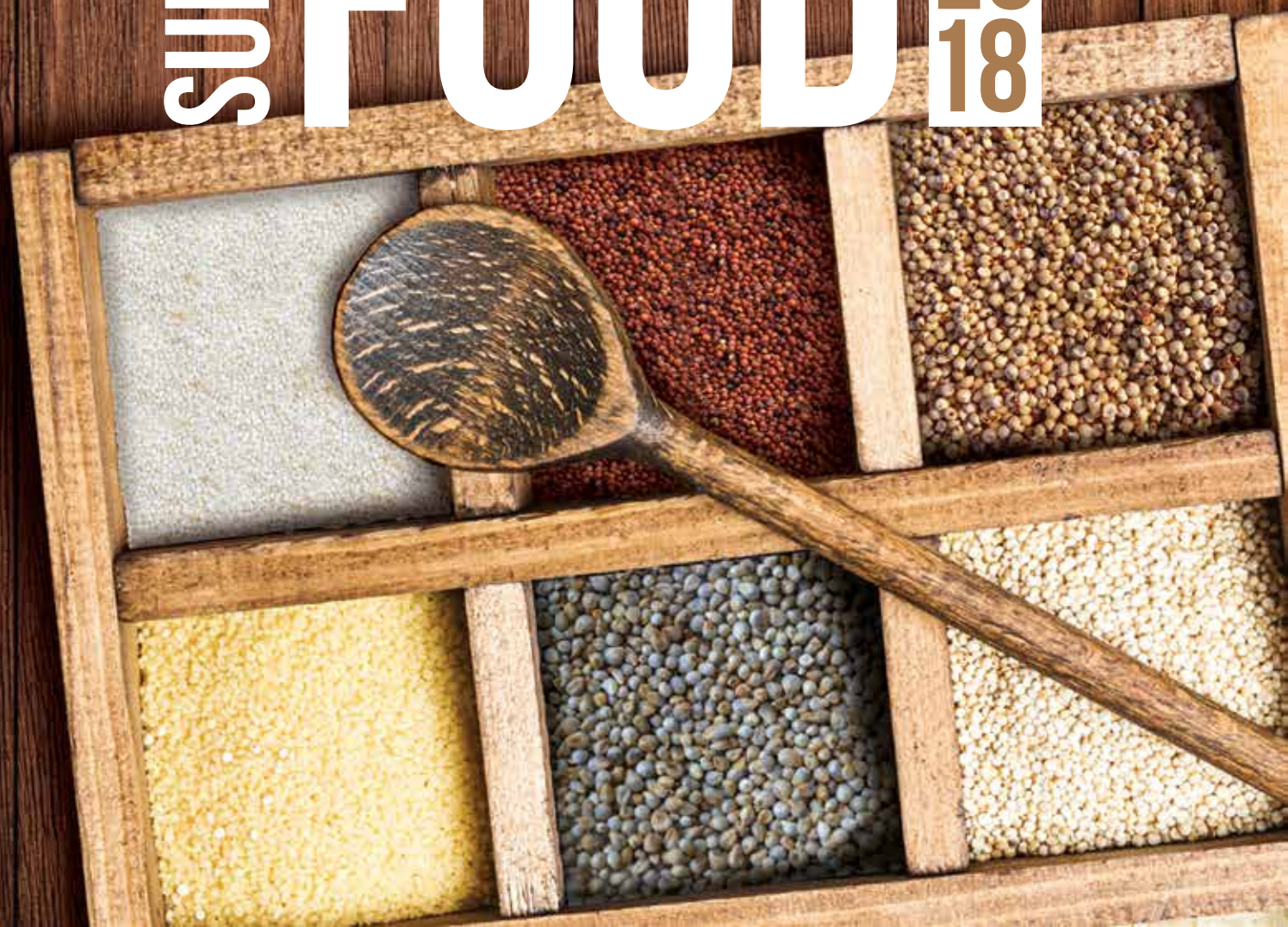


Godrej

MILLETS INDIAN SUPER FOOD

RECIPES
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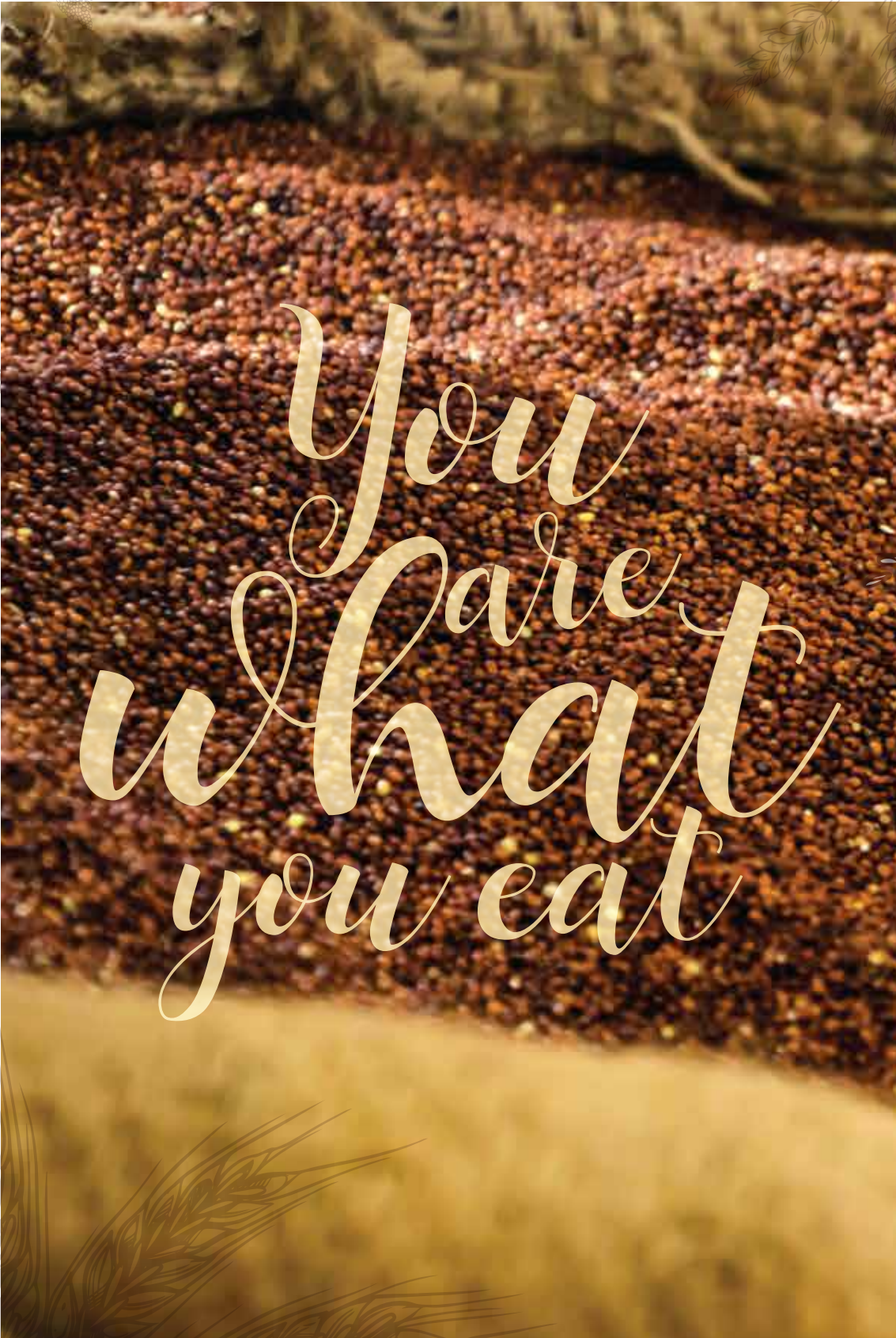


Millets

A Superfood You Don't Want to Miss

Millets, the small seeded grass has been cultivated for more than 10,000 years. Four decades ago, millets were India's staple food. Now, they're being replaced by rice and wheat to the extent that people have forgotten how to incorporate them into their daily diet. Today, given the health benefits of millets, they are making a comeback from the forgotten pages of history. Not just good for health, millets play a vital role in the sustainability of the planet. Thanks to its short growing season, its capacity to withstand extreme temperatures, and drought resistance, millet is a solution to India's major issues like water scarcity, extreme weather and soaring population.

And probably that's why millets are also known as superfoods!



*You
Care
what
you eat*



Millet

India's ancient grains

FOREWORD

Vikas Goswami
Head – Sustainability,
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The trajectories of human evolution, domestication of plants and animals and cultural ecology have been in sync for most of human existence. Domestication of plants and animals have been an integral part of human evolution. Cultural ecology has dictated food consumption and growth patterns.

Yet, in the last 100 years, these trajectories have progressively lost their harmony.

Bio-diversity of food grown and commercial availability, has over the last five decades, reduced significantly. The fast pace of industrialization, rapid urbanization and establishment of strong commercial food channels and supply channels have had a detrimental impact on the diversity of food grown and availability. Yet, retaining this bio-diversity is important not only as a legacy for future human generations, but also because they are a vital source of nutrients. With the world population expected to stabilise at around 9 billion people in the latter half of this century, diversity of a food source that can be grown at significantly lower costs would be very important to meet the needs of the population.

Small millets, of which there is an abundant variety in India, are an important ingredient to meet the challenges of food, nutrition security and diversity. Besides, cultivation of small millets is climate friendly. These millets have a much smaller footprint of water and other resources per unit of cultivation and output.

We at Godrej are committed to encouraging bio-diversity and cultivation of small millets for all the reasons mentioned. We are quite excited to bring out this book, in partnership with AKRSPI, as it resulted from a grassroots program and provides recipes based on small millets that will add diversity to both rural and urban kitchens.

INTRODUCTION

Apoorva Oza
Chief Executive at Aga Khan
Rural Support Programme (India)



In the remote tribal regions of Nimad, Madhya Pradesh, communities traditionally consumed millets and the bountiful and diverse foods available from the forests, which would also change seasonally. A good meal therefore was tasteful and nutritious, and full of variety.

Over time, forests declined, villagers migrated for agriculture labour and their diet shifted to wheat and rice, which were readily available. Micronutrients available in forest produce disappeared from their diet and malnutrition increased.

Recognising the need, AKRSPI, in collaboration with Godrej Agrovet, started a small but significant project to improve the availability of nutritious food in this region. We designed the program such that women SHGs would be the main change agents. AKRSPI had worked with these groups earlier and the women's groups were willing and ready to partner with us.

Over 3 years, AKRSPI supported 400 plus members of the women self help groups to grow vegetables and fruits (papaya, drumstick etc.) in their backyard plots and also revive millet cultivation on their farms. Jowar, Kodon, Kutki and other such crops had almost disappeared from the region, now began to be cultivated. While the initial support was provided by the project, it was subsequently taken over by the active women's federation. To ensure these millets find its way back into the daily meal, traditional recipes were revived through cooking events and competitions held by self-help groups.

A basic cookbook in Hindi was put together to share these nutritious recipes with other non-profits and community based organizations. I am pleased that Godrej has now translated it into English and is releasing it publicly. I am sure these small steps will bring back millets into our lifestyle and help reduce malnutrition.

Everything you need to know about India's ancient superfood

Nutritional Value :-

Millet contains essential nutrients like carbohydrates, good proteins and phytochemicals. In comparison to wheat and rice, millets contain higher levels of minerals. Millets contain 7-12% protein, 2-5% fats, 65-75% carbohydrates, 15-20% fibre. They are also a rich source of potassium, vitamin and dietary minerals such as iron, zinc, manganese, copper and calcium. And the best part, millets are gluten-free.

7 Amazing Health Benefits of Millets

Including millets in your diet lowers the chances of heart-related diseases, cancer and other serious ailments. It boosts immunity, stabilizes the body heat, prevents respiratory issues and detoxifies your system. Need more reasons to add millets to your diet?

Here are 7 amazing health benefits of millets -

1. 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.

2. 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.

3. 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.



4. 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.



5. 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. It is considered as a grain due to its texture, but is a seed which makes it a good alternative.



6. Prevents obesity

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

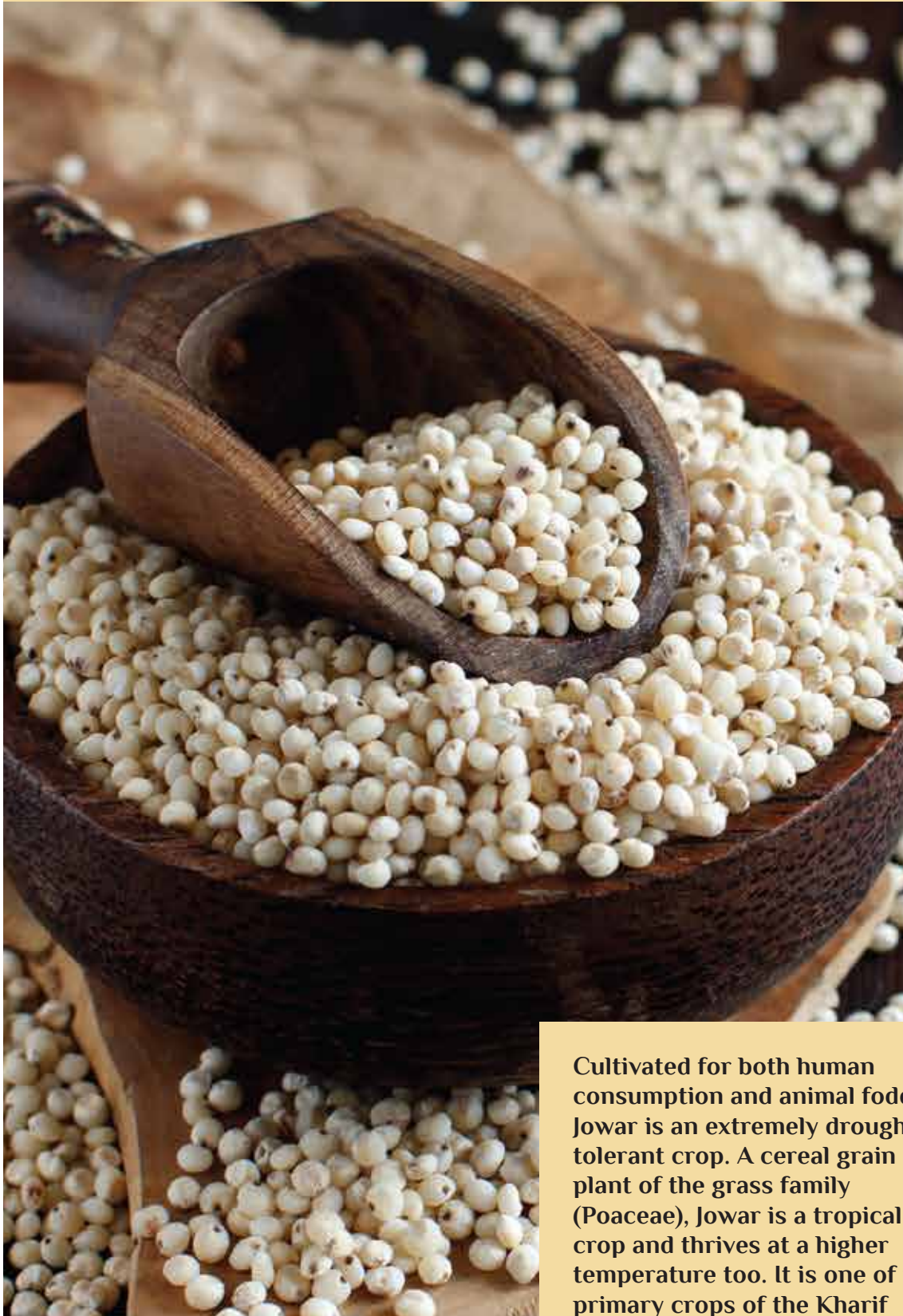


7. Stabilises blood sugar level

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.



Jowar (Sorghum Millet)



Cultivated for both human consumption and animal fodder, Jowar is an extremely drought tolerant crop. A cereal grain plant of the grass family (Poaceae), Jowar is a tropical crop and thrives at a higher temperature too. It is one of the primary crops of the Kharif season.



Jowar Khichdi



- Soak the whole jowar overnight in enough water. Next day, drain all the water
- Combine soaked jowar, 1 cup of water and salt in a pressure cooker, mix well and pressure cook for 5 whistles
- Allow the steam to escape before opening the lid. Keep the cooked whole jowar aside without draining the water
- Now heat oil in a non-stick pan. Then add cumin seeds to it. After a few seconds, add asafoetida, green chillies, red & green capsicums and cook for 2 minutes on medium flame
- Then add a little salt and cooked jowar with water. Mix it well and cook for 5 minutes. When the water is dry, add milk to it and cook for 2-3 minutes while running on medium flame
- Now finally sprinkle coriander leaves and cook for 2 minutes

Ingredients



Whole jowar	: ½ cup
Red capsicum (Fine chopped)	: ¼ cup
Green capsicum (Fine chopped)	: ¼ cup
Cumin seeds (Jeera)	: 1 tbsps
Green chillies (Fine chopped)	: 2 tbsps.
Asafoetida (Hing)	: ¼ tbsps.
Milk	: ½ cup
Chopped coriander	: ¼ cup
Salt to taste	



Jowar Chilla



- Create a mix of jowar flour, buttermilk and water
- Add cumin seeds, chopped green chillies, chopped onions, chopped tomatoes, garlic-ginger paste and salt in that solution and mix well
- Put a little oil on the non-stick pan and put it in the form of chime spreading the prepared mixture
- Heat in oil until it becomes brown on either side
- Serve it with tomato and green chilli chutney



Ingredients



Jowar flour	: 1 cup
Cumin seeds (Jeera)	: 1 tbsp.
Fine chopped green chillies	: 2 tbsp.
Buttermilk	: ½ cup
Onion (Fine chopped)	: 1
Tomato (Fine chopped)	: 1
Ginger garlic paste	: 2 tbsp.
Salt to taste	

Jowar Pongal



- Cook moong dal and jowar separately in a cooker
- Add milk to a pan along with the moong dal and jowar and cook till both turn soft
- When the jowar appears cooked, add jaggery and cardamom and mix it thoroughly
- Garnish it with a mixture of ghee-roasted cashews, almonds and raisins



Ingredients



Jowar (Dry roasted)	: ½ cup - Soaked overnight
Dry roasted Split moong dal	: ½ cup - Soaked for 2 hours
Ghee	: 2-3 tbsp.
Chopped Cardamom (Elaichi)	: 1 tbsp.
Jaggery	: ½ cup
Milk	: 2 cups
Cashew nuts, almonds and raisins (Handful)	

Jowar Ladoos



- Dry roast the jowar and grind it in the mixer grinder to make it fine
- Take powdered sugar in equal quantity to the ground flour and mix them thoroughly
- Add ghee in a small quantity and form the mixture into equal size balls
- Garnish it with almonds



Ingredients



Jowar flour	: ½ cup
Sugar	: 2-3 cups
Ghee	: 1 cup
Almonds	: 4-5



Kodon (Kodo Millet)



Kodon, one of India's ancient grains is considered as the food of the sages. Its grains consist of 8.3% protein, 1.4% fats, and 65.9% carbohydrates. Its calcium levels are 12% higher than that of rice. It is a rich source of iron fulfilling iron deficiency. Just like a nutritious meal, Kodon fulfils your everyday nutrition needs. Kodon millet, also known as 'Bhagar', is a popular ingredient consumed during fasting days.

Kodon Kheer



- Heat milk in a pan
- Wash the kodon thoroughly and soak it in water for 15 minutes
- When the milk is boiled, add kodon and cook it on a low flame
- When the batter is completely cooked, add desiccated coconut and finely chopped cashew nuts, raisins and chironji to it
- Now add sugar to the cooked kheer and mix it well
- After this, heat ghee in a pan and roast khoya (mawa) till it turns golden
- Now remove the kheer in a bowl and garnish it with roasted khoya



Ingredients



Milk	: ½ ltr.
Kodon flour	: ½ cup
Desiccated coconut	: 2 tbsp.
Cashew nuts, almonds, raisins, chironji or charoli (Almond flavored seeds)	: ½ cup
Ghee	: ½ cup
Khoya (Roasted)	: ½ cup
Sugar to taste	

Kodon Upma



- Wash kodon thrice, thoroughly
- Cut onions, green chillies, and vegetables
- Now heat oil in a non-stick pan. Then add mustard and cumin seeds in it. After a few seconds, add onion, green chilli, carrot, curry leaves and cook for 2 minutes on a medium flame
- Add kodon, hot water and salt and cover it
- Cook it thoroughly

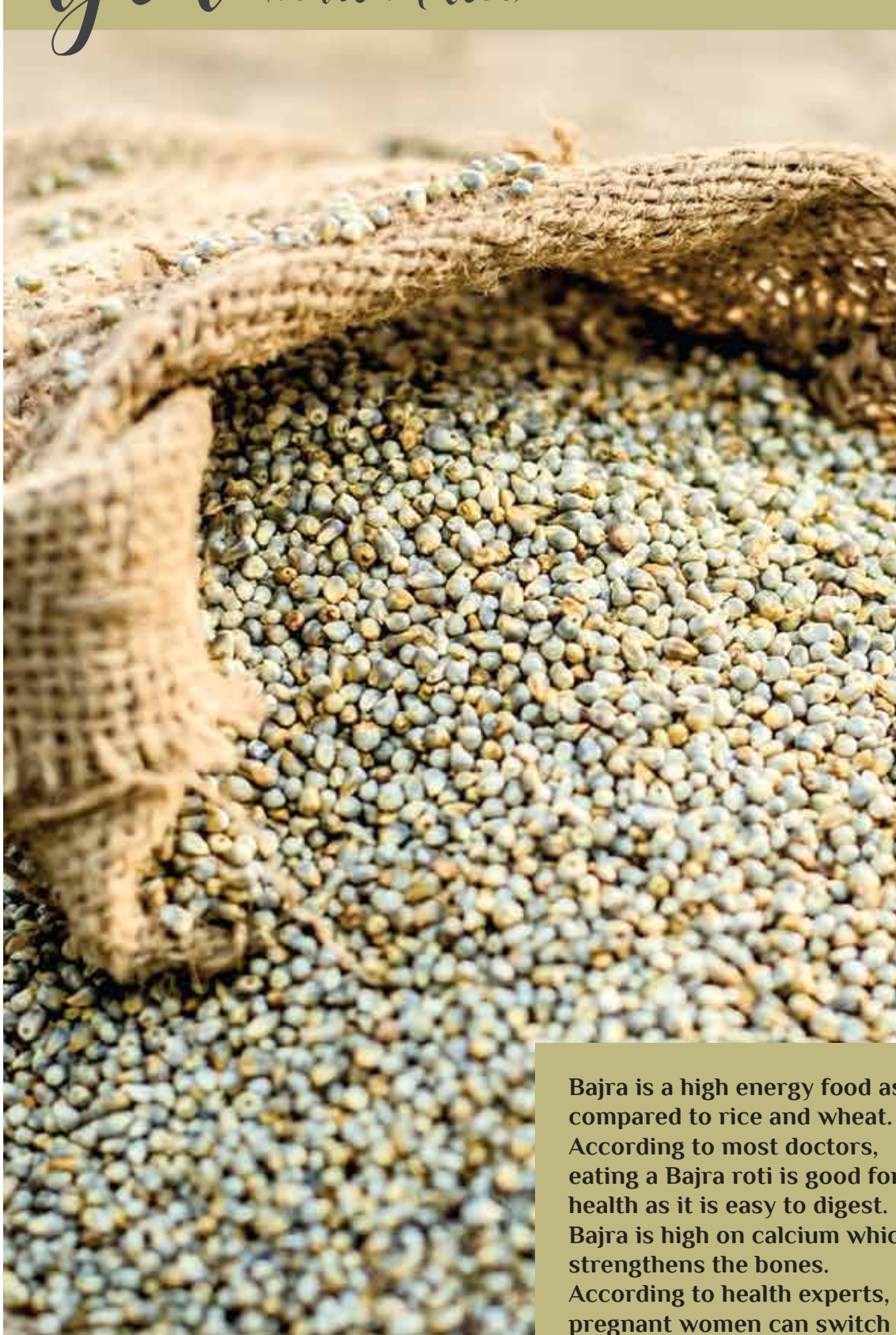


Ingredients



Kodon flour	: 1 cup
Black cumin seeds – 1 tbsp.	: 1 tbsp.
Curry leaves	: 5-7
Hot water	: 1 glass
Onions, green chillies and carrots (Fine chopped)	
Salt to taste	

Bajra (Pearl Millet)



Bajra is a high energy food as compared to rice and wheat. According to most doctors, eating a Bajra roti is good for health as it is easy to digest. Bajra is high on calcium which strengthens the bones. According to health experts, pregnant women can switch to Bajra rotis, instead of calcium tablets, as a healthier substitute to meet their everyday calcium requirement.

Bajra Bhajia



- Create a mixture of bajra flour, jowar flour and ground split chickpeas
- Add onions, green chillies, ginger-garlic paste to the mixture
- Add cumin seeds and salt to taste
- Add water to the mixture
- Heat oil in a pan. Make equal sized balls, press them between your palms and slide them into the oil
- Pair it with green chilli and tomato sauce



Ingredients



Bajra flour	: 1 cup
Jowar flour	: 1 cup
Ground chana dal (Split chickpeas)	: 1 cup
Onions & green chillies and ginger garlic paste	: Fine chopped
Jeera	: 1 tbsp.
Water	: 1 glass
Oil	: Half pan
Salt to taste	

Bajra Khichdi



- Soak bajra and moong dal in water for 7-8 hours
- Heat oil in a pan; add black cumin seeds, cumin seeds, onions and green chillies
- Fry them well till the onion and garlic turn brown
- Cook bajra-moong dal in a pan using hot water
- Allow it to cook on a low flame for 15 minutes in a covered container
- Garnish it with jaggery and ghee

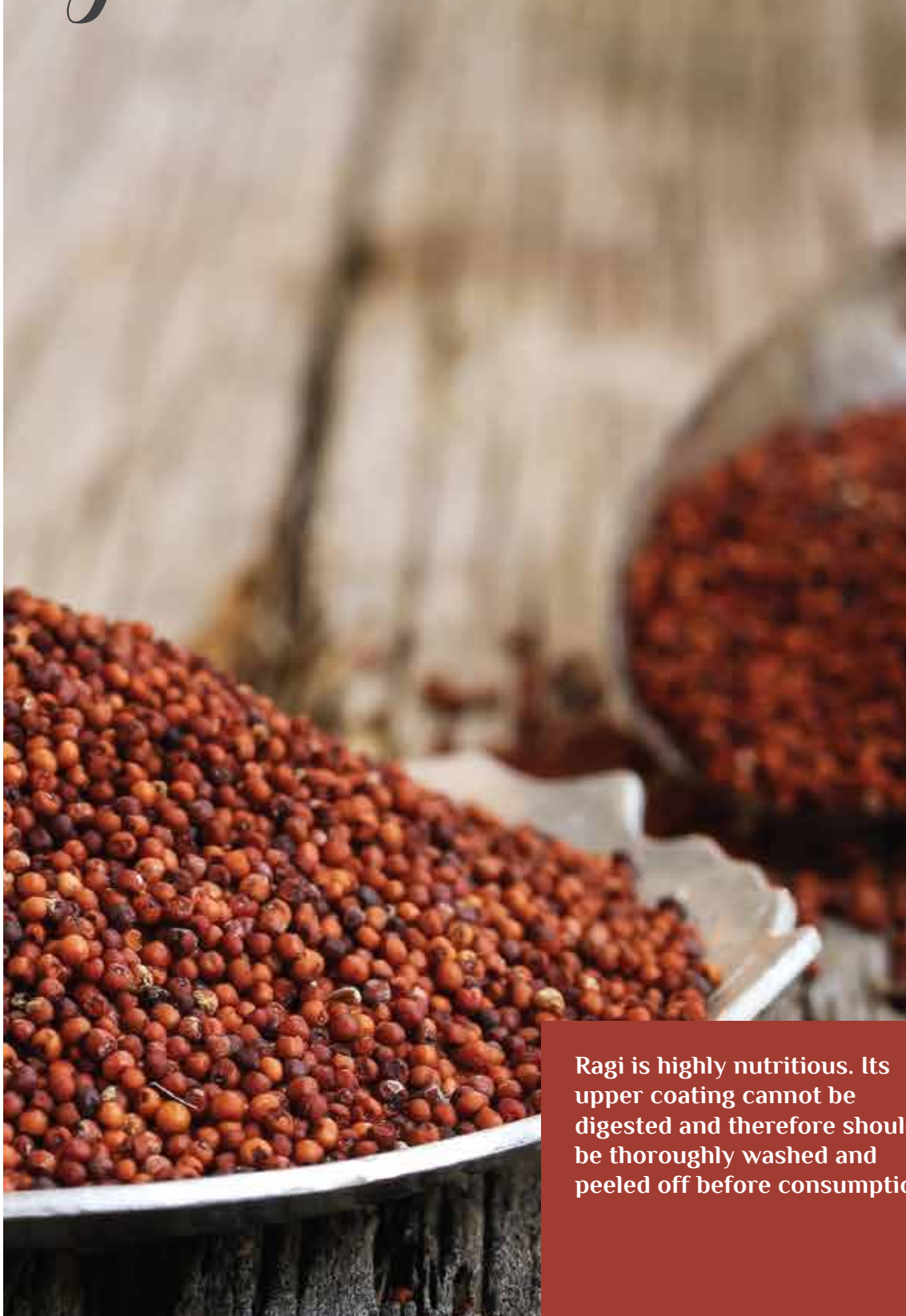


Ingredients



Bajra flour	: 1 cup
Split chickpeas	: 1 cup
Onions, green chillies and garlic (Fine chopped)	: 1 cup
Ghee	: 1 cup
Oil	: 1 cup
Cumin seeds	: 1 tbsp.
Black cumin seeds	: 1 tbsp.
Coriander (Chopped)	: 1 tbsp.
Turmeric powder	: ½ tbsp.
Jaggery	: 1 cup
Hot water	: 1 cup
Salt to taste	

Ragi *(Finger Millet)*



Ragi is highly nutritious. Its upper coating cannot be digested and therefore should be thoroughly washed and peeled off before consumption.

Ragi Ladoos



- Roast ragi flour in ghee till you get a nice aroma of ragi
- Heat milk and add grated or powdered jaggery to it
- Create a mixture of the cooked flour, khoya and cardamom
- Make balls from the mixture while it is warm



Ingredients



Ragi flour	: 2 cups
Milk	: 1 cup
Jaggery to taste	
Khoya	: Roasted in ghee
Ghee	: 1 cup
Grinded cardamom	: 1 tbsp.

Ragi Kheer



- Heat milk till it gets a bit thicker
- Roast khoya and ragi separately in ghee
- Mix ragi with the thickened milk, add sugar and cover it for 15-20 minutes
- Garnish it with the roasted khoya and cardamom powder



Ingredients



Ragi flour	: 1 cup
Milk	: ½ ltr.
Khoya	: 1 cup
Ghee	: 2 cups
Ground cardamom	: 1 tbsp.
Sugar to taste	

Sanwa *(Barnyard Millet)*



Cultivated as both cereal crop and animal fodder, Sanwa is a versatile crop. Enriched with proteins, Sanwa is very easy to cook.

Sanwa Cutlet



- Cook sanwa using hot water
- Mix ground split chickpeas with curd, potato and make a paste
- Heat oil; add cumin and black cumin seeds, fine chopped onion, ginger, garlic and green chillies to it
- Add the cooked sanwa along with the paste to the mixture and mix it well. Add coriander and turmeric as well
- When the mixture cools down, make a shape of it and fry



Ingredients



Sanwa flour	: 1 cup
Water	: 1 cup
Ground chana dal	: 1 cup
Curd	: 1 cup
Onion Garlic Ginger Green Chilli Paste	
Boiled potatoes	: 1
Oil	: Half pan
Coriander powder	: 1 tbsp.
Turmeric powder	: ½ tbsp.
Cumin seeds	: 1 tbsp.
Salt to taste	

Sanwa Kheer



- Heat milk in a pan and cook sanwa on a low flame till it mixes well
- After cooking it thoroughly, add sugar to taste
- Garnish it with khoya



Ingredients



Sanwa	: 1 cup
Milk	: ½ ltr.
Sugar to taste	
Khoya (roasted in ghee)	

Kutki (Little Millet)



Grown throughout India, Kutki is cooked and consumed like rice. Any recipe typically made with rice can be prepared using Kutki.

Kutki Dahi Rice



- Allow the kutki to be cooked in a pan on a low flame
- When it gets fluffy and mashable, take it out in a separate bowl
- Add curd to the mixture and mix it well
- In a separate pan, fry black cumin seeds and curry leaf and garnish it on top of dahi kutki



Ingredients



Kutki	: 1 cup
Curd	: 1 cup
Black cumin seeds	: 1 cup
Curry leaves	: 4-5
Oil	: 2 tbsp.
Hot water	: 1 glass
Salt to taste	

Kutki Patties



- Wash the kutki thoroughly and keep it soaked for 10 minutes
- Cook potatoes, carrots, cabbage and peas using hot water
- Allow the soaked kutki to cook in steaming water for 15 minutes
- Mix the cooked vegetables and kutki in a bowl and add cumin seeds, green chillies, salt, turmeric and coriander powder to it
- Make the shape of a patties from the mixture and fry it in oil
- Pair it with tomato or green chilli chutney



Ingredients



Kutki	: 1 cup
Potatoes, carrots, cabbage, green peas, green chillies	: In a cup
Oil	: Half pan
Hot water	: ½ ltr.
Cumin seeds	: 1 tbsp.
Salt, turmeric and coriander powder to taste	





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