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New Delhi, October 2023

my
Millet
Diary

Three green leaves are drawn at the bottom of the word 'Diary'.

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Know Your Millets



The most ancient grains consumed as a cereal

Replaces wheat and rice as a staple

Climate and drought resilient crop, grown in minimum water without chemicals and tolerant to extreme temperatures

Has amazing health benefits



Benefits Of Millets



Gluten free



Helps lower cholesterol



Prevents cancer



Prevents and controls type 2 diabetes



Reduces blood pressure



Protects against heart diseases



Improves liver health



Eliminates constipation and bloating

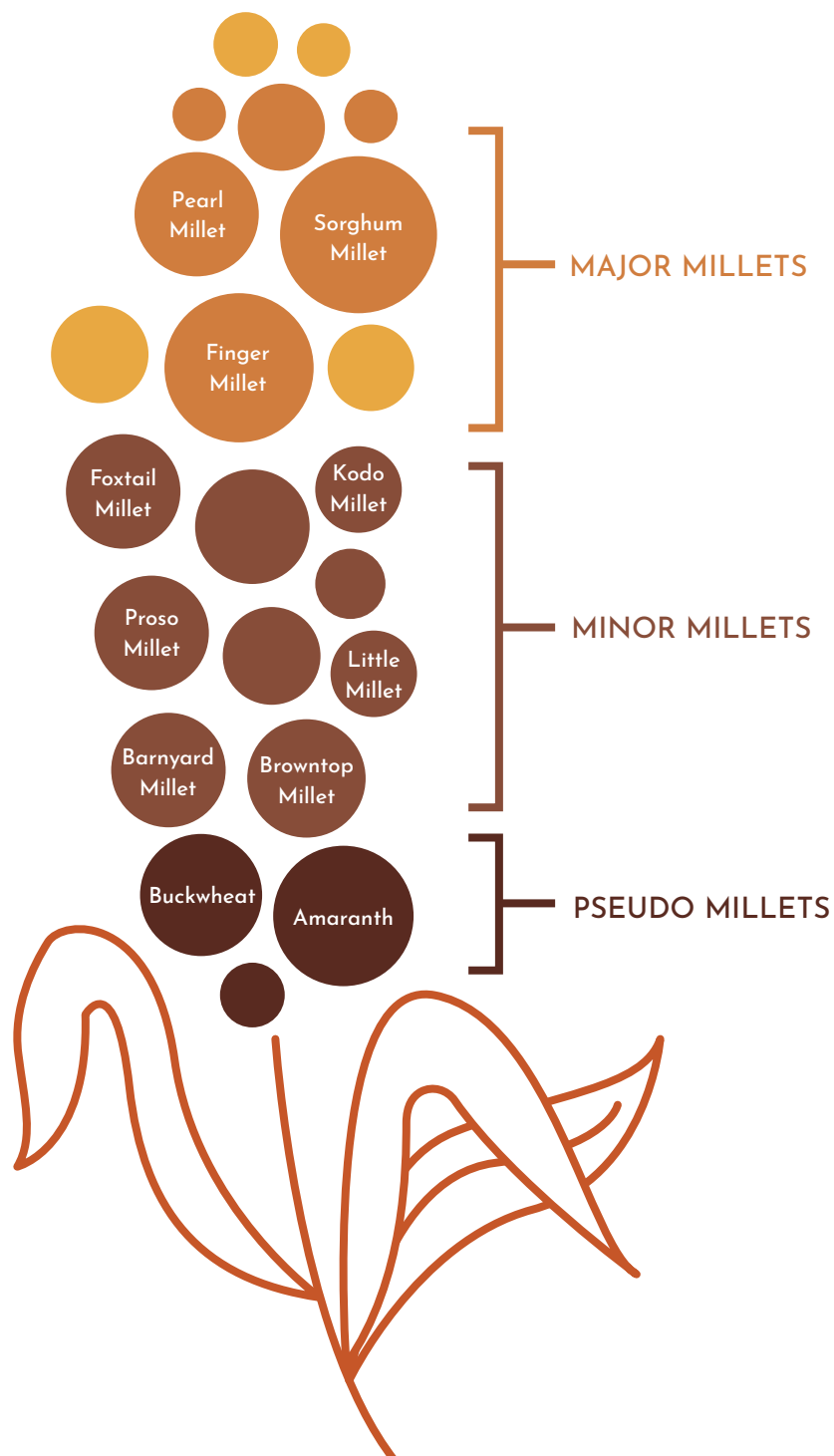


Acts as a prebiotic which is required to maintain healthy gut bacteria



Rich in antioxidants

Types Of Millets



Nutritive Value At A Glance



Grain	Energy (Kcal)	Carb (g)	Protein(g)	Fat (g)	Dietary /Crude Fiber (g)	Ca (mg)	Fe (mg)	Folic Acid (µg)
Sorghum	334	67.7	9.9	1.73	10.2	27.6	3.9	39.4
Pearl	347	61.8	10.9	5.43	11.5	27.4	6.4	36.1
Finger	320	66.8	7.2	1.92	11.2	364	4.6	34.7
Kodo	331	66.2	8.9	2.55	6.4	15.3	2.3	39.5
Proso	341	70.4	12.5	1.10	-	14	0.8	-
Foxtail	331	60.1	12.3	4.3	-	31	2.8	15
Little	346	65.5	10.1	3.89	7.7	16.1	1.2	36.2
Barnyard	307	65.5	6.2	2.2	7.6	17.0	5.0	-
Browntop	338	61.4	11.5	1.89	12.5	0.01	0.65	-
Amaranthus	356	61	13.3	5.6	7.5	162	8.0	24.7
Buckwheat	321	64.7	10.6	1.47	11.2	39.4	3.9	30.1

Categorisation Of Millets

It is important to note that only unpolished millets extend health benefits. Based on the nutritional content the minor millets have been categorised as POSITIVE millets and NEUTRAL millets.

The positive millets are higher in dietary fiber, protein, antioxidants and other essential nutrients.

The 5 Positive Millets



KODO MILLET:

- It is commonly known as Kodra, Kodri, Arika
- It is high in protein
- It is low in fat and very high in fiber
- It is high in lecithin which helps to strengthen the nervous system
- It is rich in vitamin B complex – niacin (B3), pyridoxine(B6) and folic acid (B9)
- It is a good source of calcium, iron and zinc

FOXTAIL MILLET:

- It is commonly known as Rala, Korra
- It is a balanced source of carbohydrates and protein
- It is a good source of calcium and iron
- It helps to regulate blood sugar and controls cholesterol
- It strengthens the nervous system and improves immunity

BARNYARD MILLET:

- It is commonly known as Sanwa or Bagar
- It is commonly consumed during fasting in India
- It is rich in calcium and phosphorous and supports bone growth and density
- It cleanses the organs- liver, spleen and pancreas
- It is a rich source of iron
- It is high in dietary fiber so keeps constipation away

LITTLE MILLET:

- It is commonly known as Moraiyo, Kutki , Sama or Shavan
- It is loaded with vitamin B complex
- It is a good source of calcium which supports bone growth and iron which improves hemoglobin
- It is also a good source of magnesium which is important for a healthy nervous and cardiovascular system, zinc for immunity and niacin (vit B3) for a healthy metabolism
- It is a rich source of protein
- It is good for diabetic people and weight watchers

BROWNTOP MILLET:

- It is commonly known as Hari Kangni , Korale
- It is rich in fiber and has a low GI so it is good for diabetic people
- It is a good source of calcium, magnesium and phosphorous so it supports bone health
- It acts as a prebiotic so it improves gut health
- It is rich in phytonutrients which act as powerful antioxidants and in turn act as potent anticancer agents

The 4 Neutral Millets



SORGHUM

- It is commonly known as Jowar
- It is a good source of protein and dietary fiber
- It is a rich source of thiamine (vit B1), riboflavin (vit B2), folic acid (vit B9)
- It is loaded with antioxidants like beta carotene, flavonoids, phenolic acid and tannins

FINGER MILLET

- It is commonly known as Ragi
- It contains the highest amount of calcium among all the millets
- It is a rich source of iron which helps in hemoglobin formation and zinc which is an immunity booster
- It is a good source of dietary fiber and essential amino acids

PEARL MILLET:

- It is commonly known as Bajra
- It is a rich source of protein
- It has good amount of lipids
- It is rich in insoluble fiber so prevents constipation and helps control inflammatory bowel disease
- It is rich in magnesium, iron and calcium

PROSO MILLET:

- It is commonly known as Vari or Barri
- It contains the highest amount of protein among the millets
- It is significantly high in carbohydrates and fatty acids
- It is a good source of phosphorous and calcium which supports bone health
- It is a rich dietary source of essential amino acids like methionine and cysteine which cannot be synthesised by the body. These two amino acids act as essential building blocks of other important proteins in the body

The 2 Psuedo Millets



AMARANTH:

- It is commonly known as Rajgira and Chaulai and is consumed during fasting
- It is high in protein and rich in the essential amino acid Lysine which helps in production of carnitine- a nutrient responsible for converting fatty acids into energy in the body
- It is high in linoleic acid which is a polyunsaturated fatty acid (PUFA). PUFA is very important for regulation of immunity, inflammation, cell integrity and growth
- It is high in dietary fibre
- It is high in iron, magnesium, phosphorus, potassium and appreciable amounts of calcium
- It is a rich dietary source of phytosterols, with cholesterol-lowering properties
- Has anti cancer and anti hypertensive properties

BUCKWHEAT:

- It is commonly known as Kuttu and consumed during fasting
- It is a rich dietary source of vitamin B1 which is required for a healthy nervous system and for conversion of carbohydrates into energy in our body
- It is a good source of Vit C and Vit E which are powerful antioxidants
- It is rich in PUFA such as linoleic acid
- It is rich in zinc and manganese which is responsible for connective tissue synthesis and blood clotting factors and copper which is required for red blood cell formation and a healthy nervous system
- It is high in insoluble fibre
- It is a good dietary source of rutin, a bioflavonoid which controls blood pressure, improves cardiovascular health and is anti carcinogenic



How To Process Millets?



Don't Forget To Soak Your Millets:

It is essential to thoroughly wash and soak your millets for at least six to eight hours.

The benefits of soaking millets are:

- It lowers the levels of certain anti nutrients like phytic acid , tannins and phenols which can cause gastric disturbance and lower the absorption of certain nutrients like calcium, zinc and iron
- It enhances the absorption of many phyto-nutrients present in the millets
- It aids in easy digestion
- It cooks faster and gives a softer and creamier texture
- Millets can be soaked, sundried and stored for quick use
- Millets can be germinated or sprouted which improves their nutritive value. Such malted millets can be used as complementary foods for infants such as ragi malt

How To Cook Millets?

- Millets require a minimum of 2 to 4 times quantity of water depending upon the cooking method employed
- Millets can be cooked directly after proper soaking. It is traditionally recommended to cook them in small earthen clay pots. They can also be cooked in a thick bottom stainless steel vessel or a pressure cooker
- Millets can be cooked and kept aside for 8 hrs to prepare fermented millet gruels in mud utensils which are just like a super food for the GUT. They help in treating many diseases and disorders

Millet Recipes



Finger Millet/Ragi Banana Pancake



 **Preparation time:** 20 minutes

Ingredients:

½ cup - Finger millet/ragi flour

1 medium size ripened banana

1-2 tsp unprocessed sugar/
jaggery as per taste

1 pinch salt (to enhance flavour)

½ cup (approx.)- Milk, adjust as per consistency

White butter or ghee : for greasing
and to drizzle on the pancake



Preparation method:

- 1** Mash the banana properly in a bowl
- 2** Add the ragi flour and sugar into the same bowl and mix gently to incorporate into banana mix
- 3** Heat a pan, lightly grease it with butter and pour the batter into it
- 4** Cook on both sides. Place a lid for even cooking and cook on low to medium flame
- 5** Take out and spread some honey/ maple syrup /chocolate syrup and the pancake is ready to serve



Nutritional information:

This recipe is best suitable for kids and for people with a sweet tooth. It is rich in calcium, iron and fiber and is a healthy alternative to regular pancake. Banana adds to the natural sweetness and improves the nutritive value of the pancakes.

Recipe contributed by:

Snigdha Kar, Communication Specialist, SUID



Finger Millet/Ragi Ki Baadi



 **Preparation time:** 25 minutes

Ingredients:

1 ½ cup - Finger millet/ragi flour

2-4 tbsp - Ghee

400 ml (approx.) - Water

150 ml (approx.) - Milk

Jaggery or Sugar as per taste

Preparation method:

- 1** Slightly roast the ragi flour in the kadhai or deep pan with some pure ghee till it becomes aromatic. Do not over roast
- 2** Boil water in a separate pan on high flame
- 3** Add the ragi flour into the water slowly while stirring to avoid lumps
- 4** Cook for 3-5 minutes on low flame and add the milk
- 5** Mix well and make a homogeneous medium thick mixture
- 6** Add jaggery or sugar and turn off the flame. Mix well
- 7** An extra tsp of ghee and chopped dry fruits at this stage is optional
- 8** Serve hot



Nutritional information:

Ragi ki baadi is a very nutritious drink/ porridge rich in calcium and iron. It is a balanced source of carbohydrate and protein. It can be had for breakfast or as an evening drink and can be substituted with milk for school kids. Prefer to use jaggery in winters and unprocessed sugar in summers as a sweetener for the recipe.

Recipe contributed by:

Anjana Pant, Technical Advisor, SUID



Finger Millet/Ragi Roti



 **Preparation time:** 20 minutes

Ingredients:

600g - Finger millet/ragi flour

200g - Wheat flour

Water as required



Nutritional information:

Rich in protein, iron, calcium and fiber. It is good for arthritis, bone problems and is easy to digest.



Preparation method:

- 1** Mix the ragi flour and wheat flour with appropriate amount of water to make a stiff dough
- 2** Divide the flour into even sized balls and roll out into chapatis
- 3** Cook on medium flame on both sides
- 4** Ensure that the chapatis have been cooked well
- 5** Alternatively, you can knead both the ragi and wheat flour separately
- 6** Divide the dough into even sized balls
- 7** Stuff the ragi balls inside rolled wheat flour balls and cook on slow flame on both sides
- 8** You may use butter or ghee as the flour is very dry
- 9** Goes well with gur or jaggery or cumin salt
- 10** For making pure ragi rotis, you can mix the ragi flour in hot water using a spatula and knead it into a stiff dough. Roll it into small chapatis on medium flame on both the sides

Recipe contributed by:

Anjana Pant, Technical Advisor, SUID



Little Millet Appe



 **Preparation time:** 20 minutes

Ingredients:

4 cups - Little millet
1 cup - Urad dal
2 tbsp - Fenugreek seeds
 1 big onion (chopped)
 Curry leaves
 Mustard seeds
 Cumin seeds



Nutritional information:

Appe is a traditional South Indian dish relished all over India. It can be prepared using different types of batters. Little millet appe is rich in fiber and is a good source of magnesium. It provides a good amount of fiber. It is a very good breakfast option or evening snack.

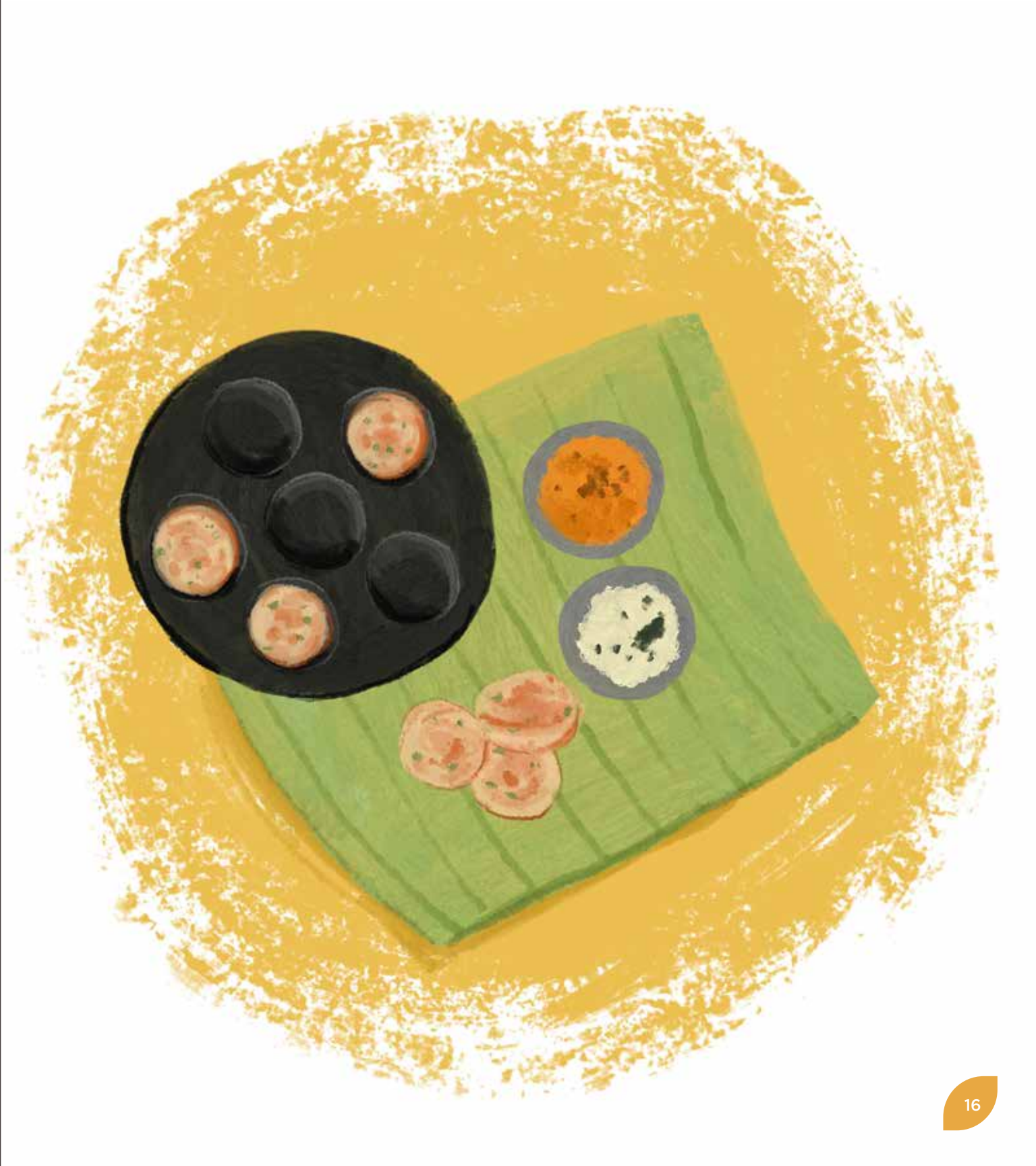


Preparation method:

- 1** Soak little millet, urad dal and fenugreek seeds overnight
- 2** Wash well and grind into smooth paste. Add salt and keep aside to ferment overnight or 8 to 10 hours depending on the weather
- 3** Adjust the consistency of the fermented batter with water. Keep the batter of medium thick consistency
- 4** For the seasoning: Top 3 tsp of oil , add mustard seeds, cumin seeds, chopped curry leaves and the chopped onions. Stir well for 2 minutes and transfer the seasoning to the batter.
- 5** Give it a good mix
- 6** Heat the appam pan and brush it with oil
- 7** Add the batter to the pan and place a lid. Fry till golden brown on both sides
- 8** Enjoy the delicious little millet appe with your favorite chutney

Recipe contributed by:

Neha Khara, Project Manager, Environment, Climate Change and Biodiversity Cluster



Brown Ugali: An East African Recipe



 **Preparation time:** 15 minutes

Ingredients:

½ kg - Fine millet flour

1l - Water



Preparation method:

- 1 Boil water in a pot
- 2 Add the millet flour a little at a time and stir continuously
- 3 The mixture will form a dough-like consistency as it cooks
- 4 Remove it from the heat, shape the ugali and transfer it to a plate and serve with fried vegetables / milk / beans / chicken / beef
- 5 Wet your hands while handling the dough to prevent it from sticking to your fingers

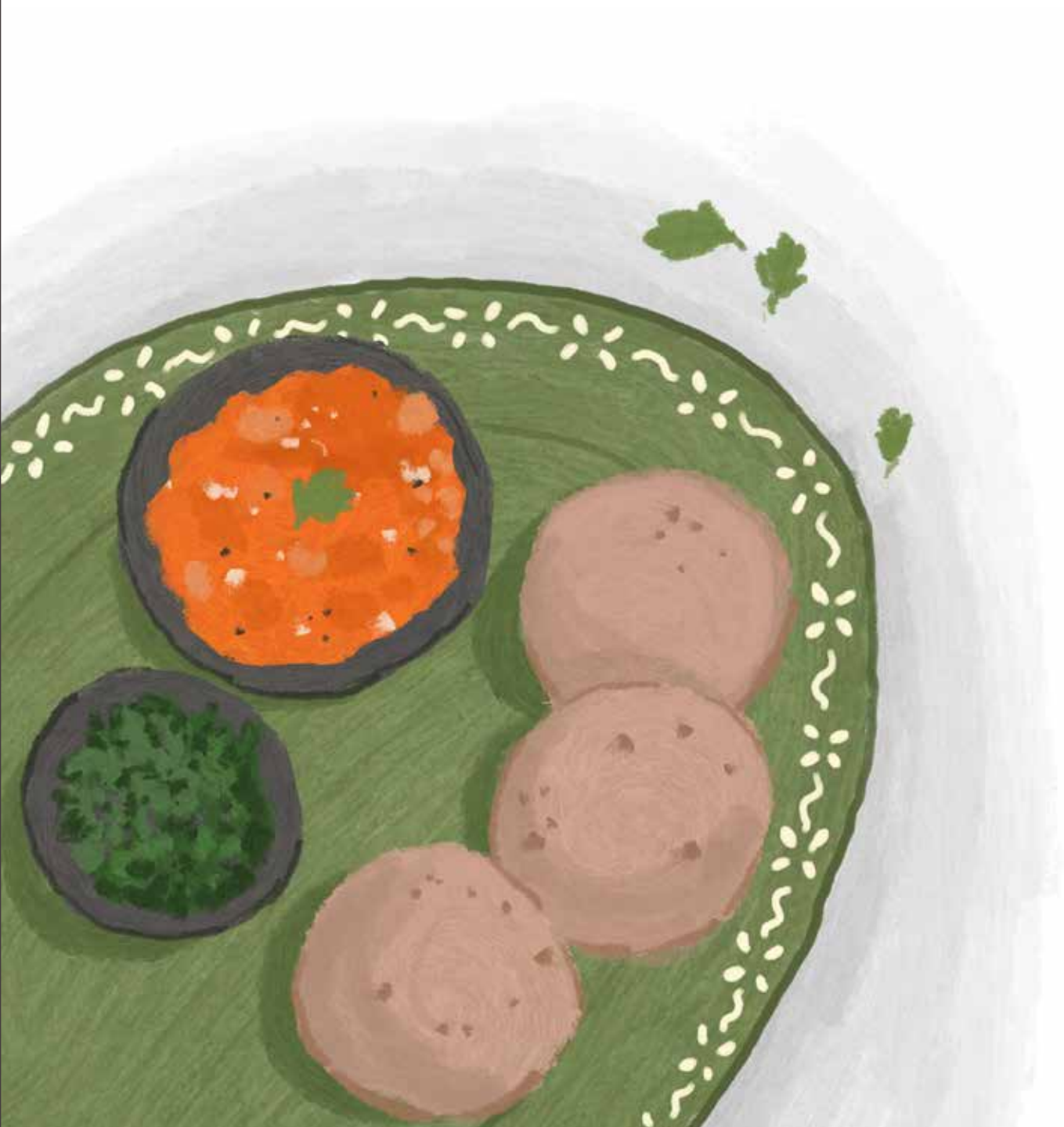


Nutritional information:

Millets are a good source of protein, micronutrients and powerful antioxidants. Cooking them in such a healthy manner helps retain all its nutritive value. With the right choice of vegetable this can be a perfectly balanced meal.

Recipe contributed by:

Pheny Kwamboka Kinanga, Senior Finance Manager, Country Office



Finger Millet/Ragi Khooz



 **Preparation time:** 20 minutes

Ingredients:

1 cup - Ragi flour
2 cups - Yogurt/curd
3 cups - Water
 2 - Onion
 Salt to taste



Nutritional information:

This recipe is very healthy as it is rich in gut friendly probiotics. It is rich in calcium and iron. It works very well for weight loss and is good for diabetic people as well. It is best for breakfast or lunch.



Preparation method:

- 1** Mix one cup of ragi flour with two cups of plain water and whisk it well to avoid lumps
- 2** Boil one cup of water in a thick bottom pan and slowly add the ragi mixture to it. Keep stirring to avoid lumps
- 3** Cook for 12 to 15 minutes till ragi mixture has thickened. Once done, let it cool down to room temperature
- 4** Grease your hands with drinking water and make medium sized balls of the cooled ragi mixture and place them in a bowl of drinking water. Keep aside overnight or at least 8 to 10 hrs to allow fermentation
- 5** The next day decant the water from the ragi balls and add curd to it. Whisk slightly to make buttermilk
- 6** Add the ragi balls to this buttermilk and mash them thoroughly to make porridge without lumps. You can use a whisk for this
- 7** Add cut onions, salt as per taste and a delicious seasoning of chilies, mustard seeds, cumin seeds and asafetida using til oil
- 8** Seasoning is optional. Enjoy this very healthy dish

Recipe contributed by:

Surya Raman, Office Manager, Global Project - Proklima



Sorghum/Jowar Chocolate Cake



Preparation time: 30 minutes

Baking time: 45 - 60 minutes

Ingredients:

- 1 ½ cups - Jowar flour
- ¾ cup - Cocoa powder (unsweetened)
- 1 tsp - Baking powder
- ½ tsp - Baking soda
- Pinch of salt
- ¾ cup - Vegetable oil
- 1 ½ cups - Brown sugar (unprocessed)
- ½ cup - Yoghurt
- ½ tsp - Vanilla extract
- ¾ cup - Milk

All the ingredients to be at room temperature



Nutritional information:

This recipe is a healthy replacement for refined flour or maida cakes. It can be given to kids guilt free. It is also good for those with a sweet tooth.



Preparation method:

- 1 Preheat the oven to 180 degrees and grease two six inch round tins with oil. A parchment paper can also be used at the base for easy demoulding
- 2 Sift the dry ingredients: Jowar flour, cocoa powder, salt, baking soda and baking powder and keep aside in a small bowl
- 3 In a large bowl, preferably with an electric whisk, beat sugar and oil (very well) until light and creamy. Add vanilla extract and yogurt and beat well to incorporate them all. This creates your wet mix
- 4 Add half of the dry ingredients mix to the wet mix and fold gently with a spatula. Add milk gradually and continue stirring with spatula
- 5 Add the leftover dry ingredients. Fold gently, again with a spatula, and be careful not to over mix. Incorporate till no large pockets of flour are left
- 6 Divide the batter into two six inch round tins. Bake at 180 degrees for 45 minutes and at 150 degrees for another 15 minutes until a knife comes out clean
- 7 Let the cake cool down on a wire rack before demoulding
- 8 You may garnish the cake with a sprinkle of powdered sugar

Recipe contributed by:

Kritika Kumar, Energy Advisor, Energy Cluster



Millet Methi Muthia



 **Preparation time:** 20 minutes

Ingredients:

For making muthia dough-

2 cups - Millet flour

Approx 1 tbsp - Water, add more if required

1/4th tsp - Baking soda

2 ½ cups - Chopped fenugreek leaves (methi leaves)

2 tsp (or as required) - Sugar

1 tsp (or as required) - Salt

2 tbsp - Oil

2 tbsp - Rava or sooji (finer variety)

2 tsp - White sesame seeds

1 tsp - Turmeric powder

1 tsp - Coriander powder

1 tsp - Cumin powder

½ tsp - Red chili powder/
cayenne pepper

2 tbsp - Lemon juice

2 tbsp - Ginger-green chili paste

For tempering steamed muthia-

2 tbsp - Oil

1 tsp - Mustard seeds

1 tsp - White sesame seeds

1 pinch - Asafoetida (hing)

10 – 12 (one sprig) - Curry leaves

Other Ingredients-

oil – for shallow or deep frying, as required

water – as required, for steaming methi muthiya

For garnishing muthia-

2 -3 tbsp - Chopped coriander leaves

1 -2 tbsp - Fresh grated coconut



Nutritional information:

This recipe is a very healthy snack. It is rich in fiber, protein and minerals. Any type of millet can be used. It is good for diabetic people and those watching their weight.



Preparation method:

Preparing muthia dough

- 1** Thoroughly mix all the ingredients listed for the dough except for water.
- 2** Set aside for 15 to 20 minutes
- 3** Add water and make a smooth dough
- 4** Do note that the addition of water will depend on the water content in the fenugreek leaves. So keep this in mind and if needed add more water

Steaming the muthia

- 1 From half of the dough, make sausage shaped rolls and place them in a greased tray or container
- 2 Steam these rolls for 17 to 20 minutes or till done
- 3 Once lukewarm or cooled, slice the steamed rolls

Tempering

- 1 For the tempering, heat oil in a frying pan or kadhai (wok). Add the mustard seeds, white sesame seeds, curry leaves and asafoetida
- 2 Stir and fry until the mustard crackles
- 3 Add the sliced steamed muthia. Mix and sauté for 2 to 3 minutes

Switch off flame and serve warm garnished with chopped coriander leaves and grated coconut

Recipe contributed by:

Rahul Kantilal Mithia, Administrative Specialist, Energy Cluster



Millet Curd Rice



 **Preparation time:** 30 minutes

Ingredients:

- ½ **cup** - Foxtail millet
- 1 cup (approx.)** - Curd
- 1 cup (approx.)** - Milk
- Salt as per taste
- 2 tsp** - Oil
- ½ **tsp** - Ginger, grated
- 2 no.s** - Dry chilli
- 10** - Cashew nuts (chopped)
- 1 tsp** - Black mustard seeds

All the ingredients to be at room temperature



Nutritional information:

This recipe is rich in prebiotics and probiotics and so is a super food for the gut. It is a complete balanced meal for breakfast or lunch. Grated veggies added to it can increase the fiber content.



Preparation method:

- 1** Wash the presoaked millet, add water and pressure cook for 4 whistles.
- 2** Let it cool down. Add milk to it and mash well without any lumps. Add salt and curd and again mix well
- 3** In a small pan, roast broken cashew nuts until golden and keep aside. In a small pan, roast broken cashew nuts until golden and keep aside. Temper with ginger, dry chilli, black mustard seeds and asafoetida. After tempering add cashews and to the same and then add it all to the millet curd rice.
- 4** Garnish with coriander leaves
- 5** Mix gently and serve with pickle

Recipe contributed by:

Prasun Kumar Das, Energy Advisor, Energy Cluster



Finger Millet/Ragi Oats Dosa



 **Preparation time:** 30 minutes

Ingredients:

- ½ **cup** - Ragi flour
- ½ **cup** - Wheat flour
- ½ **cup** - Ragi rava
- ½ **cup** - Oatmeal
- 2 **cups** - Water
- Salt as per taste
- ½ **tsp** - Pepper
- 1 **tsp** - Cumin powder
- 2 - Chillies, chopped
- 1 - Big Onion, chopped



Preparation method:

- 1 In a mixing bowl add all the dry ingredients and add water little at a time to make a runny batter
- 2 Add salt and spices and stir well
- 3 Finally add the onions and mix evenly
- 4 Heat a griddle and pour the thin batter to make the dosas. Drizzle each dosa with oil and heat on medium flame
- 5 Relish crunchy delicious dosas

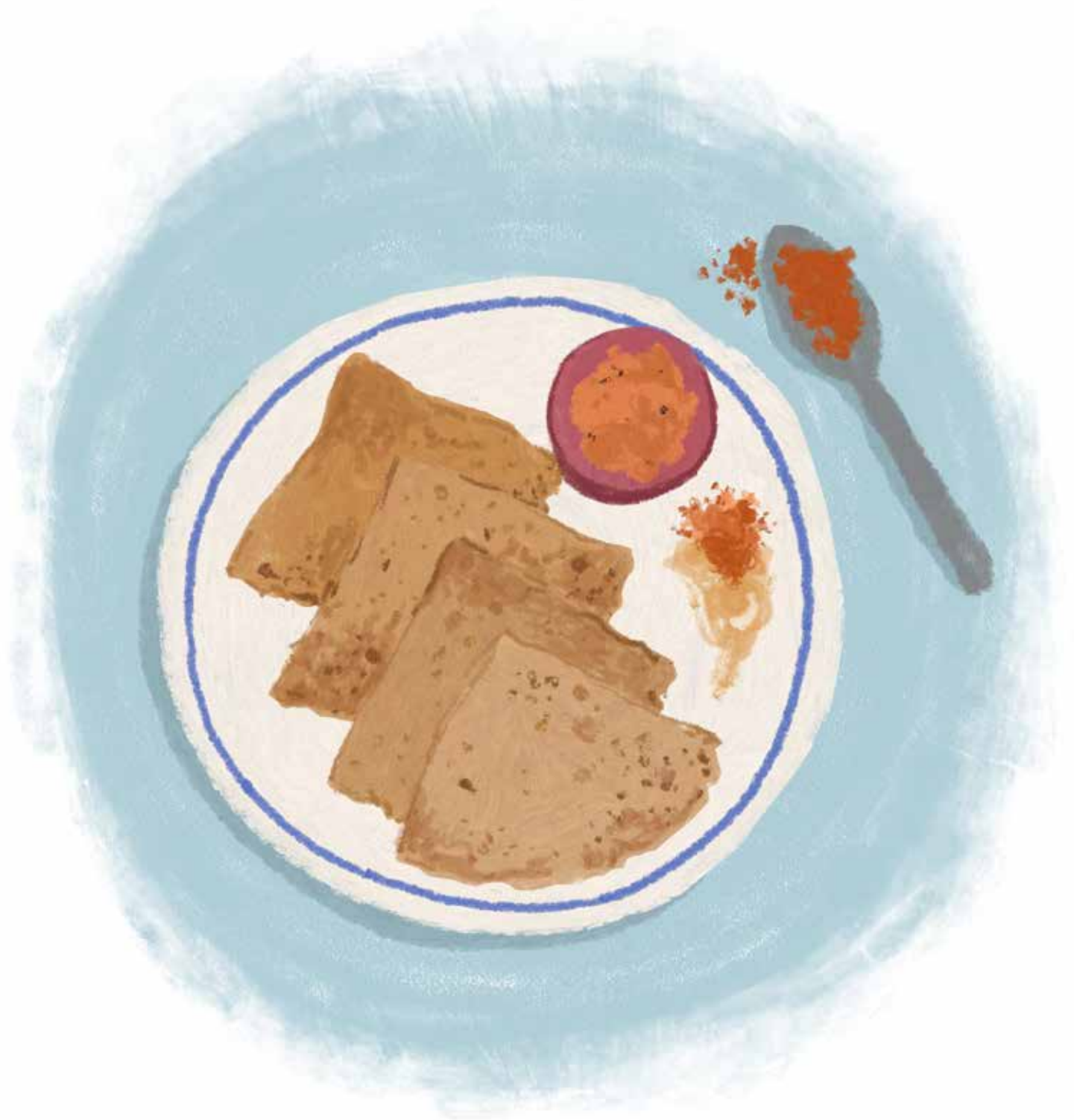


Nutritional information:

The main advantage of these dosas is that they are instant as well as healthy. They are rich in fiber, calcium and iron. They can be had as a light dinner option along with paneer stuffing for a perfect weight loss recipe.

Recipe contributed by:

Vinita Mulchandani, Finance Management and Administrative Specialist,
Environment, Climate Change and Biodiversity Cluster



Millet Khichdi



 **Preparation time:** 15-20 minutes

Ingredients:

- 1 cup** - Toor dal (soak for 1 hour)
- 1 cup** - Millets (soak for 4 hours)
- 2** - Onions
- 2** - Garlic cloves
- 2** - Green chillies
- 2** - Tomatoes
- Vegetable of your choice (optional)
- $\frac{1}{4}$ th **tsp** - Turmeric
- 4 glasses** - Water



Nutritional information:

This is one of the easiest well balanced recipes. It is rich in protein, fiber and antioxidants. It is the best option for dinner meals.



Preparation method:

- 1** Heat oil in a cooker on low heat then add onions, garlic and green chillies
- 2** Cook until onion, garlic and chilli turn slightly golden
- 3** Add tomato and other vegetables and cook for 2 minutes
- 4** Add turmeric
- 5** Add dal and millets. Fry for 3-4 minutes
- 6** Add water and salt
- 7** Cover and pressure cook on a medium flame for 2 whistles
- 8** Set aside for 15 minutes and serve hot

Recipe contributed by:

Mehtab Alam, Junior Administrative Specialist, Energy Cluster



Proso Millet Idli



 **Preparation time:** 15 minutes

Ingredients:

2 cups - Unpolished proso millet

½ cup - Urad dal

1 tbsp - Fenugreek seeds

2 tbsp - Steel cut/rolled oats

Salt as per taste



Preparation method:

- 1** Wash the proso millet well and soak in water for 6 hours separately
- 2** Soak urad dal, fenugreek seeds and oats in water for 3 hours all together
- 3** After the soaking time is done, wash the millets and grind well into rava texture with some water. Empty into a vessel
- 4** Then wash the dal and grind well into smooth paste
- 5** Mix the dal paste into the millet batter and mix well along with some salt
- 6** Use your hand to mix the batter uniformly. This facilitates fermentation
- 7** Place a lid and keep batter aside for fermentation for 8 – 12 hrs or overnight
- 8** The batter is ready to make idlis. Adjust the consistency with water if required



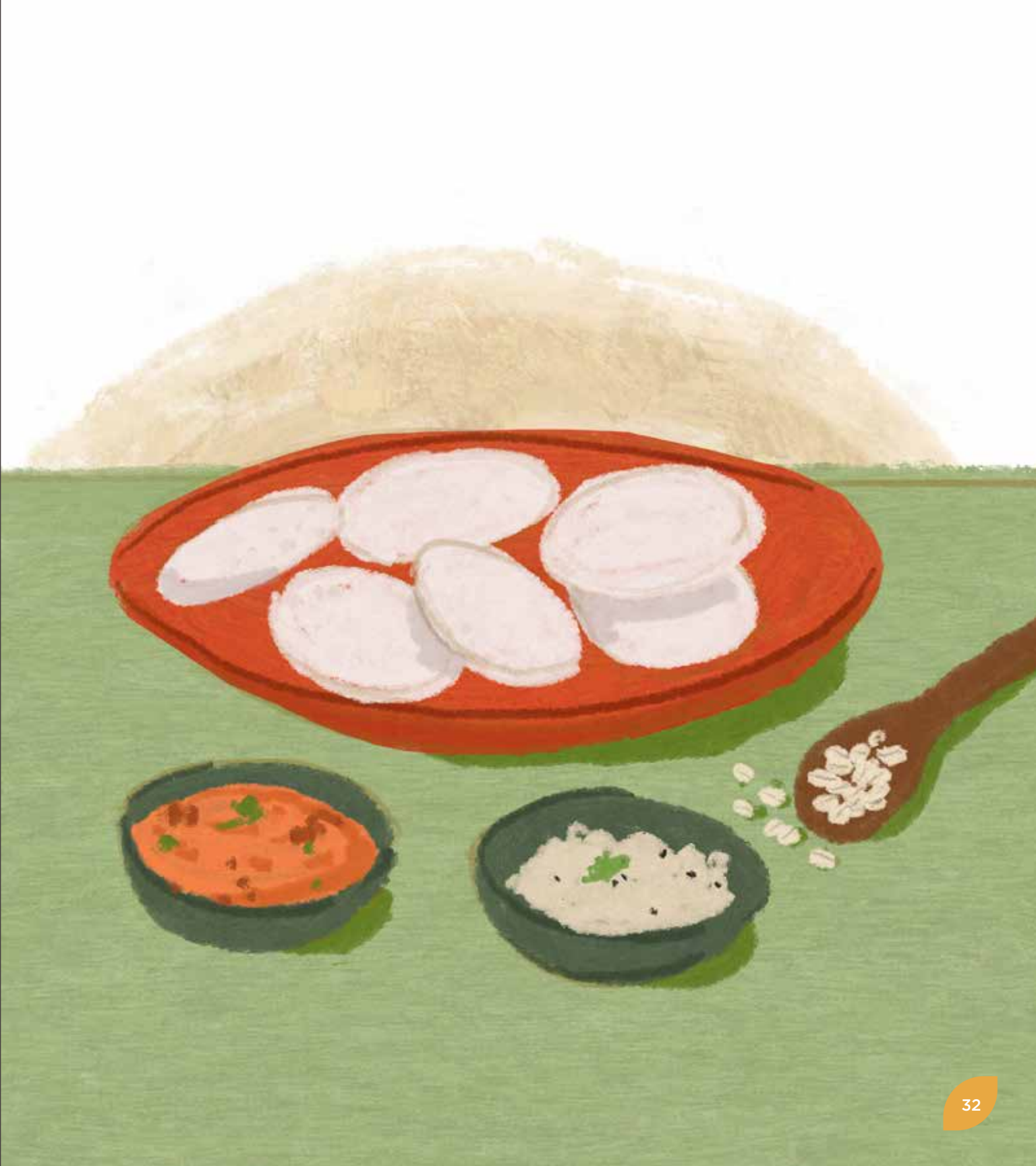
Nutritional information:

Fermented millet recipes are very nutritious. They provide probiotics and improve gut health.

The absorption of vitamins and minerals also increase after fermentation. They are a great alternative to regular rice idlis. This recipe suits all age groups and is also very easy to digest.

Recipe contributed by:

Neha Khara, Project Manager, Environment, Climate Change and Biodiversity Cluster



Finger Millet/Ragi Cutlets



 **Preparation time:** 35-40 minutes

Ingredients:

1 bowl - Ragi flour

4 - Potatoes (boiled, cooled, mashed)

Breadcrumbs (Wheat) – made up of

4-5 slices

1 bowl - Soaked poha

Salt as per taste



Preparation method:

- 1** Take a pan and add cooled and mashed potatoes, soaked poha, breadcrumbs and ragi flour
- 2** Mix all the ingredients properly to ensure there are no lumps
- 3** Add salt and chilli as per your taste and again mix evenly to make a smooth dough. You can add more ingredients and boiled vegetables as per taste
- 4** Make small cutlets from the dough. You can make ball or cylinder-shaped cutlets
- 5** Prepare all the cutlet in the same manner and arrange on a plate
- 6** Heat oil for frying in a pan. Once the oil is hot, simmer the heat to medium. Drop 8-10 cutlets in the pan and fry until golden brown
- 7** Keep flipping the cutlet gently while frying to ensure even frying on all the sides. This will take about 10-12 minutes

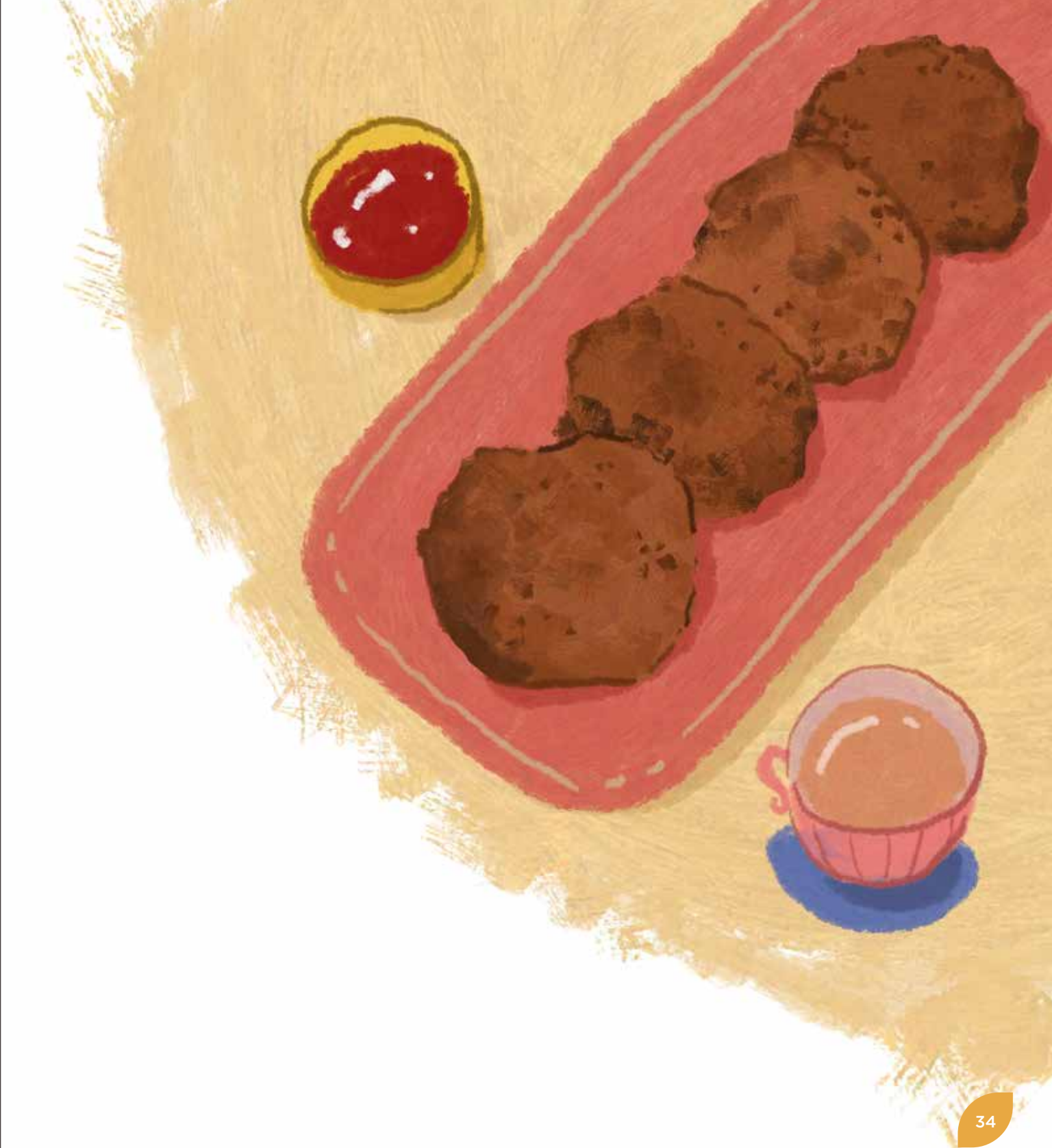


Nutritional information:

This recipe is a healthier variation to the normal rava/ sooji cutlets. It has more fiber and absorbs lesser oil while frying. A perfect tea time snack for the entire family.

Recipe contributed by:

Ruchi Gupta , Energy Advisor, Energy Cluster



Barnyard Millet/Samak Rice Khichdi



 **Preparation time:** 30 minutes

Ingredients:

- 1 bowl** - Barnyard millet/samak rice
- 2** - Green chillies
- 1 tsp** - Cumin seeds
- 1 ½ tsp** - Coriander powder
- Salt to taste
- 2 tsp** - Cooking oil (preferably cold-pressed peanut oil)
- 2** - Small potatoes (chopped, boiled)
- ½ cup** - Roasted peanuts
- Chopped coriander and pomegranate seeds for garnishing



Nutritional information:

Samak rice is a rich source of iron. It supports bone growth as it is a good source of calcium and phosphorous. It is fiber rich hence helps relieve constipation.



Preparation method:

- 1** Slightly dry roast the samak rice and soak it for 4 – 6 hrs. (Unpolished millets need to be soaked before cooking)
- 2** Wash well and boil the samak rice in three times the quantity of water for 10- 15 mins (till it is cooked)
- 3** Heat the oil in a kadhai (wok)
- 4** Put cumin seeds and wait till they finish popping.
- 5** Put peanuts and boiled potato in the oil and shallow fry it
- 6** Put the coriander powder and salt in the mix
- 7** Add boiled samak rice and cook it for 5 minutes
- 8** Sprinkle chopped coriander and pomegranate seeds as garnish
- 9** Serve hot

Recipe contributed by:

Prerna Sharma, Energy Advisor , Energy Cluster



Finger Millet Spinach Flatbread/Ragi Palak Roti



 **Preparation time:** 30 minutes

Ingredients:

1 cup - Finger millet/ragi flour

¼ cup - Wheat flour

Salt as per taste

½ a bunch- Palak leaves (finely chopped or made into a puree)

1 tsp - Green chilli paste (as per taste)

Preparation method:

- 1** Put all the ingredients into a bowl. Knead the dough with soft hands. Do not make the dough soggy and take care of consistency of the dough.
- 2** Let the dough rest for 20 minutes
- 3** Make medium sized balls of the dough and roll them using a rolling pin and make roti/flatbread
- 4** Heat a tawa/pan. Place the roti on the tawa and heat it well on both the sides. Use ghee/ clarified butter or oil as per your choice
- 5** Serve ragi palak roti hot with any vegetable or gravy dish or lentil of your choice combined with some fibre full bowl of salad and curd

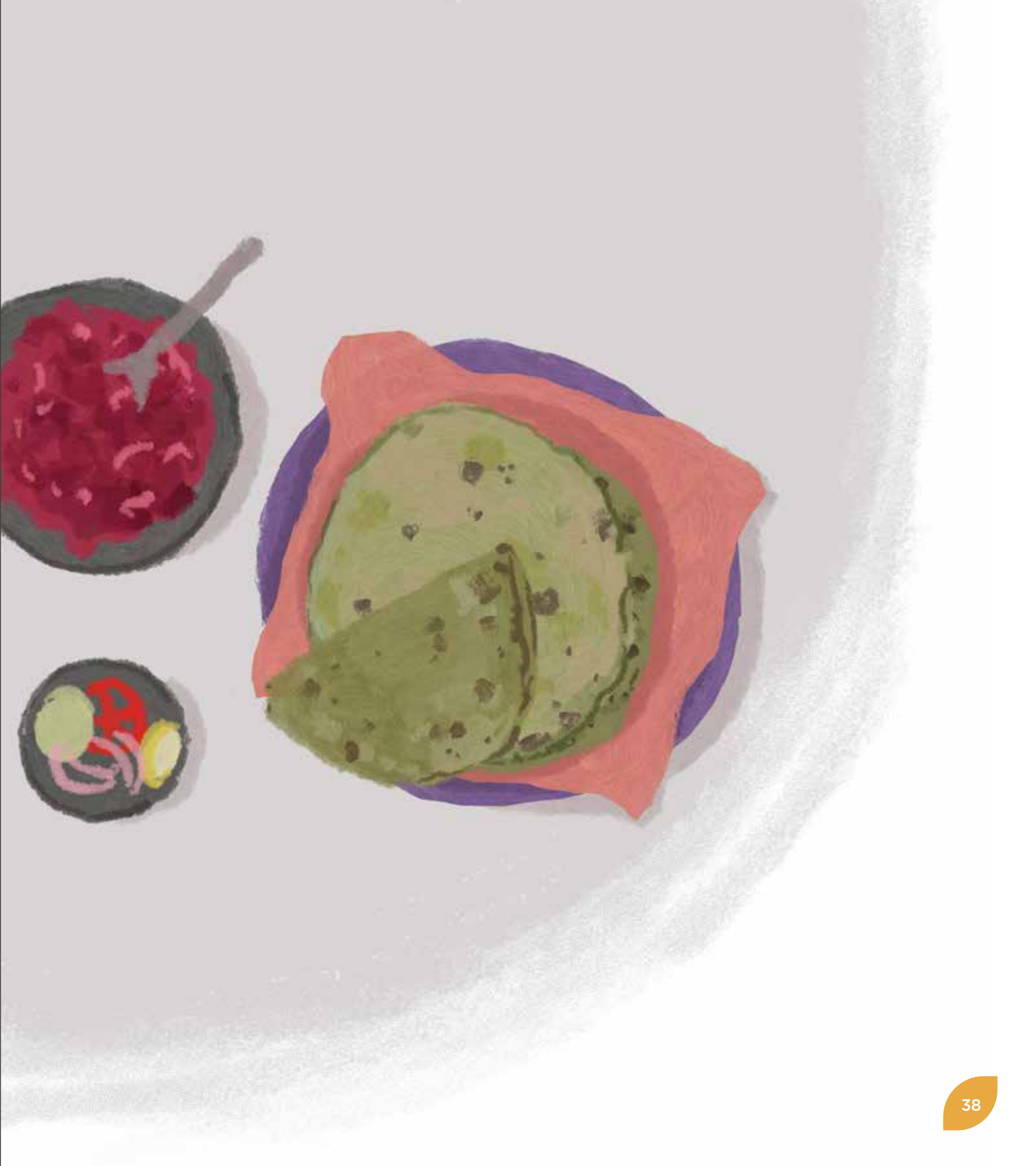


Nutritional information:

Ragi palak roti is a very nutritious gluten free roti/ flat bread. It is rich in calcium and iron. The addition of spinach to it makes it more nutritious and fibre rich.

Recipe contributed by:

Sunita Bhuyan, Office Manager, Country Office



Kodo Millet Upma



 **Preparation time:** 30 minutes

Ingredients:

1 cup - Soaked kodo millet
½ tsp - Mustard seeds
1 tsp - Urad dal
1 tsp - Chana dal
½ cup - Chopped onion
½ cup - Chopped tomato
½ cup - Chopped carrot
½ cup - Chopped capsicum
½ cup - Green peas
 Finely chopped ginger
 Finely chopped green chillies
 Fresh curry leaves
 Finely chopped coriander leaves
3 tsp - Ghee
 Lemon, salt as per taste.



Nutritional information:

Kodo millet is a good source of protein. It is rich in fiber and has nutrients which help maintain a healthy nervous system. It keeps your gut healthy. It is best for lunch or dinner. Can be accompanied with curd or sambar or rasam.



Preparation method:

- 1** Soak kodo millet for 6 to 8 hours or overnight. Rinse it well and pressure cook for 3 whistles with 3 times the amount of water
- 2** Steam the vegetables and keep aside
- 3** In a kadhai add some ghee / oil. Add the seasoning ingredients of your choice, followed by onions and tomatoes and the steamed vegetables
- 4** Add the cooked kodo millet and mix well
- 5** Serve hot with fresh curd or rasam / sambar

Recipe contributed by:

Tanushree/Sourav Pahari, Technical Advisor, Environment, Climate Change and Biodiversity Cluster



Pearl Millet Pancake/Bajra Cheela



 **Preparation time:** 30 minutes

Ingredients:

- 1 cup** - Pearl Millet/Bajra flour
- 3 tbsp** - Chopped coriander
- ½ cup** - Chopped capsicum
- ½ cup** - Chopped beans
- ½ cup** - Chopped mushrooms
- 2** - Chopped green chillies
- ½ cup** - Grated carrot
- ½ cup** - Grated paneer
- Oil to fry
- Salt to taste
- ½ tbsp** - Coriander powder
- ½ tbsp** - Red Chilli powder



Preparation method:

- 1** In a mixing bowl take bajra flour, add salt, add water and little oil to make a smooth batter, whisk it well. It should not contain any lumps in it. Make a smooth running consistency batter and keep aside
- 2** Heat a pan and add coriander powder, red chilli powder, salt and sauté for a minute. Add all the chopped vegetables and cook it until it is soft on low flame. Turn off the burner and let it cool for some time. Finally, add grated paneer and mix it well
- 3** Heat the griddle. Take a ladle of the batter and spread it as small 4 inch circles. Sprinkle a little oil and cook it on both the sides. Cheela is ready
- 4** Spread the vegetable mixture in between and fold the cheela on both the sides.
- 5** Enjoy delicious and healthy bajra cheela



Nutritional information:

This recipe is rich in iron and fiber. It is a good source of protein. It is a very good breakfast option and also a good option for kids for their lunch tiffin.

Recipe contributed by:

Dr. Julie Reviere, Country Director, GIZ India



Beetroot Hirsotto

A German recipe (Hirse in German means millet)



 **Preparation time:** 45 minutes

Ingredients:

100g - Cooked chickpeas
500g - Beetroot
1 big - Onion
2 - Garlic cloves
200g - Millet
700 ml -Vegetable broth
100 ml - Oat milk
30g - Cashews
1 tbsp - Nutritional yeast (opt.)
100 ml - Water
1 tsp - Paprika powder
3 stems - Parsley
 Salt
 Pepper
 Olive oil



Nutritional information:

This recipe is a balanced meal with a perfect proportion of carbohydrates and protein. The vegetables added to it contribute to the fiber. It is very good for gut health.



Preparation method:

- 1** Preheat oven at 200°C (upper – lower heat)
- 2** Cut the beetroot in small pieces and put on a baking tray; add chickpeas on the side and bake for about 30min (beetroot should be soft and chickpeas slightly golden)
- 3** For the cashew parmesan: Add cashews, 1 tsp salt and 1tbsp nutritional yeast (opt.) in a blender and mix finely; put aside
- 4** Finely chop the parsley and put aside
- 5** Finely chop onion and mince garlic
- 6** Add some olive oil in a pan/ or pot and bring to heat; add onion and sauté for 2min, add garlic
- 7** Add millet and lightly sauté for another 2min and keep stirring
- 8** Deglaze with half of the veg. broth and let simmer until liquid is gone – keep stirring (similar to a normal risotto)
- 9** In between: Take out the baking tray, take ½ of the beet root and add to the pot; mix through the remaining beetroot and chickpeas in order to bake them equally from all sides; opt: add some pepper, salt and paprika powder as per taste
- 10** Add oat milk, 3tbsp of cashew parmesan and remaining vegetable broth to the millet

- 11** Season the Hirsotto with salt and pepper as per taste
- 12** Stir frequently and let simmer until the liquid is almost gone; the Hirsotto should have a slightly thick texture (this should take about 30min, depending on the cooking time of the millet used); cover and wait for another 10 minutes
- 13** Take out the baking tray; give the beet root into a blender – but keep 2tbsp for decoration – add 3tbsp of water and mix; keep adding water until you get a fine puree
- 14** Assemble: Add the beetroot puree on a plate, add the Hirsotto on top, garnish with the remaining baked beet root, roasted chickpeas and parsley

Recipe contributed by:

Lena Korber, Junior Advisor, Environment, Climate Change and Biodiversity Cluster



Finger Millet Sweet Balls/Ragi Ladoo



 **Preparation time:** 15 minutes

Ingredients:

- 1 cup** - Ragi / Finger millet flour
- 150g** - Jaggery powder
- 4 to 5 spoons** - Clarified butter Or Ghee
- ½ cup** - Water
- Cardamom powder
- 5-7** - Almonds and cashew nuts, each

Preparation method:

- 1** Heat a pan with some clarified butter, add the finger millet flour and roast it for 15- minutes on low flame, keep this aside. Heat the separate pan with some butter again and roast the cashew, almost etc for few minutes and let it cool down
- 2** Heat a pan with jaggery powder, add little bit of water, stir the jagger and let it melt slowly, turn off the stove strain the jaggery syrup and let it cool down to the room temperature
- 3** Now take a large bowl to add all the ready ingredients , take the finger millet flour, add roasted dry fruits, add cardamom powder, jaggery syrup, little bit of clarified butter and mix everything
- 4** Take a small portion of the mixture and make small balls with soft hands.
- 5** Healthy and nutritious ragi ladoos are ready to serve

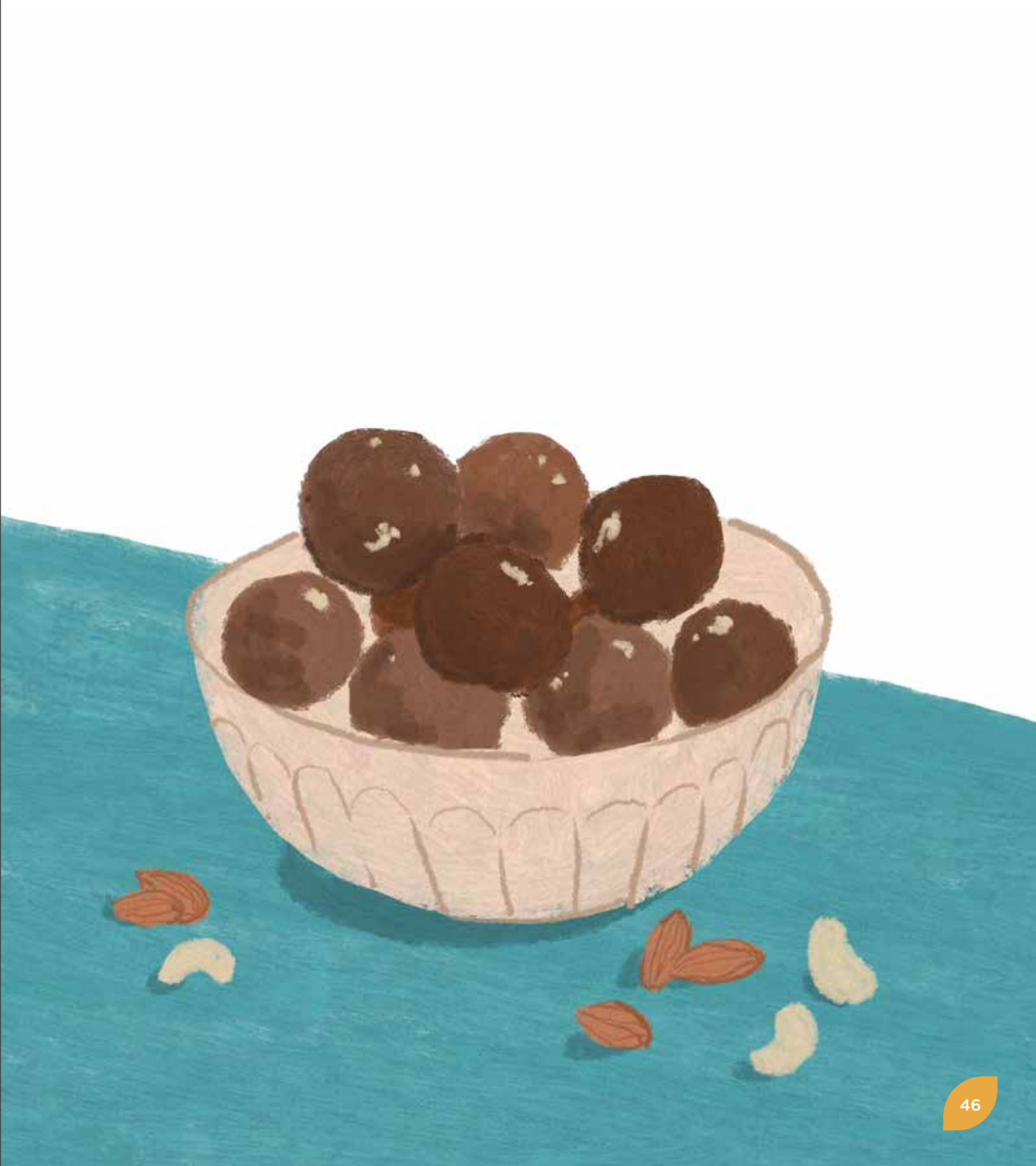


Nutritional information:

This healthy sweet dish is rich in calcium and is a good source of iron. It is an appropriate option for kids on a daily basis and can be had as an evening snack.

Recipe contributed by:

Sunita Bhuyan, Office Manager, Country Office



Finger Millet/Nachni/Ragi Kheer



 **Preparation time:** 10 minutes

Ingredients:

- 1 tbsp** - Ragi flour
- 1 tbsp** - Grated jaggery
- ¼th tbsp** - Cardamom powder
- 150 – 200 ml** - Milk (coconut milk is the vegan option)
- 1 cup** - Water (water can be replaced with milk if a more creamy texture is desirable)
- 1 tbsp** - Crushed dry fruits

Preparation method:

- 1** Start with dry roasting ragi flour. In 2-3 minutes it starts to change colour and you can smell the aroma. Set aside to cool (you can also store it for later use)
- 2** Once cool, make a ragi slurry, first using small quantity of water (2/3 tablespoons). Make sure there are no lumps. Then add additional water (100-150 ml) to slurry and mix
- 3** Start heating the milk. Add cardamom powder, crushed dry fruits/nut of your choice Once milk starts to boil, slowly pour ragi slurry into it while constantly stirring the mixture. Stirring is must to avoid lumps
- 4** In about 2-3 minutes of boiling, mixture starts to thicken. Keep stirring until you achieve creamy consistency (as thick you like) and then turn the flame/heat off
- 5** Now is the time to add grated jaggery and stir again. (Warning- adding jaggery to boiling milk may cause curdling)
- 6** Serve hot and enjoy
- 7** While using coconut milk, sequence of ingredients is not so important. You can mix all together while cooking



Nutritional information:

This dish is a good source of calcium. It is a healthy sweet dish with no extra added fats. It is a very good option for kids as a replacement to commercial supplements. Addition of milk can add to the protein content of the dish.

Recipe contributed by:

Jyoti Nale, Water and Sanitation Advisor, SUID



Finger Millet/Ragi Soup



 **Preparation time:** 15 minutes

Ingredients:

1 tbsp - Ragi flour
1 or 2- Garlic clove minced/finely chopped
1 - Whole green chilli (centre cut, optional)
½ tbsp- Jeera (cumin seeds), crushed
250 ml - Water
¼th tbsp- Salt
1 tbsp - Oil
1 tbsp - Coriander fine chopped (to garnish)



Nutritional information:

This soup is very nutritious. It is a good source of calcium and iron and can be very filling if vegetables are added to it. It can be a replacement to a meal for those on low calorie diets provided a source of protein is added.



Preparation method:

- 1** Start with dry roasting ragi flour. In 2-3 minutes it will change colour and you can smell the aroma. Set aside to cool (You can also store it for later use)
- 2** Once cool, make a ragi slurry, first using a small quantity of water (2/3 tbsp). Make sure there are no lumps. Then add additional water (100-150 ml) to slurry and mix
- 3** Heat oil in a pan and add cumin seeds/powder and garlic. If you plan to add green chili and vegetables, add them at this point and sauté well
- 4** Add small quantity of water into the pan and when it starts boiling, slowly pour ragi slurry into it, continuously stirring the mixture. Stirring is important to avoid lumps. Add salt to taste
- 5** In about 2-3 minutes of boiling, the mixture starts to thicken. Keep stirring until you achieve thick consistency (as thick you like in soup) . Turn the flame/heat off. Add coriander to enhance the flavor
- 6** Serve hot and enjoy
- 7** You can convert this recipe (without vegetables) into a soothing summer dish which carries inherent cooling characteristics of Ragi. In this case, don't make it too thick. Let it cool and add buttermilk into it. Stir well before serving cold

Recipe contributed by:

Jyoti Nale, Water and Sanitation Advisor, SUID



Foxtail Millet Noodles



 **Preparation time:** 30 minutes

Ingredients:

1 packet (200g) - Foxtail millet noodles
1-2 - Capsicum
1 - Carrot
100g - Mushrooms
1 big - Onion
2 - Tomatoes
 Fresh Coriander
 Salt
 Spices (as per taste)



Preparation method:

- 1** Boil five cups of water in a vessel and bring to a boil
- 2** Add some salt, 1 tsp of oil and add the millet noodles
- 3** Place a lid and cook on medium flame for 3 minutes
- 4** Check for firmly cooked noodles and turn off the flame. Do not overcook the noodles
- 5** Empty the noodles in a sieve to strain off the water
- 6** Place the noodles under cold running water and separate them with fingers to avoid sticky noodles
- 7** Keep aside to drain the water
- 8** In a kadhai (wok), add some oil and steamed vegetables of your choice along with desired spices like oregano, thyme, basil, chilli flakes etc
- 9** Add the cooked millet noodles and stir well evenly
- 10** Garnish with fresh coriander and serve hot



Nutritional information:

Millet noodles are a much healthier alternative to plain flour noodles. Adding a lot of vegetables to it can make it fibre rich and filling. It is a smart alternative to satisfy the taste buds of children. Such noodles can also be a part of a diabetic diet or a weight loss program.

Recipe contributed by:

Neha Khara, Project Manager, Environment, Climate Change and Biodiversity Cluster



Millet Sprouts Bhel



 **Preparation time:** 20 minutes

Ingredients:

1 cup - Jowar puffs
 1 cup - Ragi flakes
 ½ cup - Sprouted moong (steamed)
 2 tbsp - Roasted peanuts
 2 tbsp - Chopped onions
 2 tbsp - Chopped tomatoes
 2 tbsp - Chopped cucumber
 3 tbsp - Pomegranate seeds
 Pudina chutney - as per taste
 Tamarind chutney - as per taste
 Salt - as per taste

Preparation method:

- 1 Mix all the dry ingredients in a mixing bowl
- 2 Add the chopped veggies, cooked sprouts and pomegranate seeds and mix well
- 3 Add some salt and spices or masala of your choice (optional)
- 4 Add the pudina/ mint chutney and tamarind chutney
- 5 Give it a good stir, garnish with coriander and enjoy this delicious bhel immediately



Nutritional information:

This bhel is a perfect healthy snack. It is a very good source of fibre and protein. The traditional fried shev has been replaced with millet flakes for the perfect crunch. This protein packed millet bhel can even be served as an early dinner option for those aiming for weight loss. Kids can also enjoy this healthy bhel, guilt free.

Recipe contributed by:

Neha Khara, Project Manager, Environment, Climate Change and Biodiversity Cluster



Browntop Millet Sweet Porridge/Kheer



 **Preparation time:** 30 minutes

Ingredients:

- 1 cup** - Browntop millet
- 500ml** - Milk
- ½ cup** - Jaggery
- ¼ cup** - Chopped dry fruits
- ½ tsp** - Elaichi/ cardamom powder
- 4-5 strands** - Saffron (optional)
- 2 tsp** - Pure ghee

Preparation method:

- 1** Soak the browntop millet for 6 to 8 hours. Wash it thoroughly and pressure cook it for 3 whistles with three cups of water. Add 1tsp of pure ghee while cooking the millets
- 2** Once cooked, add milk to the millets and simmer on low flame for five minutes. Add the saffron strands (soak the saffron in 2 tsps of warm milk). Add cardamom powder and stir well. Switch off the flame. Let the mixture cool down
- 3** In another vessel add ¼th cup of water and ½ cup of grated jaggery. Melt the jaggery on low flame. Add this mixture to the kheer and mix well
- 4** Adding jaggery directly to the kheer can cause curdling.
- 5** Garnish the kheer with roasted and chopped dry fruits



Nutritional information:

This kheer is a healthy substitute to the regular rice kheer. It is very rich in fiber and has antioxidant properties. Those with a sweet tooth can enjoy this type of millet kheer. This kheer can be prepared with any type of millet. Milk can be substituted with coconut milk or any milk of your choice. Diabetic people can substitute jaggery with stevia if preferred.

Recipe contributed by:

Neha Khara, Project Manager, Environment, Climate Change and Biodiversity Cluster





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