POSHAN Abhiyaan
PM's Overarching Scheme for Holistic Nourishment
सही पोषण - देश रोशन

Ministry of Women and Child Development

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Miracles of India
Millets
Shree Anna

Recipe Book

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FINGER MILLET (RAGI)

Ragi Dosa

Recipe

INGREDIENTS:

- 1 cup finger millet (ragi) flour
- ½ cup rice flour
- ¼ cup split skinless black gram (dhuli urad dal) flour
- 2 dried red chillies, seeded
- ½ teaspoon coriander seeds
- ½ teaspoon fenugreek seeds (methi dana)
- 1 cup yogurt
- Salt to taste
- Oil as required
- Potato bhaji
- 3 large potatoes, boiled, peeled and cubed
- 1 tablespoon oil
- 1 teaspoon split skinless black gram (dhuli urad dal)
- ½ teaspoon mustard seeds
- 2 sprigs of curry leaves
- 2 green chillies, chopped
- 1 large onion, chopped
- ¼ teaspoon asafoetida
- ½ teaspoon turmeric powder
- Salt to taste
- 2 tablespoons chopped fresh coriander leaves
- 1 teaspoon lemon juice

METHOD:

1. Mix together finger millet flour, rice flour, black gram flour, yogurt and sufficient water to a batter of pouring consistency
2. Blend together red chillies, coriander seeds and fenugreek seeds with sufficient water to a coarse paste
3. Add prepare paste in a batter and set aside for overnight to ferment.
4. To make the potato bhaji, heat the oil in a non-stick pan, Add the urad dal, mustard seeds and when they splutter add curry leaves, green chillies, onion sauté till lightly browned. Add asafoetida, turmeric powder, salt and mix well
5. Add potato and mash with the help of back of the spoon. Cook for 2-3 minutes, Add the coriander leaves ,lemon juice and mix well
6. Mix the batter well, adjust salt according to taste and batter should be pouring consistency
7. Heat a non-stick tawa and pour a ladle full of batter, spread evenly and grease with a little oil. Cook for 1-2 minutes
8. Spread potato bhaji evenly and fold in half
9. Serve hot with chutney

VIDEO

Ragi Uttapam

Recipe

INGREDIENTS:

- 1 cup Ragi flour
- 1/4th cup wheat flour
- 1/4th cup rice flour (optional)
- 3/4th cup water
- Half tsp yeast/baking soda (optional for quick fermentation)
- Salt as per taste
- Finely Chopped coriander
- 1-2 finely chopped green onions
- 1-2 finely chopped chillies
- Cumin seeds
- Some grated coconut fresh/dry (optional)
- Oil
- Butter/ghee (optional)

VIDEO

METHOD:

1. Take a mixing bowl
2. Add 1 cup ragi flour (it is considered as very healthy grain since it contains rich fibers which helps in weight loss and it helps to control the sugar level for diabetic patients, it also contains huge amount of vitamin D)
3. Add 1/4th cup wheat flour
4. Add 1/4th cup rice flour (optional it gives little crunch to the pancake)
5. Add approx 3/4th cup of water to it and mix it well
6. Rest the mixture for minimum 3 hours for blending (In option we can add half tsp of yeast/ baking soda in the mixture for fermentation)
7. Check the batter after 3 hours, the consistency of the batter should be lighter/thinner than before
8. Add salt as per taste
9. Add finely chopped coriander
10. Add finely chopped green onions
11. Add finely chopped chillies
12. Add cumin seeds, it gives a nice flavor to it
13. Add some grated coconut fresh/dry (optional)
14. Again mix it well
15. Now heat up the non stick pan put some oil on it and then wipe the oil with a tissue
16. Put the batter on pan to make small sized pancakes
17. Pour some oil around it (use butter/ghee in option to taste it better)
18. Cover the lid and cook on medium flame
19. Good steam prevents the use of more oil/butter/ ghee
20. Now open the lid after 2-3 mins and you will see nice air bubbles on the pancake, flip the cake and again cover it up with the lid and leave it for 2-3 mins to cook the other side of it
21. You can put the vegetables on the top of the pancake instead of putting in the batter, as we put it on the normal uttapam and then your healthy ragi pancake will be ready
23. Serve it with curd/pudina chutney, it tastes very nice

Ragi Roti

Recipe

INGREDIENTS:

- 1 cup Ragi flour
- 1 cup water
- Salt to taste
- Ghee to apply on Roti

VIDEO

METHOD:

1. Add 1 cup water to a pan and salt to taste
2. Put it on heat and add 1 cup ragi flour when water is heated
3. Mix flour well with water and turn off the heat immediately
4. Transfer to a mixing bowl, let it slightly cool down and start kneading a dough
5. Dust dry flour on rolling board and take a small portion of dough ball
6. Flatten with the help of rolling pin
7. Place roti on hot pan and apply pressure on it using a wet napkin
8. Then flip, cook the other side
9. And take roti on stove flame, roti will puff nicely
10. Cook both the sides
11. Remove the roti from flame and apply ghee on it

SORGHUM MILLET (JOWAR)

Jowar Upma

Recipe

INGREDIENTS:

- 1 cup Jowar
- Salt to taste
- 2 tbsps ghee
- 1 tsp cumin seeds
- A pinch of asafoetida (hing)
- 1 sprig of curry leaves
- 2-3 green chillies, slit
- ½ tsp sugar
- 2 tbsps roasted and crushed peanuts
- 2 tbsps chopped fresh coriander
- Lemon wedges for serving
- Coriander sprig for garnish

VIDEO

METHOD:

1. Wash and soak jowar in sufficient water for 8-10 hours
2. Drain the water, transfer in a pressure cooker. Add 2½ cups water, salt and close the lid
3. Cook on medium heat till the pressure is released 4-5 times
4. Heat ghee in a nonstick pan. Add cumin seeds and once they start to change the colour, add, add asafoetida, curry leaves and chillies and sauté for 30-40 seconds
5. Open the pressure cooker once the pressure settles completely
6. Add cooked jowar and mix well. Add sugar, adjust salt, peanuts, coriander and mix well
7. Transfer in a serving bowl, garnish with lemon wedge, coriander sprig and serve hot

Savoury Jowar Pancakes

Recipe

INGREDIENTS:

- 1½ cups Jowar flour
- ¼ tsp turmeric powder
- ½ tsp red chilli powder
- 2 green chillies, chopped
- Salt to taste
- 1½ tsps sugar
- 1 tsp white sesame seeds
- A pinch of asafoetida (hing)
- 1 tsp ginger-garlic paste
- Oil for cooking
- Chopped onions as required
- Chopped tomatoes as required
- Chopped fresh coriander leaves as required
- Coconut chutney for serving

VIDEO

METHOD:

1. Take jowar flour in a bowl. Add turmeric powder, red chilli powder, green chillies, salt, sugar, white sesame seeds, hing, ginger-garlic paste and mix well
2. Add 1¼ cups water and whisk well to form smooth batter
3. Heat a shallow nonstick pan. Grease it with oil. Pour a ladleful of batter. Sprinkle onions, tomatoes, salt, coriander leaves on top
4. Drizzle some more oil, cover and cook on medium heat for 3-4 minutes
5. Flip and cook on other side for 2-3 minutes more
6. Serve hot with coconut chutney

Jowar Parantha

Recipe

INGREDIENTS:

- 2 cup Jowar flour
- Some finely chopped veggies (onion, carrot & coriander)
- Finely chopped green chillies (as per taste)
- 1/2 tsp ajwain (crush with hands)
- Salt as per taste
- Warm water

VIDEO

METHOD:

1. Take a mixing bowl, add 2 cup jowar flour
2. Add some finely chopped veggies (onion, carrot & coriander)
3. Add finely chopped green chillies (as per taste)
4. Add 1/2 tsp ajwain (crush with hands)
5. Add salt as per taste (You can add veggies and spices or substitute with other ingredients as per your choice and taste)
7. Add warm water gradually and mix well with the help of spoon
8. Further mix it with hands
9. Now place a clean wet cloth on rolling board
10. Take dough ball on it and wet your hands with water
11. Flatten with the help of hands to form thick parantha
12. Now heat up the pan and place parantha on it
13. Roast well on medium flame
14. Then flip and drizzle some oil/ghee
15. Cook for sometime, again flip it and drizzle some oil on other side too
16. Cook until it turns golden-brown from both the sides

PEARL MILLET (BAJRA)

Bajra Khichdi

Recipe

INGREDIENTS:

- 1½ cups Bajra, soaked overnight
- ½ cup split skinless green gram (dhuli moong dal), soaked
- 2 tbsps ghee
- 1½ tsps cumin seeds
- 2-3 green chillies, chopped
- 7-8 curry leaves
- ¼ tsp asafoetida
- 1 large onion, chopped
- 1 large potato, cut into small cubes
- 1 small carrot, peeled and cut into small cubes
- 4-5 French beans, chopped
- 1 tsp turmeric powder
- 2 tsps red chilli powder
- Salt to taste
- ¼ cup green peas
- 2 tbsps freshly chopped coriander leaves

VIDEO

METHOD:

1. Heat ghee in a pressure cooker, add cumin seeds and let the seeds change colour. Add green chillies, curry leaves, asafoetida and sauté for 30 seconds
2. Add onion and sauté till translucent. Add potato, carrot, sauté well and cook for 2-3 minutes. Add French beans and sauté well for 1 minute
3. Add turmeric powder, red chilli powder, salt and mix well. Add bajra, moong dal, green peas, chopped coriander and mix well
4. Add 8 cups of water and mix well. Cover and cook till 5-6 whistles are released

Bajra Crackers

Recipe

INGREDIENTS:

- 1½ cups Bajra flour
- ¼ tsp crushed black peppercorns
- 2 tsps white and black sesame seeds
- ½ tsp carom seeds (ajwain)
- 2 tbsps chopped fresh coriander leaves
- Salt to taste
- ½ tsp Tata Sampann Chilli Powder
- 2 tbsps + 2 tsps oil

VIDEO

METHOD:

1. Take bajra flour in a large bowl, add crushed black peppercorns, white and black sesame seeds, carom seeds, chopped coriander, salt and chilli powder
2. Heat 2 tbsps oil in a pan and pour the hot oil into the pearl millet flour mixture and mix well. Add ¾ cup water and knead to a soft dough
3. Add remaining oil and knead well. Cover with a damp muslin cloth and set aside for 10-15 minutes
4. Preheat the oven at 180˚C
5. Divide the dough into two portions, shape each into a ball
6. To make the crackers, take a parchment sheet and place a dough ball on it and cover with another sheet of parchment and roll the dough into a semi-thick sheet. Cut out roundels using a cookie cutter and place them on a baking tray
7. Place the baking tray in the preheated oven and bake for 8-10 minutes, remove the baking tray out of the oven and flip each cracker and put the baking tray back in the oven and bake further for 6-8 minutes
8. Take the baking tray out the oven and allow the crackers to cool to room temperature, transfer the crackers into an air tight container or serve as required

Palak Bajra Chilla

Recipe

INGREDIENTS:

- 1 bunch finely chopped Spinach (Palak)
- 1 finely chopped small Onion
- Some finely chopped Carrot
- 1 finely chopped small Ginger Knob
- Finely chopped Green Chillies (as per taste)
- 2 tsp Cumin Seeds (Jeera)
- 2 tsp White Sesame Seeds (Safed Til)
- Some dry spices : Turmeric Powder (Haldi), Coriander (Dhaniya) Powder & Red Chilli Powder
- Salt as per taste
- 2 tbs Kasuri Methi (optional or alternatively fresh Methi can be used)
- 1/2 cup Pearl Millet Flour (Bajre ka atta)
- 1/4 cup Gram Flour (Besan for binding)
- Approx 3 tbs Water
- Few drops of Oil (for frying)

VIDEO

METHOD:

1. In a mixing bowl, take 1 bunch finely chopped Spinach (Palak)
2. Add 1 finely chopped small Onion
3. Add finely chopped Carrot
4. Add 1 finely chopped small Ginger Knob
5. Add finely chopped Green Chillies (as per taste)
6. Add 2 tsp Cumin Seeds (Jeera)
7. Add 2 tsp White Sesame Seeds (Safed Til)
8. Now add dry spices
9. Add some Turmeric Powder, Coriander (Dhaniya) Powder & Red Chilli Powder
10. Add Salt as per taste
11. Add 2 tbs Kasuri Methi
12. Combine everything together
13. Add 1/2 cup Pearl Millet Flour (Bajre ka atta)
14. Add 1/4 cup Gram Flour (Besan for binding)
15. Mix it by adding approx 3 tbs Water gradually
16. Consistency of the batter should be thick
17. Heat a non stick pan, add a drop of Oil and wipe out with tissue paper
18. Now pour the batter to make 2-3 small sized chillas
19. Drizzle some Oil on it and flip over when the chilla turns dry from top
20. Flip again and cook until it turns golden-brown from both the sides

FOXTAIL MILLET

Foxtail Upma

Recipe

INGREDIENTS:

- 1½ cups Foxtail millet
- 2 tbsps coconut oil
- 1 tbsp Bengal gram (chana dal)
- 1 tbsp split skinless black gram (dhuli urad dal)
- 1 tsp mustard seeds
- ¼ tsp cumin seeds
- 3-4 green chillies, chopped
- 7-8 curry leaves
- 1 medium onion, finely chopped
- 1 large tomato, finely chopped
- 1 medium carrot, cut into small cubes
- Salt to taste
- ¼ cup boiled green peas
- 2 tbsps chopped fresh coriander leaves
- Fresh coriander sprig for garnish
- Coconut chutney to serve

VIDEO

METHOD:

1. Dry roast foxtail millet in a non-stick pan till golden brown. Transfer this into a bowl
2. Heat coconut oil in the same pan. Add Bengal gram and split skinless black gram and sauté till they turn golden brown
3. Ad mustard seeds and cumin seeds and cook for a few seconds. Add green chillies, curry leaves and onion and mix well. Cook till the onion turns translucent
4. Add tomato, carrot and salt and mix well. Cover and cook for 2-3 minutes
5. Add the roasted foxtail millet, mix and cook for 1-2 minutes. Add 3 cups hot water, mix, cover and cook on high heat till the water evaporates. Reduce the heat to low and continue to cook for 8-10 minutes
6. Add green peas and coriander leaves, mix, cover and cook for 1 minute
7. Take the pan off the heat and garnish with coriander sprig. Serve hot with coconut chutney

Foxtail Fried Rice

Recipe

INGREDIENTS:

- Foxtail Millet – 1 cup
- Carrot – 1 full
- French Beans – 20 numbers
- Bell Peppers – ½ portions
- Cabbage – ½ portions
- Onion – 2 numbers
- Spring Onions – 20 twigs
- Green Chilli – 4 numbers
- Oil – 1/3 rd cup
- Chilli Flakes – 3 tsp
- Italian Seasoning – 3 tsp
- Pepper – 2 tsp
- Salt – To taste

METHOD:

1. Take a bowl and add 1 cup, Foxtail Millet, add water to rinse well. Rinse and strain to remove the dust. Add water and allow it to soak the Foxtail Millet for 15 to 20 minutes
2. Add water to a non-stick pan and allow boiling the water. Now strain and add the soaked Foxtail Millet to the boiling water
3. Allow the Foxtail Millets to cook with the boiling water and after about 15 minutes it's cooked and ready to use. Strain in a colander and ensure the cooked Foxtail Millet is free of excess water. Transfer the strained Foxtail Millet back to the non-stick pan and allow it to cook for 5 minutes in simmer with a lid closed
4. Transfer the cooked Foxtail Millet to a plate and allow it to cool. This is to ensure for a non-sticky cooked Foxtail Millet Fried Rice. Add 1/3 rd cup Oil to a non-stick heated pan. Once the oil is heated add sliced Green Chillies and Onions thin sliced. Add Ginger Garlic paste (Optional) to the pan and fry well
5. Now add the chopped vegetables one by one. Start with chopped Carrots, chopped French Beans, chopped Capsicum, and finely chopped Cabbage. Once the vegetable is half cooked let's spice up the mixture with Chilli Flakes – 3 tsp, and Italian seasoning 3 tsp, Pepper 2 tsp, and finally Salt as per taste. Mix well
6. Once the vegetables are cooked well, add chopped Spring Onions to avoid over-cooking of Spring Onions. Now add the cooked and cooled Foxtail Millet to the vegetables masala and mix them well
7. Once this is done close the lid yet again and allow the Foxtail Millet Fried Rice to cook and blend well with the vegetables and spices. Hot and tasty Foxtail Millet Fried Rice is ready to serve with sauce to the entire Family

VIDEO

Foxtail Dosa

Recipe

INGREDIENTS:

- Foxtail Millet - 1 cup
- Urad Dal - 1/4 cup
- Fenugreek seeds - 1/4 Tsp
- Poha/Beaten Rice - 1/3 cup
- Water
- Salt to taste
- Oil/Ghee

VIDEO

METHOD:

1. Soak the millet for 6 hours
2. Soak the urad dal with fenugreek seeds for about 6 hours
3. Soak the beaten rice for 30 minutes before grinding
4. Grind everything to a fine batter and mix well together
5. Add salt and let the batter ferment for 6 hours
6. After fermentation, pour a ladle of batter on the tawa and start making the dosas
7. Serve the Millet Dosas hot with sambar and chutney

BARNYARD MILLET

Barnyard & Fig Salad

Recipe

INGREDIENTS:

- 1½ cups cooked Barnyard millet
- 4-5 fresh figs
- 3 tbsps olive oil
- 1 tbsp + 1 tsp honey
- ½ lemon
- 1 tbsp peanut butter
- Salt to taste
- Crushed black peppercorns to taste
- 1 medium onion, roughly chopped
- ½ cup roughly chopped mixed bell peppers
- 100 grams tofu, cut into ½ cm cubes
- 1 tbsp chopped fresh parsley + for garnish
- 6-8 iceberg lettuce leaves, torn
- 6-8 lollo rosso lettuce leaves, torn
- Sliced black olives as require

METHOD:

1. Take olive oil in a jar. Add 1 tbsp honey. Squeeze lemon. Add peanut butter, salt, crushed black peppercorns and shake well
2. Quarter the figs and transfer in a bowl. Drizzle remaining honey, add salt and mix well
3. Take banyard millet in a bowl. Add onion, bell peppers, tofu, parsley and mix well
4. Add 2 tsps of prepared dressing and mix well
5. Arrange iceberg and lollo rosso lettuce leaves in a serving plate, arrange the millet mixture on top
6. Arrange the figs and black olive slices on top Drizzle remaining dressing over top
7. Sprinkle parsley and serve

VIDEO

Barnyard Cutlets

Recipe

INGREDIENTS:

- Dehulled Barnyard millet grains - 100 g
- Potatoes - 20 g
- Carrots - 20 g
- Beans - 20 g
- Salt - 5 g
- Pepper - 5 g
- Chat masala - 5 g
- Bread crumbs - 20 g
- Channa dal - 30 g
- Green chillies - 5 g
- Water - as required and oil - for shallow or deep frying

METHOD:

1. Cook barnyard millet in boiling water and fluff it with a fork and leave it to cool
2. Mix channa dal flour with curd and keep it aside. Boil potatoes and all vegetables
3. In a pan, heat oil add finely chopped onions, green chilli, garlic, ginger and sauté until onions turns transparent
4. Then add salt, pepper powder, chaat masala, turmeric, cooked vegetables and millet. Then add finely chopped coriander leaves and mix well. Cook further for few more minutes
5. When cool, divide the mixture equally and shape into cutlet, press bread crumbs over it and shallow fry on both sides until golden brown or deep fry them in oil
6. Serve with Hot Sauce

VIDEO

Barnyard Poha

Recipe

INGREDIENTS:

- 1 cup Banyard millet
- 2 tbsps oil
- 2-3 tbsps raw peanuts
- 1 tsp mustard seeds
- ½ tsp cumin seeds
- 2 green chillies, chopped
- 10-15 curry leaves
- 2 medium onions, chopped
- Salt to taste
- ¼ tsp turmeric powder
- ½ tsp sugar
- 1 lemon wedge
- 2 tbsps chopped fresh coriander
- Fresh coriander sprig for garnish

VIDEO

METHOD:

1. Heat a nonstick pan. Add banyard millet and roast on medium heat for 4-5 minutes
2. Add 2 cups water, cover and cook on high heat till water is absorbed
3. Lower the heat and cook for 5 minutes
4. Heat oil in a nonstick pan. Add peanuts and sauté till golden brown. Drain and set aside
5. Add mustard seeds and once they begin to splutter, add cumin seeds, green chillies, curry leaves and mix well
6. Add onions and mix well. Add salt, turmeric powder and mix well. Sauté on medium heat for 2-3 minutes
7. Add sugar and mix. Add cooked banyard millet and mix
8. Sprinkle 2 tbsps water, cover and cook for 2-3 minutes
9. Squeeze lemon, add the peanuts, coriander and mix well
10. Transfer into a serving bowl, garnish with coriander sprig and serve hot

PROSO MILLET

Proso Phirni

Recipe

INGREDIENTS:

- Fields of gold Proso millet: 1 cup
- Fields of gold organic jaggery: 1/2cup
- Milk: 6 cups
- Salt: ¼ tsp
- Organic cardamom: 2nos.
- Fields of gold desi ghee: 1 tbsp
- Dry fruits: ½ cup

METHOD:

1. Soak Proso millet for 20 mins in Luke warm water
2. In a thick bottom sauce pan, heat ghee and saute dry fruits of your choice and keep them aside in a bowl
3. In the same ghee add the soaked millet and let it get light brown in colour
4. Add cardamoms milk and jaggery to it
5. Simmer it on low flame till it thickens
6. Garnish with sautéed dry fruits

VIDEO

Proso Pizza

Recipe

INGREDIENTS:

For Pizza Dough

- 1 Cup Proso Millet
- 1 Large Sweet Potato, boiled and mashed
- Salt, to taste
- 1 tsp Italian Seasoning
- ½ tsp Oil, for greasing

For Topping

- ¼ Cup Pizza Sauce
- ½ Cup Pizza cheese, grated
- ½ Cup Sauteed Vegetable, sliced (garlic, onion, green & yellow bell pepper)
- 2-3 Baby corn, sliced & blanched
- 4-5 Mushroom, sliced
- 3-4 Black Olives, sliced
- ½ tsp Italian Seasoning
- Few Basil Leaves, hand torn

METHOD:

1. For pizza dough, make proso millet flour by grinding the millet to a fine powder
2. Now in a mixing combine millet flour, mashed sweet potato, salt, Italian seasoning and mix well
3. Using ¼ cup water knead into a soft dough
4. Now take 8" inch pizza plate (bakeware) and grease with little oil
5. Now press and spread the dough on the pizza plate till you get an even circular pizza base
6. Bake the pizza base in a pre-heated oven at 180°c for 10mins
7. Remove the pizza base from the oven and let it sit for 4-5mins
8. Now apply pizza sauce on the base and grate generous amount of cheese
9. Place the sautéed vegetables, baby corn, mushroom, black olives on the pizza
10. Lastly sprinkle Italian seasoning and place some basil leaves
11. Bake the pizza at 180°c for more 10 mins

KODO MILLET

Kodo Idli

Recipe

INGREDIENTS:

- 1 cup Kodo millet
- 1/4 cup Split Black gram/ Urad dal
- 1/2 tsp Fenugreek seeds/ methi
- 2 tbsps Thick beaten rice/ Poha
- Salt, as needed
- Oil to grease

METHOD:

1. Take kodo millet, urad dal and methi in a bowl. Wash nicely and soak for about 4 hours. Just 30 mins before grinding, wash and soak poha with rest of the ingredients
2. In a mixer/grinder, grind all the soaked ingredients adding very less water. if you intend to use same batter to make both idli dosa grind medium smooth. Transfer to a container, add salt and mix well. Set aside overnight / 6-10 hrs for fermentation
3. Morning the batter would have fermented well. Mix well before pouring into greased idli moulds
4. Heat water in a steamer.Grease idli molds with oil. Pour the batter into idli stand
6. Steam for 10-12 mins on medium flame. Prick a tooth pick, if it comes clean it means its done. Allow it to cool a bit and remove from molds using a spoon or knife
6. That's it soft, spongy and healthy kodo millet idlii's are ready to serve. Serve with Chutney/Sambar/ Chutney Powder

VIDEO

Kodo Pulao

Recipe

INGREDIENTS:

- 1 cup Kodo millet
- 2 cups mixed vegetables (carrot, beans, green peas and capsicum)
- 2 tablespoon ghee or oil
- 2 bay leaves
- 1 teaspoon cumin (jeera) seeds
- 1 sprig curry leaves
- 1 large onion
- ½ teaspoon turmeric powder (haldi)
- ½ teaspoon garam masala powder
- salt to taste
- 2 cups water
- juice of half lime

To Grind:

- 2 tablespoon onion
- 1 inch ginger
- 3 cloves garlic
- 3 green chillies
- ¼ cup mint (pudina)
- ¼ cup coriander leaves (cilantro)
- 2 cloves
- 1 inch cinnamon stick
- 1 cardamom
- ½ teaspoon fennel seeds (saunf) optional

VIDEO

METHOD:

1. Chop all the vegetables like carrot into cubes, beans, capsicum lengthwise as in the image and use frozen peas. Chop onion lengthwise
2. Soak Kodo Millet in sufficient water for 15-20 minutes. If you are in a hurry, skip this step. In this recipe, I dint soak millets
3. Take all the ingredients listed under "To Grind" into a mixer grinder and blend to a smooth paste
4. In a Pot, add oil or ghee and once it's hot, add the bay leaves, jeera, saute for 30 secs till jeera splutters. Then add curry leaves
5. Then add sliced onions and saute for 2-3 minutes until they turn soft and light brown – stir regularly
6. Next, add ground mint coriander paste and saute for 2-3 minutes until the raw smell disappears
7. Add mixed vegetables and cook for a minute
8. Then add rinsed millet, turmeric powder, garam masala powder, salt and water and mix everything well
9. Let everything come to a boil. Then reduce the flame to low and tightly cover the vessel with a lid. Cook on very low flame until all the water has evaporated. Stir occasionally
10. Then switch off the flame and let it rest covered for at least 10 minutes. Fluff up the millet gently. Squeeze some lime juice and garnish with coriander leaves
11. Kodo Millet Pulao is ready. Serve with raita or plain yogurt

Kodo Roti

Recipe

INGREDIENTS:

- Kodo Millet - 2 Cups (125 gms)
- Blackgram flour - 1/2 Cup (30 gms)

METHOD:

1. Take 2 Cups of Kodo Millet Flour in a mixing bowl
2. Add 1/2 cup of Blackgram flour and mix well
3. Take 2 spoons of mixed flour in a bowl, add 3/4 cup water and mix well till lumps dissolve to make some starch
4. Pour 3/4 cup of water in a clay pot and bring to boil
5. Add flour starch in it and stir continuously for couple of minutes
6. Add Millet flour in it and close the lid to cook for 2 minutes
7. Two minutes later switch off the flame and let the flour to cool

VIDEO

LITTLE MILLET

Little Urad Dal Dosa

Recipe

INGREDIENTS:

- 1/4 cup Urad dal
- 2 cups Little millet
- salt as per taste
- Water to grind
- Oil for greasing

METHOD:

1. Soak urad dal and little millet with enough water (separately) for 8 hours
2. Grind the urad dal to a fine paste by adding little water. Transfer it to a bowl
3. Now grind the little millet coarsely with little water and add it to the urad dal paste bowl
4. Mix both the batter gently. Allow it to ferment over night or atleast 8 hours
5. Next morning add in salt and little water (if required) to reach dosa batter consistency
6. Take a non stick tava. Heat it. Grease it with a drop of oil
7. Pour a paddle of the dosa batter and make dosa
8. Serve hot with chutney or tomato thokku

VIDEO

Little Idli

Recipe

INGREDIENTS:

- 1.5 cups Little Millet
- 1/3 cups Urad Dal
- 0.25 tsp Fenugreek Seeds
- 1 Salt
- 1 Oil (to grease idli plates)

METHOD:

1. Measure and soak 1.5 cups of little millet in water. Let it soak for about a minimum of five hours
2. Soak 1/3rd cup of Urad dal along with 1/4th tsp of methi/Fenugreek seeds for three hours
3. Transfer the urad dal and grind it to a smooth paste. Once it is grounded, add soaked millets and grind them to a smooth batter. This will take about 20 - 25 mins. Transfer to a bowl along with water and add salt to taste
4. Allow it to ferment overnight. The next morning, mix the fermented batter with a ladle
5. Grease idli plates and pour the batter in to each plate. Steam cook for 10 mins and transfer the steamed idlis to a serving bowl. Serve them hot with any chutney, sambar or powders of your choice

VIDEO

Little Upma

Recipe

INGREDIENTS:

- Little millet - 250 gm
- Onion - 1 pc
- Carrot - 1 pc
- Beans - 50 gm
- Ginger - 1 inch
- Black gram - 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

METHOD:

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

VIDEO

BROWNTOP MILLET

Browntop Bisi Bele Bath

Recipe

INGREDIENTS:

- 1/2 Cup Browntop Millet
- 1/2 Cup Tur Or Arhar Dal Pigeon Peas
- 2 Cup Mixed Veggies Onion, Carrot, Beans etc
- 2 Tbsp Ginger Juelienne
- 2 Tbsp Green Coriander
- 2 Tbsp Ghee Clarified Butter
- 1/2 tsp Methi Dana Fenugreek Seeds
- Pinch Asafoetida
- 2 Tbsp Sambhar Masala
- 1 Cup Water
- 1 tsp Salt Or As Per Taste
- 1/2 tsp Turmeric Powder
- 1/2 tsp Kashmiri red Chilli Powder Or As Per taste
- 1 Small Piece Tamarind

For Tempering

- 1 Tbsp Ghee
- Few Sprigs Curry Leaves
- 1 or 2 Pc Dry Red Chilli
- 1/2 tsp Mustard Seeds

METHOD:

1. Soak Browntop millet for 2 hours and tuar dal for at least half an hour
2. Chop veggies. I used carrots, beans, peas and tomatoes
3. Grate ginger or chop it finely
4. Soak tamarind
5. Make Sambhar Masala. If you have handy then skip this point
6. In a pressure cooker, put 1 tablespoon ghee. Splutter mustard seeds and asafoetida
7. Saute grated ginger. Add chopped veggies. Saute all this for 30 seconds or so
8. Mix in turmeric powder and Sambhar Masala Powder
9. Add soaked and rinsed millets and tur dal
10. Add salt and water. Drop-in 1 or 2 whole green chillies as it renders a lovely flavour. Since its whole, it wont make it spicy. I used equal quantity of water, like 1 cup water for 1/2 cup millet plus 1/2 cup tur dal
11. Pressure cook for one whistle on medium-high flame. After the whistle, switch off the flame and let the pressure settle down on its own
12. Make the tempering. For this take, one tablespoon ghee in a pan, when heated sufficiently, splutter curry leaves, rwhole red chillies and mustard seeds
13. Take out pulp from the soaked tamarind. Use only 2 Tbsp of it
14. Once the pressure settles, flip the cooked mixture. Add the tempering and tamarind pulp. Mix lightly
15. Add lots of green coriander. Top up with ghee
16. Serve with love. Salad, mint Raita and Papad optional

VIDEO

Browntop Idli

Recipe

INGREDIENTS:

- Browntop millet – 2 cups
- Urad Dal – 3/4th cup
- Flattened rice/poha – 1/4th cup
- Salt
- Cold-pressed oil

METHOD:

1. Wash & soak browntop millet for 6-8 hours (or overnight)
2. Wash & soak urad dal & poha for 4 hours
3. Put them all in a mixer grinder to make a smooth batter. Add water to adjust consistency
4. Empty in a vessel. Add salt
5. Mix well
6. Leave the batter to ferment for 6-8 hours (or overnight)
7. The batter will fluff up a bit. Mix well
8. Grease an idli plate with oil
9. Pour 3/4th ladle of the batter into the moulds
10. Steam the idlis for 10-15 minutes
11. Demould and serve hot with chutney or sambhar

VIDEO

POSHAN Abhiyaan
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सही पोषण - देश रोशन

Ministry of Women and Child Development

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