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## ***MILLETS RECIPE BOOKLET***




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RAGI LADDU	
Ingredients:	Methods:
<ul style="list-style-type: none"> <li>• 250 gm Ragi Flour</li> <li>• 200 gm Khand</li> <li>• 200 gm Desi Ghee</li> <li>• 100 gm Dry Fruits mix crushed</li> <li>• Few Cardamoms crushed</li> </ul> 	<ol style="list-style-type: none"> <li>1. Heat a pan and put ghee into the pan when ghee turns hot add dry fruits and fry them till golden brown color.</li> <li>2. Take out dry fruits from the pan.</li> <li>3. Add Ragi flour into remaining ghee till aroma comes from it. Turn off the gas add dry fruits and Khand into it.</li> <li>4. Mix them into a good binding mixture.</li> <li>5. Make small ball size laddu and they are ready to serve.</li> </ol>


RAGI CHILLA	
Ingredients:	Methods:
<ul style="list-style-type: none"> <li>• ½ cup Finger Millet Flour (Ragi Atta)</li> <li>• ½ cup Gram Flour (Besan)</li> <li>• Approximately ¾ cup of water</li> <li>• Vegetable of your choice for stuffing like Capsicum, Onion, and Tomato finely chopped</li> <li>• Handful of finely chopped Coriander</li> <li>• 250 gm Paneer for stuffing</li> <li>• Coriander Powder, Red Chili, Garam Masala</li> <li>• Salt as per taste</li> <li>• Oil or Ghee</li> </ul> 	<p><b>Preparation for Stuffing:</b></p> <ol style="list-style-type: none"> <li>1. Add Ragi atta and besan into a mixing bowl, add salt and water for a thick batter (not so runny).</li> <li>2. Keep bowl aside for 10 minutes</li> <li>3. Heat a pan and pour some oil</li> <li>4. Put finely chopped onion till it become transparent</li> <li>5. Add chopped tomato and capsicum</li> <li>6. Add coriander powder, red chili, salt and garam masala, then cover the pan with a lid for 2 minutes</li> <li>7. When the vegetables are cooked a little add salt and grated fresh paneer</li> <li>8. Mix them well and add coriander into it</li> <li>9. Stuffing is ready</li> </ol> <p><b>Preparation for Chilla:</b></p> <ol style="list-style-type: none"> <li>1. Heat a Tawa, add little bit of oil and spread it with the help of tissue paper</li> <li>2. Take a full ladle of batter and spread evenly on tawa.</li> <li>3. Add some oil if needed</li> <li>4. Turn chilla when it becomes golden brown from both sides</li> <li>5. Add stuffing on the prepared chilla and serve it hot with green coriander chutney or curd.</li> </ol>





## RAGI PAKODE

Ingredients:	Methods:
<ul style="list-style-type: none"> <li>• 2 medium sized Onion finely chopped</li> <li>• ½ tsp Green Chili chopped</li> <li>• 1 spring Curry leaves chopped</li> <li>• 1 inch Ginger chopped</li> <li>• 1tbsp Chana Dal soaked in water for 15 minutes</li> <li>• 1tbsp Peanuts crushed</li> <li>• ½ tsp Turmeric powder</li> <li>• 3 tbsp coriander leaves chopped</li> <li>• Salt to taste</li> <li>• ½ cup Ragi Flour</li> <li>• ¼ cup Gram Flour</li> <li>• 3 tbsp hot Oil</li> <li>• Oil for deep frying</li> </ul>	<ol style="list-style-type: none"> <li>1. Mix all the ingredients together expect oil.</li> <li>2. Add 1 tbsp hot oil into the mixture and add water little at a time and make a thick dough. (The dough should easily form shape)</li> <li>3. Make tiny balls or pinch drop in medium hot oil.</li> <li>4. Keep turning sides and fry until brown and crisp.</li> <li>5. Stain it to a paper towel.</li> <li>6. Serve hot with tomato ketchup.</li> </ol> 


## RAGI BANANA PANCAKE

Ingredients:	Methods:
<ul style="list-style-type: none"> <li>• 1/2 cup Ragi (finger millet) Flour</li> <li>• 1/2 cup Wheat Flour</li> <li>• 1.5 cup Milk</li> <li>• 2 Banana</li> <li>• 1/2 cup Jaggery powder</li> <li>• Dryfruits as per your choice</li> <li>• 10 drops of Vanilla extract</li> <li>• 1 teaspoon baking powder</li> <li>• 1 Pinch salt</li> <li>• Ghee for shallow frying</li> <li>• Strawberry syrup for drizzling</li> </ul> 	<ol style="list-style-type: none"> <li>1. In a bowl sieve ragi Flour, Wheat flour, baking powder and Jaggery powder</li> <li>2. Add Milk, Salt, Mashed Bananas, Vanilla extract into it.</li> <li>3. Make a smooth batter</li> <li>4. Heat a pan or tawa, grease it with little bit of ghee and pour one ladle of the batter</li> <li>5. No need to spread it, it will take a shape itself</li> <li>6. Flip from the other side too.</li> <li>7. When both sides are cooked properly, transfer it into a plate and garnish with Dry fruits and Strawberry syrup and serve.</li> </ol>


BARNYARD CUTLETS	
Ingredients:	Methods:
<ul style="list-style-type: none"> <li>• 1 cup Barnyard (Samak rice)</li> <li>• 2-3 Boiled Potatoes</li> <li>• 2-3 Green Chilies chopped</li> <li>• 1 cup Millet Bread Crumbs</li> <li>• 2-3 tbsp Corn Flour</li> <li>• Green Coriander chopped</li> <li>• 1 Lemon</li> <li>• Salt as per taste</li> <li>• 1 tsp red Chilies powder</li> <li>• Oil for frying</li> </ul> 	<ol style="list-style-type: none"> <li>1. Wash Barnyard millet 2-3 times.</li> <li>2. Strain and boil in 3 cups of water.</li> <li>3. Add salt and red chilies powder to the Samak rice and cook till the boiling water dries up.</li> <li>4. Turn off the gas, add 2 -3 boiled mashed potatoes, chopped red chilies and coriander.</li> <li>5. After that, give it a cutlet shape by hand or in any mould as per your choice.</li> <li>6. Then Dip it in corn flour slurry and in bread crumbs.</li> <li>7. Deep fry or shallow fry cutlets until it turns into golden brown color.</li> </ol>

BARNYARD SMOOTHIE	
Ingredients:	Methods:
<ul style="list-style-type: none"> <li>• 1 small Cup Barnyard ( Samak rice)</li> <li>• 3 small cup of water</li> <li>• 1 Banana</li> <li>• 3 small cup of Milk</li> <li>• 1 tsp powdered Sugar or Honey</li> <li>• 1 tbsp Hershey's chocolate syrup</li> <li>• 7 Almonds</li> <li>• 5 Walnuts (giri)</li> <li>• Crushed Almonds and unsalted Pistachios for garnishing</li> </ul> 	<ol style="list-style-type: none"> <li>1. Wash barnyard millet 2-3 times.</li> <li>2. Dip in water for 15- 20 minutes.</li> <li>3. Strain and boil in 3 small cups of water for 10 mins.</li> <li>4. Cook until it gets soft and the water dry up completely.</li> <li>5. Let it cool completely.</li> <li>6. Take a mixer grinder jar than put this cooked samak and add half banana, 3 small cups of milk, 1 tsp powdered sugar, 1 -2 tbsp Hershey's syrup, soaked almonds and walnuts than grind it well</li> <li>7. Put in glass and garnish with almonds and pistachios.</li> </ol>


## JOWAR KHASHA

Ingredients:	Methods:
<ul style="list-style-type: none"> <li>• 4 Potatoes (300 grams)</li> <li>• ½ cup chopped Spinach</li> <li>• ¼ cup chopped Capsicum</li> <li>• 2 pieces Green Chilies</li> <li>• 1 tsp grated Ginger</li> <li>• 1 tbsp Fenugreek leaves</li> <li>• ½ Cumin seeds</li> <li>• ¼ Carom seeds</li> <li>• 1 pinch Asafetida</li> <li>• ½ tsp crushed Red Chile</li> <li>• ¼ tsp Turmeric powder</li> <li>• Less than 1 tsp Salt</li> <li>• 1 cup (150 grams) Sorghum Flour</li> <li>• 2 tbsp Oil</li> <li>• Oil for frying</li> </ul>	<ol style="list-style-type: none"> <li>1. In a big bowl mix all the ingredients and make a dough, no need to add water.</li> <li>2. Grease the dough with oil or ghee</li> <li>3. Heat oil in a wok or pan</li> <li>4. Make small puri and put the puris into hot oil. Keep the flame medium high while frying.</li> <li>5. Serve them with curd or green chutney.</li> </ol> 


## RAGI JALEBI


Ingredients:	Methods:
<ul style="list-style-type: none"> <li>• ½ cup Ragi Flour</li> <li>• 1 teaspoon baking Soda</li> <li>• 1 teaspoon green Cardamom powder</li> <li>• ¼ cup Yogurt</li> <li>• A pinch of Saffron</li> <li>• 1 Apple</li> <li>• 250 grams Sugar for syrup</li> <li>• Oil for deep frying</li> <li>• Cheery for garnishing</li> </ul> 	<p><b>To make the Sugar Syrup</b></p> <ol style="list-style-type: none"> <li>1. Add 50 ml water and 250 gm sugar into a pan.</li> <li>2. Let it boil for 10 minutes. In 10 minutes, it will be ready.</li> </ol> <p><b>To make the Ragi Jalebi</b></p> <ol style="list-style-type: none"> <li>1. 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.</li> <li>2. Core and slice the apple</li> <li>3. Heat sufficient oil in a pan/kadai for deep frying.</li> <li>4. Dip the sliced apples in the jalebi batter and deep fry till it turns golden.</li> <li>5. Drain on an absorbent paper. Soak in the prepared sugar syrup.</li> <li>6. Transfer to a serving plate, garnish with a cherry on top of each. Sprinkle a few saffron strands and serve.</li> </ol>

## MILLET SALAD WITH CHICK PEA

Ingredients:	Methods:
<ul style="list-style-type: none"> <li>• 1 small cup foxtail millet/Kangni</li> <li>• 1 cup boiled chicken pea</li> <li>• 1 tbsp Onion</li> <li>• 1 tbsp Cucumber</li> <li>• 1 tbsp Boiled potato</li> <li>• 1 tbsp Tomato</li> <li>• 1 tbsp Capsicum /bellpepper</li> <li>• 1 tbsp sweet corns</li> <li>• 1 tbsp Peanuts</li> <li>• 1 tbsp pomegranate</li> <li>• 1-2 chopped green chilli</li> <li>• 1 tbsp Green chopped</li> <li>• 1 tsp chopped garlic optional</li> <li>• 1 tbsp olive oil optional</li> <li>• Coriander</li> <li>• Lettuce</li> <li>• 1 lemon</li> <li>• Salt</li> <li>• Chaat masala</li> <li>• Mint chutney optional</li> </ul>	<ol style="list-style-type: none"> <li>1. Wash foxtail millet 2-3 times.</li> <li>2. Dip in water for 15-20 minutes.</li> <li>3. Strain and boil in 3 cups of water for 10 mins</li> <li>4. Cook until it gets soft and strain rest of the water.</li> <li>5. Let it cool completely.</li> <li>6. Take a bowl and add millet, chickpeas, onion, chopped boiled potatoes, tomatoes, capsicum, Cucumber, peanuts, green chilli, coriander, lettuce, lemon juice, salt as per taste, chaat masala and mint chutney than mix it well and serve.</li> </ol> 

## RESHMI MILLET PARANTHA


Ingredients:	Methods:
<ul style="list-style-type: none"> <li>• 1 cup ragi flour</li> <li>• 1 cup pearl millet flour (bajra ka atta)</li> <li>• 1 cup wheat flour</li> <li>• 2 boiled potatoes</li> <li>• 2 tbsp grated radish</li> <li>• 2 Tbsp grated carrot</li> <li>• 2 tbsp grated cauliflower</li> <li>• 1 -2 green chillies chopped</li> <li>• 1 tbsp Kasturi methi</li> <li>• Salt</li> <li>• Red chilli powder</li> <li>• Desi ghee</li> <li>• Lukewarm water</li> </ul>	<ol style="list-style-type: none"> <li>1. Take a bowl than add ragi flour, pearl millet flour, wheat flour, boiled mashed potatoes, radish, carrot, cauliflower, green chilies, kasturi methi, salt, 2 tsp desi ghee and lukewarm water and make dough.</li> <li>2. Rest it for 15 mins.</li> <li>3. Then roll it with the help of rolling pin.</li> <li>4. Cook both the sides with ghee like paratha.</li> </ol> 

BAJRA LADDOO	
Ingredients:	Methods:
<ul style="list-style-type: none"> <li>• 1 ½ cups pearl millet (bajra) flour</li> <li>• ½ cup ghee</li> <li>• 1 cup chopped jaggery (gud)</li> <li>• ½ cup roasted peanut powder</li> <li>• 2 tbsp chopped cashew nuts</li> <li>• 2 tbsp chopped almonds</li> <li>• 2 tbsp roasted dried coconut</li> <li>• ½ tsp green cardamom powder</li> <li>• ½ cup fried edible gum resin (dink)</li> <li>• Roasted sesame seed</li> </ul> 	<ol style="list-style-type: none"> <li>1. 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.</li> <li>2. Heat jaggery in another non-stick pan. Cook till it melts completely. Take the pan off the heat and allow to cool completely.</li> <li>3. 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.</li> <li>4. To make the laddoos, take small portions of the mixture and shape each portion into a ball. Roll it over the sesame seeds.</li> <li>5. Arrange on a serving plate and serve.</li> </ol>


BAJRA/PEARL MILLET MATHRI	
Ingredients:	Methods:
<ul style="list-style-type: none"> <li>• 3 cups Bajra (pearl millet)</li> <li>• 1 tbsp Ajwain</li> <li>• 1 tsp whole black peppercorns</li> <li>• ½ tsp jeera</li> <li>• 1 ¼ tsp pink himalayan salt</li> <li>• 1 tbsp organic kasuri methi</li> <li>• ½ tsp turmeric powder</li> <li>• 1/3 cup wood pressed groundnut oil</li> <li>• ¾ cup water</li> <li>• Wood pressed groundnut oil as needed to fry the mathri</li> </ul> 	<ol style="list-style-type: none"> <li>1. Take a big bowl to knead the dough</li> <li>2. Pour 3 cup of bajra flour</li> <li>3. Add crushed Ajwain</li> <li>4. Add Some black pepper crushed</li> <li>5. Salt according to taste</li> <li>6. Add jeera, kasuri methi and haldi powder</li> <li>7. Add oil in the mixture, mix it well till binding</li> <li>8. Add water to knead a medium soft dough, let it rest for 10 minutes</li> <li>9. Heat a wok, pour oil for Deep frying</li> <li>10. Make small cookies size mathri, make holes with the help of forks, fry them till golden brown color</li> <li>11. Serve in snacks</li> </ol>




## SPICY BAJRA FRITTERS

Ingredients:	Methods:
<ul style="list-style-type: none"> <li>• 30 gm Pearl millet flour</li> <li>• 20 gm Besan</li> <li>• 5 gm Rice flour</li> <li>• 2 Onions</li> <li>• Potato</li> <li>• Coriander leaves</li> <li>• 1 tsp Chilli powder</li> <li>• 1 tsp Coriander seeds</li> <li>• Salt &amp; Water-as required</li> <li>• Ketchup</li> </ul> 	<ol style="list-style-type: none"> <li>1. In a mixing bowl add all the ingredients like chopped onions, chopped potatoes, chopped coriander leaves, pearl millet flour, besan, rice flour, salt, chilli powder, Dhaniya seeds and mix well.</li> <li>2. Mix all of them and squeeze the onions a couple of times to release its juice and set this aside for 5-10 minutes.</li> <li>3. Add water to the above mixture if needed.</li> <li>4. Heat oil in the pan until, it attains medium hot.</li> <li>5. Take small portions of pearl millet onion batter and gently drop them in a hot oil.</li> <li>6. Fry till these pakode turns golden brown color.</li> <li>7. Serve it as spicy millet snack.</li> </ol>

## RAGI SHAKARPARE

Ingredients:	Methods:
<ul style="list-style-type: none"> <li>• 50 gm Ragi Flour</li> <li>• 50 gm Wheat Flour</li> <li>• 2 gm Soda</li> <li>• 3 gm Ajwain</li> <li>• White Sesame seeds</li> <li>• 3 gm Ghee</li> <li>• Jaggery powder to taste</li> <li>• Water as required</li> </ul> 	<ol style="list-style-type: none"> <li>1. Take a large bowl and add all the dry ingredients, mix well.</li> <li>2. Now add required amount of water to make a soft and pliable dough (like chapatti dough).</li> <li>3. Pinch the dough and make a medium-sized ball from the dough on a dusted board.</li> <li>4. Roll into a disc neither too thin nor too thick.</li> <li>5. Roll in the form of chapatti and cut into diamond shapes.</li> <li>6. Deep fry in hot oil and fry till it attains golden yellow color.</li> <li>7. Serve like millet sweet savory snacks with tea.</li> </ol>



RAGI HOT AND SOUR SOUP	
Ingredients:	Methods:
<ul style="list-style-type: none"> <li>• 1 tbsp ragi flour</li> <li>• 2 cups of water</li> <li>• 1 clove chopped garlic (optional)</li> <li>• 1 tbsp chopped onion</li> <li>• 1 tbsp chopped capsicum</li> <li>• 1 tbsp chopped carrot</li> <li>• 1 tbsp corn</li> <li>• 1 tsp chopped French beans</li> <li>• 1 tsp spring onion</li> <li>• 1/2 tsp Salt or as per taste</li> <li>• 1/2 tsp black pepper powder or as per taste</li> <li>• 1 tsp vinegar</li> <li>• 1 tbsp hot and sweet sauce</li> </ul> 	<ul style="list-style-type: none"> <li>• Sauté ragi flour for 1-2 mins on slow flame.</li> <li>• Add water and boil for 2-3 mins.</li> <li>• Take another pan sauté onion and garlic in 2-3 drops of oil than add all chopped vegetables and sauté for 2-3 mins.</li> <li>• Add salt, pepper, hot and sweet sauce, vinegar than add ragi flour slurry and cook it for 5 mins or adjust consistency according to your taste.</li> </ul>

RAGI CHINESE IDLI	
Ingredients:	Methods:
<ul style="list-style-type: none"> <li>• 1 small cup ragi flour</li> <li>• 1 small cup semolina (Suji)</li> <li>• 1 small cup curd</li> <li>• 1 pouch eno</li> <li>• 1 tsp salt</li> <li>• Oil for greasing mould</li> <li>• 2 tbsp hot and sweet sauce</li> <li>• Onion</li> <li>• Capsicum</li> <li>• Carrot</li> <li>• Corns</li> <li>• Spring onion</li> </ul> 	<ol style="list-style-type: none"> <li>1. Take a bowl and add 1 cup of ragi flour, semolina and curd, mix it well and leave it for 15-20 mins.</li> <li>2. After 20 mins add 1/2 tsp Eno, salt and 1/4 cup of water and mix it well.</li> <li>3. Put water in idli vessel and keep it on gas stove for 5 mins.</li> <li>4. Grease the idli moulds properly than pour the batter evenly.</li> <li>5. Put idli moulds in the vessel for 10-12 mins on medium to high flame.</li> <li>6. Take out idli from moulds once it done.</li> <li>7. Take a pan add 1 tsp oil, onions and all vegetables sauté for 2-3 mins than add salt only for vegetables ,2 tsp hot and sweet sauce and add cooked idlis than mix it very soft hand</li> </ol>

## CHOCO RAGI MUFFINS

### Ingredients:

- 2 cups Maida
- 2 cups Ragi
- 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
- Nuts: 10-11 (Walnuts)



### Methods:

#### 1. Preparation:

- Firstly, wash all the utensils and dry them.
- Set oven temperature at 170 °C.
- Prepare the mold by greasing and dusting it.
- Sieve all the dry ingredients (except sugar) for 3-4 times.

#### 2. Creaming: First cream the oil, curd and castor sugar.

Do mixing, continuously and in 1 direction with a wooden spoon until the mixture is light and fluffy. Add essence and mix well. Note: If the mixture is very thick and difficult to cream add little milk to it. If the mixture is very thin add 2 tablespoon of shifter dry ingredients to it.

3. Mixing: In the cream mixture gently add sifted dry ingredients in 3-4 times using cut and fold or circle and half method. Add milk to the mixture along with dry ingredients little by little to get the ribbon like consistency.

4. Panning: Pour the prepared batter in greased and lined muffin mold/ tin taking care that the walls of the mold are kept clean. Spread batter in the mold evenly by lightly tapping it.

5. Baking: Place the muffin mold with batter immediately in the preheated oven, at 170°C for 40 mins. Bake till you get golden brown crust. Insert toothpick or needle or knife and when these come out clean, the muffin is completely baked.

6. Depanning: Remove the muffins from the oven and wait for 10 minutes than remove it from the mold. Place the baked muffins on a wire rack and cool for at least an hour before slicing it.

## RAGI IDLI

### Ingredients:

- 150 gm Ragi
- 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 C).
- Finally, the batter is placed in special Idli pans and steamed for 8–10 min at medium flame.
- Idlis are then served hot.


## Samak Poha


Ingredients :	Methods:
<ul style="list-style-type: none"> <li>• Barnyard millet -1 cup</li> <li>• Oil- 2 TSP</li> <li>• Peanuts-1/4 cup</li> <li>• Cumin/mustard seeds -1tsp</li> <li>• Green chilli -1chopped</li> <li>• Onion - 1 chopped</li> <li>• Carrot -1 chopped</li> <li>• Curry leaves - 8-10</li> <li>• Peas-1/4 cup</li> <li>• Salt -as per taste</li> <li>• Water-as needed</li> <li>• Coriander leaves -finely chopped for garnishing</li> <li>• Turmeric powder -1/2 TSP</li> <li>• Sugar- 1 TSP</li> <li>• Lemon juice - 1/2 lemon</li> </ul>	<ul style="list-style-type: none"> <li>• First of all, take one pan and Add 2and a 1/2 cup of water. Then add One Cup of banyard millet. Add some salt. And give it a boil.</li> <li>• Then take another pan, Add 2 tablespoons of oil. Heat the pan, add peanuts and roast them take them out. Add Cummins/ mustard seeds. Then add Curry leaves. Roast some peanut.</li> <li>• Now add onion into the oil. Sauté it till it becomes golden brown. Then add finely chopped carrot. Some Green peas. Add some salt, Turmeric powder, green chilli. Now we have to add. Boiled rice or barnyard Millet. And mix all the ingredients together. Then. Add lemon juice. And finely chopped coriander leaves. It is ready to serve.</li> </ul>





Bajra Aloo Masala Puri	
Ingredients:	Methods:
<ul style="list-style-type: none"> <li>Pearl millet flour -1 cup around 150 gm.</li> <li>Boiled potato -2-3</li> <li>Salt-1/2 tsp</li> <li>Cumin seeds-1/2 TSP</li> <li>Carom seeds -1/2 TSP</li> <li>Turmeric powder -1/4 tsp</li> <li>Sesame seeds -1 tsp</li> <li>Green chilli finely chopped -2</li> <li>Red chilli flakes -1 TSP</li> <li>Grated ginger -1tsp</li> <li>Coriander leaves -2 TSP chopped</li> <li>Oil for frying and 1/2 cup or less water</li> </ul> 	<ul style="list-style-type: none"> <li>Add bajra flour into a mixing bowl</li> <li>Peel the boiled potatoes, grate or mash them.</li> <li>Add potato into the flour</li> <li>Add all the ingredients and knead it into a soft dough. add water if needed.</li> <li>Grease the dough with oil/ghee and keep aside for 15 minutes.</li> <li>Heat a pan and add oil for frying</li> <li>Apply oil on hand and make small puri and slowly put into the oil.</li> <li>Fry till golden brown color.</li> <li>Take them out and serve them hot with green/imli chutney.</li> </ul>

Bajra Sweet Delight	
Ingredients:	Methods:
<ul style="list-style-type: none"> <li>Bajra/pearl millet flour -1/2 cup(around 100gm.)</li> <li>Besan -1/2 cup</li> <li>Desiccated coconut -100gm.</li> <li>Sesame seeds -50gm.</li> <li>Ghee -250 gm.</li> <li>cashew-50gm.</li> <li>Jaggery- around 200 gm.</li> </ul> 	<ul style="list-style-type: none"> <li>Heat a pan and add ghee</li> <li>Take bajra and besan and roast it</li> <li>Take out the roasted flour</li> <li>Again, take the clean pan and roast the coconut</li> <li>Take it out from the pan</li> <li>Roast the sesame seeds till it turns light brown.</li> <li>Now add jaggery and melt it</li> <li>Add all the prepared ingredients into melted jaggery.</li> <li>Mix them well</li> <li>Grease a plate and spread the mixture</li> <li>Keep it aside for 10-15 minutes</li> <li>Cut it into pieces</li> <li>It is ready to be served</li> </ul>

Millets Prantha Noodles	
Ingredients:	Methods:
<ul style="list-style-type: none"> <li>• 1 cup ragi flour</li> <li>• 1 cup pearl millet flour (bajra ka atta)</li> <li>• 1 cup wheat flour</li> <li>• 2 boiled potatoes</li> <li>• 2 chopped onion</li> <li>• 1 chopped carrot</li> <li>• 1 chopped capsicum</li> <li>• 2 tbsp boiled sweet corn</li> <li>• 1 chopped spring onion</li> <li>• Chopped cabbage</li> <li>• 1 -2 green chilies chopped</li> <li>• 1 tbsp Kasturi methi</li> <li>• Salt</li> <li>• Red chilli powder</li> <li>• Desi ghee</li> <li>• Lukewarm water</li> <li>• 1 tsp Black pepper powder</li> <li>• 3-4 tbsp Hot and sweet sauce</li> <li>• 1-2 tsp Vinegar</li> </ul>	<ul style="list-style-type: none"> <li>• Take a bowl than add ragi flour, pearl millet flour, wheat flour, boiled mashed, salt, 2 tsp desi ghee and lukewarm water and make dough.</li> <li>• Rest it for 15 mins.</li> <li>• Then roll it with the help of rolling pin.</li> <li>• Cook both the sides with ghee like prantha.</li> <li>• Take another pan add tsp oil than add chopped onion sauté it for minute than add chopped capsicum, carrot, cabbage sauté, boiled corns in it.</li> <li>• Roll prantha and cut it.</li> <li>• Add prantha, sweet chilli sauce, vinegar, salt and black pepper in the veggies toss it softly.</li> <li>• Then garnish with chopped spring onion and white sesame seeds.</li> </ul>
	

Millets Halwa	
Ingredients:	Methods:
<ul style="list-style-type: none"> <li>• 1/4 cup Ragi flour</li> <li>• 1/4 cup pearl millet flour</li> <li>• 1/4 cup wheat flour</li> <li>• 1/4 cup semolina</li> <li>• 1 cup sugar</li> <li>• 3 cups water</li> <li>• 2-3 tbsp desi ghee</li> <li>• Cardamom powder</li> <li>• 8-10 chopped almonds</li> <li>• 8-10 unsalted pistachios</li> </ul>	<ul style="list-style-type: none"> <li>• Take a wok add ghee then add all flours sauté it until slightly color gets changed.</li> <li>• Then add water and sugar stir it well cook until all water dries up.</li> <li>• Add cardamom powder and Dry fruits.</li> </ul>
