

### Traditional and Innovative Millet Recipes





# Bajariyu Recipe by Ms. Divya Thakker (Home-chef)

#### **Ingredients:**

- 1. Hulled Pearl Millet- 100 grams
- 2. Water- 200 ml
- 3. Dense Buttermilk- 400 ml
- 4. Dry dates (chopped)- 1 bowl
- 5. Ghee- For taste
- 6. Salt- For taste

#### Recipe:

- Soak hulled Millet in water for One hour
- Cook it in the same water for 5 to 10 minutes
- Add Buttermilk and salt in it
- When cooked, a dense sludge texture will be formed
- Add dry dates in it
- Garnish it with ghee and serve hot

## Kaangvo

Recipe by Ms. Divya Thakker

#### Ingredients:

1. Foxtail Millet- 1 Bowl 3. Ghee- ½ Cup

2. Milk-1 Cup

4. Jaggery- ½ Cup

#### Recipe:

Soak Foxtail Millet for 7-8 hours in water

Drain the excess water and spread the millet on a cotton cloth

After drying, Roast it properly and make its flour using a mixture grinder

Mix milk and ghee in a pan and heat it, and mix it mixes properly.

- Pour milk and ghee mixture in Flour and mix it properly
- Let it settle down for 30 minutes
- Strain the mixture properly for even texture
- Roast this mixture in pan on medium heat till it become golden brown
- After roasting, take the mixture (Ghasiyo) in a
- Take ghee in another pan and add jaggery in it and mix it properly
- Put this jaggery and ghee mixture in ghasiyo and make the laddu out of it



## **Ragi Idli**

Recipe by Ms. Jyoti Soni

#### **Ingredients:**

1. Ragi Flour: 2 Cups

2. Oats: ½ Cups

3. Semolina: 2 tsp.

4. Eno: 1 tsp.

5. Salt: For taste

6. Cut vegetables: French beans, Carrots, Corn

7. Paneer

8. Green chili paste

9. Salt: For taste

10. Curd: 3 tsp.

#### Recipe:

Mix Ragi, Oats, Semolina and Curd in water

Let it settle for 1-2 Hours

Sauté the vegetables and add salt, turmeric and chili powder

Add green chilli paste and grate the paneer in vegetables

Add the vegetable mixture in the soaked ragi

Now prepare the steamed idli in the pressure cooker of this ragi mixture

#### **Ingredients:**

- 1. 1 cup Kodo Millet
- 2. 1 Cup diced vegetables (Beans, Peas, Carrot, Capsicum, Maize)
- 3. Salt to taste
- 4. ½ tsp Red chili powder
- 5. ½ tsp Turmeric powder
- 6. ½ tsp cumin seeds
- 7. Oil for tempering



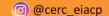


Recipe by Ms. Jyoti Soni (Home-chef)

#### Recipe:

- Wash kodo Millet and soak in water for two hours before cooking
- Put oil, and spices in a pressure cooker
- Add vegetables and soaked kodo Millet in cooker
- Add 4 Cups of water and mix everything well
- Cook the millet till the cooker whistles for 4 times
- After cooking let the release the vapors from the cooker and allow it to cool down
- Serve the pulao and garnish it with coriander leaves







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