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MILLETS RECIPE BOOKLET



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Millets Recipe Book

BAJRA KACHORI



*By Chef Reenu Jainar

Ingredients

- 4 potatoes (300 grams)
- ½ cup chopped spinach
- ¼ cup chopped capsicum
- 2 pieces green chillies
- 1 tsp grated ginger
- 1 tsp fenugreek leaves
- ½ tsp cumin seeds
- 1 pinch asafetida
- ½ tsp crushed red chillies
- ¼ tsp turmeric powder
- Less than 1 tsp salt
- 1 cup (150 grams) sorghum flour (jowar)
- 2 tsp oil
- Oil for frying

Methods

- In a big bowl mix all ingredients and make a dough, no need to add water.
- Grease the dough with oil or ghee.
- Heat oil in a wok or pan.
- Make small puri and put the puris into hot oil. Keep the flame medium while frying.
- Serve with curd or green chutney.

RAGI CHILLA



*By Chef Reenu Jainer

Ingredients

- ½ cup finger millet flour (ragi atta)
- ½ cup gram flour (besan)
- ¾ cup of water
- Capsicum, onion, tomato and coriander finely chopped
- 250 grams paneer for stuffing
- Coriander powder, red chilli powder, garam masala, salt as per taste
- Oil or ghee

Methods

Preparation for Stuffing

- Add ragi atta and besan into a mixing bowl, add salt and water for a thick batter (not so runny).
- Keep bowl aside for 10 minutes.
- Heat a pan and pour some oil.
- Put finely chopped onion till it becomes transparent.
- Add chopped tomato, capsicum, coriander powder, red chilli, salt and garam masala. Cover the pan with a lid for 2 minutes.
- When vegetables are cooked a little, add salt and grated fresh paneer.
- Mix them well and add coriander into it.
- Stuffing is ready.

Preparation for Chilla

- Heat a tawa, add little bit of oil and spread it with the help of tissue paper.
- Take a full ladle of batter and spread evenly on tawa.
- Add some oil if needed.
- Turn chilla when it becomes golden brown from both sides.
- Add stuffing on the prepared chilla and serve it hot with green coriander chutney or curd.

RAGI APPLE JALEBI



*By Chef Reenu Jainar

Ingredients

- ½ cup ragi flour (finger millet)
- 1 tsp baking soda
- 1 tsp green cardamom powder
- ¼ cup yogurt
- A pinch of saffron
- 1 apple
- 250 grams sugar
- Oil for deep frying
- Cherry for garnishing

Methods

To make the Sugar Syrup

- Add 50 ml water and 250 grams sugar into a pan.
- Let it boil for 10 minutes. In 10 minutes, it will be ready.

To make the Ragi Jalebi

- Add flour, baking soda, green cardamom powder, yogurt, a pinch of saffron and some water in a bowl and whisk together forming a lump free batter.
- Core and slice the apple
- Heat sufficient oil in a pan/kadai for deep frying.
- Dip the sliced apples in jalebi batter and deep fry till it turns golden.
- Drain on an absorbent paper. Soak in the prepared sugar syrup.
- Transfer to a serving plate, garnish with a cherry on top of each. Sprinkle a few saffron strands and serve.

MILLET SALAD WITH CHICK PEA



*By Chef Nitu Chawla

Ingredients

- 1 small cup foxtail millet/kangni
- 1 cup boiled chick pea
- 1 tbsp onion
- 1 tbsp cucumber
- 1 tbsp boiled potato
- 1 tbsp tomato
- 1 tbsp capsicum/ bell pepper chopped
- 1 tbsp sweet corns
- 1 tbsp peanuts
- 1 tbsp pomegranate
- 1-2 chopped green chilli
- 1 tsp chopped garlic (optional)
- 1 tbsp olive oil (optional)
- Salt, chaat masala, mint chutney (optional)

Methods

- Wash foxtail millets 2-3 times.
- Dip in water for 15-20 minutes.
- Strain and boil in 3 cups of water for 10 minutes.
- Cook until it gets soft and strain rest of the water.
- Let it cool completely.
- Take a bowl and add millet, boiled chickpeas, onion, chopped boiled potatoes, tomatoes, capsicum, cucumber, peanuts, green chilli, coriander, lettuce, lemon juice, salt as per taste, chaat masala and mint chutney.
- Mix it well and serve.

BAJRA MATHRI



*By Chef Reenu Jainer

Ingredients

- 3 cups bajra flour (pearl millet)
- 1 tbsp ajwain
- 1 tsp whole black peppercorns
- ½ tsp jeera
- 1 ¼ tsp pink salt
- 1 tbsp kasuri methi
- ¼ tsp turmeric powder
- 1/3 cup for frying groundnut oil
- ¾ cup water

Methods

- Take a big bowl to knead the dough.
- Pour 3 cup of bajra flour.
- Add crushed ajwain, crushed black pepper, salt, jeera, kasuri methi and haldi powder.
- Add oil in mixture, mix it well till binding.
- Add water to knead a medium soft dough, let it rest for 10 minutes.
- Heat a wok, pour oil for deep frying.
- Make a small cookie size mathri, make holes with the help of forks, fry them till golden brown color.
- Serve as snacks.

BAJRA LADDOO



*By Chef Reenu Jainier

Ingredients

- 1 ½ cups pearl millet (bajra) flour
- ½ cup ghee
- 1 cup chopped jaggery (gud)
- ½ cup roasted peanut powder
- 2 tbsp chopped cashew nuts
- 2 tbsp chopped almonds
- 2 tbsp roasted dried coconut
- ½ tsp green cardamom powder
- ½ cup fried edible gum resin (gondle)
- Roasted sesame seeds

Methods

- Heat ghee in a non-stick pan. Add pearl millet flour and mix well. Continuously mix till the flour is fragrant and golden. Transfer on a large plate and allow to cool completely.
- Heat jaggery in another pan. Cook till it melts completely. Take the pan off the heat and allow it to cool completely.
- Add the roasted peanut powder into the roasted flour mixture along with cashew nuts, almonds, dried coconut, green cardamom powder and fried edible gum resin. Add the cooled melted jaggery and mix till well combined.
- To make the laddoos, take small portions of the mixture and shape each portion into a ball. Roll it over the sesame seeds.
- Arrange on a serving plate and serve.

SAMAK/BARNYARD SMOOTHIE



*By Chef Nitu Chawla

Ingredients

- 1 small cup barnyard (samak rice)
- 3 small cup water
- 1 banana
- 3 small cup milk
- 1 tsp powdered sugar or honey
- 1 tbsp Hershey's chocolate syrup
- 7 almonds
- 5 walnuts (giri)
- Unsalted pistachios for garnishing

Methods

- Wash barnyard millet 2-3 times.
- Dip in water for 15-20 minutes.
- Strain and boil in 3 small cups of water for 10 minutes.
- Cook until it gets soft and water dry up completely.
- Let it cool completely.
- Take a mixer grinder jar, then put cooked and add half banana, 3 small cups of milk, 1 tsp powdered sugar, 1-2 tbsp Hershey's syrup, soaked almonds and walnuts then grind it well.
- Put in glass and garnish with almonds and pistachios.

RAGI SHAKARPARE



*By Chef Ankita

Ingredients

- 50 gm ragi flour
- 50 gm wheat flour
- 2 gm soda
- 3 gm ajwain
- White sesame seeds
- 3 gm ghee
- Jaggery powder to taste
- Water as required

Methods

- Take a large bowl and add all the dry ingredients, mix well.
- Now add required amount of water to make a soft and pliable dough (like chapatti dough).
- Pinch the dough and make a medium-sized ball from the dough on a dusted board.
- Roll into a disc neither too thin not too thick.
- Roll in the form of chapatti and cut into diamond shapes.
- Deep fry in hot oil and fry till it attains golden yellow color.
- Serve like millet sweet savory snacks with tea.

SAMAK/BARNYARD UPMA



*By Chef Reenu Jain

Ingredients

- 1 cup barnyard millet
- 2 tsp oil
- ¼ cup peanuts
- 1 tsp cumin/mustard seeds
- 1 chopped green chilli
- 1 chopped onion
- 1 chopped carrot
- ¼ cup peas
- Salt as per taste
- Water as needed
- Finely chopped coriander leaves for garnishing
- ½ tsp turmeric powder
- 1 tsp sugar
- ½ lemon juice

Methods

- Add ½ cup water in a pan.
- Add 1 cup of samak rice and salt as per taste. Boil it.
- Roast peanuts in 2tbsp oil in a pan. Add cumin/mustard seeds, curry leaves.
- Add onion and sauté till golden brown.
- Add finely chopped carrot, green peas, salt, turmeric powder and green chilli. Add boiled samak rice.
- Mix all ingredients well. Add lemon juice and finely chopped coriander.
- Upma is ready to serve.

RAGI CHINESE IDLI



*By Chef Nitu Chawla

Ingredients

- 1 small cup ragi flour
- 1 small cup semolina (suji)
- 1 small cup curd
- 1 pouch eno
- 1 tsp salt
- Oil for greasing mould
- 2 tbsp hot and sweet sauce
- Onion, capsicum, carrot, sweet corns, spring onion

Methods

- Take a bowl and add 1 cup of ragi flour, semolina and curd, mix it well and leave it for 15-20 minutes.
- After 20 minutes add $\frac{1}{2}$ tsp eno, salt and $\frac{1}{4}$ cup of water and mix it well.
- Put water in idli vessel and keep it on gas stove for 5 minutes.
- Grease the idli moulds properly then pour the batter evenly.
- Put idli moulds in the vessel for 10-12 minutes on medium to high flame.
- Take out idli from moulds once it's done.
- Take a pan add 1tsp oil, finely chopped onions and all vegetables.
- Sauté for 2-3 minutes then add salt, 2 tsp hot and sweet sauce, add cooked idlis and mix it very softly.

RAGI PARANTHA NOODLES



*By Chef Nitu Chawla

Ingredients

- 1 cup ragi flour (finger millet)
- 1 cup pearl millet flour (bajra)
- 1 cup wheat flour
- 2 boiled potatoes
- 2 chopped onions
- 1 chopped carrot
- 1 chopped capsicum
- 2 tbsp boiled sweet corn
- 1 chopped spring onion
- ½ chopped cabbage
- 1-2 green chillies chopped
- 1 tbsp kasuri methi
- Salt as per taste
- Red chilli powder
- Desi ghee
- 1 tsp black pepper powder
- 3-4 tbsp hot and sweet sauce
- 1-2 tsp vinegar

Methods

- Take a bowl, add ragi flour, pearl millet flour, wheat flour, boiled mashed potatoes, salt 2 tsp desi ghee and lukewarm water to make dough.
- Rest it for 15 minutes.
- Then roll it with the help of rolling pin.
- Cook both the sides with ghee like parantha.
- Take another pan, add tsp oil then add chopped onion and saute it, add chopped capsicum, carrot, cabbage, boiled corns in it.
- Roll parantha and cut it.
- Add parantha, sweet chilli sauce, vinegar, salt and black pepper in the veggies and toss it softly.
- Garnish with chopped spring onion and white sesame seeds.

BAJRA FRITTERS



*By Chef Ankita

Ingredients

- 30 gm pearl millet flour (bajra)
- 20 gm besan
- 5 gm rice flour
- 2 onions
- Potato
- Coriander leaves
- 1 tsp chilli powder
- 1 tsp coriander seeds
- Salt & water as required
- Ketchup

Methods

- In a mixing bowl add chopped onions, potatoes, coriander leaves, pearl millet flour, besan, rice flour, salt, chilli powder and mix well.
- Set the mixture aside for 5-10 minutes.
- Add water to the above mixture if needed.
- Heat oil in the pan until it attains medium hot.
- Take small portions of batter and gently drop them in hot oil.
- Fry till these pakode turns golden brown color.
- Serve it as spicy millet snack.

RAGI RESHMI PARANTHA



*By Chef Nitu Chawla

Ingredients

- 1 cup rai flour (finger millet)
- 1 cup pearl millet flour (bajra)
- 1 cup wheat flour
- 2 boiled potatoes
- 2 tbsp grated radish
- 2 tbsp grated carrot
- 1 tbsp grated cauliflower
- 1-2 green chillies chopped
- 1 tbsp kasuri methi
- Salt
- Red chilli powder
- Desi ghee

Methods

- Take a bowl, add ragi flour, pearl millet flour, wheat flour, boiled mashed potatoes, grated radish, carrot, cauliflower, green chillies, kasuri methi, salt 2 tsp desi ghee and lukewarm water to make dough.
- Rest it for 15 minutes.
- Then roll it with the help of rolling pin.
- Cook both the sides with ghee like paratha.

BAJRA SWEET DELIGHT



*By Chef Reenu Jainar

Ingredients

- ½ cup bajra/pearl millet flour
- ½ cup besan
- 100 gm desiccated coconut
- 50 gm sesame seeds
- 250 gm ghee
- 50 gm cashew
- 200 gm jaggery

Methods

- Heat a pan and add ghee.
- Add bajra and besan and roast it.
- Take the clean pan and roast the coconut.
- Roast the sesame seeds till it turns light brown.
- Now add jaggery and melt it.
- Mix them well.
- Grease a plate and spread the mixture.
- Keep it aside for 10-15 minutes.
- cut it into pieces. It is ready to be served.

RAGI PANCAKE



*By Chef Reenu Jainar

Ingredients

- ½ cup ragi (finger millet) flour
- ½ cup wheat flour
- 1.5 cup milk
- 2 bananas
- ½ cup jaggery powder
- Dry fruits as per your choice
- 10 drops of vanilla extract
- 1 tsp baking soda
- 1 pinch salt
- Ghee for shallow drying
- Strawberry syrup for drizzling

Methods

- In a bowl sieve ragi flour, wheat flour, baking powder and jaggery powder.
- Add milk, salt, mashed bananas, vanilla extract into it. Make a smooth batter.
- Heat a pan or tawa, grease it with little bit of ghee and pour one ladle of the batter.
- No need to spread it, it will take a shape itself.
- Flip from the other side too.
- When both sides are cooked properly, transfer it into a plate and garnish with dry fruits and strawberry syrup and serve.

SAMAK/BARNYARD CUTLETS



*By Chef Nitu Chawla

Ingredients

- 1 cup barnyard (samak rice)
- 2-3 boiled potatoes
- 2-3 green chillies chopped
- 1 cup millet bread crumbs
- 2-3 tbsp corn flour
- Green coriander chopped
- 1 lemon
- Salt as per taste
- 1 tsp red chilli powder
- Oil for frying

Methods

- Wash barnyard millet 2-3 times.
- Strain and boil in 3 cups of water.
- Add salt and red chilli powder to the samak rice and cook till the boiling water dries up.
- Turn off the gas, add 2-3 boiled mashed potatoes, chopped green chillies and coriander.
- Give it a cutlet shape by hand or in any mould as per your choice.
- Dip it in corn flour slurry and in bread crumbs.
- Deep fry or shallow fry cutlets until it turns into golden brown color.

RAGI IDLI



*By Chef Ankita

Ingredients

- 150 gm ragi (finger millet)
- 150 gm suji
- 1 carrot
- 50 gm sweet corn
- 150 gm curd
- 1 tbs baking soda
- 2 tbs baking powder
- Cashew, almonds, walnuts
- Salt

Methods

- In a bowl mix ragi, suji and curd (ratio 1:1:1). Add water to make batter.
- Then add baking soda, baking powder, salt, finely cut carrot, sweetcorn, and nuts into the batter.
- Allow batter to ferment for half an hour at room temperature (about 30 degree C).
- Finally, the batter is placed in special Idli pans and steam for 8-10 minutes at medium flame.
- Idlis are then served hot.

RAGI LADDOO



*By Chef Reenu Jainer

Ingredients

- 250 gm ragi flour
- 200 gm khand
- 200 gm desi ghee
- 100 gm dry fruits mix crushed
- Few cardamoms crushed

Methods

- Heat a pan and put ghee into the pan when ghee turns hot, add dry fruits and fry them till golden brown color.
- Take out dry fruits from the pan.
- Add ragi flour in remaining ghee till aroma comes from it. Turn off the gas add dry fruits and khand into it.
- Mix them into a good binding mixture.
- Make small ball size laddoo and they are ready to serve.

RAGI SPICY PAKODE



*By Chef Reenu Jainier

Ingredients

- 2 onions finely chopped
- ½ tsp green chilli chopped
- Curry leaves chopped
- 1 inch ginger chopped
- 1 tbsp chana dal
- 1 tbsp peanuts crushed
- ½ tsp turmeric powder
- 3 tbsp coriander leaves chopped
- Salt to taste
- ½ cup ragi flour (finger millet)
- ¼ cup gram flour
- 3 tbsp oil
- Oil for deep frying

Methods

- Soak chana dal in water for 15 minutes.
- Mix all the ingredients together except oil.
- Add 1 tbsp hot oil into the mixture and add water little at a time and make a thick dough (dough should easily form shape)
- Make tiny balls or pinch drop in medium hot oil.
- Keep turning sides and fry until brown and crisp.
- Stain in to a paper towel.
- Serve hot with tomato ketchup or green chutney.

BAJRA ALOO MASALA PURI



*By Chef Reenu Jainar

Ingredients

- 1 cup pearl millet flour
- 2-3 boiled potatoes
- ½ tsp salt
- ½ cumin seeds
- ½ carom seeds
- ¼ tsp turmeric powder
- 1 tsp sesame seeds
- 2 green chillies finely chopped
- 1 tsp red chilli flakes
- 1 tsp grated ginger
- 2 tsp coriander leaves chopped
- Oil for frying

Methods

- Add bajra flour into a mixing bowl.
- Peel the boiled potatoes, grate or mash them.
- Add potatoes into the flour.
- Add all the ingredients and knead it into a soft dough. Add water if needed.
- Grease the dough with oil/ghee and keep aside for 15 minutes.
- Heat a pan and add oil for frying.
- Apply oil on hand and make small puri and slowly put into the oil.
- Fry till golden brown color.
- Take them out and serve hot with green chutney.

RAGI/BAJRA HALWA



*By Chef Nitu Chawla

Ingredients

- ¼ cup ragi flour
- ¼ cup pearl millet flour
- ¼ cup wheat flour
- ¼ cup semolina (suji)
- 1 cup sugar
- 3 cups water
- 2-3 tbsp desi ghee
- Cardamom powder
- 8-10 chopped almonds
- 8-10 unsalted pistachios

Methods

- Take a wok, add ghee then add all flours, sauté it until slightly brown color.
- Then add water and sugar, stir it well, cook until all water dries up.
- Add cardamom powder and dry fruits.
- Halwa is ready to serve.

RAGI HOT AND SOUR SOUP



*By Chef Nitu Chawla

Ingredients

- 1 tbsp ragi flour
- 2 cups of water
- 1 clove chopped garlic (optional)
- 1 tbsp chopped onion
- 1 tbsp chopped capsicum
- 1 tbsp chopped carrot
- 1 tbsp corn
- 1 tsp chopped French beans
- 1 tsp spring onion
- ½ tsp salt or as per taste
- ½ tsp black pepper powder or as per taste
- 1 tsp vinegar
- 1 tbsp hot and sweet sauce

Methods

- Sauté ragi flour for 1-2 minutes on low flame.
- Add water and boil for 2-3 minutes.
- Take another pan, sauté onion and garlic in 2-3 drops of oil then add all chopped vegetables and sauté for 2-3 minutes.
- Add salt, pepper, hot and sweet sauce, vinegar then add ragi flour slurry and cook it for 5 minutes or adjust consistency according to your taste.

RAGI CHOCO MUFFINS



*By Chef Ankita

Ingredients

- 2 cups maida
- 2 cups ragi (finger millet)
- 2 cups sugar
- 2 cups curd
- 1 cup oil
- 8 tbs cocoa powder
- 2 ½ coffee powder
- 3 tbs baking powder
- 1 ½ tbs baking soda
- 1 ½ tbs essence (vanilla)
- 1 cup milk
- 10-11 walnuts

Methods

- Set oven temperature at 170 degree C, grease mould.
- Sieve maida and ragi flour
- Mix oil, curd and sugar continuously in one direction with wooden spoon until mixture becomes fluffy.
- Add essence and mix well.
- Add cocoa powder, coffee powder, baking powder and baking soda to the mixture. Add milk to make consistency.
- Pour the batter in greased mould evenly.
- Place the mould in pre-heated oven for 40 minutes. Bake till crust becomes golden brown.
- Remove the muffins from the oven and after 10 minutes remove it from the mould.

RAGI SWEET DELIGHT



*By Chef Reenu Jainier

Ingredients

- 100 gm ragi flour
- 100 gm wheat flour
- 2 tsp fennel seeds
- ½ cup desiccated coconut
- 150 gm jaggery powder
- ¼ baking soda
- Oil for frying

Methods

- Soak jaggery powder in water.
- Add ragi and wheat flour in a mixing bowl.
- Add fennel seeds and baking soda.
- Add jaggery syrup into the bowl and mix all the ingredients into a thick batter.
- Heat oil in a pan.
- Put half spoon of batter into the oil. Do it 8-9 times. They will become like small ball.
- Take them out when it becomes golden brown.
- Sweets are ready to serve.