

PEARL MILLET (BAJRA)
JALEBI

Prep time	- 00 min
Cooking time	- 30 min
Total time	- 30 min
Serves	- 5

Ingredients

Pearl millet (bajra) flour- 75 gm, All-purpose flour (maida) - 75 gm, Curd - 100 gm, Sugar- 175 gm, Green Cardamom - 2-3 nos, Baking soda - ¼ tsp, Food colour - 1 pinch and Oil- as required

Equipment

Pan/Kadhai - 2, Bowl - 1, Skimmer - 1, Tongs - 1 and Squeeze bottle - 1

Preparation

- Mix maida, bajra flour, food colour and baking soda in a bowl.
- Add curd and water to it. Mix well to make a smooth and thick batter.
- For the sugar syrup, add equal parts sugar and water to a pan.
- Boil on a medium flame until it attains one string consistency.
- Add crushed green cardamom to the syrup and stir well.
- Heat oil in a pan on a medium flame for deep frying.
- Fill the batter in a squeeze bottle.
- Gently squeeze the batter into the hot oil in a circular motion, moving outwards from the centre for each jalebi.
- Fry till the jalebis are crisp.
- Steep the jalebis in warm sugar syrup for 2-3 minutes.
- Bajra jalebi is ready to serve to make your special day a little more special.




PROSO MILLET (CHEENA)
CURD RICE

Prep time	- 00 min
Cooking time	- 30 min
Total time	- 30 min
Serves	- 5

Ingredients

Proso millet rice - 250 gm
Curd - 500 gm
Chopped coriander leaves - 5 tbsp
Oil - 50 gm
Cumin seed (jeera) - ½ tsp
Mustard seed - ¼ tsp
Black gram - ½ tsp
Bengal gram dal - ¼ tbs
Curry leaves - 2-3 sprigs
Red chilli - 5 pc
Groundnuts - 1 handful
Salt - as per taste

Equipment

Pan/ Kadhai - 2
Bowl - 2
Spatula - 1

Preparation

- Wash the proso millet rice to remove any stones and impurities.
- Add water to a medium-sized pan and bring to a boil.
- Add proso millet rice to the boiling water and cook for about 15 minutes or till it becomes soft.
- Keep the cooked proso millet rice aside and let it cool.
- Mix curd and a little salt in a bowl. Add to the proso millet rice and mix well.
- Heat oil in a small pan.
- Add curry leaves, mustard seeds, cumin seeds, and red chilli and stir fry for 10 seconds on a low flame.
- Add groundnuts, black gram and bengal gram and stir fry on a low flame till lightly browned.
- Immediately add the tempered spices to the proso millet and mix to spread evenly.
- Garnish with coriander leaves and serve.



FINGER MILLET (RAGI)
MANDA PITHA

Prep Time	- 10 min
Cooking time	- 30 min
Total time	- 40 min
Serves	- 6

Ingredients

Ragi flour - 300 gm
Rice flour - 200 gm
Freshly grated coconut - 4 cup
Jaggery - 200 gm
Green cardamom powder - 1 tsp
Black pepper powder - ½ tsp
Ghee - 1 tbsp
Oil - 1 tbsp
Salt - as per taste

Equipment

Pan/ Kadhai - 1
Bowl - 1
Dish - 1
Steamer - 1

Preparation





- This recipe involves two steps.
- Preparing the Filling**
 - Add grated coconut and jaggery to a pan. Heat on a low flame for 5 minutes while stirring to ensure coconut and jaggery don't burn.
 - Add green cardamom powder and black pepper powder and mix well.
 - Heat on a low flame for another 2 to 3 minutes and then keep the filling aside to cool.
- Preparing the Pitha**
 - Mix ragi flour and rice flour in a bowl.
 - In a separate pan, bring 4 cups of water to a boil.
 - Add ghee, salt and ragi mix to the boiling water and heat on a low flame for 3 minutes.
 - Grease the base of a steel bowl with ghee. To this bowl, add the ragi mix, oil, and half cup of water.
 - Knead till it becomes smooth dough.
 - Divide and roll the dough into small balls.
 - Flatten each ball on your palm and place the filling on it.
 - Bring the edges together to seal in the stuffing, and gently roll into a round shape again.
 - Steam them for 10 min.
 - Plate and serve the ragi manda pitha hot.


Note: You can replace the rice flour with semolina (suji).

Shakti

SHREE ANNA ABHIYAN – Gender Equity, Climate Resilience, Nutrition Security

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

For more details visit- www.milletsodisha.com | Follow us on     Shree Anna Abhiyan




SORGHUM (JAWAR)
LADOO

Prep Time	- 15 min
Cooking time	- 25 min
Total time	- 40 min
Serves	- 6

Ingredients

Sorghum flour - 250 gm
Jaggery - 125 gm
Green cardamom powder - ¼ tsp
Desiccated coconut - 40 gm
Ghee - 25 gm
Dates - 25 gm

Equipment

Pan/ Kadhai - 2
Bowl - 1
Plate - 1

Preparation

- Heat a medium-sized pan on low flame for a couple of minutes.
- Add sorghum flour and dry roast on a medium flame for 5 to 10 minutes. Once it turns golden brown, remove from the pan and set aside to cool.
- When sorghum powder turns a golden-brown colour, remove from the pan, and set aside to cool.
- Take 100 ml of water in a pan, add jaggery and heat on a medium flame till the jaggery melts in the water. Keep heating till the syrup turns sticky.
- Strain the syrup to remove any impurities and set aside.
- Heat ghee in fresh pan and switch off the flame.
- Add roasted sorghum powder, green cardamom powder, chopped dates and half the coconut powder and mix well.
- Add jaggery syrup to the pan and mix well.
- Grease your palms with ghee and shape the mix into small round balls.
- Put the remaining coconut powder on a plate and roll the balls on it to coat them with the coconut.
- Enjoy the coconuty sorghum ladoo.



LITTLE MILLET (SUANI)
KHICHDI

Prep time	- 30 min
Cooking time	- 25 min
Total time	- 55 min
Serves	- 6

Ingredients

Little millet rice - 250 gm
Green gram dal - 100 gm
Onion - 1 med pc.
Oil - 50 gm
Ghee - 2 tbsp
Vegetables (Beans, cauliflower, Potato, carrot etc.) - 200 gm
Tomato - 50 gm
Curry leaves - 1 sprig
Coriander leaves - 25 gm
Mustard seeds - ¼ tsp
Cumin seeds - ¼ tsp
Ginger garlic paste - 1 tbsp
Green chilli - as required
Turmeric powder - ¼ tsp
Salt - as per taste

Equipment

Pan/ Kadhai - 1
Bowl - 1
Spatula - 1
Plate - 1

Preparation

- Wash green gram dal and soak in a bowl for 30 minutes.
- Wash little millet rice and keep aside in a bowl.
- Chop onions, green chillies, and vegetables.
- Heat oil in a medium-sized pan.
- Add mustard seeds, cumin seeds, curry leaves, chopped onions, and green chillies and stir fry on a low flame for 2 to 3 minutes.
- Add ginger garlic paste and stir fry for 2 minutes on a low flame.
- Add all the vegetables, turmeric powder, tomato and stir fry for another 5 to 7 minutes.
- Add green gram dal and water and heat it on a medium flame till the water boils.
- Add the little millet rice to the pan.
- Add salt as per taste.
- Cover the pan and cook for 20 to 25 minutes. Keep stirring at regular intervals.
- Once the little millet rice is cooked, garnish with chopped coriander leaves and ghee.
- Piping hot little millet rice khichdi is ready to eat!



BARNYARD MILLET
UPMA

Prep Time	- 10 min
Cooking time	- 25 min
Total time	- 35 min
Serves	- 5

Ingredients

Barnyard millet rawa - 250 gm
Onion - 1 med
Carrot - 1 pc
Beans - 50 gm
Ginger - 1 inch
Black gram - 5 gm
Bengal gram - 5 gm
Oil - 50 gm
Tomato - 1 pc
Mustard seeds - 5 gm
Turmeric powder - as required
Green chillies - as required
Curry leaves - as required
Salt - as per taste
Red chilli (whole) - 2-3 pcs
Coriander leaves - as required

Equipment

Pan/ Kadhai - 2
Bowl - 2
Spatula - 1

Preparation

- Finely chop green chillies, onions, tomatoes, and vegetables, and grate ginger. Keep each separately.
- Heat oil in a medium-sized pan.
- Add mustard seeds, bengal gram and black gram and stir fry till they turn light brown.
- Add red chilli, grated ginger, curry leaves, onions and green chilli and saute for 2 to 3 minutes until onions turn translucent.
- Add vegetables and tomatoes and saute for 2 to 3 minutes on a medium flame.
- Add salt, turmeric powder and water and cook for 3 to 4 minutes.
- When the water starts to boil, add millet rawa and mix well.
- Cover the pan and cook for about 10 minutes on a low flame till the water is absorbed and the millet is cooked.
- Garnish with coriander leaves and serve the barnyard millet upma hot.