

Godrej

VIKROLI
Cucina

MILLET S

COOKBOOK

2024





Millets

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Tejashree Inamdar

She started off as an airhostess 15 years ago and slowly yet steadily, veered towards research management. Today, as a researcher and events curator, she has been commissioned by Times of India, BBC, Indian Express Group, along with Bloomsbury India, USA, UK and Australia. She has assisted in food styling the most expensive cookbook in the world – UTSAV, auctioned for Rs. 3 million towards charity. She has been at the helm of 75 commissioned 'white-labelled cookbooks', 450 restaurant menus, 12 International magazines, 200 TVCs and over 200+ consumer packaged retail products in the last 10 years.

Piyush Singh Charag

Piyush's love for food, lighting technique and photography keeps him breathing and hustling in the city of dreams - Mumbai away from his parents' home in Agra. In the last 10 years, he has had a competitive record of working with some of the biggest culinary names in India and internationally – Heston Blumenthal, Massimo Bottura, Varun Inamdar, Vikas Khanna, Ranveer Brar, Vicky Ratnani, Vineet Bhatia, Harpal Singh Sokhi to name a few. His eye for detail paired with his keenness in exploring contrasting concepts and attention to creating a sense of wonder makes his subject look as if it is the only way to be remembered. He is a specialist in creating food story boards and is on the speed dial of most chefs, brands, hotels and restaurants in India and USA. With each shot, Singh has and continues to develop a recognizable style even if the style is - no style!

Author's Note

Health is often associated with one's physical state of well-being and fitness. Health is an extremely powerful word with many connotations and to each one's own. Being healthy has no formula. It is a state of mind which begins with having a principled lifestyle in conjunction with eating right.

Our daily bread is right at the base of our pyramid of subsistence and rightly so! Most lives revolve around food. Every day, we think, breathe and dream of ways to refashion food from its most natural, simple form into nourishing, creative & satiating dishes to serve our families, friends, colleagues & patrons.

With every page you turn, you will notice that the compilation is all about everything that are familiar with, have heard about or have read through the culinary expanse of India. But when you start reading in depth, you will realise that these have been re-modelled to include some of the most nutritious ancient grains, referred to as Millets or as the government has renamed them - 'Nutri-cereals'.

I thank the Godrej Group for their sincerity towards National Food Security and their earnest vision towards healthy nation building through several of their initiatives including this humble book that you hold in your hands. I also thank them for being a bridge between bringing our almost forgotten ancient grains back under the spotlight in our daily kitchens and pushing us every day to re-work and re-vision a recipe, keeping the larger interest of a family's health at the fore, as well as ease of availability of ingredients, adaptability and do-ability.

With India leading the way for 70 countries in their journey towards a healthy and sustainable way forward, I would like to quote Prime Minister Narendra Modi, "Millets or coarse grains have been a part of India's agriculture, culture and civilization since ancient times." Millets are both climate friendly and capable of combating lifestyle diseases, this set of recipes was the most organic way of adding value to each of our lives.

This book will surely be your go-to when it comes to choosing the right food and inculcating the magic of 'local nutrition' into the lives of our loved ones.

Varun Inamdar



VARUN INAMDAR

Foreword

With the aim to create awareness and increase production & consumption of millets, United Nations, at the behest of the Government of India, declared 2023 the International Year Millets at its 75th session in March 2021. #IYM2023 has been truly phenomenal with a series of activities at multiple levels that raised awareness of the nutritional and health benefits of millets and their suitability for cultivation under adverse and changing climatic conditions.

Millets are the oldest crop known to humans and have been an inherent part of our diet for centuries. According to studies, millets were consumed during the Indus-Sarasvati civilization in 3,300 to 1300 BCE. They are a very significant part of Indian agriculture and I do feel that Millets, in all its diversity of range, can be a healthy and affordable source of nutrients for the growing world population.

From government and private sector companies to the general public, including chefs, brands and youth, everyone has played a role in promoting millets in 2023. At Godrej, we launched the “Millet Patty” under the Godrej Yummiez range and created lot of content to promote millets as a wholesome food. The Year brought in focus the sustainable production of millets, and market opportunities for growers and users.

The buzz has ensured that masses have realized the power of Millets. Age-old recipes have started coming to the fore and people have started experimenting with these wonder grains.

Food is a versatile medium to create conversations and celebrate milestones. Clearly 2023 was a landmark year for bringing the narratives around Millets to the fore. To commemorate the year of Millet and enable food lovers to continue using Millets in their daily diets, we present you this book of recipes based on Millets. It has been curated along with national award-winning Chef Varun Inamdar and we are hopeful that you would experiment with these recipes and continue to benefit from the amazing health benefits of Millets.

Cheers!

Sujit Patil

Vice President & Head - Corporate Brand & Communications,
Godrej Industries Limited & Associate Companies

Foreword

The ‘marvellous millets’ are finally having a well-deserved moment in domestic and global circuits. India’s debut global event, Global Millets Conference, celebrated 2023 as the International Year of Millets (IYM), bringing in a new dawn for the humble yet power-packed ancient grain. With a legacy of over 7000 years, millets have unassumingly been fortifying our health and Earth with their nutritious and climate-resilient quality. Now, the government’s concerted efforts are ensuring millets (also now called Shree Anna) come out of the sidelines to take centre stage.

India Inc can be the flag bearer of making the millets mission a success and bringing these grains to mainstream. The consumer sector and can contribute towards making millet a long-term inclusion as part of our consumption and developing the millet value chain. The millet cookbook by Godrej Industries along with prominent expert in the food space like national award-winning chef Varun Inamdar, is an initiative towards realizing the larger mission of mainstreaming millets.

Till recently, the adoption of millets was low due to the perception that they are not tasty and are not easy to cook. This has changed drastically and now every household is embracing the goodness of millets. We, at Godrej Tyson Foods (entity part of the Godrej Industries Limited & Associate Companies), supported this adoption by bringing together the nutrition of millets in a ready-to-cook convenient format and launching them in a mass accepted ‘patty’ variant under our Yummiez brand. The Godrej Yummiez Millet Patty is a preservative-free snack that symbolizes our commitment to innovation, nutrition, and convenience.

Speaking of the millet cookbook, let us not only find tasty dishes as we turn through the pages but also admire the path of millet - from ancient grains to modern superfoods. From substantial main dishes to delightful desserts, our creative team of chefs and food experts has diligently compiled a wide collection of recipes that display millets in all their splendor.

Feel free to explore the recipes, experiment with new flavour combinations, and appreciate the various textures that millets may provide to your eating experience. This cookbook is designed to inspire and empower you to include millets into your regular cooking efforts, whether you are an expert chef or a kitchen novice. I want to extend my heartfelt thanks to everyone who played a role in making this cookbook a reality.

Thank you for selecting this cookbook and being part of a journey that honors the nutritional benefits of millets.

Enjoy your meal!

Abhay Parnerkar

CEO, Godrej Tyson Foods Ltd (GTFL)



Millets

Millets are coarse ancient grains that were (and are) traditionally grown and consumed in the Indian subcontinent for over 5000 years. They have a noteworthy nutritional value and are rich in proteins, vitamins, minerals, and fibre. Growth-wise, unlike other cereals, millets require little water and ground fertility. The sheer affordability of millets across demographics has led to them being tagged “poor man’s food grain”. The world is now noticing the powerhouse named Millets for their enormous potential. They have reclaimed their space in the kitchens of those more health-conscious as they boost health and aid weight loss, besides being gluten-free. Chefs, nutritionists, fitness enthusiasts are all clamouring to vouch for the miraculous benefits of eating millets. Consuming millets as part of our daily diet is an age-old concept. The population of central and southern India consumed millets daily until the Green Revolution made rice and wheat more accessible. However, government policies did not provide incentives for growing millets. On the contrary, it discouraged farmers from cultivating millets. Therefore, consumption of millets reduced as the produce quantum dipped.

India has always been leading Millet Mission from the front



India is the world leader in millets production with a 40% share in the world market. The current market for millets in 2023, according to the Indian Institute of Millet Research, is \$9 billion. It is expected to touch \$25 billion by 2025. India produces 15.53 million tonnes of millets annually, contributing 10% to the country's food basket. India exported close to \$26 million worth of millets in 2021. The much-smaller branded millet food market is worth ₹500 crore, but with growing interest in millets, it is projected to touch ₹10,000 crore by 2025. Where did all this begin, you may ask? The United Nations has declared 2023 to be the "International Year of Millet", spurred on by the initiative of the Indian government, led by Prime Minister Narendra Modi. The Department of Agriculture & Farmers Welfare wants to spread millets across the entire world by promoting its larger-scale production and consumption. Millets are a very significant part of Indian agriculture and are the oldest crop known to humans. According to studies, millets were consumed during the Indus-Sarasvati civilization in 3,300 to 1300 BCE.

Types of Millets

Millets are ancient grains consumed by the large population of Asia and Africa. There are about 6,000 varieties of millet throughout the world. Some of them like Sorghum (Jowar), Pearl Millet (Bajra), Finger Millet (Ragi or Nachni), Brown top (Sama), Kodu (Arke), Proso (Chena/Barr), Barnyard (Sanwa), and Foxtail Millet (Kora) are commonly used in known recipes. Millets are beneficial for a gluten-free diet and are good for the digestive system and protect from heart ailments. Compared to the other grains, millets are easy to grow and do not require much soil or rain. Millets don't require as much time and attention as rice and wheat do. Millets are a perfect crop for areas where water management is a concern and prosper in semi-arid climates. Millets are available in a variety of types, and each has its health benefits. Walk into a supermarket at any time of the year, and you will find millets well stocked as they are cultivated across seasons.

You can divide Millets into two broad categories:

1. Naked grains

Naked grains refer to the millets devoid of the tough, indigestible husk, namely: Ragi, Jowar, and Bajra. These millets don't require processing after their harvest. They can be consumed right after cleaning. These millets are therefore significantly cultivated today. Fresh jowar is known as Ponkh or Hurda and is celebrated as a noteworthy winter produce. Festivals are planned around the fresh grain – Hurda parties where family & friends gather around a bonfire, roasting jowar. The roasted fresh jowar is carefully cleaned and served warm like a chaat. Several recipes are curated specially for the hurda party.

2. Husked grains

Foxtail millets, little millets, and kodo millets belong to this category. These types consist of an indigestible seed coat that has to be removed before consumption. The processing, once manual, is now mechanical and mainly used for rice instead of millets.



Millets as Superfoods

Millets contain a host of micronutrients such as iron, calcium, and phosphorus. Also, they take time to digest, which doesn't cause the increase in blood sugar associated with easily digestible food. So, introducing millets into your diet can help control diabetes for the same reason. Millet production is good for the environment. It is because they are primarily rain-fed crops. Consequently, they do not pressurize our already diminishing water resources. Additionally, millets do not attract pests and can grow perfectly well without pesticides. Millets are high in protein, fibre, essential vitamins, and minerals. They are renowned as a nutritional powerhouse and now, in modern contexts - A superfood. Millets boost immunity, help weight reduction, and aid overall health and are high in nutrients such as dietary fibre, carbohydrates, protein as well as minerals such as calcium, iron, manganese, zinc, potassium, and magnesium. Millets aid in fitness and energy level maintenance because they offer low-calorie content. Millets have also been known to help asthmatics, lessen migraines, and drain out toxins from our bodies, allowing vitals to function optimally.

The New Age Nutri Cereals

On April 10, 2008, millets were re-branded as "Nutri Cereals," and 2018 was designated as the National Year of Millets. The nodal agricultural ministry said in a statement that the central ministries, state governments, and Indian embassies have been allotted a dedicated month in 2023 to carry out various initiatives to promote International Year of Millets and raise awareness about the advantages of millets. The government had scheduled several millet-centric promotional events around the country, while also underlining that millets are a vital component of the G-20 conferences. Infact, I recently spoke at a conference in Mumbai attended by over 5000 enthusiasts who rallied from across India to learn more nuances about this humble grain.

7 Amazing Health Benefits of Millets

Fights Anemia

Anemia is an extremely dangerous disease caused due to iron deficiency. It is common amongst women during pregnancy and children. Millets are rich in iron, folic acid, folate and copper, making it a perfect food for curing anemia.



Aids Digestion

An unhealthy digestive system can be the root cause of many ailments. Unhealthy digestion prevents the body from absorbing essential nutrients for its growth. Being a rich source of fibre, millets aid in regularising bowel movements and provide relief from gastrointestinal disorders.



Prevents Asthma

Wheat is often considered an allergy-causing food to Asthma patients. However, due to the composition of millets, they are an ideal choice for asthma patients.



Stabilises Cholesterol

As a rich source of fibre, millets are known to lower the cholesterol levels in our bodies and prevent clogging of the arteries.



Recommended for Celiac Patients

Most grains contain gluten and cause allergic reactions in people suffering from celiac disease. Celiac patients are gluten intolerant and hence cannot consume staples such as wheat. Thus, millet, being gluten-free, fulfils their requirements.



Prevents Obesity

Being a rich source of fibre, millets keep hunger in control. It regulates digestion and reduces the chances of obesity.



Stabilises Blood Sugar Level

Diabetes paves the way to a host of diseases. A high amount of magnesium found in millets is known to increase the efficiency of insulin in the body. This, in turn, helps to regulate the blood sugar levels and lower the chances of diabetes.



Farmer's Noble Friend

Millets are one of the simplest crops to cultivate in the field. Because it is a rainfed crop, it does not require as many fertilizers or as much attention as wheat and rice do. Millets were one of the earliest crops to be cultivated for nourishment. Millets are easy to plant and care for since they require less time to grow, fit a wide range of cropping systems, and have excellent adaptation to changing climatic and environmental conditions.

Future of millets

Millets are the future of agriculture. Its goodness is not just related to human health and well-being but also eases cultivation and is beneficial for farmers making it a potential cultivation crop for agriculture. Since then, the groundwater of India has declined by 61 per cent between 2007 and 2017. Thus, it makes millet a perfect crop to be grown because of its low footprint of water and suitable climate requirements. Their potential to be a cash crop and the benefits derived from it can give millets the title of being a future food security of the world. Since millets are making a comeback due to its unique qualities for body as well as cultivation, it has now started to be known among the urbans too. It has always been superior in nutrients and proteins and there are initiatives taken by the government in order to make millets a mainstream crop again. Age-old recipes from tribes and villages have used millets, but now its goodness is spreading to the urban world too. A balanced life can be achieved if the crop is included in our daily consumption. Millets flew under the radar with the presence of more popular grains like rice, soy, maize and wheat. It was only recently that health and fitness enthusiasts from across the world understood its potential. The health benefits that the humble food grain offers are truly unique and incredibly sustainable. This food grain benefits our bodies by strengthening our immunity, keeping diseases in check, and aiding weight loss. In addition, millets take longer to break down in the body and keep us satiated for longer.



Research and Awareness

“MIIRA” or Millet International Initiative for Research and Awareness will be aimed at coordinating millet research programmes at the international level. It is in line with the UN declaring 2023 as the International Year of Millets and the Centre’s plan to make India a global hub for millets. MIIRA is significant in view of the United Nations declaring 2023 as the International Year of Millets, the proposal for which was moved by India and supported by 72 countries. The International Year saw several



activities such as conferences and issuing of stamps, among others, to raise awareness on millets, improve their production and also attract investments. With food security and nutrition a top priority in agriculture during its G20 Presidency, India is planning to propose the launch of a global initiative to encourage the consumption and production of millets.





Tiffin & Breakfast



-  **Multi Millet Thalipeeth**
-  **Barnyard Millet Idli**
-  **Bajre ka chiwda**
-  **Amaranth Millet ka cheela**
-  **Korralu Upma**
-  **Little Millets Amla Thepla**
-  **Peas Set Dosa**
-  **Red Amaranth & Kodo Paratha**
-  **Buckwheat Millet Appams**
-  **Kodo Millets 'Fruit' Chaat**

Key

 Snack	 Tea Time	 Travels Well / Picnic	 Pre-prep Required	 Gluten Free	 High Fiber	 Nutrition Plus	 Instant / Quick
 Party Favorite	 Deep Fried	 Contains Egg	 Non Vegan	 Junk Food Swap	 Spicy / Hot	 Nutrition Plus	 Protein Rich



Thalipeeth is India's original ancient multigrain griddle cake, particularly from Maharashtra, North Karnataka and parts of Goa. This version is made using an age-old recipe fortified with millets and spiced with coriander and cumin! Ideally served with chilled homemade curd and a dollop of freshly churned white butter.



Multi Millet Thalipeeth

Ingredients

1 cup sorghum flour	2 tbsp sesame seeds
½ cup gram flour	½ tbsp carom seeds
¼ cup wheat flour	¼ cup coriander leaves
¼ cup rice flour	¼ cup red onions, finely chopped
¼ cup pearl millet flour	1 tbsp salt
⅛ cup ragi flour	2 tbsp groundnut oil
1 tbsp ginger garlic green chillies, crushed	1 cup Godrej Jersey Milk
½ tbsp coriander powder	A few more spoons of oil for griddle cooking.
1 tbsp cumin seeds	
¼ tbsp turmeric powder	

Instructions

1. Firstly, in a large mixing bowl, combine all flours
2. Now add the other ingredients except milk and oil. Ensure everything is well combined
3. Now add Godrej Jersey Milk and knead into a soft dough. Mix in groundnut oil and keep aside
4. Now take a lemon-sized dough ball and pat on a butter paper
5. Lift the butter paper and flip onto a hot griddle
6. Peel off the butter paper
7. Additionally, smear some more groundnut oil over the thalipeeth
8. Cover and cook both sides on medium flame till crisp
9. Serve hot



45 Minutes



4 Serves



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There are many who go weak at the knees at the very mention of soft, pillowy idlis. With different versions across Indian states, each boasting myriad flavors and health benefits, here is one made using barnyard millets. Fluffy as a cloud, these go very well with chutneys and sambhar.

Barnyard Millet Idli

Ingredients

For Idli Batter

- 1 cup barnyard millets
- 1 cup Godrej Jersey Milk
- 1-1/2 cups split black gram
- 2 cups water
- 1 tbsp fenugreek seeds
- 1 tbsp salt
- 1 tbsp sunflower oil to brush onto the idli plates

For Stuffing

- 1 tbsp sunflower oil
- ½ tbsp cumin seeds
- ¼ cup onions, chopped
- 1 cup Godrej Yummiez mixed vegetables, roughly crushed
- 1 tbsp red chilly powder
- ½ tbsp turmeric powder
- ½ tbsp garam masala powder
- Salt as required

Instructions

1. Wash the barnyard millets in water and soak in Godrej Jersey Milk
2. In a separate bowl, wash and soak split black gram along with fenugreek seeds in water overnight or at least 8 hours
3. To make the batter, blend the millets using the same milk to make a thick and very smooth batter
4. Transfer the batter to a large bowl
5. Repeat the same process for soaked gram and fenugreek seeds and grind it to a smooth paste using the same soaking water. Mix both the batters well adding the salt
6. Mix both the batters well, adding the salt
7. Allow the batter to ferment for atleast 4 hours
8. Once the batter is fermented, gently stir and be careful to not release the air pockets
9. For the stuffing, heat sunflower oil
10. Once the oil heats, add cumin seeds and chopped onion.
11. Add in Godrej Yummiez mixed vegetables
12. Add in salt and spices and stir till cooked. Keep aside
13. Prepare the idli steamer with a glassful of water at the bottom
14. Grease each idli plate with oil using fingertips
15. Add in the batter, filling 1/2 of the mould
16. Add a spoon of the cooked filling. Top with a little more of the idli batter, ensuring we do not fill more than ¾ th the size of the mould
17. Place the filled idli plates in the steamer
18. Place the steamer on high heat and steam the idlis for 12 minutes
19. After steaming, turn off the heat. Open the steamer and scoop the idlis out using a spoon
20. Serve hot with sambhar and your choice of chutney



Overnight soaking + 4 hours
fermentation+ 15 minutes



4 Serves

The author's grandmother was deeply-rooted in tradition. She roasted and ground her own spices, coffee, flours and also made her own kajal (kohl) for her eyes. She also took grains and millets to a roaster nearby and got them roasted in sand. This recipe is the author's heirloom recipe. Now, all yours!

Bajre ka Chiwda

Ingredients

- 1 cup roasted & puffed bajra millets
- 3 tbsp soyabean oil
- ¼ cup roasted gram dal
- ¼ cup roasted peanuts
- 2 nos. green chillies
- 1/8 cup packed curry leaves
- ½ tbsp asafoetida powder
- ¼ tbsp turmeric powder
- 1 tbsp powdered sugar
- 1 tbsp salt

Instructions

1. Heat a deep pan
2. Roast the puffed bajra millets once again, even if they are roasted. Set aside
3. In the same pan, heat soyabean oil and add green chillies and curry leaves
4. Next, add in roasted gram dal, roasted peanuts and asafoetida powder
5. Turn the flame off and stir in the roasted bajra puffs along with sugar and salt
6. Stir well and cool down completely before packing in an air tight container



45 Minutes



2 Serves



This is a spectacular kitchen experiment that worked beautifully on so many levels. It is primarily made with the goodness of sama and rajgira millets. It hides nutrition-rich bottle gourd and uses spinach puree to enhance its colour and sesame oil for its nutritive value.

Amaranth Millet ka Cheela

Ingredients

½ cup sama millets, flour	½ tbsp cumin seeds
1 cup rajgira atta	¼ cup Godrej Jersey paneer, mashed
1 cup fresh bottle gourd, peeled and cut into cubes	1 tbsp garlic paste
½ cup spinach leaves, loosely packed	1 tbsp salt
2 nos. green chillies, medium spiced	4 tbsp sesame Oil
1 tbsp black pepper	

Instructions

1. In a blender, take cubed bottle gourd, spinach leaves, green chillies, black pepper, Godrej Jersey paneer and cumin seeds. Grind into a fine paste using ¼ cup water
2. Transfer into a bowl
3. Mix in the flour, garlic paste, salt and stir well till the mixture is lump-free and smooth
4. Heat sesame oil on a griddle and drop in a ladle full of the batter and spread slightly
5. Cook on both sides, covering if required
6. Serve hot



120 Minutes



3 Serves



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Upma, Tikhat sheera, Uppit, Uppitu, Uppumava, khara bhaat are a few names that this semolina-based tiffin delicacy is recognised by. Some homes swap out the semolina for fine rice vermicelli too. This recipe calls for Korralu – foxtail millets in Telugu. Quintessentially known as bird food, here's presenting foxtail millets for humans too!

Korralu Upma

Ingredients

1 cup foxtail millets	½ cup Godrej Yummiez mixed vegetables
2 tbsp Godrej Jersey ghee	¼ cup red onions, finely chopped
½ tsp mustard seeds	½ tsp turmeric powder
1 tbsp split black lentils	1 tbsp salt
1 sprig curry leaves	Juice of half a lemon
2 slit green chillies	1 tbsp sugar
¼ cup finely chopped onions	¼ cup freshly grated coconut

Instructions

1. Soak foxtail millets for 6 hours in warm water
2. Cook under 5 whistles using 1.5 cups of water, till they are soft
3. Allow the pressure in the cooker to settle down, If some water remains, drain it off. Keep aside till we make the tempering
4. Heat Godrej Jersey ghee in a deep pan
5. Add split back lentils and stir till they turn golden brown
6. Add mustard seeds. Once they splutter, add in curry leaves, green chillies and onions.
7. Once the onions turn translucent, add in Godrej Yummiez mixed Vegetables, turmeric and salt
8. Allow the vegetables to cook for a minute or so
9. Stir in the cooked foxtail millets, lemon juice, sugar and grated coconut
10. Stir well, check for salt and serve hot



6 hours soaking +
45 minutes



4 Serves



Theplas are an emotion. Traditionally made with whole wheat flour and tender fenugreek leaves, these make a heavenly match with raw mango chunda. Some add curd for softness but I have added paneer! Also, little millets flour and amla make it super nutritious.

Little Millets and Amla Thepla

Ingredients

- | | |
|--|---|
| 1 cup whole wheat flour | 1 tbsp red chilli powder |
| ½ cup little millets flour | ½ tsp turmeric powder |
| ½ cup of fenugreek leaves, finely chopped | 1 tbsp coriander Powder |
| ¼ cup coriander leaves, finely chopped | 2 tbsp groundnut oil for shallow frying |
| 2 tbsp Godrej Jersey paneer, finely mashed | 1 tbsp salt |
| 2 nos. amla, finely grated | Warm water for kneading |
| 1 tbsp ginger garlic Paste | |

Instructions

1. Mix 1 cup wheat flour, ½ cup little millets flour, fenugreek leaves, coriander leaves, mashed Godrej Jersey paneer, grated amla, red chilli powder, coriander powder, turmeric powder, ginger garlic paste, 1-tbsp groundnut oil and salt in a bowl
2. Add water as needed and knead a smooth and soft dough. Apply the remaining oil on its surface and keep the dough covered and aside for 15 minutes
3. Divide into lemon-sized balls and roll out into thin discs
4. Heat a griddle over medium flame
5. Pan fry the thepla on both sides and smear a little groundnut oil and pan fry on both sides
6. Transfer it to a plate. Follow the same process for remaining dough Our unique and nutritious theplas are ready. Try pairing them with hot masala tea



60 Minutes



4 Serves

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Dosa batter is the base for several different dishes - dosas, uttapams, white dhoklas with lots of cracked peppercorns, or even idlis and ambolis. The author also makes a sweet out of the batter using it as an outer casing for lemon-sized balls of Goan chana doce or puran poli stuffing and deep frying them. This is a savoury and instant take on the classic!

Peas Set Dosa

Ingredients

- | | |
|---------------------------------|----------------------|
| 1.5 cups instant oats, powdered | 1 tbsp ginger |
| 1 cup jowar flour | 1 tbsp salt |
| ½ cup Godrej Yummiez green peas | 1 tbsp fruit salt |
| ½ cup semolina | 2 tbsp sunflower oil |
| ½ cup water | |
| 2 nos green chillies | Optional Topping |
| 1 cup curd | Sprouted moong beans |
| ¼ cup coriander leaves | |

Instructions

1. Take Yummiez green peas, coriander leaves, ginger and curd in a blender and grind into a smooth paste. Transfer the mixture into a bowl
2. Into the same mixture, add powdered instant oats, jowar flour, semolina, water, salt and keep covered for 10 minutes
3. Mix again and check its consistency once. It has to be just like dosa batter. If it is thick, you may add water to adjust its consistency
4. Add fruit salt and stir again
5. Heat a pan on medium flame and brush a little sunflower oil
6. Add a ladle full of the batter and optionally top with sprouted moong beans
7. Cover and cook on medium flame for a minute
8. Flip and cook for another minute
9. Transfer onto a plate and repeat the process till we exhaust the batter
10. Serve warm with chutney of choice



45 Minutes



4 Serves



Scan to know more about
Godrej Yummiez Products



No Punjabi breakfast is complete without parathas. They are popularly of three kinds – the most popular stuffed kind, the mixed flour and veggie combo kind and the open-faced ones that some tandooristas specialise in. This recipe is the second type, where veggies and flours combine to create a masterpiece. Let's see how!

Red Amaranth and Kodo Paratha

Ingredients

- | | |
|---|--|
| 1 cup whole wheat Flour | 2 tbsp soyabean oil |
| ½ cup kodo millet flour | 4 tbsp Godrej Jersey ghee for shallow frying |
| ½ cup red amaranth leaves, finely chopped | 1 tbsp salt |
| 1 tbsp ginger garlic paste | Warm water for kneading |
| 1 tbsp red chilli powder | |
| ½ tsp turmeric powder | |
| 1 tbsp coriander powder | |

Instructions

1. Mix 1 cup wheat flour, ½ cup kodo millet flour, finely-chopped red amaranth leaves, red chilli powder, coriander powder, turmeric powder, ginger garlic paste, 1-tbsp soyabean oil and salt in a bowl
2. Add water as needed in small incremental quantities and knead a smooth and soft dough Apply the remaining oil on its surface and keep the dough covered and aside for 15 minutes
3. Divide into lemon-sized balls and roll out into thin discs
4. Heat a griddle over medium flame
5. Smear a little Godrej Jersey ghee and pan fry on both sides
6. Transfer it to a plate. Follow the same process for the remaining dough The delicious, nutritious parathas are ready to go! Try pairing them with sweet lassi or khatta meetha nimboo ka achaar!



60 Minutes



4 Serves



Appams, Appe, Guliyappa, Paniyarams - whatever the name, these savory dumplings are an absolute winner in the tiffin, breakfast and snack list. Make these pan-fried dumplings in a unique cooking apparatus called an appam patra, which is a good investment in the kitchen!

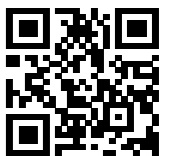
Buckwheat Millet Appams

Ingredients

1 cup buckwheat flour	1 tbsp fenugreek seeds, powdered
1 cup Godrej Jersey milk	1 tbsp red chilly powder
½ cup beetroot, grated	1 tbsp salt
¼ cup onions, chopped	1 tbsp sesame oil for brushing the appam patra
2 cloves garlic, grated	
1 tbsp fruit salt	
1 tbsp sugar	

Instructions

1. In a deep bowl, mix buckwheat flour and Godrej Jersey milk till the mixture is lump-free
2. To this lump-free batter, add grated beetroot, chopped onions, grated garlic, sugar, fenugreek powder, red chilly powder, salt and fruit salt. Mix well
3. Gently stir and be careful to not release the air pockets
4. Prepare the appam patra by brushing sesame oil using a brush
5. Add in the batter, filling 3/4 of the mould and cover and cook on medium flame for a minute
6. Carefully using a fork, roll the appam ball over onto the uncooked side. You may smear in some more oil from the sides
7. Once the appams are cooked well from the top and center, transfer them onto a plate
8. Continue till all the batter is used
9. Serve hot with chutney of your choice



45 Minutes



4 Serves

Scan to know more about
Godrej Jersey Products

Chaat is an all-time Indian favourite, with a large variety to choose from. Inspired by Delhi's kuliye ki chaat, this recipe skips the novelty of creating cups out of fruit but amps up flavor and nutrition with millets and nutty sesame oil.



Kodo Millets Fruit Chaat

Ingredients

- 1 cup mixed sprouts
- ½ cup kodo millets
- 2 cups Godrej Jersey milk
- ½ cup pineapple, cleaned and diced
- 1 orange, segmented
- ½ cup fresh pomegranate seeds
- ½ cup green grapes
- ½ cup cucumber, peeled and diced

Dressing

- 4 tbsp lemon juice
- ½ tsp chaat masala
- ½ tsp pepper powder
- ½ tsp black salt
- ½ tsp salt
- 1 tbsp sugar
- 1 tbsp sesame oil

Instructions

1. Wash kodo millets twice in running water
2. Transfer in a pressure cook with Godrej Jersey milk and ½ tsp additional salt
3. Cook for 6 whistles or till they are tender
4. The milk would have all been absorbed by now. If not, cook it with an open lid on high flame till it does
5. In a bowl, transfer the cooked millets and all the other ingredients including the ones for the dressing and toss it
Your warm salad is ready to eat
6. You can also serve this salad chilled



60 Minutes



3 Serves



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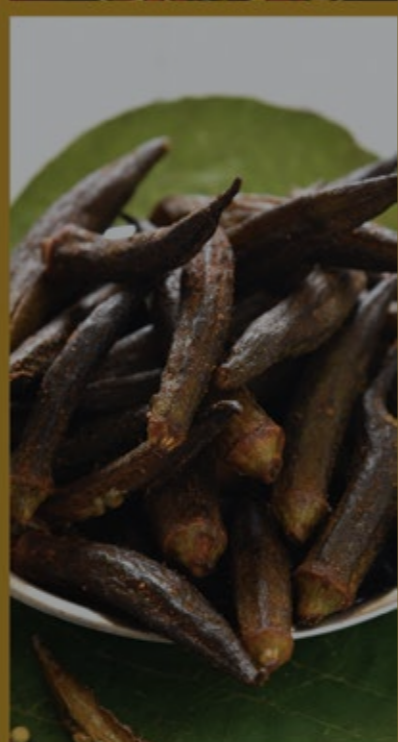


NO ADDED PRESERVATIVES

FRESHNESS LOCKED



Starters



-  Proso Anda Bhurji
-  Broomcorn Millets hummus
-  Paneer bread Pakoda
-  Peas and Little Millets Momos
-  Finger Millets Galette
-  Jwari wali Bhindi
-  Chowpatty Chaat
-  Vegetable Paniyaram
-  Pan Tandoori Chicken
-  Peas Jowar Handvo

Key

 Snack	 Tea Time	 Travels Well / Picnic	 Pre-prep Required	 Gluten Free	 High Fiber	 Nutrition Plus	 Instant / Quick
 Party Favorite	 Deep Fried	 Contains Egg	 Non Vegan	 Junk Food Swap	 Spicy / Hot	 Nutrition Plus	 Protein Rich



Simple things are generally the most difficult to crack and this recipe is an example of that, coming together post several trials and errors. A regular anda burji is transformed with the addition of millets and the creaminess of milk.

Proso Anda Burji

Ingredients

- | | |
|--|---------------------------------|
| 4 nos eggs | ¼ tsp turmeric powder |
| 2 tbsp Godrej Jersey ghee | ¼ tsp Kashmiri red chili powder |
| ½ cup proso millet, soaked for 2 hours | ¼ tsp garam masala powder |
| 1 tbsp cumin seeds | Salt as required |
| 1 tbsp green chillies | |
| ½ cup onion | Coriander leaves as garnish |
| ½ cup tomatoes | |

Instructions

1. Grind the soaked proso millets using ½ cup water
2. Strain through a fine sieve or cheese cloth atleast 3 times till the extract is smooth and grit free
3. Break the eggs and add to a bowl. Whisk the eggs along with the proso millets extract and set aside
4. Heat a pan over medium heat and add Godrej Jersey ghee
5. Add cumin seeds and allow these to splutter
6. Add onion and green chillies
7. Add tomatoes, spices, salt and mix well
8. Add the egg-millet extract mixture to the pan, scrambling the eggs. Keep stirring continuously until cooked
9. Garnish with cilantro and serve with pav, roti or paratha



30 Minutes



4 Serves



Scan to know more about
Godrej Jersey Products



Broomcorn Millets Hummus

Ingredients

- 1 cup broomcorn
- 2 large cloves of garlic
- 1 no. green chilly
- ½ cup beetroot, boiled & peeled
- ½ cup Godrej Jersey paneer
- 1 tbsp sesame seeds, toasted
- ¼ cup groundnut oil
- Salt as required

Instructions

1. Wash broomcorn millets thoroughly in running water three times
2. Soak in hot water for 1 hour atleast
3. Pressure cook for 8-10 whistles till they become tender
4. Allow it to come down to room temperature
5. Transfer to a blender along with garlic, green chilly, Godrej Jersey paneer, beetroot chunks, sesame seeds, groundnut oil and salt
6. Blend till it is even and smooth and transfer to a serving bowl
7. Top with a dash of more oil and serve with your choice of crisps, chips and crackers!

Hummus is an absolute party delight, classically made with chickpeas. Many restaurant menus variants made from moong beans to horse gram to Bengal gram fused with avocado, spinach, fried onions and so much more; but never with millets. This one uses broomcorn, paneer and beetroots.



2 Hours



4 Serves



Pakodas, Bajji, Bhaja or Bhajiyas as they are called in various Indian languages, Fritters have a deep sense of belonging and nostalgia attached to them. Every home has a story of teatime gatherings and rainy days. Even Indian office goers stop by chai stalls and street vendors for a quick fix. The filling and core ingredients are a personal choice, but the sentiments remain.

Paneer Bread Pakoda

Ingredients

For Batter

- 1 cup gram flour, untoasted
- ½ cup jowar flour, untoasted
- 2 tbsp rice flour
- ¼ tsp turmeric
- Salt as required
- 1 cup water

- 8 nos. bread slices
- Sunflower oil for deep frying

For Stuffing

- 1 cup Godrej Jersey paneer, crumbled
- ½ tsp garlic paste
- ¼ tsp turmeric
- ½ tsp chilli powder
- ¼ tsp garam masala
- ½ tsp chaat masala
- Salt as required
- 2 tsp coriander, finely chopped

Instructions

For Stuffing

1. Mix all the ingredients in a bowl and adjust for seasoning
2. Set aside

For Batter:

1. Mix all ingredients in a bowl
2. Mix till lump-free and keep aside

For Assembly:

1. Sandwich a scoop of the mixture between 2 slices of bread
2. Cut into four pieces into four small triangles or 4 small squares
3. Prepare all the sandwiches and cut them. Keep aside
4. Heat sunflower oil in a kadhai
5. Dip each piece into the batter and carefully drop in the hot oil
6. Fry on medium to high flame till crisp and golden brown
7. Serve with your choice of chutney or ketchup or fried and salted green chillies



45 Minutes



4 Serves

Scan to know more about
Godrej Jersey Products



The momo needs no introduction. But this version comes with a twist – Nutritious millets & green peas. Serve with a hot momo chutney or a cheesy dip. Either way, it is delicious & hearty and the perfect ode to the Tibetan favorite.

Peas & Little Millets Momo

Ingredients

For Dough

- 2 cups all-purpose flour
- ½ cup little millets flour
- Salt as required
- Water to make a slightly stiff dough

For Filling

- 1 cup Godrej Yummiez green peas
- 2 tbsp garlic, minced
- 1 tbsp green chillies, minced
- Salt as per taste
- ½ cup grated cheese of your choice
- 1 tbsp sesame oil

Instructions

1. Mix the flours, salt and water. Knead to a stiff dough. Cover and set aside
2. Heat sesame oil and add minced garlic and chillies
3. Saute over high heat and add Godrej Yummiez green peas and salt
4. Switch the flame off and allow the mixture to cool
5. Once it cools down add in grated cheese. Keep aside
6. For the wrappers, roll the dough thin (almost translucent) and cut it into 4"-5" rounds
7. Place a tablespoon of the mixture in the centre
8. Bring the edges together to cover the filling. Twist to seal in whatever style you feel comfortable
9. Fill the rest in the same way
10. Steam for about 10 minutes and serve piping hot



45 Minutes



4 Serves



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Galettes are perfect finger food at a party- Easy to make, easy to cook, easy to pass around. Change the shape and the name changes. Patty for a burger. Cutlet as a synonym. Croquette if it's cylindrical. Whatever is the name or shape, this is an amazing starter recipe using finger millets.



Finger Millets Galette

Ingredients

- 1 cup sweet potato, roasted
- ½ cup yam, boiled
- ¼ cup finger millets, pressure-cooked
- ½ cup Godrej Yummiez mixed vegetables
- ½ tsp garam masala powder
- Salt as required
- ¼ cup coriander leaves
- ½ tbsp turmeric powder
- Soybean oil for pan frying

Instructions

1. In a large bowl, take all the ingredients including Godrej Yummiez mixed vegetables and mix well. Ensure some of the vegetables are left un-mashed for added texture
2. Make cutlets of the same and keep aside
3. Heat a griddle pan, add soybean oil and carefully place the cutlets. Pan sear till golden brown on both sides. Serve warm



30 Minutes



4 Serves



The author's grandmother used to make this with Kadhi Khichadi and Chutti Dal. A combination for all our senses. Give this combination a try. Heaven!



Jwari Wali Bhindi

Ingredients

- 500 grams Bhindi
- ½ tsp turmeric powder
- 1 tbsp red chili powder
- 1 tbsp coriander powder
- 1 tbsp cumin powder
- 1 tbsp garam masala
- 1 tbsp dry mango powder
- 1 tbsp chaat masala
- ½ cup jowar flour, toasted
- Salt as required
- 1 tbsp mustard oil
- 1 tbsp Godrej Jersey ghee

Instructions

1. Rinse the bhindi in running water
2. Wipe them completely dry with a kitchen napkin
3. Slit the bhindi vertically in the center so that we can stuff it with a dry mix
4. For the dry mix, take turmeric powder, red chilli powder, coriander powder, cumin powder, garam masala, dry mango powder, chaat masala, jowar flour and salt. Mix well
5. Take a generous pinch of the dry mix and stuff into the bhindi slits. Set aside
6. Keep the additional masala aside too, if any
7. Heat a pan and add mustard oil along with Godrej Jersey ghee for additional flavour
8. Place stuffed bhindi and cook on medium to high flame till they turn golden brown and cooked perfectly
9. Toast any remaining dry masala in the oil/ghee as a topping. Sprinkle over the bhindi before serving



45 Minutes



2 Serves



Beaches are synonymous with their own cuisines in most coastal cities. Some sell fried fish on the east coast of India. Years ago, the author had eaten a dish called chotpoti at a waterfront in West Bengal which is made using semi ripened guava chunks tossed in a stainless steel dabba along with mustard paste called kasundi, chopped onions, coriander leaves and spices. Yum to say the least. This recipe is from the Mumbai beaches with a healthy twist.

Chowpatty Chaat

Ingredients

¼ cup sorghum	⅛ cup tomatoes, chopped
¼ cup ragi	1 no. green chilly
¼ cup pearl millets	Juice of half a lemon
¼ cup kodo millets	Salt as required
½ cup Godrej Yummiez mixed vegetables	
1 tbsp Godrej Jersey ghee	
⅛ cup onions, chopped	

Instructions

1. Cook all the millets in water, using a pinch of salt, till they are tender. Preferably individually cook these since they all have a different cooking time
2. In a kadhai, heat Godrej Jersey ghee. Add onions and chillies and sauté till onions turn translucent
3. Stir in tomatoes, cooked millets, lemon juice and salt. You may adjust the spiciness to taste
4. Serve hot



50 Minutes



4 Serves

Unniyappam, paniyaram, unde, paddu, ponganalu, appams, appe - the names may differ but this great conversation starter will always be a hit around chai time. Try out this delicious recipe with the added nutrition of fresh ponkh or hurda.

Vegetable Paniyaram

Ingredients

3 cups idli batter, fermented or ready to use.
1 medium onion finely chopped
1 cup Godrej Yummiez mixed vegetables, chopped roughly
½ cup fresh ponkh
1 tbsp ginger grated, optional
1 sprig curry leaves, chopped
1 green chili finely, chopped
¼ tsp turmeric powder
salt as required

For Tempering

1 tbsp mustard seeds
1 tbsp urad dal
½ tsp cumin seeds
a pinch of asafoetida
1 tbsp groundnut oil

Groundnut oil for frying

Instructions

1. In a bowl, take all the ingredients and mix well. Check for salt
2. Heat a pan. Add Godrej groundnut oil and temper with mustard seeds, urad dal, cumin seeds, and asafoetida
3. Add it to the batter and mix well
4. Heat a kuzhi paniyaram pan/ponganalu skillet and pour oil in each cavity
5. Once the pan gets a little hot, pour batter into each of the cavities
6. Add some more oil on the top. Cover with a lid and cook on low-medium heat
7. After a few minutes flip with the help of a butter knife and cook the other side
8. Vegetable paniyaram is ready
9. Serve hot with coconut chutney



45 Minutes



8 Serves



Indian families usually reserve meat, seafood or chicken for a Sunday. Other days, it was primarily vegetarian with an exception of eggs from time to time. This recipe was like a ray of sunshine on a dreary day-. - the ultimate family mood lifter.

Pan Tandoori Chicken

Ingredients

1 kg Godrej Real Good chicken cut into bite sized pieces

1 tbsp fresh garlic paste

1 tbsp fresh ginger paste

4 tbsp Godrej Jersey curd

1 tbsp mustard oil

1 tbsp turmeric powder

1 tbsp red chilli powder

1 tbsp garam masala powder

2 tbsp foxtail millets flour, toasted

Salt as required

½ lemon, juiced

2 tbsp mustard Oil

Instructions

1. In a deep bowl, place the cleaned & washed chicken pieces
2. Add all the other ingredients. Mix and keep aside
3. This can be marinated and kept overnight, too, if you please
4. In a pan, take mustard oil and when hot, place the chicken pieces
5. On medium-high flame, pan fry the chicken for a few minutes, stirring occasionally
6. Lower the flame and allow the chicken to release water. Allow the chicken to caramelize
7. Switch between medium to high flame and lowering the flame only when you wish to mix and stir
8. Burn spots in this recipe are intentional. Serve warm!



45 Minutes



4 Serves



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Godrej Real Good Chicken
Products



Handvo is an evening snack that is most desired in Gujarati homes. The household version is a stovetop-baked and fried savoury vegetable cake. This version is the recipe straight from the Thali restaurant in Ahmedabad, oven-baked to perfection.

Peas Jowar Handvo

Ingredients

1½ cup semolina
¼ cup chickpea flour
¼ cup jowar flour
2 cups Godrej Jersey curd
3 cups cabbage, washed and shredded
½ cup Godrej Yummiez green peas
½ cup onions, chopped
½ cup spring onions, chopped
1 cup coriander leaves, washed, chopped
1 tbsp green chilly, crushed
1 tbsp salt

1 tbsp garlic paste
¼ tsp turmeric powder
3 tbsp lemon juice
1 tbsp fruit salt

Tempering

1/3 cup sunflower oil
2 tbsp sesame oil
1 tbsp dried curry leaves
1 tbsp mustard seeds
2 tbsp sesame seeds

Instructions

1. Preheat the oven to 350° F (180° C or gas mark 4)
2. In a large mixing bowl, add semolina, chickpea flour, jowar flour, Godrej Jersey curd, cabbage, Godrej Yummiez peas, onion, spring onions, coriander leaves, chillies, salt, garlic, turmeric, and lemon juice and mix well
3. Heat the sunflower oil in a small pan and fry the curry leaves, mustard and sesame seeds
4. Pour half the tempered mix into the batter. Mix well. Save the other half for the topping
5. Add the fruit salt to the batter. Mix to combine
6. Pour batter into a cake pan, using a flat spatula to spread evenly
7. Top with the remaining curry leaves and bake for 60 minutes
8. Always check with a toothpick and ensure it comes out clean
9. Let it cool for at least 20 minutes before removing from the pan and serving



75 Minutes







8 Serves

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Godrej Yummiez Products



Soups

-  **Finger Millet Soup**
-  **Multi Millet Spinach Soup**
-  **Doodh ka Soup**
-  **Pearl Millet Tomato Saar**



Key

- | | | | | | | | |
|--|--|---|---|--|---|--|---|
|  Snack |  Tea Time |  Travels Well / Picnic |  Pre-prep Required |  Gluten Free |  High Fiber |  Nutrition Plus |  Instant / Quick |
|  Party Favorite |  Deep Fried |  Contains Egg |  Non Vegan |  Junk Food Swap |  Spicy / Hot |  Nutrition Plus |  Protein Rich |



Great for days when you want to go light on your meals. Calcium-packed and a great source of proteins, a touch of sambhar masala powder adds a very unique flavor profile to the soup. You can choose to experiment with the different blended spices in your pantry - molagapudi, kanda lasun masala, thecha, malwani masala, Kashmiri ver, powdered panchphoran, chaat masala, Indori buknu, thanda masala and keep inventing a new soup with each addition.

Finger Millet Soup

Ingredients

1 cup Godrej Jersey curd
2 tbsp finger millets flour
2 cups water
½ tsp sambhar masala
½ tsp ginger, grated
Salt as required

For Tempering

2 tbsp soybean oil
½ tsp mustard seeds
A sprig of curry leaves

Instructions

1. In a bowl, mix together Godrej Jersey curd, finger millets flour, sambhar masala, ginger, salt and water. Stir and keep aside
2. Heat a pan and add oil. Add the mustard seeds and allow them to splutter. Add curry leaves and pour the ragi mixture
3. Cook on high flame for 3 minutes and adjust some water and seasoning, if needed
4. Serve hot



15 Minutes



3 Serves



This soup is a cure-all for every ailment, a pick-me-up for a sad day and the perfect start to a celebration. A soup for all seasons!

Multi Millet Spinach Soup


Ingredients

½ cup moong, sprouted
1 tbsp finger millets
1 tbsp barnyard millets
1 tbsp kodo millets
1 tbsp foxtail millets
1 tbsp brown top millets
1 tbsp jowar
1 tbsp bajra

½ cup onions
1 cup spinach leaves
1 tbsp groundnut oil
¼ cup Godrej Jersey milk
1 tbsp black pepper powder
1 tbsp cumin seeds
Salt as required

Instructions

1. Soak all the millets in hot water for atleast 2 hours
2. Pressure cook for 4 whistles with 2 cups of water or till all the millets are tender
3. Blend lightly using a stick blender
4. Add sprouted moong and spinach leaves and continue cooking for 5 minutes on medium flame
5. In a pan, heat groundnut oil. Add cumin seeds and allow them to splutter. Add onions and cook till they are translucent
6. Pour in the multi-millet mixture along with Godrej Jersey milk and stir in salt and pepper
7. Adjust consistency and serve hot

 2 hours soaking
+ 15 minutes

 4 Serves



Milk is an important protein for children and adults alike. Milk is used in numerous dessert recipes. For the main courses, Indians love making cottage cheese and chenna. But a soup? This is one of the most unusual, unique soups. When you try this recipe, remember you saw it here first!

Doodh Ka Soup

Ingredients

3 cups Godrej Jersey milk	½ tsp sugar
1 tbsp sunflower oil	1 tbsp salt
½ tbsp cumin seeds	1 tbsp green chilly paste
½ tbsp asafoetida	1 tbsp ginger, chopped
2 tbsp amaranth flour	2 tbsp coriander leaves, chopped
2 tbsp barley, cooked	
1 tbsp lemon juice	
2 tbsp curry leaves	

Instructions

1. Take a bowl and mix amaranth flour and Godrej Jersey milk till it becomes lump-free. Keep aside
2. In a pan, take sunflower oil, and allow it to heat
3. Add cumin seeds and allow these to splutter
4. Add in curry leaves and asafoetida powder
5. Pour in the stirred amaranth mix. Stir and add in cooked barley, green chilly paste, ginger paste, salt and sugar
6. Once it starts boiling, add coriander leaves and boil for 3 minutes on medium flame
7. Finally turn the flame off and stir in lemon juice
8. Serve hot



30 Minutes



4 Serves

Tomato Saar is my comfort. This cookbook would have remained incomplete without it. I wrote this recipe down with the addition of the pearl millets and actually wondered how that would work. All recipes in this book are triple tested like I always do. This one was made on all days that we were working towards the book. We cracked the recipe on the very first day, other times was just because we loved it so much as a team. Now all yours!

Pearl Millet Tomato Saar

Ingredients

½ kg ripe tomatoes	1 tsp cumin seeds
¼ cup red onions, roughly cut	1 tbsp soyabean oil
¼ cup pearl millets	¼ tbsp asafoetida powder
1 no. dried red chilly	1 tbsp sugar
4 cloves of garlic	Salt as required
A sprig of curry leaves	

Instructions

1. Wash pearl millets and transfer in a pressure cooker. Add 1 cup of water and cook for 6 whistles or till the millets are tender. Could take a couple whistles more
2. Once the millets cook well, add in the roughly cut tomatoes, onions, dried red chilly, garlic, salt and sugar
3. Cover and cook it further under pressure for 10 minutes on medium flame
4. Use a stick blender while still hot and blend it till the mixture is smooth
5. Alternately, you could cool it all down and run into a smooth mixture using a blender
6. Strain it well using a muslin cloth
7. In another pan, heat soyabean oil
8. Add in cumin seeds and allow them to splutter. Add in curry leaves and asafoetida powder
9. Pour in the blended, strained mixture carefully
10. Check for consistency and adjust seasoning with salt and sugar
11. Serve hot



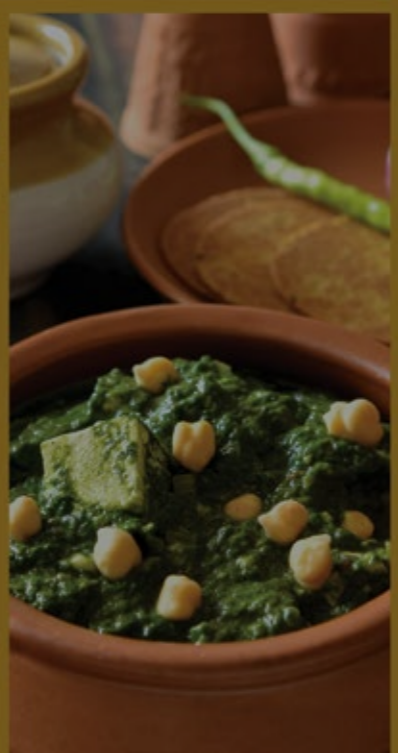
45 Minutes



3 Serves



Mains



-  Siridhanya Millets Pav bhaji
-  Mutton Sukka Ragi Dosa
-  Millets Kathol
-  Mor Kuzumbu
-  Siridhanya Baati Chokha
-  Andhra Fish Fry
-  Bajra Chicken Curry
-  Homestyle Prawns Curry
-  Siridhanya Paneer Saagwala
-  Jowar Sindhi Curry
-  Kadhai Paneer

Key

 Snack	 Tea Time	 Travels Well / Picnic	 Pre-prep Required	 Gluten Free	 High Fiber	 Nutrition Plus	 Instant / Quick
 Party Favorite	 Deep Fried	 Contains Egg	 Non Vegan	 Junk Food Swap	 Spicy / Hot	 Nutrition Plus	 Protein Rich

Most opine that a classic should remain untouched. But experimentation is the foundation for evolving cuisine. Experiments must happen and that's how new recipes take shape. Most classic recipes started out as accidental creations. Here is a successful twist to a classic recipe.

Siridhanya Millets Pav Bhaji

Ingredients

- | | |
|---|-------------------------|
| 1 cup siridhanya millets, well cooked | Salt as required |
| 2 nos onion, finely chopped | 2 tbsp coriander leaves |
| 3 nos potato, boiled, peeled and mashed | 4 tbsp sunflower Oil |
| 3 nos tomato, crushed | ½ tsp cumin seeds |
| ½ cup Godrej Yummiez frozen peas | |
| 1 no capsicum | |
| 2 tbsp garlic paste | |
| 2 tbsp pav bhaji masala | |

Instructions

1. In a heavy bottomed pan, heat sunflower Oil
2. Sprinkle cumin seeds and allow to splutter. Add the chopped onion and saute
3. Add chopped capsicum and saute till soft and little crispy
4. Add garlic paste to the pan and mix well
5. Stir in the spices
6. Add crushed tomatoes and continue cooking for 2 minutes
7. Stir in the cooked siridhanya, potatoes and Godrej Yummies frozen peas
8. Mash all of this up using a potato masher
9. Add a cup of water. Stir well and adjust the seasoning
10. Serve hot with pav



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60 Minutes



4 Serves



The author's mother went to a lady who conducted cooking classes in the late 1980's. This recipe was hers. It later became a family favorite and even became a part of his family cookbook.

Mutton Sukka Ragi Dosa

Ingredients

For Mutton Sukka

500 gms mutton with bone,
pressure cooked
2 sprigs curry leaves
2 tbsp sesame oil
2 tbsp Godrej Jersey curd
1 cup water

For the paste

20 nos shallots, chopped
2 tbsp ginger garlic paste
2 green chillies, chopped
 $\frac{3}{4}$ tbsp salt
1 tbsp red chilli powder
1 tbsp black pepper powder
 $\frac{1}{2}$ tsp turmeric
1 tbsp coriander powder
 $\frac{1}{2}$ cup fresh coconut, grated

For Ragi dosa

1 cup ragi flour
 $\frac{1}{4}$ cup besan
Salt as required
2 cups water
2 tbsp sesame oil

Instructions

For Mutton Sukka

1. Grind all the ingredients for the paste using $\frac{1}{2}$ cup cold water
2. Mix in Godrej Jersey curd and keep aside
3. In a pan, heat sesame oil and add in curry leaves
4. Add the ground spice paste and the pressure-cooked pieces of mutton
5. Add salt, water and boil for 8 minutes on medium flame
6. Keep warm

For Ragi dosa

1. Mix all the ingredients in a bowl and check for salt
2. Heat a pan on medium flame
3. Add a few drops of sesame oil and smear over the pan
4. Drop in ladle full batter and spread like a pancake of desired thickness
5. Cover and cook on medium flame for 30 seconds
6. Flip it carefully and flip it back on the serving plate
7. Serve both, piping hot



45 Minutes



4 Serves

Misal pav is a delicacy from the heart of Maharashtra. Every district, city and misal snack house has their own specialty and everyone serves it their way. It is a thin, brothy curry which is spicy and it is topped up with farsaan, onions and sometimes even tomatoes. Served best with pav. Try this one with a splash of millets.



Millets Kathol

Ingredients

¼ cup moth beans, soaked in water

¼ cup sorghum, soaked and pressure cooked

¼ cup black eyed peas, soaked and pressure cooked

For Gravy

3 tbsp sunflower Oil

1 tbsp Godrej Jersey ghee

1 tbsp tamarind

2 tbsp jaggery powder

1 cup hot water

½ cup onions

1 tbsp garlic paste

½ tbsp cumin seeds

1 tbsp garam masala powder

2 tbsp chili powder

½ tbsp turmeric powder

1 ½ tbsp coriander powder

1 ½ tbsp salt or to taste

Instructions

1. Heat sunflower oil in a kadhai
2. Crackle cumin seeds and add onions. Saute till golden brown
3. Add paste of garlic and continue sauteing
4. Add all the dry spices and salt. Top up with hot water and allow it to come to a rolling boil for 2 minutes
5. Add in the moth beans, sorghum and black-eyed peas
6. Lower the flame to medium and continue cooking till the moth beans are well-cooked
7. Stir in Godrej Jersey ghee for flavour
8. Switch the flame off and serve hot



45 Minutes



4 Serves

In this delicious ash gourd recipe, the tempering is where the magic is. Well, originally a paste of pigeon peas and rice goes into this. However, this recipe uses kodo flour as a substitute thickener, thus increasing its nutritive value.

Mor Kozhumbu

Ingredients

For the Paste

- 2 tbsp kodo flour
- 1 tbsp coriander seeds
- ½ tbsp cumin seeds
- 4 nos. green chilies
- ½ inch ginger
- 6 nos curry leaves
- ¼ cup grated coconut

- 1½ cups ash gourd, peeled, de-seeded and diced
- 1 cup water
- ¼ tsp turmeric powder
- 1 cup Godrej Jersey curd
- Salt as per taste

For the tempering

- 2 tbsp groundnut oil
- ½ tsp mustard seeds
- 2 nos. dry red chilies
- ¼ tsp asafoetida powder
- 7 to 8 curry leaves

Instructions

Making Paste

1. Take all the ingredients for the paste and grind them fine, using ¼ cup water
2. Whisk in the curd and keep aside
3. In a pan, take the ash gourd pieces, 1 cup water and ½ tsp turmeric powder
4. Cook till the vegetable is well done
5. Stir in the curd and coconut mixture and salt as required
6. Once the kozhumbu starts boiling, switch off the flame
7. Cover and keep aside
8. In a tadka pan, heat groundnut oil
9. Add mustard seeds, dry red chilies, curry leaves and asafoetida powder
10. Stir and pour this tempering mixture in the mor kozhumbu
11. Cover for a few minutes and let the flavors infuse
12. Serve the kozhumbu with steamed rice



60 Minutes



4 Serves



Litti, sometimes, along with chokha, is a complete meal that is from the Bhojpuri region of the Indian states of Bihar and Uttar Pradesh. Basically a dough ball made up of whole wheat flour and stuffed with gram flour, pulses and and spices. It is a Rajasthani Baati stuffed for the uninitiated. They serve it with Dal panchamel. This is served with a vegetable mash.



Siridhanya Litti Chokha

Ingredients

For Litti

- 2 cup wheat flour
- 2 tbsp Godrej Jersey ghee
- Salt as required
- Water as required

For the Litti stuffing

- 1 cup siridhanya millets flour
- ½ tbsp salt
- 2 tbsp mustard Oil
- ½ tbsp turmeric
- ½ tbsp asafoetida powder
- ½ tbsp red chilly powder
- Salt to taste

For the Chokha

- 2 large nos. purple brinjals
- 2 nos. ripe tomatoes
- 1 cup onions, chopped
- 1 tbsp garlic chopped
- 1 tbsp green chilies, chopped
- 2 tbsp mustard oil
- Salt as required

Instructions

For Chokha

1. Roast the eggplant and tomatoes over gas flame or in the oven till cooked
2. Keep covered for 10 minutes so the skin can be removed conveniently
3. Remove skin and mash both eggplant and tomatoes
4. Mix all the other ingredients
5. Keep aside

For Litti

1. Mix all the litti stuffing ingredients in a bowl and keep aside
2. In a deep bowl, knead a medium soft dough using wheat flour, salt, Godrej Jersey ghee and water
3. Make lemon sized balls and stuff each ball with 1 tbsp of the stuffing mixture
4. Bake at 180 degrees Celsius for 45 minutes
5. Serve the litti crushed along with the chokha



60 Minutes



6 Serves



Fried Fish makes the best snack and a perennial party favorite. While its Western counterpart has more subtle flavours, Indian fried fish boasts a host of bold flavors coming together to create the perfect symphony of taste and texture. This recipe also features millet & rice flours resulting, adding to its nutritive value and crispy texture.



Andhra Fish Fry

Ingredients

500 grams fish, boneless, cut into strips

1 tbsp ginger garlic paste, strained

½ tbsp carrom seeds, powdered

1 tbsp chilli powder

½ cup little millets flour

1 tbsp rice flour

1 tbsp salt

1 tsp lemon juice

1/8 cup curry leaves, packed

1 tbsp sesame seeds

Sesame oil for deep frying

Instructions

1. Clean the fish and add in all the other ingredients
2. Keep aside marinated for 30 minutes
3. Heat oil on medium flame
4. Mix the fish again to coat properly with marinade and deep fry till crisp
5. Serve hot with a squeeze of lime



30 Minutes



4 Serves



The author learned this while judging a competition at a tribal event in Madhya Pradesh. A tiny village of 60 relish this as their comfort food You will love it too.

Bajra Chicken Curry

Ingredients

- 1 kg Godrej Real Good chicken, curry cut
- ¼ cup bajra flour
- 1 inch ginger, crushed
- 2 cups water
- 1 tbsp red chilli powder
- ½ tsp turmeric powder
- 1 tbsp garam masala powder

Instructions

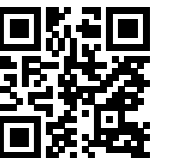
1. Wash & drain the chicken and add in all the ingredients excluding water
2. Transfer all to a pot
3. Heat water and add to the marinated chicken
4. Cook on medium to high flame
5. While the chicken gets cooked, keep it covered for the natural fat of the chicken to release
6. Serve with steamed rice



45 Minutes



5 Serves



Scan to know more about
Godrej Real Good Chicken
Products



This is my Gharwali prawn curry perfect for days when I need a quick delicious fix. This recipe is quite a mood lifter.

Homestyle Prawns Curry

Ingredients

1 cup prawns, shelled and deveined
¼ cup ragi flour
½ tsp turmeric
Salt as required
2 tbsp red chilli powder
2 cups coconut milk
2 tbsp groundnut oil

½ cup onion
½ cup tomato
water as required
few petals of kokum
salt as required

Instructions

1. Grind onions, tomatoes, ragi flour, turmeric powder and red chilli powder in a fine paste
2. Heat groundnut oil in a pot
3. Add in the ground masala and stir
4. Once oil releases from the sides of the pan, add in the prawns
5. Cook till ¾th cooked
6. Add salt and coconut milk and cook till the prawns are well done
7. Serve hot with steamed rice



30 Minutes



4 Serves



Saag traditionally uses mustard greens. Add to it some spinach, dill, pigweed (amaranth leaves) and radish greens and you have a traditional recipe with an added, healthy twist. Originally to bind this together, maize flour is used. This recipe uses siridhanya millets flour. Do enjoy with a knob of jaggery and a roti of your choice.

Siridhanya Paneer Saagwala

Ingredients

2 cups mustard greens, picked, washed and chopped

1 cup pigweed (green amaranth leaves), picked, washed and chopped

1 cup of spinach, picked, washed and chopped

½ cup radish greens, picked, washed and chopped

½ cup dill leaves, picked, washed and chopped

1 onion, finely chopped

1 tomato, finely chopped

2 tbsp siridhanya millets flour

2 tbsp ginger- garlic-green chillies, crushed

1 tbsp cumin coriander powder

1 tbsp cumin seeds

1 cup Godrej Jersey paneer

Salt as required

3 tbsp mustard oil

Instructions

1. Place all the greens along with crushed ginger-garlic-green chillies and a cup of water in a pressure cooker
2. Close the lid and pressure cook for 3 whistles
3. Allow the pressure to settle
4. Stir in siridhanya millets flour, cumin-coriander powder and garam masala
5. Blend well with a stick blender
6. In another pan, heat mustard oil
7. Sprinkle cumin seeds and allow them to splutter
8. Stir in onions and tomatoes
9. Stir the pulped green into the tadka
10. Stir well and add salt and Godrej Jersey paneer cubes
11. Serve hot with rotis



60 Minutes



6 Serves

This recipe is an easy way to use a lot of leftover vegetables and clear out the refrigerator. Sorghum flour makes the perfect substitute for gram flour.

You can also opt for a packet of Godrej Yummiez Frozen veggies

Jowar Sindhi Curry

Ingredients

- | | |
|------------------------------------|------------------------|
| ¼ cup cluster beans, ends snipped | 4-6 curry leaves |
| ½ cup potatoes peeled and chopped | ¼ tbsp turmeric powder |
| ¼ cup bhindi, cut into long pieces | 1 tbsp chilli powder |
| ½ tbsp cumin seeds | 1 tbsp tamarind |
| ½ tbsp fenugreek seeds | 3 tbsp groundnut oil |
| ¼ tbsp asafoetida | Salt as required |
| 4 tbsp jowar flour | |
| 2 tbsp chopped green chillies | |
| 1 tbsp grated ginger | |

Instructions

1. Heat groundnut oil in non-stick pan, add bhindi and saute for 3-4 minutes and keep aside
2. Add remaining oil in the cooking pot
3. Begin the tempering with cumin seeds, fenugreek seeds and then add asafoetida
4. Add jowar flour and saute till fragrant. Add water little by little and ensure it is smooth and lump-free
5. Add a total of 3 cups of water and boil, add in green chillies, ginger, curry leaves, turmeric powder, chilli powder, tamarind pulp and salt
6. Add in the cluster beans, potatoes and cook till vegetables are soft
7. Now add in the fried bhindi and simmer till everything is cooked well



45 Minutes



4 Serves



Sometimes chefs, cooks & those in charge of home kitchens learn to hide ingredients that add to the overall health of a dish but might otherwise be rejected by its consumers. This recipe hides very healthy buckwheat flour in an easy-to-consume avatar, featuring a from-scratch, classic kadhai masala.

Kadhai Paneer

Ingredients

Classic Kadhai Masala

- 2 tbsp coriander seeds
- 1 tbsp cumin seeds
- ½ tsp black pepper
- 3 nos dried kashmiri red chillies

For Gravy

- 2 tbsp sunflower Oil
- 1 no. bay leaf
- 1 tbsp ginger-garlic paste

1 cup onion & 2 cups tomatoes ground into a fine paste

1 tbsp buck wheat flour, toasted.

1 tbsp garam masala

1 tbsp red chilli powder

½ tsp turmeric powder

2 cups hot water

250 grams Godrej Jersey paneer

1/2 cup onions, cut into petals

1/2 cup green capsicum, cut into dices

Instructions

1. Dry roast ingredients of kadhai masala and crush using a mortar and pestle. Keep aside
2. Heat sunflower oil in a kadhai
3. Add the bay leaf and ginger garlic paste
4. Once the raw flavor goes away, add the buck wheat flour till it gets a nutty aroma
5. Add in the onion tomato paste along with all the spices and hot water. Simmer for 20 minutes
6. Stir in Godrej Jersey paneer, onions and capsicum. You may choose to fry these separately and add in the gravy
7. Finally top with the hand pounded kadhai masala
8. Serve hot



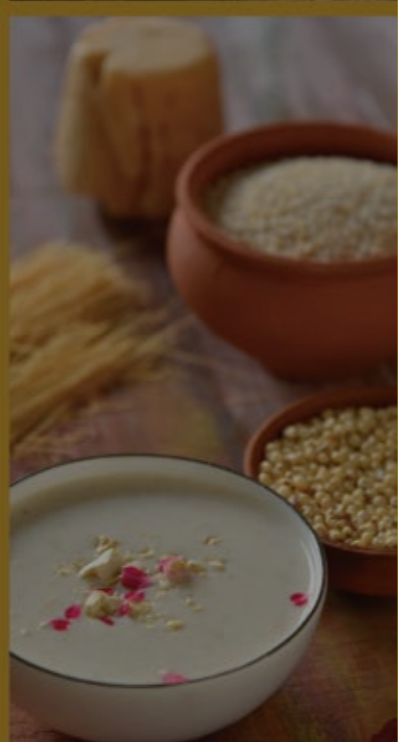
45 Minutes



4 Serves



Desserts



-  **Millets Laddoo**
-  **Saeb Bajre ka Gujiya**
-  **Gud ka Rasgulla**
-  **Kodo Chocolate Phirnee**
-  **Khajoor aur Ragi Payas**
-  **Jowar Payasam**
-  **9 Millets Granola Bar**
-  **Mango Millets Popsicles**
-  **Anjeer ka Icecream**
-  **Paan Custard**

Key

Snack	Tea Time	Travels Well / Picnic	Pre-prep Required	Gluten Free	High Fiber	Nutrition Plus	Instant / Quick
							
Party Favorite	Deep Fried	Contains Egg	Non Vegan	Junk Food Swap	Spicy / Hot	Nutrition Plus	Protein Rich
							



Millets Laddoo

Ingredients

- 1 cup 9 millets flour
- 1 cup peanut powder
- 1 cup jaggery
- 2 tbsp water
- ½ tsp cardamom
- 2 tbsp Godrej Jersey ghee

Instructions

1. Dry roast the 9 millets flour in a heavy pan on a low flame for 6-7 minutes until golden brown and fragrant
2. Set aside on a plate to cool
3. Heat jaggery in a pan along with water
4. Let the jaggery melt into golden syrup
5. Add in the flour, peanuts, cardamom powder and Godrej Jersey ghee and mix well
6. Roll into lemon-sized balls. Keep stored in an air tight container
7. Eat at room temperature



45 Minutes



5 Serves

This laddoo is a little bundle of energy and will soon become a family favorite. It can be stored for 15 days at room temperature. The 9-millets flour is a combination of 9 different millets of your choice, washed and dried and then dry roasted in a pan and ground into a slightly coarse flour. You can save this flour for many recipes.





Saeb Bajre ka Gujiya

Ingredients

For Filling

- 1 cup Godrej Jersey paneer, crumbled
- 2 tbsp Godrej Jersey ghee
- ¼ cup bajra, pressure cooked till soft
- ½ cup semolina
- ½ cup apple, peeled and chopped
- ½ cup cashew nuts, chopped
- 1 cup powdered sugar
- ½ tbsp cardamom powder
- Sunflower Oil for deep frying

For Dough

- 2 cup all-purpose flour
- 2 tbsp raagi flour
- 3 tbsp Godrej Jersey ghee
- ½ tbsp salt
- Water as required

Instructions

For Filling

1. In a kadhai, add crumbled Godrej Jersey paneer, semolina and Godrej Jersey ghee and roast on medium flame well till light brown in color
2. Add chopped nuts, cooked bajra and apples and mix well
3. Transfer the mixture into the bowl to cool
4. When it cools down, add powdered sugar and cardamom powder
5. Mix well and keep aside

For Dough

1. In a mixing bowl, add all -purpose flour, raagi flour, Godrej Jersey ghee, salt and water
2. Knead it into a stiff dough
3. Cover it with a damp cloth and leave it to rest for half an hour

For Shaping

1. Pinch lemon-sized balls and roll into a thin disc
2. Add the filling and fold into a half moon-shaped dumplings
3. Pinch fold or crimp the sides to seal
4. Prepare the remaining gujyas in the same way
5. Heat sunflower oil in a kadhai on medium flame
6. Fry till golden brown
7. Transfer on absorbent paper



60 Minutes



15 Pieces

My mother makes the best Gujyas. Hands down. She says she learnt it from her mother. She makes multiple fillings. This one began as an experiment. Tried many millets. Changed the flour of the outer casing. But this happens to be the best of all the experiment. Now all yours.



Hidden in the by-lanes of cities like Kolkata and Puri are legendary artisans, creating mouthwateringly soft cottage cheese dumplings soaked in sugar syrup, known & beloved around the world as Rasgulla. While some have their share of the spotlight, most have succumbed to industrialized tinned versions and age-old recipes and techniques are lost to history. Here's one with a twist of health for you to create at home.

Gud ka Rasgulla

Ingredients

1½ litre Godrej Jersey milk
2 tbsp lemon juice
1 tbsp jowar flour

For the syrup

3 cups water
3 cups grated jaggery

Instructions

For Filling

1. In a deep saucepan, pour Godrej Jersey milk and bring it to a boil
2. Pour the lemon juice into the milk and stir
3. Allow the milk to cool and strain through cheesecloth
4. Rinse the cheese under running water
5. Tie the ends of the cheesecloth and squeeze all the excess water
6. Take the cheese out of the cloth in a plate and knead. Add the jowar flour and knead till it becomes a soft cheesy dough
7. Once the dough is ready, make tiny, smooth dumplings from the dough

8. In another pan, make the jaggery syrup by mixing water with jaggery and bring it to a boil
9. Once the jaggery has melted, drop the cheese balls into it. Cover the pan with a tight lid and let it cook for about 15 minutes
10. Meanwhile, check the consistency of the syrup. If it gets too thick, add some water and continue cooking the rasgullas. Once they are almost double in size, they're ready
11. Switch off the heat, and leave the rasgulla in the syrup
12. Once it has cooled, serve with the syrup



02 Hours



08 Serves



Kodo Chocolate Phirnee

The best I have eaten on my trips to Amritsar. The one that I make at home comes second best. For years I follow a standard recipe 100 grams ground rice, 1 litre milk and 200 grams sugar. Simple. This experiment happened for one of my masterclasses in Dubai. It worked and I know it will always work. Because a recipe is pure science. Follow this with precision. The additional milk is to balance the texture since chocolate is introduced in this. Enjoy.

Ingredients

100 grams Kodo Millet
1 litre Godrej Jersey milk
200 grams sugar
¼ tbsp cardamom powder
1 tbsp chopped nuts
¼ cup dark chocolate, couverture, chopped

Additionally,
¼ cup Godrej Jersey milk to adjust consistency

Instructions

1. Dry roast the kodo millet and grind into a fine powder
2. Heat Godrej Jersey milk with sugar and the kodo millet powder. Stir well
3. Cook on medium flame until the millet gets well cooked
4. Add the remaining milk and chocolate. Stir in chopped nuts and cardamom powder
5. Serve chilled topped with more nuts



45 Minutes
+ Chiling Time



06 Serves



Khajoor Aur Ragi Payas

Ingredients

- ½ cup ragi flour, toasted
- 2 cups Godrej Jersey milk
- 8 nos dates, seedless and chopped
- 2 tbsp cashews, chopped
- 2 tbsp almonds, soaked & chopped
- ¼ tsp cardamom powder
- 1 tbsp Godrej Jersey ghee
- 2 cups water

Instructions

1. Take ragi flour, add ½ cup water in it
2. Stir it well without any lumps
3. In a sauce pan, take the ragi mixture and add the remaining water and cook on medium heat
4. Add Godrej Jersey milk and dates for few minutes till the dates are soft
5. Using a stick blender and run this into a smooth mixture and keep aside
6. Keep stirring constantly to avoid sticking
7. Lastly, add in cardamom powder and chopped nuts and immediately turn off the flame
8. Serve warm



45 Hours



6 Serves

Payas
is my weakness.
And this one is actually a Kanji.
Almost like a warm beverage, more
than a dessert. It is also made like a conjee in
several homes without jaggery and a generous
pinch of salt, and eaten for breakfast. I know of a lot
of working folk who leave their homes before break
of dawn with just this and are satiated till lunch time.
That's the magic of our ancient food. Jaggery could
replace dates, just in case you wonder. You may
also temper this with ghee, mustard seeds,
curry leaves and hing, to take you
back in time.



Jowar Payasam

Ingredients

- ½ cup sorghum
- 1 ¼ cup Godrej Jersey milk
- ¼ tsp cardamom powder
- ¾ cup jaggery
- 1 tbsp Godrej Jersey ghee
- 8-10 nos. cashew nuts
- A generous pinch of saffron strands

Instructions

1. Wash sorghum 2- 3 times and soak overnight in 1 cup water
2. Pressure cook in 2 cups of water till well done. Even it gets slightly overcooked, it is absolutely fine and might actually be better
3. Add Godrej Jersey ghee to a deep pot. Once it is melted, add cashew nuts and fry until golden and set aside
4. Add the cooked sorghum, Godrej Jersey milk and jaggery. Cook until the mixture thickens, stirring intermittently
5. Add golden fried cashews, saffron strands, cardamom powder and stir well
6. Serve warm

Payasam is what Kheer is to the north & west of India and Payas to the East. This recipe features sorghum. You can also add in some soaked moong dal and sabudana to create familiar payasam variants



60 Minutes



4 Serves

9 Millets Granola Bar

The ancient laddoo has a story! It is said that an ayurved-acharya hid his medicines inside a sweet, bundled it up so that it did not feel like a medicine at all. In the modern world, this granola bar is an equivalent to the erstwhile trickery of ancient gurus, hiding nourishment amidst layers of decadent nuts, seeds and ghee.



Ingredients

- | | |
|---|--------------------------------|
| 50 gms roasted bajra puffs | 20 gms flax seeds |
| 50 grams roasted jowar puffs | 50 gms dates, deseeded chopped |
| 50 grams roasted nachni puffs | 50 gms almonds, chopped |
| 50 grams assorted millets flour, use any six of your choice | 200 gms Jaggery |
| 20 gms pumpkin seeds | 1 tbsp fennel seeds, powdered |
| 20 gms roasted sesame seeds | ½ tsp green cardamom, powdered |
| | 2 tsp Godrej Jersey ghee |

Instructions

1. Heat a pan and add ghee. Add chopped dates and cook till they become soft and mushy
2. Add jaggery powder and 1/4 cup water. Make a thick syrup by boiling for 6 minutes. Turn the flame off
3. Add all the other ingredients one by one and mix thoroughly till everything is well coated with the jaggery syrup
4. Transfer this to a greased tray or box and press tight so that it sets well
5. Once cooled, cut into 3" 'x 1" long strips and wrap each bar with butter paper and then with aluminium foil
6. This can be stored and consumed whenever you need that extra boost of energy



60 Minutes



08 Serves



Mango Millets Popsicle

Ingredients

2 cups Alphonso mango, pulp
¼ cup multi millets of choice
1 litre Godrej Jersey milk
200 grams sugar

Additional requirement
Popsicle mould

Instructions

1. Soak millets in 2 cups warm water for 6 hours
2. Grind into a fine mixture
3. Strain through a muslin cloth, two to three times for a smooth extract
4. Cook this mixture over medium flame with Godrej Jersey milk
5. Keep stirring and reduce this mixture to half its original quantity
6. Stir in the sugar and allow this mixture to cool down to room temperature
7. Stir in alphonso mango pulp
8. Pour it into popsicle moulds, cover it and freeze until firm. (Do not forget to insert the popsicle sticks)
9. Enjoy the popsicles

Popsicle is a western term for Kulfi. Kulfi is generally evaporated, sweetened milk flavored with fruits, nuts or just plain called Malai Kulfi. Here's a very easy recipe-with all-time favorite Alphonso mangoes and an extract of multi millets.



01 Hour + Over-night freezing



10 Serves



Anjeer Ka Icecream

Ingredients

- 50 gms barnyard millet
- 50 gms kodo millet
- 50 gms foxtail millet
- 100 gms little millet
- 500 ml Godrej Jersey milk
- 1 cup jaggery
- 1 cup fresh figs, when in season
- OR 1/2 cup dried figs, off-season

Instructions

1. Dry roast the millets in a dry pan
2. Wash once. Then cook it all in a liter of boiling water until they are soft
3. To this, add jaggery, and dissolve completely
4. Then cool and make a smooth paste of this in food processor
5. Cool it down and strain it through a fine muslin
6. To the strained paste, add fig puree (fresh or dried) and Godrej Jersey milk to make it smooth and almost like a milkshake
7. Mix well and transfer to an ice cream tray
8. Freeze overnight
9. Once completely frozen, scoop and serve

An experiment gone very right, this recipe is the perfect upgraded version of the classic Anjeer ice-cream!



02 Hours + Overnight freezing



08 Serves



Paan Custard

Paan is a very Indian flavour that has found international acclaim in a variety of fusion desserts. This recipe features the nuanced flavours of “meetha” paan in a rich custard, with sorghum flour for added nutrition. We’d love to swap in jaggery but this dish works best with white sugar.

Ingredients

- 3/4 cup bajra flour
- 1/2 cup sugar
- ½ cup coconut cream
- 2 cups Godrej Jersey milk
- 3 tbsp paan syrup OR
- 3 ready-made maghai paan, ground into a paste.
- 1 tbsp agar agar, soaked in ½ cup water.

Instructions

1. In a heavy bottomed pan, mix all the ingredients thoroughly till lump-free
2. Cook it on low flame till it the mixture thickens and the flour cooks
3. Strain and transfer mixture in moulds or bowls to set
4. Keep refrigerated. Serve Cold








30 Minutes



06 Serves



Beverages

-  **Frozen Watermelon Sorbet**
-  **Gond Katira Falooda**
-  **Kesar Piyush**
-  **Doodh Shikanji**
-  **Sol Kadhi**



Key

- | | | | | | | | |
|--|--|---|---|--|---|--|---|
|  Snack |  Tea Time |  Travels Well / Picnic |  Pre-prep Required |  Gluten Free |  High Fiber |  Nutrition Plus |  Instant / Quick |
|  Party Favorite |  Deep Fried |  Contains Egg |  Non Vegan |  Junk Food Swap |  Spicy / Hot |  Nutrition Plus |  Protein Rich |



Frozen Watermelon Sorbet

Ingredients

- 3 cups Watermelon, seedless and diced
- 1 no. lemon, juiced
- ½ cup grain sugar
- 1/8 cup Godrej Jersey milk
- 1/8 cup Malted 9 millets milk

Instructions

1. Roast a selection of millets till fragrant and nutty, grind into a fine powder, mix into water and strain to make Malted Millet Milk to use later
2. Freeze watermelon overnight
3. Transfer frozen watermelon to a blender
4. Add all other ingredients and blend for 30 seconds on high speed
5. Serve immediately in martini glasses garnished with mint leaves



15 Minutes +
Overnight freezing



04 Serves

A delicious low calorie chilled and refreshing malted watermelon drink for a hot summer day

This recipe is inspired by two of the culinary world's greatest experiments - Jigarthanda and Falooda. Jigarthanda from Madurai uses Badam Pisin, a kind of plant gum that is bloomed, with cold milk and nannari syrup - , a distilled extract of Anantmool - nannari roots. Falooda is the more popular version and uses soaked basil seeds and noodles made of corn starch. Both are coolants and the perfect indulgent summer beverages. Here's a healthy recipe for you to try!

Gond Katira Falooda

Ingredients

For the hand-pressed noodles

- 5 heaped tbsp corn starch
- 2 heaped tbsp little millets flour
- 1 ½ cup water
- 1 ½ tbsp sugar

For the assembly

- 3 cups Godrej Jersey milk, chilled
- 2 tbsp any plant gum of your choice; badam pisin works best
- 4 tbsp nannari syrup/ rose syrup
- 1 tbsp basil seeds, soaked

Instructions

1. In 1/3rd cup water, soak badam pisin (or plant gum of your choice) and keep aside till the hand-pressed noodles are ready
2. Similarly, and separately, keep basil seeds to bloom in 1/3 cup water

For the hand pressed noodles

1. Grease a noodle press and set aside
2. Fill a container with water and ice cubes and set aside till we are ready with the mixture
3. In a cooking pan, make a lump-free slurry of water, cornflour, little millets flour and sugar
4. Heat the pan on medium flame and keep stirring continuously till the mixture turns transparent and glossy
5. Immediately transfer into the greased mould and press noodles into the iced water
6. Our falooda sev is ready within minutes

For the assembly

1. In individual glasses, add our hand-pressed falooda noodles to the bottom of the glass
2. Top with bloomed basil seeds, bloomed badam pisin and the syrup of choice
3. Top with chilled Godrej Jersey milk
4. Serve chilled



45 Minutes



04 Serves



Kesar Piyush

Some even say that Piyush was invented in a humble home in Pune as a watered down version of the thick, dense Indian dessert, Shrikhand. This makes it a unique recipe, often confused by kesar lassi. It is so much more, with the addition of a few sweet spices like saffron, green cardamom and freshly grated nutmeg. This indulgent recipe has the added benefit of nourishing millets.

Ingredients

- 3 cups Godrej Jersey curd
- ¼ cup sugar
- 1/2 cup barnyard millet, cooked till soft
- ½ tsp saffron strands, soaked in water
- ½ tsp green cardamom, ground fine
- A generous pinch of nutmeg, freshly grated

Instructions

1. Take the cooked barnyard millets and 2 cups of cold water and churn using a blender
2. Strain using a fine muslin cloth. Barnyard millets milk is ready
3. In a clean blender, take Godrej Jersey curd, barnyard millets milk, sugar, saffron, cardamom powder, grated nutmeg and blend till fine and thick like a smoothie
4. Serve in tall glasses over ice



30 Minutes



04 Serves



Shikanji, Nimboo Paani, Banta are all names of an Indian style lemonade with juice of fresh lime, sugar, ice, variety of salts and sometimes spices. This recipe is inspired by Sheikha Majda Al Sabah - Her Highness Royal Princess of The State of Kuwait, who enjoyed a similar zingy beverage, with an added touch of sorghum milk for a dairy-free twist.

Doodh Shikanji

Ingredients

- 3 cups water, chilled
- 4 nos lemons, juiced
- 8 tbsp grain sugar
- 1/4 cup sorghum milk
- ½ cup ice, optional
- A touch of salt

Instructions

1. Blend all ingredients for 30 seconds on high speed
2. Serve immediately in tall glasses garnished with lemon slices and mint leaves



15 Minutes



04 Serves



Sol Kadhi

Magenta pink, sour, lightly sweet with underlying notes of ginger or garlic and green chillies and coconut milk, this is an unusual take on a traditional recipe using a similarly hued ragi millets extract and curd and no coconut.

Ingredients

½ cup ragi millets, cooked till tender

2 cups water

½ cup Godrej Jersey curd

1/8 cup dried kokum petals, unsweetened

2 cloves of garlic

1 no. green chilly slit

½ tbsp cumin seeds

1 tbsp sugar

1 tbsp salt

2 tbsp fresh coriander leaves, finely chopped

1 sprig of curry leaves, hand torn

Instructions

1. Take cooked ragi millets in a blender jar with water and grind till smooth
2. Transfer on a muslin cloth lined bowl and squeeze out all the extract. Keep aside
3. Rinse the jar and transfer all the ingredients including the fresh extract. Leave the coriander leaves and curry eaves aside for now
4. Grind till fine and smooth. Strain it through a muslin cloth for a clean mouth feel
5. Check for salt and sugar and serve chilled
6. Before serving, do not forget to add the coriander leaves and curry leaves. Cover and allow the flavours to cold steep in a refrigerator



60 Minutes



04 Serves



Godrej



Kitchen Experts Ke Chicken Experts



Highly bio secured farms

Only veterinary certified flocks are selected for slaughtering

In-house QC lab

High protein, tender & juicier

LOW FAT
HIGH PROTEIN
LOW CARB*

*Carbohydrates

NO HORMONES
STERIODS
PRESERVATIVES



A Dollop of ghee is the shortest route to home.





Vikhroli Cucina



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