

Acknowledgements

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☎ 9644984464

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Directorate of Agriculture & Food Production,
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✉ odishamilletsmission@gmail.com | omm.spmu@gmail.com

🌐 www.milletsodisha.com | www.wassan.org



Taste The Miraculous Millets



LOW GLYCEMIC
INDEX



HIGH IN DIETARY
FIBRE



HIGH IN
CALCIUM



HIGH IN
IRON



GLUTEN
FREE

Implemented by Directorate of Agriculture & Food Production in collaboration with WASSAN & NCDS.

An initiative of Dept. of Agriculture & Farmers' Empowerment

ODISHA MILLETS MISSION - *Reviving millets in farms and on plates*



Aadi Anna

The Ancient Grains





Preface

India is suffering from the twin curse of obesity and malnutrition. Lifestyle-related diseases have increased many folds in the last decade. There is a growing awareness and increasing demand for nutritious food. Here, nutrition-rich millets are emerging as a healthy alternative.

In last few decades, Millets have gradually declined in the cooking menu of citizens. They have practically vanished in the urban areas. There is a generational gap in the knowledge and cooking of millets.

In this context of vanishing of millets, Government of Odisha launched an “Odisha Millets Mission” in 2017 to revive millets in farms and on plates in collaboration with NCDS & WASSAN. This programme is currently implemented in 72 blocks across 14 districts through community organisations with support of local NGOs. The core mandate of the mission is to increase consumption of millets in rural and urban areas.

As part of the mandate, Odisha Millets Mission through this recipe book is attempting to de-mystify cooking of millets. This book presents process of cooking different millet based recipes. Focus here is on Odisha-specific recipes. It is hoped that this publication will initiate a new conversation around the millet recipes and help the millet lovers in diversifying diet.

Know Your Millets



English : Fingermillet, Ragi
Odia : Mandia
Bengali : Marwha
Gujrati : Nagli
Hindi : Ragi
Kannad : Ragi
Marathi : Nagli
Punjabi : Mandhuka
Tamil : Ragi
Telgu : Taida



English : Littlemillet
Odia : Suan, Gurji, Koshla
Bengali : Sama
Gujrati : Gajro, Kuri
Hindi : Kutki, Sawa
Kannad : Sami, Sava
Marathi : Sava
Punjabi : Swank
Tamil : Samai
Telgu : Samalu



English : Foxtailmillet
Odia : Kangu
Bengali : Kao
Gujrati : Kang
Hindi : Kakum
Kannad : Navani
Marathi : Kang
Punjabi : Kangni
Tamil : Tenai
Telgu : Kora



English : Sorghum
Odia : Janha
Bengali : Jowar
Gujrati : Jowari
Hindi : Jowari
Kannad : Jola
Marathi : Jowari
Punjabi : Jowar
Tamil : Cholam
Telgu : Jonna



English : Pearlmillet
Odia : Bajra
Bengali : bajra
Gujrati : Bajri
Hindi : Bajra
Kannad : Saji
Marathi : Bajri
Punjabi : Bajra, Gathia
Tamil : Kambu
Telgu : Sajja



English : Kodomillet
Odia : Kodo
Bengali : Kodo
Gujrati : Kodra
Hindi : Kodon
Kannad : Harka
Marathi : Kodra
Punjabi : Kodra
Tamil : Bharagu
Telgu : Aarikelu, Aarika



English : Prosomillet
Odia : China
Bengali : China
Gujrati : Cheno
Hindi : Chena
Kannad : Baragu
Marathi : Baari
Punjabi : China
Tamil : Panibharagu
Telgu : Bariga



English : Banyardmillet
Odia : Jadi, Suan, Sawa, Kheera
Bengali : Shyama
Hindi : sawa
Kannad : Odalu
Punjabi : Swank
Tamil : Kuthiraibali
Telgu : Udal, kodisama

Source:-Millet Network of India

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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	-	5-6 pc
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	-	200 gm
Finger millet powder	-	300 gm
Finely grated coconut	-	4 cup
Jaggery	-	200 gm
Green cardamom powder	-	1 tbs
Black pepper powder	-	½ tbs
Ghee	-	1 tbs
Salt	-	as per taste

Utensils :

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

Preparation Method :

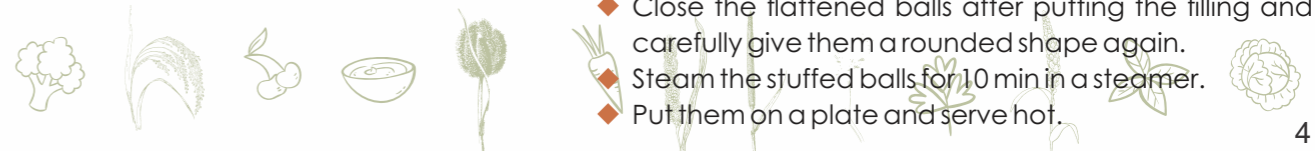
Preparation of this recipe involves two steps

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.
- ◆ Take a separate dish and add one cup of water. Heat the dish till water boils.
- ◆ Add ghee, salt, mixture (finger millet & rice) 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.

*10 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	-	3 tbs
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	-	500 ml

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, chili 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, chili powder, 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 - 200 gm

Rice powder - 200 gm

Jaggery - 250 gm

Sesame seed - 100 gm

Refined oil/ ghee - ½ ltr

Green cardamom powder - 1 tbs

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) 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	-	15 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, 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 about 5 mins.
- ◆ Keep stirring continuously till sesame seeds turn light brown.
- ◆ 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.

*9 Ingredients

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

Ingredients :

Finger millet powder - 1 kg
Rice powder - 500 gm
Chilli powder - 50 gm
Turmeric powder - 10 gm
Cumin Seeds - 20 gm
Asafetida (Hing) - 1/4 tbs
Sesame seeds - 100 gm
Salt - as per taste
Oil for frying - 1 ltr

Utensils :

Bowl - 1
Pan - 1
Murku machine

Preparation Method :

- ◆ Take a big bowl and add finger millet powder and rice powder into it.
- ◆ Add cumin seeds, 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 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	-	500 gm
Blackgram	-	250 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.





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 green cardamom powder and saffron 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 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 - 15 Nos.

*30 Min.

*6 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	-	¼ tbs

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 minute and keep them aside in a bowl.
- ◆ Roast finger millet powder with remaining of ghee in the same pan.
- ◆ Add 1 glass of water to finger millet mix and keep stirring to avoid formation of lumps.
- ◆ When finger millet mix is solidified, add sugar and cook till mixture 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	-	500 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	-	500 ml
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 vegetables 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.)





FINGERMILLET (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.

*8 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	-	500 ml

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 instead of onion based on preference)





LITTLE MILLET (SUAN) ENDURI PITHA

Serves - 12 Nos.

*8 Hr, 25 Min.

*8 Ingredients

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

Ingredients :

Little millet rice - 500 gm
Black gram - 350 gm
Fresh grated coconut - 200 gm
Jaggery - 250 gm
Cardamoms powder - 1 tbs
Black pepper powder - 1 tbs
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 little millet rice and blackgram in separate bowls for 4 hours.
- ◆ After soaking, mix both and then grind into a thick batter. Add salt to batter.
- ◆ Leave the batter for fermentation for about 4 hours.

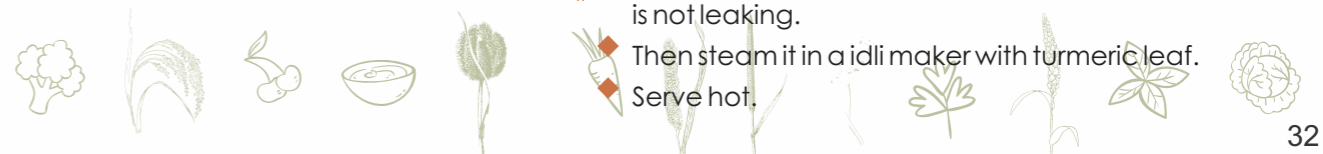
Step 1: For filling

- ◆ 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.
◆ Serve hot.





LITTLE MILLET (SUAN) IDLI

Serves - 15 Nos.

*8 Hr, 50 Min.

*5 Ingredients

Prep. time - 8 Hr, 30 Min.
Cooking time- 20 Min.
Total time - 8 Hr, 50 Min.

Ingredients :

Little millet rice - 500 gm
Blackgram - 250 gm
Curd - 100 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.
- ◆ Leave the batter for fermentation for 4 hours.
- ◆ Mix curd and salt in to batter for smooth idli. 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 -15 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	-	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 (SUANI) UPMA

Serves - 6 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 - 15 Nos.

*8 Hr, 30 Min.

*11 Ingredients

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

Ingredients :

Foxtail millet rice	-	500 gm
Blackgram	-	250 gm
Onion	-	150 gm
Green chilli	-	50 gm
Curry leaves	-	1 handful
Fenugreek seeds	-	5 gm
Cumin seeds	-	10 gm
Suji	-	50 gm
Salt	-	as per taste
Oil for frying	-	500 ml
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 in 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, Suji, 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 it 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 in 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 a spoon into a thin round shape. Fry till a crisp dosa is obtained.
- ◆ Serve hot with chutney or Sambar.





KODO MILLET PULAO

Serves - 20 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	- 15 gm

Utensils :

Pan - 1 , Bowl - 2, Spoon - 1

Preparation Method :

- ◆ Wash kodo millet rice and keep aside in a bowl.
- ◆ 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 kodo millet rice and mix it well.
- ◆ Add water and 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 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 - 10 Nos.

*35 Min.

*4 Ingredients

Prep. time - 15 Min.

Cooking time- 20 Min.

Total time - 35 Min.

Ingredients :

Sorghum flour	-	300 gm
Wheat flour	-	200 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) 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 :

Sorghum powder - 1 kg
Jaggery - 500 gm
Green cardamom powder - 10 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 ladoos.
- ◆ Place the remaining coconut powder in a plate and roll the ladoos to create a coat on the ladoos.





SORGHUM (JANHA) BARFI

Serves - 15 Nos.

*30 Min.

*5 Ingredients

Prep. time - 00 Min.

Cooking time- 30 Min.

Total time - 30 Min.

Ingredients :

Sorghum powder	-	500 gm
Jaggery	-	250 gm
Cardamom powder	-	1 tbs
Ghee	-	100 gm
Boiled milk	-	2 cup

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	- as per taste
Salt	- as per taste

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 - 200 gm

Jaggery - 200 gm

Green cardamom Powder - 10 gm

Blackpeper powder - 10 gm

Ghee 10 gm

Utensils :

Pan - 2

Bowl - 1

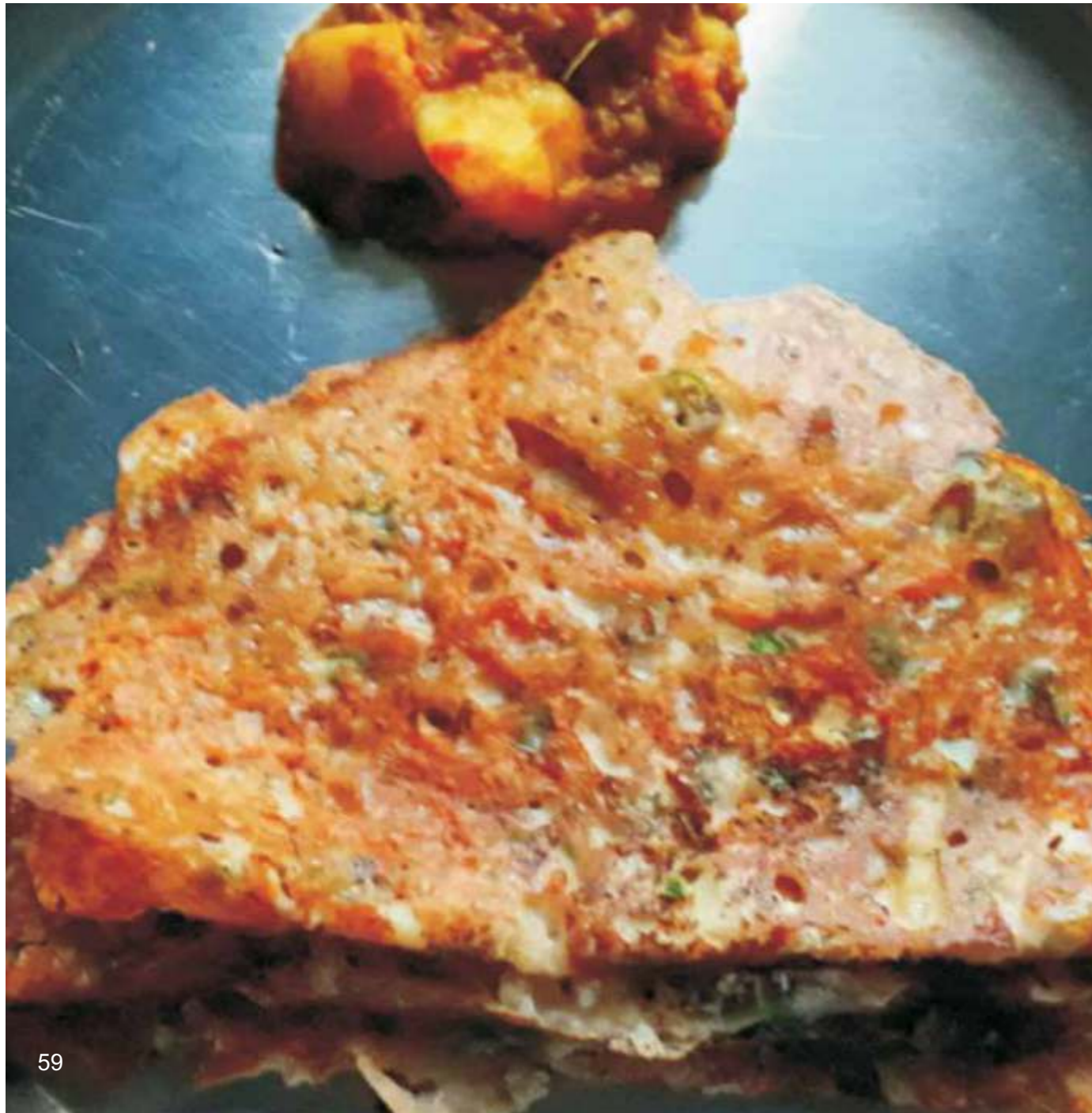
Spoon - 1

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 - 8 Nos.

*8 Hr, 30 Min.

*6 Ingredients

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

Ingredients :

Sorghum	-	500 gm
Blackgram	-	250 gm
Onion	-	50 gm
Green chilli	-	6-7 pc
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 add chopped onion and green chilli, 1 cup water 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 - 10 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	- 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.
- ◆ Proso millet rice should be cooked 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 groundnuts, black gram and bengal gram and stir fry for 2 minutes on a low flame.
- ◆ Add curry leaf, mustard seeds, cumin seeds, red chilli and stir fry for 10 seconds 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.



👍 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 ladoo. Texture of ladoo 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.

Nutritional Composition of Millets Compared to Major Cereals

	Moisture	Protein	Fat	Dietary Fiber	Carbo-hydrates	Minerals	Calcium	Iron
Rice	13.7	6.8	0.5	1.5	76.9	0.6	10	0.7
Wheat	12.8	11.8	1.5	12.9	71.2	1.5	41	5.3
Maize	14.9	11.1	3.6	10.5	66.2	1.5	10	2.3
Pearl millet	12.4	11.6	5.0	12.0	67.5	2.3	42	8.0
Finger millet	13.1	7.3	1.3	19.8	66.8	2.7	344	5.0
Foxtail Millet	11.2	12.3	4.3	14.0	60.9	3.3	31	2.8
Little millet	11.5	7.7	4.7	12.2	67.0	1.5	17	9.3
Barnyard millet	11.1	6.2	2.2	13.7	65.5	4.4	20	5.0
Kodo millet	11.4	8.3	1.4	15.0	65.9	2.6	27	0.5

Source- Central Food Technological Research Institute, Mysore

Millets are Good for You



Ragi has 3 times calcium than milk.



Littlemillet 13 times iron than rice



Kodomillet has 3 times 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 Millet Mission

Agriculture & Farmers Empowerment Department, Government of Odisha launched a "Special Programme for promotion of Millets in Tribal Areas of Odisha (Odisha Millets Mission)" in 2017. This project emerged from the consultation organised by Planning & Convergence Department in partnership with NCDS, RRA Network and ASHA Network. It is a project carried out in collaboration with multiple stakeholders involving multiple departments. It has emerged as a model in the country not just for millets but for rainfed crops such as pulses and oilseeds.

Main objectives of the programme:

1. Increasing household consumption of millets by about 25% to the baseline.
2. Promoting decentralized millet processing enterprises to reduce drudgery.
3. Improving productivity of millets crop systems through improved agronomic practices.
4. Marketing of millets through farmer producer organisations for better price realization.
5. Inclusion of millets in State nutrition programmes and public distribution system.

SCALE OF THE PROGRAMME

Programme was launched in 30 blocks covering 7 districts in 2017 with a budget of Rs 65.54 Cr. Due to positive response from farmers, it was scaled up to 72 blocks covering 14 districts. Government of Odisha has increased the funding for the programme from Rs 65.54 Cr to Rs 536.98 Cr. Out of which Rs 223.92 Cr is for project implementation and Rs 313.06 Cr is for procurement and distribution of Ragi in PDS and ICDS. Entire programme is funded through state plan.

Directorate of Agriculture & Food Production, Odisha is the nodal agency for the implementation of Odisha Millets Mission (OMM). A state level project management unit (SPMU) and District level project management unit (DPMU) has been set up for the OMM under DA&FP. In addition, A state secretariat was formed to support SPMU. State Secretariat has Programme Secretariat and Research Secretariat. Research Secretariate is hosted at NCDS. Research secretariate is anchored by NCDS. Watershed Support Services and Activity Network (WASSAN) was chosen as programme secretariat to support the DA&FP at State level and ATMA at district level. NCDS was chosen as Research Secretariat.

The programme is implemented with community based organisations with support of local NGOs at block level. NGOs are selected through approved process of selection by a committee under chairmanship of DDA cum PD ATMA at district level.