



INTERNATIONAL SYMPOSIUM ON
**SHREE ANNA &
FORGOTTEN FOODS**
2024



Forgotten Flavours

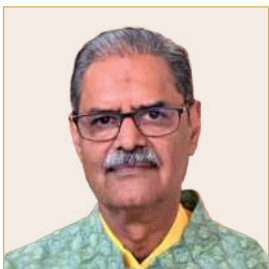
Culinary Treasures of
Odisha



An initiative of Dept. of Agriculture & Farmers' Empowerment,
Government of Odisha

Forgotten Flavours

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Odisha



Message

Hon'ble Deputy Chief Minister, Odisha
(Agriculture & Farmers' Empowerment
and Energy)

Traditional food of Odisha is not only visually stunning but also a testament to nutritional balance and culinary heritage. However, we are drifting away from our indigenous foods and crops, which are integral to our culinary heritage. This disconnection results in the neglect of ancient foods, recipes, and home remedies that have fostered health and well-being for centuries. These fading cuisines embody a rich tapestry of plant and herb species that urgently need preservation and reintroduction. We must reclaim what has been forgotten and reintegrate these elements into our food plates.

Odisha is home to 62 Scheduled Tribes and 13 Particularly Vulnerable Tribal Groups, with around 23 percent of the population belonging to Scheduled Tribes. For generations, these tribal communities have sustained their livelihoods through traditional crops grown under mixed farming systems and collection of forest-based foods. Their diverse food plates ensure both food and nutritional security. However, the wisdom surrounding these food cultures is often passed down orally, making it essential to document and preserve this culinary heritage.

The Government of Odisha is dedicated to revitalizing local food systems and traditional knowledge surrounding forgotten and underutilized crops. This recipe book "Forgotten Flavours - Culinary Treasures of Odisha" developed by Department of Agriculture and Farmers' Empowerment can contribute to knowledge repository of our culinary heritage and food diversity. I firmly believe that together, we can restore the glory of our heritage foods and reconnect with the nutritional treasures of our past.

(Shri Kanak Vardhan Singh Deo)



Foreword

Principal Secretary
Department of Agriculture
and Farmers' Empowerment
Government of Odisha

Amidst the changing climate, food systems of the world are in crisis. With declining diversity in the food basket and depleting natural resources, the ability of the world to provide food for its inhabitants is becoming a daunting task.

In Odisha, neglected crops and forgotten foods are deeply embedded in local culture. Climate change is expected to affect these crops and forgotten foods which are vital for ensuring food and nutritional security among vulnerable populations. However, the traditional knowledge surrounding these foods are at risk of erosion. It is crucial to document forgotten food knowledge covering the seasonality, distribution, and nutritional value to promote their inclusion in dietary diversification strategies.

Odisha has been a forerunner in promoting agrobiodiversity. The recipe book titled "Forgotten Flavours - Culinary Treasures of Odisha" being brought out by Department of Agriculture & Farmers' Empowerment is indeed need of the hour. This comprehensive recipe book celebrates lesser-known traditional recipes from wild foods and traditional crops. Featuring wild greens, tubers, mushrooms, traditional millets, pulses, and vegetables, this book is a repository of culinary heritage and food diversity, rediscovering nutritious and culturally rich foods that modern diets often overlook. Documenting this rich food culture is essential for addressing climate change and ensuring the nutritional security of farming communities. Odisha has made significant strides in promoting traditional crops and food heritage.

I am grateful for the unending support and encouragement of our Hon'ble Chief Minister, Odisha and the consistent guidance offered by Hon'ble Deputy Chief Minister, Chief Secretary, Development Commissioner and other senior officials of my department.

I equally want to thank custodian farmers, Women Self Help Groups, Community Leaders, NGOs, and District level officials, and others for their persistent efforts in promoting a sustainable food system.

(Dr. Arabinda Kumar Padhee, IAS)

Introduction

The tribal communities of Odisha have a long heritage of cultivating diverse, nutritious crops well-suited to their local environment. However, many of these traditional foods have been overshadowed by commercialized options, leading to reduced dietary diversity and nutrition.

This book aims to revive these forgotten foods, working directly with tribal communities to promote their growth, use, and enjoyment. Through traditional and modern recipes, it empowers households especially women by creating livelihood opportunities linked to these resilient, nutrient-rich crops.

In regions where food insecurity and malnutrition persist, these local crops offer a cost-effective solution, improving health and supporting food security. This collection also celebrates Odisha's rich culinary heritage, capturing the resourcefulness and knowledge of tribal communities gathered from tribal regions of Nuapada and Malkangiri District. By preserving these practices, we not only improve nutrition and livelihoods but also help sustain an invaluable cultural legacy for future generations.



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Crepe Ginger

Common Name : Crepe Ginger

Local Name : *Keu Kanda*

Scientific Name : *Cheilocostus speciosus*

Crepe ginger, commonly known as *Keu Kanda*, is associated with the food traditions of Odisha's tribal communities. It is a medicinal plant whose leaves and roots are used by tribal communities. It is found in evergreen forests in almost all parts of the country. *Keu Kanda* are rarely cultivated. This tree grows well in a variety of soils. It contributes to the livelihood of tribal communities by providing both medicinal benefits and nutritional value. These tubers are fried and taken as food.



Crepe Ginger Curry

(Keu Kanda Saag)



Preparation
10 Mins



Cooking
20 Mins



Serves
3 Persons

Ingredients:

- Crepe ginger
(Keu Kanda) - 100gm
- Cumin seeds - 1 tsp
- Mustard seeds - ½ tsp
- Garlic (crushed) - 3-4 cloves
- Tomato - 1 medium
- or tamarind pulp - 1 tsp
- Turmeric powder - 1 tsp
- Dry chili (broken) - 2 pcs
- Refined oil - 1 tbsp
- Salt - As per taste

Instructions:

- Thoroughly wash and grate the crepe ginger to release its juices.
- Once grated, squeeze the crepe ginger to remove the juice and discard the liquid, retaining only the grated pulp.
- Heat oil in a pan on medium flame. Add cumin seeds and mustard seeds. Heat until the seeds start to splutter. Allow them to splutter to release their flavors.
- Next, add the crushed garlic and dry chili, cooking until the garlic turns golden brown and fragrant.
- Add crushed crepe ginger and turmeric powder to the pan and stir well. Add chopped tomato or tamarind pulp, mixing everything together.
- Add salt and cover the pan. Let it cook on low flame for 10-15 minutes. Stirring occasionally until the crepe ginger becomes tender and the flavors meld together.
- This dish can be enjoyed with rice or chapati, making it a delightful addition to meals.

Wild Yam

Common Name : Wild Yam

Local Name : *Targai Kanda*

Scientific Name : *Dioscorea tomentosa*

Targai Kanda, is a vital crop for tribal communities in Malkangiri district, Odisha. The Kotia, Paraja, Kandha and Gouda tribes collect it from forest and consume in the form of boiled/ roasted vegetables, stir-fries, and other dishes. It is a Rainwater-dependent variety, grows in deep forests and hilly areas. *Targai Kanda* is crucial for local livelihoods, food security, and cultural heritage.



Wild Yam Curry

(Targai Kanda Saag)



Preparation
15 Mins



Cooking
45 Mins



Serves
6 Persons

Ingredients:

- Wild yam
(*Targai Kanda*) - 250gm
- Green chili - 7- 8 (slit)
- Refined oil - 2 tbsp
- Turmeric powder - ½ tsp
- Curry leaves - As required
- Onion - 1 medium
- Salt - As per taste

Instructions:

- Wash yam properly and cut into bite- sized pieces and finely chop the onion.
- Heat oil in a pan on medium flame, add the slit green chili, chopped onion, and curry leaves. Sauté until the onion becomes translucent.
- Add the chopped yam and turmeric powder to the pan, stirring well to combine.
- Add salt and water (as required) cook for 20- 30 minutes, allowing the flavors to meld and the yam to become tender.
- Stir well to blend the spices thoroughly.
- Wild yam curry is now ready to be served! Enjoy this flavorful dish with rice for a satisfying meal.

Wild Yam

Common Name : Wild Yam

Local Name : *Phul Sarenda Kanda*

Scientific Name : *Dioscorea pentaphylla*

Phul Sarenda Kanda (Wild Yam) is a vital crop of tribal communities in Malkangiri district of Odisha specifically in the Chitrokonda block. It is consumed by Kotia, Paraja, Kandha, and Gouda tribes residing in the region. *Phul Sarenda Kanda* is used as a boiled, roasted vegetable, in curries, stir-fries, and traditional dishes. As a wild, rainwater-dependent variety, it grows in deep forests and hilly areas *Phul Sarenda Kanda* is crucial for local livelihoods, food security, and cultural heritage, requiring sustainable harvesting practices for long-term availability.



Wild Yam Curry

(Phul Sarenda Kanda)



Preparation
1 Hour



Cooking
45 Mins



Serves
4 Persons



Ingredients:

- Wild yam (*Phul Sarenda Kanda*) (chopped) - 100gm
- Whole horse gram - 30gm
- Pumpkin (chopped) - 50gm
- Skinless raw jackfruit (chopped) - 30gm
- Dry chili - 2 pcs
- Turmeric powder - 1/4 tsp
- Refined oil - 1 tbsp
- Salt - As per taste

Instructions:

- Thoroughly wash horse gram and soak it for a minimum 1 hour.
- Wash yam, pumpkin, and raw jackfruit separately and keep it aside.
- Heat oil in a pan on medium flame. Add dry chili to the heated oil.
- Then add pre soaked horse gram and required amount of water and cook for 10- 15 minutes.
- Add the chopped yam, pumpkin, turmeric powder, salt, and raw jackfruit to the pan.
- Cover the lid and cook for 20- 30 minutes on low flame, stirring occasionally.
- Once complete, enjoy your flavorful yam curry with rice or roti!

Taro Roots

Common Name : Taro Roots
Local Name : *Kochei Kanda*
Scientific Name : *Colocasia esculenta*

Taro Roots, commonly known as *Kochei Kanda*, holds significant cultural and dietary value among tribal communities in Odisha. Known for its starchy tubers, it has greater importance in food security for its higher self life after harvest. Growing in waterlogged conditions and adaptable to various soil types, *Kochei Kanda* contributes to food security and plays a crucial role in local livelihoods. The roots are often used in traditional recipes such as curries, fries and chutneys offering both flavor and nourishment.



Taro Roots Gravy

(Kochei Kanda Jhol)



Preparation
5 Mins



Cooking
35 Mins



Serves
6 Persons

Ingredients:

- Taro roots
(*Kochei Kanda*) - 200gm
- Cumin seed - 1tsp
- Mustard seeds - ½ tsp
- Garlic (crushed) - 3- 4 cloves
- Tomato
or Tamarind pulp - 1 medium
- Turmeric powder - ¼ tsp
- Mustard oil - 1 tbsp
- Dry chilli - 2pcs
- Salt - As per taste

Instructions:

- Wash taro roots properly. Boil them with a little salt for 15 to 20 minutes (don't overcook it).
- When it gets cooked, strain and peel the skin, cut it into pieces, and keep it aside.
- Heat oil in a pan on medium flame. Add cumin seed & mustard seeds and let them splutter.
- Add crushed garlic, dry chilli and saute it until the garlic turns golden brown and fragrant.
- Add the boiled taro roots to the pan, along with the chopped tomato or tamarind, salt, and turmeric powder. Stir well to combine.
- Cook the mixture for 10- 12 minutes, allowing the flavors to meld together.
- Taro roots gravy is now ready to be served with rice or roti for a delicious meal!

Rice Bean

Common Name : Rice Bean

Local Name : *Dangarani*

Scientific Name : *Vigna umbellata*

Rice bean commonly known as *Dangarani*, is a valuable short-lived perennial legume commonly cultivated as an annual crop of tribal communities. In Chitrakonda block of Malkangiri, *Dangarani* holds cultural significance as well, being associated with the Pusa Parba, a festival celebrated by the tribal communities. During this festival, the crop symbolizes abundance and is combined into traditional meals, reinforcing its importance in local food systems. Overall, *Dangrani* not only serves as an important food source, but also plays an important role in supporting food security along with the cultural and agricultural practices of Kandha, Parja and Kotia communities.



Rice Bean with Pumpkin Curry

(Kumuda Je Dangarani)



Preparation
2 Hours



Cooking
40 Mins



Serves
6 Persons

Ingredients:

- Rice bean (*Dangrani*) - 100gm
- Pumpkin - 100gm
- Garlic (crushed) - 15gm
- Turmeric powder - $\frac{1}{4}$ tsp
- Chilli powder - 1tsp
- Salt - As per taste

Instructions:

- Thoroughly wash the rice bean with water.
- Once washed, soak the rice bean for at least 2 hours.
- After 2 hours, boil them with a pinch of salt for 15- 20 minutes on a medium flame.
- Cut the pumpkin into cubes.
- Add pumpkin and turmeric powder to the rice bean and cook for another 15- 20 minutes.
- Add chilli powder to the cooked rice bean and pumpkin.
- Add salt and garlic into it. Cook until the gravy thickens.
- Serve hot with rice or roti.

Taro Stem

Common Name : Taro Stem

Local Name : *Jaba Saru*

Scientific Name : *Colocasia esculenta*

Taro/ *Colocasia esculenta*, commonly known as *Jaba Saru*, is an important crop cultivated by tribal communities in Chitrakonda of Malkangiri district. The plant's soft stem part and its root are consumed by the tribal communities in their traditional recipe.



Taro Stem Curry

(Jaba Saru Ambila)



Preparation
1 Hour



Cooking
45 Mins



Serves
8 Persons

Ingredients:

- Taro(*Jaba Saru*) stem- 100gm
- Lima beans
(*Jailo*) seeds - 50gm
- Turmeric powder - $\frac{1}{4}$ tsp
- Chili powder - $\frac{1}{2}$ tsp
- Tamarind pulp - 1 tbsp
- Rice flour
(for thickening) - 2 tbsp
- Salt - As per taste

Instructions:

- Wash and soak lima beans seeds for minimum 1 hour.
- Boil them for about 15- 20 minutes on low flame until they becomes tender.
- In the meanwhile wash and peel the taro stems and cut into dices.
- Once the lima beans seeds are cooked well, add taro stem, salt and turmeric.
- Allow it to simmer for an additional 10- 15 minutes, letting the flavors meld together.
- Meanwhile, make a slurry of rice flour with water, and keep aside.
- Once lima beans and taro stem are cooked enough, add chilli powder, tamarind pulp and rice flour slurry.
- Mix well and allow the dish to cook for 2- 3 more minutes.
- Once everything is combined and cooked through, Enjoy this flavorful dish with rice or roti!

Spiny Okra

Common Name : Spiny Okra

Local Name : *Kathei Bhendi*

Scientific Name : *Abelmoschus esculentus*

Spiny Okra, locally known as *Kathei Bhendi*, is found especially in Nuapada district of Odisha. This crop is cultivated by local tribes. Various traditional dishes like curries and fries etc are prepared from this Okra. This plant grows in various climatic conditions, making it a vital crop for sustaining livelihoods and promoting regional agricultural biodiversity.



Spiny Okra Stir Fry

(Kathei Bhendi Bhaja)



Preparation
10 Mins



Cooking
15 Mins



Serves
5 Persons



Ingredients:

- Spiny okra (*Kathei Bhendi*) (chopped) - 200gm
- Mustard oil - 2 tbsp
- Mustard seeds - 1/4 tsp
- Dry red chilli - 2 pcs
- Onion (chopped) - 1 medium size
- Garlic cloves - 5- 6 (crushed)
- Turmeric powder - 1/4 tsp
- Green chilli - 1 pc (Slit)
- Salt - As per taste

Instructions:

- Heat oil in a pan on medium flame. Add mustard seeds in to it and allow them to splutter.
- Add dry chilli & chopped onion and sauté until onion becomes translucent.
- Add crushed garlic cloves and sauté until fragrant.
- Add the chopped spiny okra, turmeric powder, salt in to it and mix well.
- Cover the pan and cook on low flame for 5- 7 minutes, stirring occasionally, until the okra becomes tender.
- Add green chilli and cook for another 2- 3 minutes.
- Enjoy your flavorful hot spiny okra fry with rice or roti for a delicious meal.

Bamboo Rice

Common Name : Bamboo Rice

Local Name : *Banji Chaula*

Scientific Name : *Bambusa species*

Bamboo rice is also known as *Banji Chaula* in some districts of Odisha. This harvest comes from the bamboo flower only once in the entire life cycle of the bamboo, so it is considered rare and valuable. The Gond and Chuktia Bhunjia tribes of Nuapada district prefer to collect this rice. Khiri is prepared from it as a traditional food. It carries special cultural significance in the traditional food list of Nuapada tribals.



Bamboo Rice Porridge

(Banji Chaula Khiri)



Preparation
5 Mins



Cooking
45 Mins



Serves
8 Persons

Ingredients:

- Bamboo (*Banji*) rice - 200gm
- Sugar - 100gm

Instructions:

- Thoroughly wash bamboo rice with water.
- Crush the washed rice into smaller pieces using a mortar and pestle for even cooking.
- After crushing the bamboo rice, take water in a pan (1 cups of bamboo rice needs 3 cups of water) and place it on a medium flame.
- Once the water begins to boil, add the pre-washed bamboo rice.
- Add sugar and stir the mixture well.
- Cover the pan and reduce the heat to low.
- Cook for 10-15 minutes, stirring occasionally, until the rice is fully cooked and has absorbed the sweetness.
- Remove the pan from flame and gently stir the porridge.
- Serve warm or chilled, depending on your preference. Enjoy!

Arrowroot

Common Name : Arrowroot

Local Name : *Tikhur*

Scientific Name : *Maranta arundinacea*

Arrowroot, locally known as *Tikhur/ Palua*, is a starchy tuber cultivated in the forest regions of Odisha. Tribal communities such as Chuktia Bhunjia and Gond in Nuapada district cultivate and process *Tikhur* for its valuable edible starch, which is highly digestible and has cooling properties. It is used to prepare traditional dishes like pudding and beverages during festivals and summer seasons. The crop is grown in the forest undergrowth, making it a sustainable food source for the tribes.



Arrowroot Pudding

(Tikhur Halwa)



Preparation
5 Mins



Cooking
20 Mins



Serves
3 Persons

Ingredients:

- Arrowroot (*Tikhur/ Palua*) powder - 100gm
- Sugar - 80gm
- Milk powder - 20gm

Instructions:

- Mix arrowroot powder with required amount of water and prepare a slurry.
- In a separate pan, heat 4 cups of water and gradually add arrowroot slurry.
- Add sugar and stir continuously until sugar completely dissolves.
- Once the sugar is dissolved, incorporate the milk powder and mix well to ensure there will be no lumps.
- Continue stirring the mixture on medium flame until it thickens, ensuring it doesn't stick to the bottom of the pan.
- Let it cook on low flame until the water evaporates and the mixture transforms into a thick paste.
- Once the porridge reaches the desired consistency, remove it from the flame and allow it to cool.
- Arrowroot pudding is now ready to be served as a dessert option.
- *N:B- Locally Arrowroot is also known as Palua.*

Mushrooms

Common Name : Mushrooms

Local Name : *Chhati/ Chhatu*

Scientific Name : *Cantharellus cibarius*

Mushrooms, locally referred to as *Chhati/ Chhatu*, are a vital food source for the tribal communities. These mushrooms are preserved for extended periods through sun-drying, making them an essential staple food, especially during off-seasons when fresh food is scarce. Dry mushroom is not only a staple food for the tribal communities of Chitrakonda but also its ability to be preserved for prolonged period, makes it a key part of the local diet and an essential crop for sustaining livelihoods.



Dried Mushroom Curry

(Sukhila Chhati Saag)



Preparation
10 Mins



Cooking
55 Mins



Serves
4 Persons

Ingredients:

- Dried mushroom (*Sukhila Chhati*) - 200gm
- Onion (chopped) - 30gm
- Turmeric powder - 1/4 tsp
- Mustard oil - 1 tbsp
- Chili powder - 1/2 tsp
- Cumin powder - 1/2 tsp
- Garlic (chopped) - 6- 7 cloves
- Ginger (grated) - 1 inch
- Salt - As per taste

Instructions:

- In a pot, boil water. Add the dried mushroom and cook for about 30 minutes on medium flame.
- Add salt and turmeric to enhance the flavour. After cooking, drain the excess water.
- Heat oil in a pan on medium flame. Add the chopped onion, garlic, and grated ginger.
- Sauté until the onions are translucent and fragrant.
- Add chili powder, cumin powder, and additional turmeric powder and salt to taste. Mix well to combine the flavors.
- Add the boiled mushroom to the pan. Stir everything together and cook for an additional 25 minutes, allowing the flavors to meld.
- Once cooked, serve hot as a delicious side dish or a main course.

Bikki Fruit

Common Name : Bikki Fruit

Local Name : *Kurlu Phal*

Scientific Name : *Gardenia latifolia*

Bikki fruit, or kurlu, is highly used in Nuapada district by the Gond and Chuktia Bhunjia tribes for its delightful flavor and aroma. Bikki fruits hold cultural significance, often offered to deities during festivals like Raja Sankranti and Nuakhai, symbolizing gratitude. Bikki fruit is used in various tribal dishes, from traditional sweets to savory preparations, making it a versatile ingredient that enhances local cuisine and reflects the rich cultural heritage of the tribes.



Boiled Mahua

(Ursula Mahula)



Preparation
5 Mins



Cooking
40 Mins



Serves
3 Persons

Ingredients:

- Mahua (*Mahula*) flowers - 100gm
- Bikki fruits (*Kurlu Phal*) - 50gm
- Sal seed (*Sargi Seed*) - 30gm

Instructions:

- Heat water in a pot until it reaches a rolling boil.
- Once the water starts boiling, carefully wash mahua flowers and add in to it.
- Stir gently to incorporate them into the water, allowing their flavors to infuse.
- After 5 minutes, add the bikki fruits to the mixture.
- Next, add the saal seeds, which provide additional flavor.
- Stir all the ingredients together, ensuring they are well combined.
- Allow the mixture to simmer for about 10- 15 minutes, then remove it from flame and let it cool down.
- Boiled mahua recipe is now ready to be enjoyed!

Mahua

Common Name : Mahua

Local Name : *Mahula*

Scientific Name : *Madhuca indica*

Mahua, locally called *Mahula*, is a multipurpose tree, highly valued by the tribal communities of Odisha. Tribal communities have since long combined it into their cultural and culinary traditions. Mahua flowers are used by the Gond and Chuktia Bhunjia communities of Nuapada, to make sweets like ladoos and are also fermented to produce a traditional drink, while the seeds yield oil for cooking and medicinal purposes. Mahua, providing sustenance and economic value to the local tribes, plays a crucial role in their forest-based livelihoods.



Roasted Mahua Ladoo

(Bhaja Mahula Ladoo)



Preparation
10 Mins



Cooking
25 Mins



Serves
10 Persons

Ingredients:

- Dried mahua flowers - 200gm

Instructions:

- Manually clean the mahua.
- Heat an earthen pan on a medium flame for 5 to 7 minutes. Add the dried mahua flowers and roast until they turn a golden yellow color, which indicates flowers are properly roasted
- After roasting, spread the mahua evenly on a plate and allow it to cool completely.
- Once cooled, crush the mahua into a fine powder with the help of mortar and pestle or use a grinder.
- Finally, take the mahua powder and press it firmly to shape it into small ladoos.
- Nutritious mahua ladoo is now ready to be enjoyed!

Sorghum

Common Name : Sorghum

Local Name : *Janha/ Jawar*

Scientific Name : *Sorghum bicolor*

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.



Mahua and Sorghum Ladoo

(Mahul Janha Ladoo)



Preparation
20 Mins



Cooking
20 Mins



Serves
10 Persons

Ingredients:

- Mahua flowers (dried) - 200gm
- Sorghum (grain) - 100gm

Instructions:

- Manually clean the sorghum and mahua.
- Heat a pan on a medium flame for 5 to 7 minutes.
- Roast the sorghum grains on a medium flame until they are puffed and crispy. Once done, set them aside in a bowl.
- In the same pan, add the dried mahua flowers and dry roast them, stirring continuously to ensure even roasting.
- Roast the mahua until they turn a golden yellow color, which indicates they are roasted properly.
- After roasting, spread the mahua evenly on a plate and allow it to cool completely.
- Combine the cooled fried mahua and puffed sorghum, then grind them together using a mortar and pestle or grinder until finely powdered.
- Shape the mahua sorghum flour mixture into small ladoos with your hand.
- Mahul sorghum ladoo is now ready to serve!

Small Redgram

Common Name : Redgram

Local Name : *Leher*

Scientific Name : *Cajanus cajan*

Small redgram is locally known as *Leher*, a traditional pulse that is cultivated in the dry, upland regions of Odisha. *Leher* is often intercropped with millets and other pulses. It is commonly used in dishes like dals and ghughuri (whole grain red gram curry with gravy). It offers both nutrition and flavor to tribal cuisine. This protein-rich legume is a common item in their daily diets.



Redgram & Sweet Potato Leaves Curry

(Leher Ghughuri)



Preparation
1 Hour



Cooking
50 Mins



Serves
5 Persons

Ingredients:

- Redgram (*Leher*) - 200gm
- Sweet potato leaves - 250gm
- Turmeric powder - ½ tsp
- Chili powder - 1 tsp
- Salt - As per taste

Instructions:

- Thoroughly wash the redgram with water and soak it for at least 1 hour.
- Heat water in a pot till it boils. Then add the redgram and cook for about 15- 20 minutes.
- Wash sweet potato leaves and chopped it into small pieces.
- Add the chopped sweet potato Leaves to the boiling redgram. Cook both ingredients together in medium flame for 10 to 15 minutes.
- Once cooked, add salt, turmeric powder, and chili powder to the mixture. Stir well to combine all the flavors.
- Cover the pot and let it cook for an additional 10- 15 minutes, allowing the spices to infuse.
- Delicious redgram curry is now ready to be served! This dish pairs well with rice or roti for a wholesome meal.

Lima Beans

Common Name : Lima Beans

Local Name : *Jailo/ Jhata*

Scientific Name : *Phaseolus lunatus*

Lima beans, locally known as *Jailo* or *Jhata*, is an important pulse crop cultivated by tribal communities in Malkangiri, particularly the Paraja, Kandha and Gouda tribes. *Jailo* makes an essential food source for them. This versatile bean is often featured in traditional dishes such as Jhata curry, fries and dal. *Jailo* plays a crucial role in rural livelihoods in the Malkangiri District, providing both sustenance and income.



Lima Beans Seed with Pumpkin Leaves

(Kumuda Je Jailo)



Preparation
1 Hour



Cooking
50 Mins



Serves
4 Persons

Ingredients:

- Pumpkin leaves - 200gm
- Lima bean (*Jailo*) seeds - 100gm
- Green chili - 2pc (slit)
- Onion (chopped) - 1 medium
- Turmeric powder - 1/4 tsp
- Refined oil - 1 tbsp
- Salt - As per taste

Instructions:

- Thoroughly wash the lima beans seed with water.
- Once washed, Soak it for at least 1 hour.
- Boil pre- soaked lima beans seed for 20- 30 minutes or until tender. Then drain the water and keep it aside.
- Wash pumpkin leaves properly with water and chop all the leaves and keep it aside.
- Heat oil in a pan on medium flame. Add the slit green chili and chopped onion, sautéing until the onion becomes golden brown.
- Add cooked lima beans seed, turmeric powder, into it, and mix all the ingredients properly.
- Cover the pan and let the mixture cook for 15- 20 minutes.
- Afterwards add pumpkin leaves into it, allowing the flavors to meld.
- Pumpkin leaves lima beans recipe is now ready to be served with rice or roti.

Black Cowpea

Common Name : Black Cowpea

Local Name : *Kala Jhudunga*

Scientific Name : *Vigna unguiculata*

Black Cowpea, locally known as *Kala Jhudunga*, is an important leguminous crop cultivated in Chittrakonda, where it is embraced by tribal communities such as the Kandha, Paraja, and Kotia tribes. This crop makes it an essential part of the local diet and contributes significantly to food security in the region. The Black Cowpea is often intercropped with other staple crops. Black Cowpea holds significance during the *Pusa Parba*, a festival celebrated by the tribes in Chittrakonda. It is often included in traditional dishes prepared during the festivities, reinforcing its importance in local customs and practices.



Black Cowpea with Pumpkin

(Kumuda Je Kala Jhudunga)



Preparation
2 Hours



Cooking
1 Hour 5 Min



Serves
6 Persons

Ingredients:

- Black cow pea
(*Kala Jhudung*) seeds- 200gm
- Pumpkin (diced) - 200gm
- Garlic (chopped) - 4- 5 cloves
- Chili powder - 1 tsp
- Turmeric powder - ¼ tsp
- Salt - As per taste

Instructions:

- Clean and soak black cow pea seeds for 2 hours.
- Heat water in a pot till it boils.
- Once boiled, add the soaked cow pea seed and cook for about 20- 30 minutes until becomes tender.
- When the cow pea seed is halfway cooked, add the diced pumpkin to the pot and let everything cook for an additional 30 minutes.
- After this add salt, chili powder, and turmeric powder, stirring well to combine.
- Finally, add the chopped garlic and cook for another 5 minutes to infuse the flavors.
- Pumpkin with black cow pea curry is now ready to be served.

Horse Gram

Common Name : Horse Gram

Local Name : *Kolatha*

Scientific Name : *Macrotyloma uniflorum*

Horse Gram, locally known as *Kolatha*, is a highly valued leguminous crop among tribal communities in Odisha. *Kolatha dali* is documented in both Napada and Malkangiri districts, as the preferred dal consumed by tribes. It is often cooked in traditional dishes, such as dal and curries, providing sustenance and energy. This crop plays an important resource for local livelihoods and food security in the region.



Horse Gram & Drumstick Leaves Stir Fry

(Kolatha Je Munika)



Preparation
1 Hour



Cooking
55 Mins



Serves
3 Persons

Ingredients:

- Whole horse gram (Kolatha) - 100gm
- Drumstick (Munika) leaves - 100gm
- Garlic (crushed) - 8- 10 cloves
- Chili powder - 1tsp
- Turmeric powder - $\frac{1}{4}$ tsp
- Salt - As per taste

Instructions:

- Thoroughly wash the horse gram with water and soak it for a minimum 1 hour.
- Boil the soaked horse gram with a pinch of turmeric and salt for 25- 30 minutes or until tender.
- Once the horse gram is cooked, add the drumstick leaves and simmer for an additional 10- 15 minutes.
- After 15 minutes, add salt, chili powder, and turmeric powder and mix well.
- Finally, add garlic and cook for another 5 minutes to combine the flavors.
- Your nutritious recipe is now ready to serve! Enjoy this healthy dish with steamed rice.

Lablab Beans

Common Name : Lablab Beans
Local Name : *Ranjh Semi*
Scientific Name : *Lablab purpureus*

Lablab beans, locally known as *Ranjh Semi*. One of its special features is its long harvest cycle, allowing for extended periods of yield, making it a reliable food source. *Ranjh Semi* holds cultural importance during the Pusa Parba, a tribal festival where the beans are prepared as part of traditional meals. The crop symbolizes prosperity and nourishment during this festive period. It is an integral part of both the agriculture and food systems of the tribal communities in Chitrakonda.



Lablab Beans Stir Fry

(Ranjh Semi Saag)



Preparation
5 Mins



Cooking
25 Mins



Serves
5 Persons

Ingredients:

- Lablab beans
(*Ranjh Semi*) - 200gm
- Mustard oil - 1 tbsp
- Turmeric powder - ½ tsp
- Chili powder - ½ tsp
- Onion (Chopped) - 30gm
- Green chilli (Chopped)- 5pc
- Salt - As per taste

Instructions:

- Heat oil in a pan on medium flame and add freshly chopped green chili in to it.
- Next, add chopped onions into it. Sauté until the onion becomes golden brown
- Once the onion turns brown, add the lablab beans, salt and turmeric powder to the mixture. Stir well to combine all the ingredients.
- Cover the pan and cook for 15- 20 minutes, stirring occasionally, until the lablab beans becomes tender.
- This recipe pairs well with rice or roti.

Finger Millet

Common Name : Finger Millet

Local Name : *Mandia*

Scientific Name : *Eleusine coracana*

Finger Millet is popularly known as *Ragi* in India. In Odisha it is known as *Mandia*. 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.



Finger Millet Porridge with Rice

(Mandia Pokhala)



Preparation
5 Mins



Cooking
35 Mins



Serves
4 Persons



Ingredients:

- Finger millet
(*Mandia*) flour - 100gm
- Rice - 200gm
- Salt - As per taste

Instructions:

- Heat water in a pot till it boils. Then wash the rice and add in to the boiling water
- Boil it until rice cook perfectly.
- In a separate bowl, mix the finger millet flour with water to make a smooth slurry, ensuring there will be no lumps.
- Gradually pour the finger millet slurry into the boiling rice, stirring continuously to avoid lumps.
- Add salt to enhance the taste, mixing everything thoroughly. Cook for another 8- 10 minutes.
- Serve the finger millet rice porridge warm, accompanied by your choice of side dishes, such as curry or vegetable stir- fry for a nutritious meal.
- This recipe is not only flavorful but also packed with nutrients, making it a great addition to your diet.

N:B- Locally this recipe also known as Mandia peja.

Finger Millet Pancake

(Mandia Chakuli)



Preparation
5 Mins



Cooking
15 Mins



Serves
3 Persons

Ingredients:

- Finger millet (*Mandia*) flour - 100gm
- Sugar/ Jaggery - 40gm
- Refined oil - for greasing
- Salt - As per taste

Instructions:

- In a mixing bowl, add water gradually to the Finger millet flour, stirring until the batter reaches a smooth, pourable consistency suitable for pancakes.
- Add sugar/ jaggery and salt into the batter to enhance the flavor. Mix well to combine all ingredients.
- Heat a tawa on medium flame and lightly grease it with a small amount of oil. Pour a ladleful of batter onto the pan, spreading it into a circular shape.
- Cook the pancake on low flame until the underside looks golden brown, then flip it to cook the other side until fully prepared.
- Finger millet pancake is now ready to be served ! Enjoy these nutritious pancake warm.

Finger Millet Porridge

(Mandia Lata)



Preparation
5 Mins



Cooking
20 Mins



Serves
3 Persons



Ingredients:

- Finger millet (*Mandia*) flour - 100gm
- Sugar/ Jaggery - 50gm

Instructions:

- In a pan take water and boil.
- In a bowl, mix the finger millet flour with water to make a smooth slurry, ensuring there will be no lumps.
- Gradually pour the finger millet slurry into the boiling water, stirring continuously to avoid lumps.
- Keep stirring the mixture until it thickens to a smooth consistency. This will ensure that the millet is well combined and cooked properly.
- Add sugar/ jaggery to the mixture and stir well to combine. Adjust the sweetness according to your taste.
- Continue to cook until the mixture reaches a preferred thickness.
- Once ready, remove from flame and let it cool slightly before serving.
- This dish is a delightful way to incorporate the health benefits of finger millet into your diet.

N:B- Locally this recipe also known as Mandia Jau.

Horse Gram

Common Name : Horse Gram

Local Name : *Kolatha*

Scientific Name : *Macrotyloma uniflorum*

Horse Gram, locally known as *Kolatha*, is a highly valued leguminous crop among tribal communities in Odisha. *Kolatha dali* is documented in both Napada and Malkangiri districts, as the preferred dal consumed by tribes. It is often cooked in traditional dishes, such as dal and curries, providing sustenance and energy. This crop plays an important resource for local livelihoods and food security in the region.



Horse Gram Curry

(Kolatha Dali)



Preparation
5 Mins



Cooking
25 Mins



Serves
4 Persons

Ingredients:

- Horse gram
(*Kolatha*) dal - 150gm
- Mustard seeds - 1 tsp
- Turmeric powder - ¼ tsp
- Curry leaves - As required
- Refined oil - 1 tbsp
- Garlic (crushed) - 7- 8 cloves
- Salt - As per taste

Instructions:

- Wash the horse gram dal with water .
- In a pan, boil horsegram dal with sufficient water until it becomes soft with adding salt and turmeric or cook in a pressure cooker for 4 to 5 whistle
- Once cooked, remove from flame and keep it aside.
- Heat oil in a pan on medium flame. Add the mustard seeds and let them splutter.
- Then, add the crushed garlic and curry leaves, and cook them until the garlic turns golden brown and fragrant.
- Pour cooked dal in to this tempering and stir well to combine all the flavors.
- Allow it to simmer for a few minutes, adjusting the salt as needed.
- This nutritious dish pairs beautifully with rice or chapati, making for a wholesome and satisfying meal!

Clover Leaf

Common Name : Clover Leaf

Local Name : *Chunchunia Saag*

Scientific Name : *Marsilea quadrifolia*

Clover Leaf, also locally known as *Chunchunia Saag/ Sunsunia Saag*, is a leafy vegetable that is grown in aquatic areas and paddy fields during the rainy season. It is a vital leafy green in the diet of tribal communities of Odisha. The tender greens are used as a vegetable, and it is simple to cook and doesn't require any specific ingredients. The leaves are often used in traditional dishes like saag and stir-fries, adding both nutrition and a unique flavor. Thriving in various soil conditions, this greenleaf plays an important role in the local diet and contributes to food diversity and sustainable livelihoods.



Clover Leaves Stir Fry

(Chunchunia/ Sunsunia Saag)



Preparation
20 Mins



Cooking
10 Mins



Serves
6 Persons

Ingredients:

- Clover leaves (*Chunchunia*) - 250gm
- Dry chili - 2 pc
- Green chili - 2pc (slit)
- Refined oil - 1 tbsp
- Onion (chopped) - 1 medium size
- Salt - As per taste

Instructions:

- Thoroughly wash the clover leaves with water and keep it aside.
- Heat oil in a pan on medium flame. Add dry chilies. Allow them to splutter.
- Add chopped onion & sauté till they turn light brown.
- Add the clover leaves, salt and stir well.
- Cook for 5 to 7 minutes on low flame until the leaves becomes tender. Then, add the slit green chillies.
- Continue cooking for an additional 2 minutes, stirring occasionally.
- Serve hot and enjoy your flavorful clover leaves stir fry with rice or roti!

Cluster Bean

Common Name : Cluster Bean

Local Name : *Churchutia*

Scientific Name : *Cyamopsis tetragonoloba*

Cluster bean, locally known as *Churchutia*, is an important crop for various tribal communities of Odisha. The Gond and Chuktia Bhunjia tribes of Nuapada district prefer this crop for its nutritional value and good taste. The young pods of this plant are consumed as a vegetable, while the leaves are used for fodder. This crop is a valuable resource for local livelihoods and is a staple crop in tribal agriculture.



Cluster Beans Stir Fry

(Churchutia Bhaja)



Preparation
10 Min



Cooking
25 Mins



Serves
8 Persons

Ingredients:

- Cluster beans (*Churchutia*)- 250gm
- Okra (*Kathei Bhendi*)- 100gm
- Red chili powder - 1 tsp
- Turmeric powder - ½ tsp
- Coriander powder - 1 tsp
- Cumin powder - 1 tsp
- Onion (chopped) - 1 medium size
- Raw mango - 1 small size
- Refined oil - 2 tbsp
- Green chilies - 2 pcs (slit)
- Mustard seeds - ½ tsp
- Salt - As per taste

Instructions:

- Wash the cluster beans & okra properly. Cut the vegetables and mango in to small pieces.
- Heat oil in a pan on medium flame. Add the mustard seeds and slit green chilies in to it. Heat until the seeds start to splutter.
- Then add chopped onion and sauté till they turn golden brown.
- Add cluster beans, okra, salt, red chili powder, turmeric powder, coriander powder, and cumin powder to the mix.
- Add the required water and stir well, cover the lid and let the mixture cook for 10- 15 minutes until the vegetables become tender.
- After 15 minutes, add diced raw mango for a sour taste and cook for another 5- 7 minutes,
- Once complete, switch off the flame & enjoy your delicious cluster bean fry with rice!

Maize

Common Name : Maize
Local Name : *Janhara*
Scientific Name : *Zea mays*

Janhara is a local name of a traditional variety of maize. It is cultivated in various rain-fed regions of Odisha. The Chuktia Bhunjia and Gond tribes of Nuapada district have adopted this crop as a staple crop due to its versatility and resilience. Traditionally, food like rice, roti and porridge are prepared from this desi maize. It often plays a key role in maintaining food security and local farming traditions.



Maize Porridge

(Janhara Khiri)



Preparation
15 Mins



Cooking
45 Mins



Serves
8 Persons

Ingredients:

- Dried maize grains - 250gm
- Sugar - 120gm

Instructions:

- Crush the dry maize grains with the help of mortar and pestle. (This will help the maize grains cook evenly and absorb flavors)
- After crushing the maize grains, take water in a pan (1 cup of maize grains needs 3 cups of water) and place it on a medium flame.
- When the water begins to boil, add crushed maize grains. Bring the mixture to a boil on medium flame, then reduce the flame to a simmer.
- Cook it for about 30- 40 minutes or until it softens. Stir occasionally to prevent sticking. (Add warm water if required)
- Once cooked, add sugar and mix well, adjusting the amounts to your taste preferences.
- Serve this recipe warm. Enjoy this simple yet wholesome recipe as a snack or a light meal.



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