Foxtailmillet, Kodo millet, Banyard millet, Proso millet, Browntop millets can be good replacement for rice in any of the rice based food items.
- ◆ Ragi, Sorghum and Bajra can be a good replacement for wheat in any of the wheat based food items.
- ◆ Typically millets need more water for cooking compared to rice or wheat.
- ◆ Cooking time for millets is 10-15 minutes more in comparison to rice.
- ◆ Soak millet before cooking in water for 2 to 3 hrs , in some cases overnight is helpful. Soaking reduces cooking time and enhances texture of recipe.
- ◆ Millet tests best when served hot. If allowed to cool, they tend to become drier than rice/wheat.
- ◆ During Roti preparation with millets, it suggested to add 1/3rd or more wheat flour for binding. This helps in rolling rotis easily and gives soft texture.
- ◆ Prepare thin Jaggery syrup for laddoo. Texture of laddoo with thin syrup is much better compared to thick syrup. Ladoos should be preferably consumed within 3 to 5 days.
- ◆ If there are time constraints, use pressure cooker to cook millets separately. Then they can be added separately to the recipe. This will reduce cooking time substantially.

Nutrient composition of millets compared to fine cereals (per 100 g)

| Millets/Cereals (100 gm) | Protein (g) | Fat (g) | Dietary Fiber (g) | Carbo-hydrates (g) | Minerals (g) | Calcium (mg) | Iron (mg) |
|--------------------------|-------------|---------|-------------------|--------------------|--------------|--------------|-----------|
| Rice (raw, milled) | 6.8 | 0.5 | 0.2 | 78.2 | 0.6 | 10 | 0.7 |
| Wheat (whole) | 11.8 | 1.5 | 1.2 | 71.2 | 1.5 | 41 | 5.3 |
| Pearl millet | 11.6 | 5 | 1.2 | 67.5 | 2.3 | 42 | 8 |
| Finger millet | 7.3 | 1.3 | 3.6 | 72 | 2.7 | 344 | 3.9 |
| Foxtail millet | 12.3 | 4.3 | 8 | 60.9 | 3.3 | 31 | 2.8 |
| Little millet | 7.7 | 4.7 | 7.6 | 67 | 1.5 | 17 | 9.3 |
| Barnyard millet | 6.2 | 2.2 | 9.8 | 65.5 | 4.4 | 20 | 5 |
| Kodo millet | 8.3 | 1.4 | 9 | 65.9 | 2.6 | 27 | 0.5 |
| Sorghum | 10.4 | 1.9 | 1.6 | 72.6 | 1.6 | 25 | 4.1 |
| Proso millet | 12.5 | 1.1 | 2.2 | 70.4 | 1.9 | 14 | 0.8 |

(Source: Nutritive Value of Indian Foods, NIN, Hyderabad, 2007)

Millets are Good for You



Ragi has 3X calcium than milk.



Pearl millet has 6X iron than rice.



Kodo millet has 3X more dietary fiber than wheat, rice & maize.



High in folic acid & zinc.



High in Antioxidants & Minerals.



Low glycemic index.



Helps to optimize kidney , liver and immune system health.



Lower bad cholesterol level.

About Odisha Millets Mission

Odisha Millets Mission (OMM) is a unique flagship programme launched by the Department of Agriculture and Farmers' Empowerment, Government of Odisha in 2017-18. The programme was started in 30 blocks across seven districts in 2017-18, and has been scaled up to 143 blocks across 19 districts of Odisha. From the financial year 2023-24, OMM will be expanded to all the 30 districts spread across 177 blocks.

The vision of OMM is to improve the livelihoods of small and marginal farmers in rainfed regions. The programme aims to revive millets in farms and plates through end-to-end value chain interventions.

Objectives

- Increasing household consumption of millets by 25% of the baseline.
- Revalorization of millet food culture in urban and rural areas.
- Conservation and promotion of millet landraces through the seed system of landraces.
- Improving productivity of millets-based crop system systems.
- Promotion of post-harvest and primary processing enterprises on millets.
- Promotion of millet value addition enterprises in rural and urban areas.
- Inclusion of millets in PDS, ICDS, MDM, Welfare Hostels, and other nutrition schemes.
- Facilitating market-linkages and export of millet-based products from Odisha.

Operational districts

Angul, Balangir, Bargarh, Boudh, Dhenkanal, Gajapati, Ganjam, Jharsuguda, Kalahandi, Kandhamal, Keonjhar, Koraput, Malkangiri, Mayurbhanj, Nabarangpur, Nayagarh, Nuapada, Rayagada and Sundergarh.