milletology

a recipe collective by celebrated chefs
foreword

Millets - an idea whose time has come... again!

The United Nations has declared 2023 as ‘The International Year of the Millet’ at the behest of India, whose ardent attempts to bring these ‘nutri-cereals’ back into our homes is taking urgent precedence.

At one time, millets were intrinsic to our nation’s foodscape, even consumed on a daily basis until the Green Revolution made rice and wheat more accessible. India’s efforts to revive these ancient, forgotten grains could be the vital impetus required to achieve the United Nations’ sustainable development goal of ending hunger by the year 2030.

Over the last decade, climate change, population growth and economic slowdown have impacted food security in exponential ways. There is a pressing need to transform the food system to achieve food and nutritional security and to provide an affordable, healthy and nourishing diet to the world at large. As global agrifood systems face these challenges, resilient cereals like millets and pseudo-cereals provide an affordable, nutritious and climate-resilient solution.

IFCA [Indian Federation of Culinary Associations], India’s nodal body of culinary professionals, works through its network to promote heritage culinary knowledge and cooking traditions, indigenous ingredients and obscure culinary styles. It’s core focus is to develop the gastronomic arts and showcase Indian cuisine on a global platform. For over a decade, IFCA has worked across platforms and fora to promote millets and their virtues and to inspire chefs to experiment with them and showcase their exceptional credentials in their menu offerings.

Milletology - a recipe collective by celebrated chefs, produced by IFCA, is a treasure trove of traditional millet recipes from around the country and a vast repertoire of millet-centric and millet inspired culinary masterpieces. It is an outreach of our collective art and professional talent to answer one of the most important questions facing humanity... how will we feed future generations?

We hope this collective inspires you to discover and cook your own family heritage recipes; they are certain to include millets. We also hope that it encourages you to join the movement and create your own signatures to bring these grains of goodness back to our tables.

Bon appétit.

Chef Manjit Singh Gill
President, Indian Federation of Culinary Associations
etymology of millets in India

The history of millets in India, is connected to the history of food of our land.

Millets refer to several species of cereal grasses in the family of Poaceae, cultivated for their edible seeds. Plant remains from archaeological sites in India indicates that millets were amongst the earliest harvested grains in our country, dating back to the neolithic, chalcolithic, pre-Harappa and late Harappan periods.

Remains of grains and husks excavated from sites at Rohira in Punjab, Hulas in Western Uttar Pradesh, Surkodta, Rangpur, Rojdi in Gujarat, Hallur and Tekkakota in Karnataka, Paunar, Inamgaon and Diamabad in Maharashtra and Ahar in South-Eastern Rajasthan evidence continuous cultivation of millets. These include jowar [sorghum], bajra [pearl millet] kondo [kodo millet], kangni [foxtail millet], ragi [finger millet] along with barley, horse gram and several varieties of rice and wheat.

Around and after that time, for several generations, it is likely that access to wetlands and irrigation was limited. Diverse, small-scale and low-input farming was carried out on dry and rain fed lands. Millets, with their short growing seasons and their ability to thrive in semi-arid environments, made them the staple grain of nomadic communities across India.

Over time, agricultural communities were exposed to irrigation based farming and cultivation of rice, wheat, pulses and oil seeds took preference over millet farming. Prior to the Green Revolution, millets constituted approximately 40 percent of all cultivated grains [contributing more than wheat and rice], however since then, the production of rice and wheat has doubled and tripled respectively. Mechanised agri-equipment and high yielding seed varieties enabled much higher productivity and in turn, made them commercially lucrative.

Extensive cultivation of monohybrid crops resulted in the near extinction of several indigenous species and native varieties. Further, rapid globalisation led to the adoption of westernised and standardised food habits along with the new aspiration for “refined” and high-convenience diets. Knowledge about
the nutritional qualities of millets diluted over time. Also, millet harvesting and processing, which used to be labour-intensive, with low productivity and profitability was another reason for the “food basket” to shrink, reducing crop diversity in this new era of market oriented agriculture.

This resulted in the relocation of India’s millet growing regions. From 37 million hectares in the mid-1960s, millet farming fell to less than 15 million hectares in 2015-16, thereby losing their importance in commerce and leading to serious agricultural, environmental and nutritional consequences.

The antiquity of our food culture and culinary heritage, in which these heirloom grains were the mainstay in providing natural whole grain nutrition, needs to be revived, preserved and protected. With growing health consciousness, environmental concern and the pressing need for updating our food systems to survive climate change, it is timely that sensitization through programs by the Government of India and other organizations is leading to a revival in the demand for millets. The Indian government is engaging with organizations and agencies in the value chain to conduct promotional activities and join the “people’s movement” to position India as the “Global Hub of Millets” and revive the forgotten glory of ‘Miracle Millets’ through the International Year of Millets [IYM] 2023.

It is without doubt that these nutri-cereals that have nourished humanity from pre-historic times are the future of agriculture and are an important food source for our planet. They hold the key to modern day problems of chronic disease, global food insecurity and address matters of health, environment, agro-climatic stability and farmer welfare. Their potential to become future-ready crops can lead to improved food security, health and wellbeing.

Join the movement now!
securing the future of food

Millets as a Medium

‘Food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life’ - this is the widely accepted definition of food security emerging from the World Food Summit of 1996. A term that originally referred to the availability and price stability of basic foods, concepts of food security have evolved to reflect the issues of structural poverty, environmental changes, economic trends and conflict. The present definition reinforces that food security is multidimensional and in turn, the solutions must address underlying issues across those multiple dimensions.

Food and nutrition are central to human development. In a world which produces enough to feed its entire population, food emergencies have risen, especially in regions which are most vulnerable to conflict and those that are on the frontline of climate change. Separately and ironically, the world also experiences the double edged problem of undernourishment and obesity. Far too many adults are overweight and far too many children are anaemic. The covid-19 pandemic has aggravated this vulnerability through income loss and supply chain disruptions. The food system also has an intrinsic relationship with land and climate, an accelerating climate crisis will create a crisis of food security.

Against this backdrop, the United Nations declaration of 2023 as the ‘International Year of the Millet’ is timely. Millets have been a part of our agricultural landscape and diet for centuries. They are drought resistant crops with short growing seasons, requiring little water and can sustain rising summer temperatures and changing rainfall patterns. They are all-weather crops, capable of nourishing us and nourishing the soil around the year and in all seasons. In particular, millets can be cultivated together with other food crops, in turn extending nature’s diversity to our plates. For instance, pearl millet [bajra] provides warmth and strength in the winter whereas sorghum [jowar] is part of summer diet because it is lighter. In comparison to other cereals, millets also have higher nutritional value. Rich in complex carbohydrates, proteins, fiber and vitamins, they are important sources of nutrition in comparison to less complex cereals.

At a time of climate change and depletion of natural resources like water, millet farming is beneficial for farmers as a sustainable and profitable means for income generation. According to the Indian Institute of Millets Research, domestic and export demand for millets has increased multifold over the last few years, indicating an increase in consumer awareness and a need for increased investments in millet production. Government schemes are being formulated to create inclusive frameworks which will connect millet producing communities to domestic and international markets.

Securing the future of food is a large and complex priority, requiring a multifaceted approach to build resilience in the entire supply chain. In the words of Dadabhau Jachak, who has practised organic farming for more than 25 years in the Vadgaon-Patole village in Pune, “in the same way that every person in the world has a unique talent, every crop has unique characteristics which give it a unique place in the farming ecosystem and in our diet”. Millets have this potential to unify diverse efforts and create environmental, economic and nutritional safety nets for the world. They must have a place in the solutions we create towards the achievement of critical sustainable development goals [SGD’s] of zero hunger, good health and wellbeing, sustainable consumption and production and climate action.
making the big shift: from alternate to main stream

“We want deeper sincerity of motive, a greater courage in speech and earnestness in action.”
Sarojini Naidu.
The current challenges that we face in the global food system are manifold and those of long-term consequence. One of the main areas of concern is that a large part of the world’s food supply comes from a small selection of plant and animal species. The limited plant diversity, intensive methods of mono-culture farming and dependence on animal protein are a serious threat to food security.

In the way we eat, with increased consciousness of what we consume, lie the opportunities to improve ingredient diversity. When we turn our attention to indigenous, in-season, nutrient-dense produce, we support farmers and local producers, reducing carbon footprint and improving agro biodiversity.

The comeback of millets, acknowledged as the smart food of the century is very timely. Their myriad nutritional credentials are well known. They are a storehouse of a wide range of nutrients and vitamins and their high fiber content and low glycaemic index make them an exceptional grain choice to include in our diets. Further they improve blood sugar management, digestive health, are packed with antioxidants and ensure a healthy metabolism.

Millets are extremely versatile and lend exceptionally well to culinary innovation. As vanguards of change, the influence that Chefs wield is tremendous, in creating awareness around these ‘nutri-cereals’ and how their consumption is healthy and environment-considerate.

This collective of recipes is a reflection of the vast possibilities and opportunities that exist to bring the once alternate millets back to mainstream and the time is now!

To become educators and influencers.
To build networks of change.
To champion the cause of wellbeing.
To get involved with what we are going to leave behind.
**pearl millet | bajra**

**cultivated in**
- Punjab, Rajasthan, Maharashtra, Gujarat, Uttar Pradesh, Haryana, Madhya Pradesh, Karnataka, Andhra Pradesh, Tamil Nadu

**nutri-benefits**
- Energy-packed grain loaded with insoluble fiber that helps lose weight, lowers cholesterol and blood sugar levels.

**calorific profile** [per 100 gms, in relation to wheat and rice]

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**foxtail millet | kangni**

**cultivated in**
- Andhra Pradesh, Telangana, Karnataka, Rajasthan, Tamil Nadu, Maharashtra, Uttar Pradesh, Madhya Pradesh, Bihar.

**nutri-benefits**
- A powerhouse of nutrition. Rich in Vitamin B12, these tiny seeds can offer you a daily dose of ample protein, good fat, carbs and high dietary fibre content.

**calorific profile** [per 100 gms, in relation to wheat and rice]

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little millet | moraiyo

cultivated in: Orissa, Madhya Pradesh, Andhra Pradesh, Tamil Nadu, Chhattisgarh, Karnataka, Gujarat, Maharashtra

nutri-benefits: A rich source of B-vitamins, minerals like calcium, iron, zinc, potassium. Packed with antioxidants, it ensures a healthy metabolism and subsequently, healthy weight loss.

calorific profile: [per 100 gms, in relation to wheat and rice]

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sorghum | jowar

cultivated in: Uttar Pradesh, Punjab, Madhya Pradesh, Chhattisgarh, Andhra Pradesh, Maharashtra, Rajasthan.

nutri-benefits: Gluten-free grain rich in fiber, packed with essential minerals which promotes the health of bones and digestive system. Also a great source of proteins and rich in antioxidants.

calorific profile: [per 100 gms, in relation to wheat and rice]

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# Finger Millet | Ragi

**Cultivated in**
- Karnataka, Tamil Nadu, Gujarat, West Bengal, Bihar, Uttar Pradesh, Himachal Pradesh, Kashmir

**Nutri-Benefits**
Known as one of the healthiest millets in the world, it helps control diabetes, aids weight loss management, reduces cholesterol and increases bone strength.

**Calorific Profile**
[per 100 gms, in relation to wheat and rice]

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# Barnyard Millet | Samvat Ke Chawal

**Cultivated in**
- Madhya Pradesh, Uttarakhand, Maharashtra, Andhra Pradesh, Gujarat, Tamil Nadu

**Nutri-Benefits**
Lowest carbohydrate content and highest energy value amongst all millet varieties, gluten-free, hence a popular choice.

**Calorific Profile**
[per 100 gms, in relation to wheat and rice]

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**buckwheat millet | kuttu**

**cultivated in**  
Jammu Kashmir, Himachal Pradesh, Uttarakhand, West Bengal, Sikkim, Assam, Arunachal Pradesh, Nagaland, Meghalaya, Manipur, Kerala Tamil Nadu, Chhattisgarh

**nutri-benefits**  
A nutrient-rich, gluten-free plant source, which boosts heart health, reduces blood pressure and aids weight loss.

**calorific profile**  
(per 100 gms, in relation to wheat and rice)

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**proso | chena**

**cultivated in**  
Madhya Pradesh, Eastern Uttar Pradesh, Bihar, Tamil Nadu, Maharashtra, Andhra Pradesh, Karnataka

**nutri-benefits**  
Rich in protein, low glycaemic index, high in antioxidants and minerals like magnesium, potassium and phosphorus. Helps in preventing conditions like osteoporosis.

**calorific profile**  
(per 100 gms, in relation to wheat and rice)

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**kodo millet | kodon**

**cultivated in**
Madhya Pradesh, Chhattisgarh, Maharashtra, Tamil Nadu, Karnataka, Arunachal Pradesh

**nutri-benefits**
Rich in vitamin B as well as the minerals such as calcium, iron, potassium, magnesium, and zinc. Helps control diabetes, fights chronic ailments, aids in weight loss, improves digestion.

**calorific profile** [per 100 gms, in relation to wheat and rice]

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**amaranth | rajgira**

**cultivated in**
Uttar Pradesh, Punjab, Madhya Pradesh, Chhattisgarh, Andhra Pradesh, Maharashtra, Rajasthan

**nutri-benefits**
A richer source of calcium than even milk, it is perfect for improving bone health and helps in controlling diabetes, preventing celiac disease and boosts the immune system.

**calorific profile** [per 100 gms, in relation to wheat and rice]

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breakfasts & brunches
amaranth porridge with blueberry compote

Ingredients
For Amaranth Porridge
Amaranth, whole grains 200 gms
Milk 2000 ml
Sugar 80 gms
Star anise 2 nos

For Blueberry Compote
Fresh blueberries 300 gms
Thyme 2 sprigs
Lemon zest 1 gm
Water 125 ml

To Accompany
Fresh figs, sliced 3 nos
Strawberries, quartered 3 nos

To Prepare
Amaranth Porridge
In a heavy bottomed saucepan, add amaranth and milk and cook over low heat. Cover it and let it cook for 15-20 minutes. Add sugar and stir often to ensure that it does not stick at the bottom. Cook until the amaranth is tender and porridge reaches the required consistency.

Blueberry Compote
In a saucepan, add blueberries, thyme sprigs, sugar, lemon zest, star anise and water. Cook over medium heat for about 5-10 minutes.

Stir occasionally until compote consistency is achieved. Discard the thyme sprigs and Reserve till required.

To Serve
Portion the amaranth porridge in serving bowls and top with the blueberry compote, figs and strawberries.

Prep. Time: 5 minutes
Cook Time: 30 minutes
Serves 6
honey glazed carrots with sorghum salsa

Ingredients
For Honey Glazed Carrots
Whole young carrots with green tops 800 gms
Butter 20 gms
Honey 20 gms
Rock salt 5 gms
Black peppercorn, freshly pounded 3 gms
Garlic cloves 2 nos

Sorghum Salsa
Sorghum 180 gms
Olive oil 20 ml
Cumin seeds 3 gms
Red bell pepper, diced 40 gms
Yellow bell pepper, diced 40 gms
Green bell pepper, diced 40 gms
Raw mango, grated 10 gms
Rock salt 2 gms
Black salt 2 gms

To Serve
Sorghum, popped 15 gms

To Prepare
Honey Glazed Carrots
Preheat oven 180°C and line a sheet tray with parchment or non-stick foil. Peel the carrots lightly, cut off a few hard greens tops and wash. Retain the carrot shoots.

Place the carrots in a single layer on the lined sheet tray. In a small saucepan combine the butter, honey, sugar, rock salt and garlic cloves. Melt over low heat, stirring well.

Remove the garlic cloves and discard, then pour the sauce over the carrots. Move the carrots around a bit to be sure they are well coated. Sprinkle little rock salt and pepper crushed pepper.

Roast until carrots are caramelised and tender, about 25–30 minutes. Rotate the pan and turn the carrots as they roast to ensure even cooking and well-glazed.

Sorghum
Soak sorghum for at least 4 hours. Drain water. In a saucepan combine the sorghum with 2 cups of water. Place on medium heat to cook. Allow to simmer for 30 minutes on low heat or until soft.

Place the bowl in the pressure cooker. Do not add salt before cooking. Sorghum may be steamed to cook.

Heat olive oil in a pan with cumin seeds. Stir until fragrant on low heat. Add the diced bell peppers, stir briefly. Add the grated raw mango, rock salt and stir for a few seconds or until the bell peppers are tender.

To Serve
Arrange glazed carrots on a plate and place the sorghum on top of the carrots. Garnish with popped sorghum.

Chef Anil Grover
CEO, Groovy Foods

"All through my years as a culinary enthusiast, I have concerned myself with eating in season and from the locale. In this recipe sorghum is teamed with honey glazed young carrots, raw mango and bell peppers.

It makes a wholesome and nutritious brunch offering."
buckwheat & berries kheech bowl

Ingredients

**For Kheech**
- Buckwheat millet, soaked overnight
- Salt
- Water, for cooking
- Desi ghee [clarified butter]
- Almond flour
- Date palm jaggery, grated

**For Garnish**
- Fresh blackberries
- Fresh strawberries
- Fresh grapes
- Piping whipped cream

**To Prepare**
Wash the soaked buckwheat. Blend it into a coarse paste. Heat ghee in a heavy bottomed pan, add almond flour and slow cook till golden brown. Add the millet paste and water and cook while constantly stirring to avoid sticking. In about 15 minutes of cooking, the millet should be cooked well. Add the jaggery and cook further for 5 minutes.

**To Assemble**
Serve hot kheech in a bowl. Pipe a cream rosette and garnish with fruits.

Chef Vishnu Manohar
Managing Director,
Vishnuji Ki Rasoi India Pvt. Ltd.

A traditional breakfast from Rajasthan made with buckwheat and jaggery is presented in acai bowl style and topped with berries and fruit. A great high energy food to start the day.

Prep. Time: 15 minutes [+soaking time for millets]
Cook Time: 20 minutes
Serves 6
banana & foxtail millet pancakes

Ingredients
For Foxtail Millet Batter
Foxtail millet flour
Bananas
Baking soda
Baking powder
Cinnamon powder
Milk
Vanilla extract
Salted butter

250 gms
8 nos
5 gms
15 gms
1 gm
120 ml
4 gms
40 gms

For Blueberry Compote
Fresh blueberries
Lemon zest
Star anise
Water
Honey

200 gms
1 gms
1 no
50 ml
80 gms

To Serve
Fresh figs, quartered

3 nos

To Prepare
Foxtail Millet Batter
In a mixing bowl add foxtail millet flour, baking powder, baking soda and cinnamon powder, mix well.

Mash the bananas, milk and vanilla extract and mix well till smooth. Add the flour mixture to the mashed banana and add 20 gms of melted butter and make a smooth mixture. Allow the batter to rest for 10 minutes.

Blueberry Compote
In a separate saucepan, add blueberries, sugar, lemon zest, honey, star anise and water and allow to simmer for 5-10 minutes.

Reserve till required.

Pancakes
Heat a flat griddle and season. Grease the pan with some butter and pour the pancake batter to make 3” diameter pancakes using the entire batter.

To Serve
Plate the pancakes immediately and serve with blueberry compote and fresh figs.

Chef Jatinder Uppal
Former Executive Chef,
Taj Group of Hotels
Senior Consultant,
Ecogreen Hospitality Pvt. Ltd.

Foxtail millets are a powerhouse of nutrition. When teamed with bananas in this easy and quick to make recipe, they make a great breakfast or brunch serving.

Prep. Time: 20 minutes
Cook Time: 20 minutes
Serves 6
millet congee with pumpkin

Ingredients
For Congee
Foxtail millet 300 gms
Water 2500 ml
Red pumpkin, peeled and diced 200 gms
Sweet potato, peeled and diced 100 gms
Carrot, peeled and diced 100 gms

For Sweet Congee
Red dates, diced 50 gms
Maple syrup 180 ml

For Savoury Congee
Salt to taste
Soya sauce 80 ml
Chili oil 60 ml

To Prepare
Congee
Rinse millets well under running water and soak in clean water for 10 minutes. In a pot, bring 2.5 liters of water to a boil and add soaked foxtail millets, red pumpkin, sweet potato and carrot dices.

Reduce heat and cook on a simmer for approximately 30 minutes, stirring occasionally to avoid the millets and vegetables from sticking to the bottom of the pan. The congee is done when the millets are tender but still retain their form.

For a creamier congee, cook for another 10 minutes.

To Serve
Sweet Congee
Add maple syrup to enhance the sweetness and flavor. Add diced dates and serve hot.

Savoury
Add salt. Serve with soya sauce and chili oil. Mix well and serve hot.

Chef Rajesh Dubey
Director Food Production, Speciality Restaurants Limited

People in China have been eating millet for thousands of years. Millet congee is regarded as a healing food for post-partum and digestive health. It is naturally gluten free and rich in fiber and minerals.

This congee recipe lends itself to both sweet and savoury variations.

Prep. Time: 25 minutes
Cook Time: 45 minutes
Serves 6
Chef Shloke Chhabra
Executive Head Chef,
Doolally Restaurant, Dublin

This creation forges a new Irish-Indian breakfast connection. It’s a combine of Ireland’s finest ingredients and India’s heritage grains-millets, to create a hearty, fulfilling and spectacular brunch favourite.

Prep. Time: 45 minutes
[+overnight millet soaking & sourdough starter preparation]

Cook Time: 80 minutes

Serves 6
sorghum sourdough with spiced pearl millet, avocado & turkey rasher crisps

**Ingredients**

**For Sourdough Starter**
- Brown rice flour 750 gms
- Filtered water 360 ml
- Apple, grated with skin 1 no

**For Sourdough**
- Gluten free sourdough starter 110 gms
- Sorghum flour 125 gms
- Brown rice flour 150 gms
- Gram flour 150 gms
- Buckwheat flour 25 gms
- Psyllium husk 30 gms
- Sea salt 10 gms
- Lukewarm water 1.5–2 cups
- Maple syrup 15 gms

**For Spiced Pearl Millet**
- Pearl millet (bajra), soaked overnight 100 gms
- White onion, peeled and finely chopped 40 gms
- Green chilli, chopped 10 gms
- Coriander, chopped 10 gms
- Cumin powder 5 gms
- Kosher salt 5 gms
- Lemon juice 20 ml
- Deggi chilli powder 5 gms

**For Dressing**
- Turkey rashers, cut in strips 100 gms
- Extra-virgin olive oil 20 ml
- Lemon juice 10 ml
- Maple syrup 10 gms
- Pomegranate molasses 5 gms
- Green chilli, chopped 5 gms
- Chives, chopped 2 gms

**For Assembling**
- Avocado, peeled and sliced [just before assembly] 3 nos
- Artisan cream cheese 60 gms
- Black sesame seed 5 gms
- Amaranth cress 3 gms

**To Prepare**

**Sourdough Starter**
In a bowl, combine grated apple, 500 gms of brown rice flour and 360 ml of lukewarm water and mix thoroughly. Transfer into a large airtight container, leaving enough room to double in size. Seal and set aside.

Leave the starter at room temperature [preferably 18°C-22°C] for a period of 3 days.

Mix the starter thoroughly and discard half of it. Add 250 gms of flour and 180 ml of filtered water to the remaining starter mixture and let it rest for 2 more days. Repeat the same process of mixing and discarding half of the mixture. This time make it slightly more wet than previously and add 250 gms flour and about 220 ml of water. Allow it to rest for another 24 hours.

**Dough**
Before making the dough, be sure to feed your sourdough starter at least twice, allowing it to reach peak activity level.

Combine all dry ingredients: flours, salt and psyllium husk in a mixing bowl. Add wet ingredients: starter, water and maple syrup [optional].

Mix well using a stand mixer. Form dough into a smooth ball and let it rest in a bowl.

Do not knead or fold. Cover with a damp cloth and set aside at room temperature, to ferment for about 4-6 hours. Allow the dough to rise, cover with a damp cloth and refrigerate overnight. Preheat the oven to 240°C, remove the dough from the container and transfer to a baking tray. Score the surface and bake covered for approximately 60 minutes. Remove the lid and bake for an additional 5 minutes. Once a nice golden-brown crust is achieved, allow it to rest and cool on a wire rack.

**Spiced Pearl Millet**
Boil the soaked millets with sufficient water. Strain any excess liquid and cool. Add onions, coriander, chilli, lemon juice, cumin powder, deggi chilli powder, sea salt and mix well.

**Dressing**
Heat olive oil and turkey rashers in a non-stick pan, cook till crispy. Reserve the crispy rashers. Add the dressing ingredients with the turkey rasher oil and mix well to emulsify.

**To Serve**
Slice the sour dough, heat on a pan with olive oil. Spread cream cheese, sprinkle the spiced pearl millets generously to cover the toast evenly. Place the sliced avocado. Drizzle the dressing. Crush the crisp cooked turkey rashers slightly and place on the avocado.

Garnish with sesame seeds and amaranth cress.
jowar waffle with pithle & mirchi thecha

Ingredients

For Jowar Waffle
Sorghum flour 200 gms
All-purpose flour 100 gms
Baking powder 10 gms
Eggs 4 no
Salt 5 gms
Milk 200 ml
Melted butter 120 gms

For Pithle
Gram flour 150 gms
Oil 50 ml
Garlic, peeled and chopped 15 gms
Onion, peeled and chopped 100 gms
Green chilli, chopped 15 gms
Coriander, chopped 20 gms
Turmeric powder 5 gms
Mustard seeds 5 gms
Asafoetida 2 gms
Salt to taste
Water 200 ml

For Mirchi Thecha
Green chilli 50 gms
Garlic cloves 20 gms
Peanuts 30 gms
Groundnut oil 15 ml
Salt to taste

To Prepare

Jowar Waffle
Mix both the flours, salt and baking powder together. Whisk the eggs and fold in the flour mixture. Add the melted butter, cold milk and whisk again till the batter is smooth.

Pithle
Sieve the gram flour in a large bowl, slowly add water and make a smooth batter. In a heavy bottom pan, heat oil, add the mustard seeds, chopped onion and chopped garlic. Cook for a minute, add chopped green chilli and cook for another minute. Slowly pour in the gram flour batter, keep stirring continuously to prevent the mixture from sticking to the bottom.

Once the mixture starts bubbling, lower the flame and keep cooking for another 8-10 minutes. Add salt and the chopped fresh coriander.

Mirchi Thecha
Heat a pan and dry roast the peanuts on medium heat till peanuts are well roasted. Cool and rub the peanuts with both hands to remove the peels and keep aside. Heat oil in another pan, add green chillies and garlic cloves and sauté for a minute. Add the peanuts and cook for a minute. Remove the ingredients from the pan and allow to cool. Pound the mix in a mortar pestle till coarsely ground. Add salt.

To Serve
Plate the freshly cooked waffle and accompany with hot pithle along with the thecha served at room temperature.

“Jowari chi bhakri ani pithle” is a traditional delicacy enjoyed all across Maharashtra. Inspired by this classic, in this recipe I have combined a jowar [sorghum flour] waffle with pithle and thecha in a contemporary composition.

Chef Rupesh Khandekar
Chef De Cuisine,
Hotel Sahara Star, Mumbai

Prep. Time: 30 minutes
Cook Time: 45 minutes
Serves 6
Chef Vineet Manocha  
Sr. Vice President - Culinary,  
Lite Bite Foods Pvt. Ltd.

“Ragi [finger millet] is a very healthy low GI diabetic friendly grain. It is high in calcium, iron, and dietary fibre thereby helping weight loss. Besides the health benefits it is a very versatile, tasty and malted grain, extremely popular in Southern Indian states Karnataka, Kerala, Tamil Nadu and Konkan. In this recipe, ragi appams are teamed with yam and black chickpea curry.”

Prep. Time: 4 hours  
Cook Time: 35 minutes  
Serves 6
ragi appam with cēna kadla kari

Ingredients

For Ragi Appam Batter
- Malted ragi [finger millet] grains 250 gms
- Broken raw rice 150 gms
- Parboiled idli rice 100 gms
- Grated fresh coconut 80 gms
- White split urad dhal 50 gms
- Active dry yeast 5 gms.
- Red rice poha [pressed red rice] 70 gms
- Yellow fenugreek seeds 3 gms
- Salt to taste
- Sugar 5 gms

For Cēna Kadla Kari
- Black chana [chickpea], boiled 500 gms
- Yam, diced, boiled and fried 500 gms
- Cinnamon stick 5 gms
- Coconut oil 30 ml
- Green cardamom 6 gms
- Cloves 6 gms
- Fennel seeds 8 gms
- Onion, peeled and finely chopped 150 gms
- Curry leaves 5 gms
- Ginger garlic paste 15 gms
- Tomatoes, finely chopped 150 gms
- Green chillies, slit 10 gms
- Red chilli powder 10 gms
- Coriander powder 15 gms
- Turmeric powder 4 gms
- Black pepper powder 5 gms
- Garam masala powder 10 gms
- Green chillies, slit 250 gms
- Salt to taste

To Prepare

Ragi Appam
Wash ragi grains, rice, dal and fenugreek seeds well and soak for 3.5 hrs. Soak ragi separately from the remaining ingredients. Grind the rice, dal and fenugreek seeds and mix well in a blender. Add ragi grains and grind again.

Finally add red rice poha, grated coconut and grind everything into a thick batter. Season with sugar and salt. Take about 1-2 tbsp of lukewarm water in a bowl. Then add the active dry yeast and stir to mix well. Add this yeast solution to the batter and mix well.

Cover and keep aside to allow fermentation [preferably overnight] depending on the temperature conditions. The batter will rise and increase in volume the next day. Check consistency of the batter and add water to adjust the batter to a thick pouring consistency.

Preheat the appam pan on medium high heat. Grease the entire surface. Pour a ladle full of ragi appam batter on the pan and swirl the pan in circular motion to spread the batter, thick on the base and thin on the sides.

Cover the pan with a lid for approximately 2 minutes until the ragi appam is crisp and brown on the sides and the centre is steamed and cooked. Transfer the appam to a plate and proceed to prepare more fluffy ragi appams.

Cēna Kadla Kari
Blend half a cup of black chickpeas till smooth and reserve. Blend grated coconut to a smooth paste and reserve. Heat oil in a pan, add whole spices and let them crackle. Add in onions, curry leaves, chillies and sauté till golden.

Add ginger garlic paste and mix well. Add tomatoes and cook till soft and it starts to release its oils from the side. Add salt and spice powders and keep stirring. Add coconut paste, chickpeas, along with its cooking liquid and fried yam cubes. Add pureed chickpeas and more water if needed. Simmer on slow heat till it comes together.

To Assemble
Serve the hot cēna kadla kari with fluffy ragi appams.
mandiya - a porridge from kalahandi

Ingredients
For Mandiya
Ragi [finger millet] malt powder 30 gms
Cinnamon stick ½ inch
Salt to taste

For Kodo Millet with Moringa Leaf
Kodo millet 30 gms
Moringa leaves at least 24 leaves
Ghee [clarified butter] 5 gms
Salt to taste

For Pickles
Radish 150 gms
Beetroot 120 gms
Vinegar 200 ml
Sugar 200 ml
Teff 2 gms
Sea salt to taste
Water 300 ml

For Roast Vegetables
Pumpkin 40 gms
Sweet potato 50 gms
Malabar spinach leaves, can be attached to the stem 5-10 nos
Fennel leaves, chopped 4 gms
Peanut oil 10 ml
Salt
Eggs, boiled for 7 minutes, halved 3 nos

To Prepare
Mandiya
[make the day before]
Mix ragi malt powder and 30 ml water. Make sure there are no lumps. Put 350 ml water and cinnamon to boil. Add the ragi malt powder and salt. Now slow cook for 15-20 minutes. Leave to cool in a clay bowl, overnight. By the morning it will be a little fermented, hence slightly sour.

Kodo Millet with Moringa Leaf
[make the day before]
Soak kodo millets overnight in water. The next day, boil in 250 ml water. Drain. Just before serving, in a bowl, put moringa leaf, ghee and salt. Add hot kodo millet to it and mix. Serve hot.

Pickles
Boil 300 ml water with vinegar, sugar and salt. Meanwhile, slice radish and beetroot into thin rings and place into their own sterilized jars. After the water boils for 5-7 minutes, crush teff and add it to the water. Boil for 10 minutes on a low flame. Allow the pickles to cool slightly. When lukewarm, divide the pickling liquid between both the jars. Store in the refrigerator.

Roast Vegetables
Slice pumpkin and sweet potato into same sized pieces. Transfer to a baking tray. Coat liberally in peanut oil and sprinkle with salt. Cook for 10-15 minutes at 180°C. Add fennel leaves and Malabar spinach leaves to the baked vegetable, mix and cook for 5 minutes.

To Assemble
Put last nights Mandiya soup in a bowl. Add hot kodo millet with moringa leaf, boiled eggs, all the roast and pickled vegetables and enjoy!

Note: This recipe uses 2 kinds of millets, instead of rice, to make it lighter for an audience who isn’t walking several kilometres every day. Living in Goa has made me appreciate vegetables that also travel, grow easily, and nourish in small quantities. In this recipe, a friend taught method of using hot grains to cook moringa leaves and ghee is another simple, yet delicious way to increase the nourishment in a meal, especially for women in need of iron.

Chef Anumitra Ghosh Dastidar
Chef, Researcher & Restaurateur

I first ate Mandiya while staying with the Dongria Kond tribe in Niyamgiri, Odisha, before they went out for the day. There, Mandiya makes a little go a very long way - a handful of ragi, another of rice, lots of water, and you have a nourishing and filling meal.

Prep. Time: 45 minutes [+kodo millet soaking time]
Cook Time: 90 minutes
Serves 6
thalipeeth with red chilli tomato thecha & sol kadhi

Ingredients

For Thalipeeth
Pearl millet flour 200 gms
Cumin 5 gms
Onion, peeled and grated 100 gms
Ginger, peeled and grated 5 gms
Garlic, peeled and grated 5 gms
Green chillies, chopped finely 5 gms
Coriander leaves, chopped 50 gms
Ghee and groundnut oil as required
Salt as required
Sour curd 50 gms
Water as required

For Red Chilli & Tomato Thecha
Fresh red chillies 100 gms
Coriander leaves 20 gms
Red tomato 200 gms
Garlic 50 gms
Cumin 5 gms
Salt to taste

For Sol Khadi
Kokum 100 gms
Coconut, grated ½ no
Green chillies 15 gms
Cumin 1 tsp
Oil 5 ml
Garlic 30 gms
Salt to taste
Coriander leaves, chopped 30 gms

to prepare

Thalipeeth
In a bowl mix millet flour, cumin, grated onion, grated ginger, grated garlic, finely chopped

green chillies and finely chopped coriander leaves. Add curd and salt, mix well. If required, add additional water to make a dough. Allow to rest for 20 minutes. Divide the dough equally into 6 [weighing approximately 60-70 grams each]. On a smooth surface, apply oil and spread the dough with fingers until smooth and flat circular discs are formed. Using fingers, create holes for uniform cooking. Transfer to a hot griddle, and cook while adding a little ghee on both sides. Serve hot with sol khadi and red chilli tamatar thecha.

Red Chilli & Tomato Thecha
Roast red chillies and tomatoes on a flat griddle with a little oil and cumin seeds. Add garlic and roast till the tomatoes become soft. Add salt. Pound the ingredients in a mortar or grind coarsely in a grinder.

Sol Khadi
Soak kokum in warm water for 30 minutes and strain the extract and keep it aside. Prepare a mixture with grated coconut, cumin, green chillies and garlic, add in a blender and grind to a thick paste. Squeeze out mixture using muslin cloth and collect extract in a bowl. In the left over mixture, add little water and take out second extract. Put the strained liquid in a bowl, add the kokum extract and chopped coriander leaves. Adjust salt and store in refrigerator.

To serve
Serve hot thalipeeth with red chilli and tomato thecha and chilled sol kadhi.

Growing up in rural Maharashtra, this dish is very close to my heart, as I fondly remember my mother cooking this amalgamation of millets and spices. This preparation can be eaten in any meal, but is best served for breakfast. It is a good source of nutrients to generate energy to start the day. The best accompaniment for the preparation is red-chilli and tomato thecha and sol khadi.

Prep. Time: 35 minutes
Cook Time: 30 minutes
Serves 6
Dhirda is a staple pancake made for breakfast and as an evening snack. My mother would often treat me to this dish after coming from school and it would always re-energize me for my extra-curricular activities after a tiring day at school. This dish is made unique with the addition of fresh amaranth leaves.

Prep. Time: 30 minutes
Cook Time: 50 minutes
Serves 6
breakfasts & brunches

amaranth dhirda with garlic &
green chilli thecha

Ingredients

For Amaranth Dhirda Batter

- Bajra [pearl millet] flour 100 gms
- Nachni [finger millet] flour 100 gms
- Roasted chana dal [bengal gram], coarsely crushed 25 gms
- Red amaranth leaf paste 50 gms
- Oil for frying 50 ml
- Ajwain [carom seeds] 5 gms
- Turmeric powder 1 gm
- Red chilli powder 5 gms
- Cumin powder 5 gms
- Coriander powder 5 gms
- Sesame seeds 5 gms
- Onions, peeled and finely chopped 150 gms
- Ginger, finely chopped 8 gms
- Coriander leaves, chopped 50 gms
- Green chilli, finely chopped 10 gms
- Salt to taste

Jeera [cumin] 2 gms
Saunf [fennel seeds] 2 gms
Curry leaves 8-10 nos
Dry kokum fruit 2 nos
to taste

Coconut & Turmeric Sauce

Make coconut milk by adding some warm water to the grated coconut. Blend in a mixer and squeeze the coconut milk out through a muslin cloth. In a pan heat ghee [clarified butter]. Temper with the cumin, fennel and the turmeric. Add the curry leaves while the ghee is hot. Reduce the flame and add few drops of oil and allow to heat. Take a round spoonful of batter and swirl over the pan evenly to coat the entire pan.

To Prepare

Amaranth Dhirda

In a bowl sift bajra and nachni flour and add all other ingredients, except oil. Mix water and stir into a thin batter just enough to coat the back of a spoon. Heat a pan. Add few drops of oil and allow to heat. Take a round spoonful of batter and swirl over the pan evenly to coat the entire pan.

Take precaution not to make it thick. The batter should be evenly spread and must cover the entire pan. Place a lid on the pan and allow to cook for 3 minutes on a low flame. Lift the lid and release the steam. The pancake should have released itself from the sides by now. At this stage slowly remove the pancake and flip over to cook the other side. Make similar pancakes of 7” diameter pancakes, approximately 12.

To Serve

To serve, plate the amaranth dhirda with garlic and green chilli thecha and coconut and turmeric sauce.

For Garlic & Green Chilli Thecha

- Green garlic 100 gms
- Roasted peanuts, peeled 50 gms
- Green chillies 15 gms
- Oil 50 ml
- Salt to taste

Garlic & Green Chilli Thecha [Chutney]

Blend green garlic, roasted peanuts and green chillies in a chopper to a coarse mix. In a pan, heat oil and add the coarsely grounded paste and cook for 3-5 minutes until slightly browned. Add salt and remove.
proso millet idiyappam
with prawn ishtew

Ingredients
For Idiyappam
Proso millet flour 600 gms
Salt to taste
Water 200 ml
Oil 30 ml

Prawn Ishtew
Coconut oil 70 ml
Cardamom 10 gms
Cinnamon 8 gms
Cloves 8 gms
Prawns, peeled and deveined with tail on 1.2 kgs
Pepper 15 gms
Shallots, peeled and sliced 100 gms
Green chilli, chopped 10 gms
Ginger, chopped 30 gms
Garlic, peeled and chopped 25 gms
Curry leaves 15 gms
Carrot, diced 100 gms
Potato, peeled and diced 100 gms
Peas 100 gms
Beans, diced 100 gms
Salt to taste
Coconut milk, thin 600 ml
Coconut milk, thick 200 ml
Banana Leaf

Note: If the dough is too soft, then idiyappam will turn sticky once steamed. If the dough is too hard, it will be difficult to press.

Grease the idiyappam mould with oil and fill in the dough. Press into a spiral shape onto a greased plate. Place the idiyappams into a steamer and cook for 7-10 minutes.

Now place the cooked idiyappam on a banana leaf and roll to a cylinder and steam again for 5 minutes.

Prawn Ishtew
Heat a kadhai [round bottomed utensil], add coconut oil, cardamom, cinnamon, cloves and pepper. Sauté on low flame until the spices turn aromatic. Add chopped shallots, chopped chillies, chopped ginger, garlic clove and curry leaves.

Sauté until the shallots turn translucent. Ensure not to allow the shallots to caramelize. Add carrots, potatoes, peas, beans and salt. Sauté for 5-8 minutes making sure the vegetables are al dente. Add the thin coconut milk and mix well. Cover and cook for 8 minutes or until the vegetables are cooked well.

Add the cleaned prawns and cook for another 5 minutes. At this stage, add the thick coconut milk and salt. Cook for a minute and remove from heat.

To Prepare
Idiyappam
In a large bowl take proso millet flour and salt. Heat 200 ml water and add oil. Add the hot water in batches to the millet flour and knead it to a smooth dough.

To Serve
Plate the hot, steamed idiyappams with prawn ishtew.

Prep. Time: 40 minutes
Cook Time: 25 minutes
Serves 6
Chef Vishal Shetty
Co-Founder,
Bengaluru Oota Company

“Paddus are a traditional breakfast delicacy in South India and also enjoyed as a snack. I stuff paddus with a variety of different fillings to make them more interesting and delicious.”

Prep. Time: 20 minutes
[+soaking time for rice and millet]

Cook Time: 40 minutes

Serves 6
foxtail millet & mutton kheema paddus

Ingredients
For Paddus
Foxtail millet
Thick beaten rice
Urad dal [split black gram]
Baking soda
Sugar
Onion, peeled and chopped
Green chillies, chopped
Coriander, chopped
Salt

For Mutton Kheema
Lamb mince
Oil
Ghee [clarified butter]
Onion, peeled and chopped
Tomato, chopped
Green chillies, chopped
Ginger garlic paste
Methi leaves
Garam masala powder
Red chilli powder
Turmeric powder
Green peas
Salt

For Garlic Chutney
Dried red chilli
Oil
Garlic
Shallots, peeled and diced
Tamarind, seedless
Jaggery
Salt

For Seasoning
Oil
Mustard seeds
Urad dal
Hing [asafoetida]
Curry leaves

To Prepare
Paddus
Wash and soak the foxtail millet, beaten rice and urad dal in water for approx. 5-6 hours. Drain the water and grind the above mixture together and let it ferment overnight. Add the salt, sugar, chopped onion, coriander and green chillies to the batter and mix well. Baking soda can be added as an optional step to help the paddus rise. Grease the paddu mould with ghee, and slowly pour the batter into each of the mould with a spoon, reduce the heat to medium and cook for 3-4 minutes with a closed lid. Add a teaspoon of the kheema in the middle of the batter, and pour some more batter on the top to cover the kheema and cook. Once the batter gets cooked from bottom, slowly with the help of spoon flip it over and cook the other side.

Mutton Kheema
Heat a pan with oil and ghee and sauté the green chillies and chopped onions. Add the methi leaves and fry on a medium flame until evenly golden. Add ginger garlic paste and sauté for a minute. Add the chopped tomatoes and fry well. Add the mutton kheema and sauté for 2-3 minutes on low heat. Sprinkle salt and all the spice powders – turmeric, red chilli powder and garam masala. Add the green peas, half a cup of water and pressure cook on medium heat for 3-4 whistles. Open and sauté till the moisture evaporates and the kheema is tender and dry.

Garlic Chutney
Soak 8 dried red chillies in 240 gms of hot water for approximately 10 minutes. Soak the tamarind in just enough water to fully submerge it and keep aside. Take 15 gms of oil and roast 18 cloves of garlic in a pan. Add the diced shallots and sauté until they turn golden brown. Cool the mixture completely, and transfer to the blender. Add the soaked tamarind, 2-3 gms salt and the soaked dried red chillies. Add the jaggery. Blend to smooth paste adding water as required. For the seasoning, heat 30 gms of oil and add the mustard seeds, urad dal, hing and a few curry leaves in a separate pan. Add the chutney to this pan and cook for a minute, till the oil separates.

To Serve
Plate the foxtail millet and mutton kheema and serve with garlic chutney.
Chef Dev Kasalkar
Managing Director,
Chefs Kitchen Institute
of Culinary Arts & Hotel
Management

The Kolhapuri culture, its
tradition and food lovers
inspired me to recreate
the traditional missal pav
in its millet avatar served
with mutton kheema. This
wholesome dish can be
eaten for breakfast or
brunch.

Prep. Time: 15 minutes
Cook Time: 60 minutes
Serves 6
millet kheema kolhapuri missal
with ragi pav

Ingredients
For Millet Kheema Kohlapuri Missal Base
Sorghum and pearl millet, sprouted  120 gms
Mutton kheema  600 gms
Turmeric powder  5 gms
Salt  5 gms
Water  500 ml

For Masala Paste
Ginger, peeled and chopped  10 gms
Onion, peeled and chopped  40 gms
Garlic, peeled  10 gms
Fresh coconut  100 gms
Coriander leaves  20 gms
Water  100 gms

For Tempering
Peanut oil  80 gms
Mustard seeds  5 gms
Cumin seeds  5 gms
Curry leaves  5 gms
Onion, peeled and chopped  80 gms
Tomato, chopped  80 gms
Red chilli powder  5 gms
Kolhapuri onion garlic chutney powder  15 gms
Turmeric powder  2 gms
Coriander powder  5 gms
Garam masala powder  10 gms
Salt  10 gms
Water  500 ml

For Ragi [Finger Millet] Pav
Instant dry yeast  12 gms
Sugar  25 gms
Salt  6 gms
Ragi flour [finger millet]  300 gms
Whole wheat flour  100 gms
Water, chilled  300 ml
Oil  25 ml
Sundried tomatoes, chopped  100 gms

For Topping & Serving
Onion, peeled and chopped  100 gms
Kolhapuri farسان  200 gms
Coriander leaves  20 gms
Lemon wedges  6 nos
Curd  300 gms

To Prepare
Millet Kheema Kolhapuri Missal
Boil the sorghum and pearl millet sprouts with salt and turmeric. Prepare the masala paste by grinding all its ingredients together. Heat oil, add mustard seeds, cumin and curry leaves to temper and add chopped onions and tomatoes to sauté till soft. Add all powdered masalas and add the kheema. Cook till the water dries up with occasional stirring. Add the masala paste and continue cooking till oil start floating.

Ragi Pav
Make bread dough with all bread ingredients [except sun-dried tomatoes] by kneading for around 15 minutes. Add the sun-dried tomatoes and mix well to form a very soft dough. Rest for 20 minutes.

Divide the dough into 12 equal pieces. Ball the dough and place on a greased tray, ensuring enough space between each ball. Rest for 15 minutes and press the dough slightly with a greased hand. Allow the bread rise for around 30 minutes.

Bake in a preheated oven at 200°C for 15-20 minutes. Take the pav out of oven and brush with oil. Allow to cool before serving.

To Serve
Portion millet kheema Kohlapuri missal in a bowl. Top with farسان, chopped onion, coriander and lemon wedges. Serve with ragi pav and curd.
appetisers & snacks
Chef Manisha Bhasin
Corporate Executive Chef,
ITC Hotels
President, Chefs Guild of India
Vice President,
World Education Committee

"In this dish the elegantly flavoured smoked eggplant mousse is adorned with a mélange of tempered foxtail millets and is savored with barnyard millet and ponni rice crackers."

Prep. Time: 40 minutes
[+soaking and air drying time]
Cook Time: 20 minutes
Serves 6
smoked eggplant mousse with tempered foxtail millets

Ingredients

For Tempered Millets
- Foxtail millet: 25 gms
- Onion, finely chopped: 50 gms
- Tomato, finely chopped: 40 gms
- Raw mango, finely chopped: 25 gms
- Coriander stem, finely chopped: 5 gms
- Cucumber, deseeded, finely chopped: 10 gms
- Raisins: 3 gms
- Salt: 6 gms
- Lemon juice: 5 ml
- Gingelly oil: 10 ml

For Smoked Eggplant
- Eggplant: 1 kg
- Refined oil: 50 ml
- Mustard seeds: 6 gms
- Urad dal: 6 gms
- Ginger, peeled and julienned: 10 gms
- Whole red chili: 1 gm
- Raw mango, julienned: 10 gms
- Curry leaves: 1 gm
- Salt: 10 gms
- Lemon juice: 10 ml

For Millet & Rice Cracker
- Ponni rice: 15 gms
- Barnyard millet: 15 gms
- Salt: 1 gm

For Tempering
- Refined oil: 15 ml
- Curry leaves: 2 gms
- Mustard seeds: 2 gms
- Urad dal: 2 gms

For Glazed Peanuts
- Roasted peanut: 10 gms
- Tamarind: 5 gms
- Jaggery: 5 gms
- Red chilli powder: 2 gms
- Salt: 1 gm

For Tempered Millets
- Soak the foxtail millets for 4 hours and boil. Allow to cool. Soak raisins in water spiced with green chili.

To Prepare

Combine the finely chopped onion, tomato, raw mango, coriander stem and deseeded cucumber. Add the boiled millets, soaked raisins and mix along with vegetables. Add salt, lemon juice and gingelly oil.

Smoked Eggplant Mousse
- Roast the eggplant in a tandoor, deskin, deseed and chop roughly. In a sauté pan heat the oil add mustard seeds and allow them to crackle.

Then add urad dal, ginger juliennes, whole red chili, raw mango and curry leaves, sauté for 30 seconds and mix in the chopped eggplant.

Allow it to cool in a refrigerator for 1 hour and blend in a mixer to achieve a smooth paste.

Season with salt and lemon juice. Fill in a syphon and charge with two nitrogen cartridges to aerate the eggplant mousse. Allow it to rest for 1 hour.

Barnyard Millet & Ponni Rice Crackers
- Wash and soak rice and millets for 1 hour, boil till it becomes mushy. Using a thermomixer, blend it while it is hot to achieve a smooth paste. Immediately remove and spread it evenly on a Teflon sheet and dehydrate it for 10 hours at 75°C. Once completely dried, rest it for 12 hours at room temperature, break them into irregular shapes and deep fry them.

Tempering
- Heat oil in a sauté pan, add mustard and allow it to crackle. Add curry leaves and urad dal, sauté for 30 seconds.

Glazed Peanuts
- Heat jaggery in a sauté pan till it melts, add and mix tamarind, chilli powder and salt. Remove from flame and mix in the peanuts till you achieve an even coating. Allow them to cool on a Teflon mat till they become crisp.

To Serve
- Release the aerated eggplant from the syphon on to the serveware and gently spoon the dressed foxtail millets in the centre. Drizzle 1 teaspoon of tempering on millets and eggplant, garnish with glazed peanuts. Enjoy with the millet and rice crackers.
foxtail millet kibbeh

Ingredients
Assorted bell peppers 3 nos
Button mushrooms 200 gms
Oyster mushrooms 150 gms
Onion 1 no
Foxtail millet 150 gms
Parmesan cheese 50 gms
Tomato paste 1 tsp
Tabasco sauce 1 tsp
Parsley 10 gms
Scallion 10 gms
Basil 5 gms
Ricotta cheese 100 gms
Salt to taste
Pepper to taste
Cumin powder 2 tsp
Paprika powder 2 tsp
Corn starch 5 gms
Vegetable oil – to deep fry 500 ml

Filling
Prepare a filling for the kibbeh by gently whipping the ricotta and parmesan cheeses and fold in the basil chiffonade. Heat a tablespoon of oil in a skillet.

When hot, sauté the mushrooms undisturbed, until caramelised. Set aside and dice to match the size of onions and peppers. In the same pan, sauté the onions and peppers until translucent. Add the tomato paste and cook out the raw aromas. Fold in the diced mushrooms and cooked foxtail millets. Add cumin, paprika, pepper powders and the tabasco sauce. Season with salt. Finish the mixture with finely chopped parsley and scallion.

Set aside, let cool. Sprinkle corn starch and mix well to bind the mixture. Form the mixture into little roundels with a dimple in the centre. Refrigerate for 1 hour. Scoop a small amount of the mixture into the dimple after refrigeration and encase it with the mixture in the shape of a torpedo. Once shaped, deep fry in hot oil until golden brown.

To Serve
Serve with a spread of hummus, herb salad and a sprinkling of zaatar powder.

To Prepare
Kibbeh
Wash, drain and dry the mushrooms. When dry, quarter them and set aside. Deseed and dice an assortment of bell peppers. Peel and chop the onion. Cut the basil leaves thinly. Soak the foxtail millets for 30 minutes and cook in boiling water until fully done.

Chef Manu Chandra
Founder & Partner,
Manu Chandra Ventures

The millet based kibbeh is an ode to locally sourced produce that is available abundantly and lends itself to a multitude of flavour applications. A no-brainer, foxtail millets work wonderfully owing to their aroma and sweet nutty flavour.

Prep. Time: 30 minutes [+millet soaking time]
Cook Time: 15 minutes
Serves 6
proso millet & honey roasted parsnip hummus

Ingredients
For Proso Millet Hummus
Proso millet, soaked overnight 300 gms
Tahina paste 200 gms
Garlic 6 cloves
Lime juice 80 ml
Salt 2 gms
Pepper 1 gm
Grapeseed oil 300 ml
Ice cubes 3-4 cubes

For Honey Roasted Parsnips
Olive oil 50 ml
Parsnips, peeled 300 gms
Honey 30 gms
Garlic 6 cloves

For Smoked Paprika Oil
Olive Oil 100 gms
Smoked paprika powder 5 gms
Tabasco 4 drops
Salt 1 gm

To Garnish
Fried parsnip chips
Chopped chives 1 sprig
Pumpkin seeds, lightly toasted 10 gms
Microgreens 2-3 gms

To Prepare
Honey Roasted Parsnips
Quarter the peeled parsnips. Toss them in olive oil, honey and garlic in a bowl. Spread the parsnips on a baking tray and dry roast on a preheated oven at 160°C for 20 minutes or until golden brown and tender. Allow to cool.

Proso Millet Hummus
Cook the soaked proso millets, until tender. Boil and allow to cool. In a blender, blend garlic, grapeseed oil, tahina paste and lime juice until smooth.

Add the cooked proso millet paste and honey roasted parsnips, retain 6 quarters to serve alongside the hummus.

Add an ice cube if required to make it creamy, without making the hummus very runny. Season it with salt and pepper.

Smoked Paprika Oil
In a pan, warm the olive oil slightly, add smoked paprika powder and Tabasco and take off the flame. Check for seasoning.

To Serve
Spoon and spread the hummus in a shallow plate. Place the reserved honey roasted parsnips. Drizzle with smoked paprika oil and fried parsnip chips. Garnish with chop chives and radish leaves. Serve with toasted pita or sourdough bread.

Chef Kamlesh Joshi
Middle East Pro Chef of the Year 2021

"My recent professional stint in the Middle East, exposed me to the “world of mezzes” and inspired me to experiment with millets and Indian heritage grains, adding more goodness into these classics. This is one such creation.

Prep. Time: 25 minutes
Cook Time: 60 minutes
Serves 6
Chef Avinash Martins
Chef-Owner,
Cavatina, Goa

"The idea for this dish stemmed from the monotony of tambdi bhaji as a household vegetable. My goal was to try and make this ordinary vegetable into something a lot more exciting than just a wilted homestyle preparation. Taking something globally recognised such as a Spanakopita and incorporating local Goan produce such as red amaranth and cashew butter gave the dish a completely new flavour profile without taking away from the delicate, buttery nature of filo pastry that we all love.

Prep. Time: 1 hour
Cook Time: 8-10 minutes
Serves 6"
local inspired spanakopita

Ingredients

For Red Amaranth Filling
Red amaranth leaves [tambdi bhaji] 500 gms
Onion, peeled and finely chopped 1 no
Garlic, peeled and finely chopped 2 cloves
White wine 60 ml
Salt and white pepper to taste
Olive oil 10 ml

For Cashew Butter
Unsalted cashew nuts 50-75 gms broken or whole

For Pastry
Filo pastry 165 gms/9 sheets [Store bought pastry is acceptable]
Melted unsalted butter 250 gms
Silicone/kitchen brush

To Prepare

Red Amaranth Filling
Wash and roughly chop the red amaranth leaves, and strain the excess moisture. In a pan, heat 1 tbsp of olive oil and begin by sautéing the garlic until fragrant and light brown. Add in the onions and sauté till translucent.

Deglaze the pan with white wine, reduce and add in the red amaranth. Immediately season the amaranth with salt to speed up the release of moisture, toss and sauté well for 2-3 minutes. Once all the water from the leaves has evaporated, adjust the final seasoning with salt and white pepper and set aside in a bowl to cool.

Cashew Butter
Roast the cashew nuts in an oven or pan on low to medium heat until golden brown. Set on a tray or plate to cool. Once cooled, blend in a mixer into a smooth paste until the natural oils of the cashews splits from the paste.

Using a spatula or whisk, add in the cashew butter to the cooked tambdi bhaji and mix well. Check the mixture for seasoning before setting aside. Cool in the fridge for at least 1-2 hours before shaping.

Spanakopita
Lay out a single whole sheet of filo pastry as is from the packet. Ensure to cover the rest of sheets with a cloth to prevent them from drying out. Brush melted butter along all the sides of the filo pastry and random strokes in the centre of sheet. Be sure to be generous as we need the butter to make the sheets stick together.

Next, lay another sheet of filo on top of the first, ensuring to line up the edges as much as possible [to reduce wastage]. It’s best if two people lay the sheet by holding all 4 corners of the sheet. Repeat the process until you have 3 sheets layered on one another. 3 sets of 3 layered sheets would yield 24 pieces which would be good for 6 servings.

Divide the layered filo sheets into 8 rectangular strips of equal size. To do this, fold the filo in half, crease lightly, and repeat again. Unfold the sheets, cut along the folded creases to get 4 even quarters of the sheet. Next, simply cut all 4 quarters in half again to obtain 8 even strips.

Brush the top 2 inches of each strip with butter to help seal each filo parcel. Spoon ½ tbsp of mixture at the bottom of each strip diagonally as shown in the picture. Take the bottom left corner of the strip and fold over the mixture by lining the bottom edge of the strip with the side edge, ensuring the mixture is encased under the filo pastry without any leaks. The fold should resemble a right angled triangle.

Then take the bottom tip of the triangle and fold vertically upwards to lock in the mixture. Take the bottom right corner of the triangle to match the bottom edge of the current triangle with the left edge of the filo sheet.

Repeat the process until you reach the top of strip and seal with the final edge brushed with butter.

Once all the Spanakopita are folded, lay on a baking sheet brushed with butter and bake in the oven at 180°C for 7-8 minutes and golden brown on all sides. Flip the Spanakopita halfway while baking to ensure the sides don’t burn.

Serve hot and crisp straight out of the oven.

Tip: Spanakopita can be stored in the freezer for up to 2 weeks and can be baked directly frozen whenever you’d like. Ensure you store them wrapped individually in aluminium foil to avoid them sticking to each other.
millet multigrain & radish dodda bruschetta

Ingredients

For Dodda Bread
- Pearl millet 50 gms
- Barley 50 gms
- Finger millet 50 gms
- Little millet 50 gms
- Barnyard millet 50 gms
- Wheat flour, coarsely ground 100 gms
- Winter radish, peeled and grated 150 gms
- Coriander leaves, chopped 20 gms
- Onion, chopped 60 gms
- Green chilli, chopped 8 gms
- Ginger, peeled and chopped 10 gms
- Ajwain [caraway seeds] 5 gms
- Salt 10-12 gms
- Dry mango powder 8 gms
- Ghee [clarified butter] 30 gms

For Garnish & Plating
- Micro herbs 8 gms
- Baby radish 4-5 nos
- Pearl tomatoes 8-10 nos
- Kashmiri chilli powder 3 gms

To Prepare

Dodda Bread
In a mixing bowl, mix all the millets and wheat flour with very little water just to moisten the grains and rest for 5-7 minutes. Add the remaining ingredients listed for dodda and knead till soft. Divide the dough into small dumplings of 50 gms each and press flat with your fingers to resemble cakes or tikkis. Heat a non-stick pan and sear them until they are golden brown on both sides. Baste with ghee [clarified butter].

Aam Papad Tartare
Mix all the ingredients as listed and keep in a warm place for 15 minutes.

Tzatziki
Strain any excess water from the yoghurt and prepare the tzatziki by mixing all the ingredients listed under it. Whisk all the ingredients well until smooth and creamy and refrigerate.

To Serve
Top the hot dodda breads with the aam papad tartare and chilled tzatziki. Add some micro herbs on each dodda. Sprinkle Kashmiri chilli powder for a pop of colour and serve hot. Slices of sirka pyaaz [onions soaked in vinegar] can also be added as a taste enhancer.

Chef Nimish Bhatia
Chef, Mentor & Maven

"This dish is power packed with nutrition and freshness. The millets used are rich in dietary fibre, minerals and antioxidants. Combined with the freshness of cucumber and creamy yoghurt, tangy spiced aam-papad and a touch of honey, this interpretation of dodda makes for quite the tantalizing appetizer. The presentation is inviting and I am inspired to make this sensuous recipe to create a lasting impression."

Prep. Time: 30 minutes
Cook Time: 10 minutes
Serves 6
raw banana & banyard millet cutlets with amaranth

Ingredients
For Raw Banana Cutlet with Amaranth
Raw banana 1 kg
Refined oil 150 ml
Cumin seeds 5 gms
Green chilli 8 gms
Ginger, peeled and chopped 5 gms
Turmeric powder 3 gms
Cumin powder 3 gms
Salt to taste
Coriander powder 5 gms
Mint, finely chopped 10 gms
Coriander, finely chopped 20 gms
Lemon juice 1 no
Cooked barnyard millet 200 gms

For Coating
Amaranth pops 50 gms

For Frying
Oil [you can also bake or air fry]

Method
Boil the bananas, skin on. Once cooled, peel and mash. In a pan, heat oil and add green chillies and spices as tempering and then add the mashed bananas and salt. Add fresh coriander and mint. With your hands mash the millets and mix into the raw banana mixture. Add lemon juice, take the pan off heat and mix well. Check for seasoning and correct as per taste. Shape the mixture into cutlets and coat with the popped amaranth. Deep fry, bake or cook in an air fryer.

To Serve
Serve hot with a chutney of your choice

Chef Anahita Dhondy
Chef & Author

Parsis love their cutlets made from chicken, mutton, fish and even potatoes. What better way is there to get them to eat millets and vegetables? So here I am, sharing a recipe created for them. It’s spicy and flavourful and you can’t guess it’s made out of raw banana! Try this recipe as it’s healthy, quick and easy!

Prep. Time: 45 minutes
Cook Time: 30 minutes
Serves 6
karisalankanni kuthiraivali kuzhi paniyaram

Ingredients
Kuthiraivali [barnyard millet], soaked 300 gms
Urad dal [split black lentil] 100 gms
Fenugreek seeds, soaked 3 gms
Ghee [clarified butter] 150 ml
Mustard 3 gms
Urad dal 3 gms
Cumin 3 gms
Cashew nut 25 gms
Green chilli, chopped 5 gms
Ginger, peeled and chopped 5 gms
Shallots, peeled and chopped 25 gms
Asafoetida powder 3 gms
Karisalakani greens, chopped 100 gms

To Prepare

Paniyaram
Grind the soaked millet, soaked urad dal and soaked fenugreek seeds into a smooth batte. Heat 50 ml of ghee in a pan, add mustard seeds, urad dal, cumin. Once mustard splutters, add cashew nut and fry till light golden and add green chilly, ginger and shallots.

Sauté for a while and add asafoetida powder and karisalakani leaves and salt. Sprinkle water if required and cook till the leaves are half cooked.

Mix the tempering into the prepared batter and check the seasoning. Heat kuzhipaniyaram kadai on a moderate heat, grease it with ghee, add a spoon full of batter in each compartment.

Cook on a medium heat. Using a skewer turn the paniyaram on to the other side and cook till both sides are light brown.

To Serve
Serve hot with spicy tomato chutney as a starter or snack.

Chef Sheetharam Prasad
Corporate Executive Chef, GRT Hotels & Resorts

This traditional appetiser eaten in south Indian homes and now offered in restaurants as well, is usually made with a rice and lentil batter along with vegetables. In this rendition, barnyard millet batter makes a more nutritious version and is uniquely combined with false daisy [bhringhraj] leaves. A must-try combination!

Prep. Time: 15 minutes
Cook Time: 40 minutes
Serves 6
sorghum prawn dumpling

Ingredients

For Wrapping
Fresh kale  600 gms

For Sorghum Millet Filling
Prawns, peeled and deveined  120 gms
Sorghum, boiled  120 gms
Garlic, peeled and chopped  10 gms
Soya sauce  15 ml
Ginger, peeled and chopped  15 gms
Oil  40 gms
Salt  to taste

For Soy Dipping Sauce
Soya  60 ml
Chilli paste  20 gms
Honey  10 ml
Toasted sesame  5 gms

For Prawn Marination
Ginger garlic paste  15 gms
Soy  10 ml
Lemon juice  10 ml

To Prepare
Prawn Marination
Marinate the prawns with ginger garlic paste, lemon juice and soy sauce.

Sorghum Millet Filling
Boil the sorghum with salt until cooked. Heat oil. Add chopped ginger, garlic and soy sauce. Add cooked millet and toss until mixed. Adjust the seasoning.

Soy Dipping Sauce
In a mixing bowl, take soy sauce, honey and chilli paste. Whisk in everything together and add toasted sesame. Adjust seasoning.

To Assemble
Wash and clean the kale leaves. Take a prawn and wrap it with cooked millets. Then firmly wrap it with kale leaf, with the tail visible. Put the dumplings in a steamer and steam for around 5 minutes till prawns are cooked with beautiful coral color.

To Serve
Serve hot with the soy dipping sauce.

Chef Sabyasachi Gorai
Consultant Chef & Mentor,
Fabrica by Chef Saby
Restaurant Consultancy

"My experimentation with millets has been indeed very inspiring and rewarding. In this simple to create recipe, prawns and sorghum wrapped in locally grown kale, make a guilt-free steamed appetizer.

Prep. Time: 20 minutes
Cook Time: 10 minutes
Serves 6
Pearl Millet & Spiced Crab Bhel

Ingredients

For Bhel
- Irish pearl millet, puffed: 200 gms
- Fresh crab meat flakes: 300 gms
- Olive oil: 15 ml
- English cucumber: 1 no
- Tomato, ripe: 1 no
- Coriander leaves: 30 gms
- Red onion: 1 no
- Red chillies, fresh: 2 nos
- Peanuts, roasted: 50 gms
- Fine Bombay sev: 50 gms

For Dressing
- Fresh lime: 4 nos
- Fresh orange: 1 no
- Tamarind paste: 20 gms
- Dry mango powder: 5 gms
- Mint powder: 5 gms
- Toasted cumin powder: 5 gms
- Black salt: 5 gms
- Sugar: 10 gms

For Garnish
- Millet papdi: 12 nos [optional]
- Lemon wedges: 12 nos
- Fresh mint leaves: 30 nos

To Prepare

Bhel
Heat a non-stick pan, add olive oil and cook the crab meat for 3 minutes. Remove the cooked crab meat from the pan and allow to cool. Wash the tomato and cucumber and cut them into small dices with the skin on. Peel onions and chop them fine. Chop the red chillies and fresh coriander leaves. In a bowl, mix all the bhel ingredients.

Dressing
Squeeze fresh lemon juice and fresh orange juice in a bowl. Add tamarind paste, mango powder, mint powder, black salt, toasted cumin powder and sugar. Mix all ingredients with a whisk to form a dressing.

To Assemble
Mix the dressing in the bhel ingredients. Toss well to ensure proper mixing.

To Serve
Portion the tossed bhel in a bamboo boat or cone.

To Garnish
Garnish the bhel with lemon wedges, fresh mint leaves and papdi crisps.

Chef Amit Wadhawan
Director, Enya Natural Foods Pvt. Ltd.

I first created this dish at the Jaipur restaurant that I opened in Dublin, Ireland. Inspired by freshly caught crabs each morning from the Dalkey Harbor, I combined them with Irish puffed barley instead of Bombay bhel’s classic puffed rice. In this recipe, puffed pearl millet makes a robust stand-in.

Prep. Time: 20 minutes
Cook Time: 5 minutes
Serves 6
Chef Ayesha Nallaseth
Chef & Founder,
Basque Tarta de Queso

As a chef, I am greatly satisfied when I can combine millets and take them to the next level of snacking by creating this inspiring recipe for you.

Prep. Time: 40 minutes
Cook Time: 35 minutes
Serves 6
thecha prawns & curried avocado in millet tostada cups

Ingredients

For Millet Tostada Cups
Amaranth flour 80 gms
Finger millet flour 60 gms
Pink salt 2 gms
Warm water 100 ml
Olive oil 20 ml
Amaranth flour for dusting 5 gms

For Thecha Prawns
Medium prawns, tail on, deveined 250 gms
Green chillies 35 gms
Coriander 15 gms
Garlic cloves 20 gms
Olive oil 25 ml
Cumin seeds 1 gms
Raw peanuts, skinless 50 gms
Salt 1 gms

For Curried Avocado
Avocados, ripe 2 nos
Fresh lime juice 15 ml
Salt 1 gm
Coriander, chopped 16 gms
Olive oil 10 ml
Mustard seeds 1 gm
Onion, finely chopped 10 gms
Garlic cloves, finely chopped 5 gms
Yellow curry powder 1 gm
Green chillies, finely chopped 2 gms

For Garnish
Amaranth, puffed 2 gms
Amaranth microgreens 2 gms

To Prepare

Millet Tostada Cups
Preheat the oven to 180°C and brush the cupcake mould [indent are 5 cm diameter], with olive oil. To make the millet tortilla dough, combine amaranth flour, finger millet flour and pink salt in a medium size bowl. Using a spatula, mix the dry ingredients until well combined. Make a well in the centre of the dry ingredients and add oil and water. Stir well from the bottom up, until all the dry ingredients are incorporated and the dough begins to come together to form a ball. Allow the dough to rest for 15 minutes.

Turn the tortilla dough out onto a lightly floured work surface and knead for 5 minutes until the dough is nice and smooth. Divide the dough into 12 equal portions. Place the dough between 2 butter papers and brush with olive oil and roll out the dough as thin as possible. Using a 6 cm diameter cutter cut them into perfect roundels. To make the tostadas, flute the cut tortillas into the muffin mould. Bake for 12 minutes or until the tortillas are crisp and golden at edges. Remove the tostadas from the mould and bake again on a wire rack at 180°C for 5 minutes. Immediately remove tostadas from the oven and allow them to cool completely on a wire racks for 15 minutes.

Curried Avocado
Scoop the avocado into a bowl. Add the lime juice, salt and coriander. Mash everything together with a fork. It is best left chunky. Heat olive oil in a pan over medium high heat. Add the mustard seeds when hot. After about a minute, stir in the onion and garlic and sauté for 2-3 minutes until the onion is translucent. Add the curry powder and minced chillies. After about 20 seconds, remove from the heat. Stir the onion mixture into the avocado mixture, add lime juice and keep aside.

To Assemble
Spoon the curried avocado dip into the tostada cups. Place one thecha prawn in each cup. Sprinkle with puffed amaranth and amaranth microgreens.
chemmeen muthari appam

Ingredients

For Finger Millet Dough
Ragi flour [finger millet] 250 gms
Rice flour 50 gms
Salt 5 gms

For Filling
Prawns, peeled with tail on 300 gms
Prawns, peeled and chopped 300 gms
Turmeric powder 5 gms
Shallots, peeled and sliced 150 gms
Garlic, peeled and chopped 10 gms
Ginger, peeled and chopped 15 gms
Green chilli, chopped 10 gms
Black pepper powder 5 gms
Fennel powder 8 gms
Coriander leaves, chopped 10 gms
Coconut oil 20 ml
Curry leaves, chopped 5 gms
Salt 5 gms
Fresh bay leaves 24 nos

To Prepare

Finger Millet Dough
Bring the water to a boil and add the finger millet and rice flour. Cook and knead into a smooth dough. Season with salt and reserve.

The Filling
Heat oil in a pan, add ginger, garlic, shallots and curry leaves and sauté well. Add the spices and the chopped prawns and cook well. Add the freshly chopped coriander leaves. Season and keep aside.

Prawn Appams
Take one bay leaf at a time add about 25 gms of ragi dough in the centre of each leaf and flatten it. Place the cooked prawn mixture, insert a whole prawn into the prawn mix and then fold into a cone shape.

Fasten each wrap with a toothpick to hold the parcel in place. Steam the wraps for 8-10 minutes and serve hot.

Chef Latha Kunnyil
Master Chef Kerala Cuisine,
Grand Hyatt Kochi, Bolgatty

This signature creation combines the goodness of finger millet with prawns - a local favourite - and the inimitable flavour of bay leaves in which the appams are steamed. It’s a take on the traditional Tamizh dish - Kali.

Prep. Time: 30 minutes
Cook Time: 15 minutes
Serves 6
ragi crusted pomfret fry

Ingredients
For Ragi Crusted Pomfret Fry
Black pomfret filet, 100 gms each 6 nos
Byadgi chilli paste 75 gms
Lemon juice 5 nos
Salt 15 gms
Oil 60 ml
Finger millet flakes 100 gms

For Shallot Chutney
Shallots, peeled 100 gms
Dry Byadgi chilli 15 gms
Tamarind 20 gms
Sea salt 10 gms

To Serve
Banana leaf 3 nos
Lemon wedges 12 nos

To Prepare
Ragi Crusted Pomfret Fry
Debone the black pomfret fish into boneless and skinless fillets. Soak the Byadgi chilli in warm water for 10 minutes and grind to a fine paste. Mix chilli paste, lemon juice and salt in a bowl and marinate the black pomfret fish fillets. Keep it aside for 20 minutes.

Meanwhile broil the ragi millet in a kadhai with just 5 ml oil and let the millet spurt/sprout. Alternately, use the ragi flakes, which is readily available.

Now crust the marinated fish fillets with finger millet flakes and shallow-fry the fish on both sides on the tawa [flat iron griddle].

Shallots Chutney
Dry roast the Byadgi chilli on a tawa. Crush the shallots, roasted Byadgi chilli, sea salt. Add tamarind pulp and mix well.

To Serve
Arrange the ragi crusted black pomfret fillets on a platter with lemon wedges and shallot chutney.

Chef Naren Thimmaiah
Executive Chef,
Vivanta Bengaluru

My inspiration for this recipe was to combine the most popular Omega 3 fatty acid rich fish fry from the Mangalore coast with the best protein and calcium rich, millet of Karnataka!

Prep. Time: 45 minutes
Cook Time: 30 minutes
Serves 6
salads & wraps
The dish draws inspiration from the seasonal root vegetables and tries to serve nostalgia on a plate. The dish is elevated with the added smokiness from the charred and smoked corn and the slightly bitter flavor from the grapefruit. The arugula adds a zingy peppery flavor to complement the creamy espuma. The butter cooked puffed millet adds to the texture and provides a bite to it.

Prep. Time: 35 minutes
Cook Time: 45 minutes
Serves 6
## root vegetable salad, corn espuma

### Ingredients

#### For Corn Espuma
- Corn on cob: 2 no, 50 gms
- Cream style corn: 2 no, 30 gms
- Heavy cream: 50 gms
- Butter: 6 gms
- Pasteurized egg white: 30 gms
- Salt: 5 ml
- Sherry vinegar: 5 gms

#### For Cumin Vinaigrette
- White distilled vinegar: 60 ml
- Neutral vegetable oil: 90 ml
- Dijon mustard: 10 gms
- Cumin powder: 5 gms

#### For Root Vegetables
- Beetroot: 3 no, 30 ml
- Baby carrots: 12 no, 120 ml
- Star anise: 2 no
- Cinnamon, whole: 2 no, 20 ml
- Balsamic vinegar: 30 ml
- Water: 200 ml

#### For Amaranth Twirl
- Amaranth flour: 200 gms
- Refined flour: 30 gms
- Butter: 40 gms
- Water: 120 ml
- Salt: 4 gms

#### For Millet Crispies
- Butter: 20 gms
- Garlic, minced: 15 gms
- Puffed pearl millet: 40 gms
- Salt: to taste

### To Serve
- Arugula leaves: 50 gms
- Grapefruit, peeled and segmented: from 1 fruit

### To Prepare

#### Corn Espuma
Cook corn over open flame until slightly charred. Separate the kernels and transfer to a pan. Add in the cream style corn, butter and cream. Let it cook until the corn is completely cooked and tender. Season and let cool.

Liquidize and pass through muslin to ensure a smooth texture. Once completely cooled, add in the sherry vinegar and transfer to a siphon gun. Charge with 2 refills and refrigerate and allow it to maturate.

#### Root Vegetables
Simmer water and add balsamic vinegar and above mentioned whole spices. Add in the beetroot and let in cook until it turns tender. For baby carrots, cook them in the same poaching liquid only for a brief amount of time, to ensure that they maintain their crunch.

#### Cumin Vinaigrette
Process vinegar, Dijon mustard and roasted cumin powder in a blender. With the mixer running, incorporate the oil and season with salt and pepper.

### Millet Crispies
Melt butter in a pan and cook minced garlic over low flame until fragrant and golden. Add in the puffed millet and roast until the millet turns crispy.

### To Assemble
Pluck arugula leaves and refresh in ice water. Dry with paper towel. In a dry bowl, place arugula, millet crispies and a small amount of vinaigrette.

Use a 3 inch diameter ring mould in the center and arrange the leaves along with the millet around it. Place cooked root vegetables and grapefruit segments on the leaves. Drizzle the cumin vinaigrette on the leaves.

Garnish with Pansy and Dianthus petals. Right before service, pipe out the espuma right in the center of the ring mould. Place the amaranth swirl by the side.
banyard & fig salad

Ingredients
Barnyard millet, cooked 275 gms
Fresh figs 4-5 nos
Olive oil 10 ml
Honey 10 ml + 5 ml
Lemon ½ no
Peanut butter 15 gms
Salt to taste
Black peppercorns, crushed to taste
Onion, diced 1 no
Bell pepper, diced 150 gms
Tofu, cubed in ½ cm 100 gms
Fresh parsley, chopped 10 gms + for garnish
Iceberg lettuce leaves, torn 6-8 nos
Lollo rosso lettuce leaves, torn 6-8 nos
Black olives, sliced a few

To Prepare

Dressing
Add the olive oil in a jar along with the honey. Squeeze the lemon half, add peanut butter, salt and crushed black peppercorns. Close the lid and shake well.

Salad
Quarter the figs and transfer in a bowl. Drizzle remaining honey, add salt and mix well. Take barnyard millets in a bowl. Add onion, bell peppers, tofu and parsley and mix well.

Add 2 tsp of prepared dressing and mix well. Arrange iceberg and lollo rosso lettuce leaves in a serving plate; arrange the millet mixture on top.

Arrange the figs and black olive slices on top. Drizzle remaining dressing over top. Sprinkle parsley and serve.

Prep. Time: 30 minutes
Cook Time: 60 minutes [+millet cooking time – after soaking overnight]
Serves 6
greek salad with multi millet honey crisps

Ingredients
For Multi Millet Honey Crisps
Proso millet 100 gms
Pearl millet 100 gms
Sorghum millet 100 gms
Butter, melted 75 gms
Honey 160 gms
Salt to taste

For Dressing
Extra virgin olive oil 120 ml
White wine vinegar 45 ml
Honey 40 gms
Dried oregano 3 gms
Flat leaf parsley, chopped 5 gms
Black pepper, freshly ground 3 gms
Salt to taste

For Salad
English cucumber, diced 2 nos
Red bell pepper, seeded and diced 1 no
Yellow bell pepper, seeded and diced 1 no
Cherry tomatoes, cut into halves 150 gms
Baby onions, peeled and cut into halves 150 gms
Black olives, pitted 12 nos
Green olives, pitted 12 nos
Iceberg lettuce head, torn in bite size pieces 1 no
Arugula leaves a handful
Feta cheese, roughly crumbled 150 gms

For Garnish
Pomegranate arils a few
Red sorrel leaves a few
Assorted microgreens a few

To Prepare
Mixed Millet Honey Crisps
Preheat oven to 170°C. Place the millets in a large non-stick pan and dry roast them over medium heat for 2-3 minutes, while stirring continuously with a silicone spatula. Remove from heat and allow to cool. Add honey, melted butter and salt and mix well with a silicone spatula. Transfer to a baking tray and bake in the oven for 10 minutes.

Dressing
In a mixing bowl whisk honey, white wine vinegar, oregano, chopped parsley, salt and crushed pepper to mix well. Gradually pour in the olive oil while whisking simultaneously.

To Assemble
Add cucumber, bell peppers, cherry tomatoes, baby onions, olives, iceberg lettuce and arugula leaves into the mixing bowl containing the dressing and combine gently. Place in a serving bowl, and top with Feta cheese and millet crisps. Serve garnished with pomegranate arils, sorrel leaves and microgreens.

Chef Abhijit Saha
Chefpreneur & Consultant, Ace Hospitality & Consulting Pvt. Ltd.

Being an advocate of sustainable dining, I love millets as they are arid climate grains and contribute a lot to grain diversity, besides being nutritious and delicious. This recipe is inspired by my quest to make classic recipes more exciting by addition of local and sustainable ingredients.

Prep. Time: 30 minutes
Cook Time: 15 minutes
Serves 6
buckwheat noodle salad with miso glazed salmon

Ingredients

For Miso Glazed Salmon
Wild salmon suprems, 150 gms each 5 nos
Red miso paste 25 gms
Japanese plum sauce 120 ml
Dark soy sauce 30 ml
Wasabi paste 5 gms

For Buckwheat Noodle Salad
Buckwheat noodles, boiled, shocked 500 gms
Asparagus tips 200 gms
Tender stem broccoli, cut into 1 inch pieces 200 gms
Red pepper, cut into juliennes 1 no
Orange pepper, cut into juliennes 1 no
Red onion, cut into juliennes Half
White onion, cut into juliennes Half
Radish, cut into thin round slices 150 gms
Pumpkin seeds, toasted 40 gms
Sunflower seeds, toasted 40 gms
White sesame seeds, toasted 20 gms
Black sesame seeds, toasted 20 gms
Sesame seed oil 20 ml

For Salad Dressing
Toasted sesame seed oil 50 ml
Mirin 50 ml
Stem ginger [in syrup] 1 bulb
Dark soy sauce 40 ml
Yuzu 20 ml

For Garnish
Edible flowers a few
Crisp onions 10 gms
Spring onions, sliced on the bias 10 gms

To Prepare

Miso Glazed Salmon
Blend the ingredients for the salmon marinade: red miso paste, plum sauce, dark soy sauce and wasabi paste till smooth. Place the salmon suprems, one at a time, in the glaze and coat well. Place on a baking tray and bake in a 180°C combi oven [20% steam] for 12 minutes till the glaze is sticky. While the salmon is cooking, put together the salad.

Buckwheat Noodle Salad
In a bowl, whisk all the ingredients for the dressing till emulsified. Stir fry the noodles and the vegetables, from asparagus to onions, in 20 ml of sesame oil for 1 minute till the vegetables are al dente and colours are vibrant. Blast chill [or use an ice bath] the noodles to prevent further cooking. Add the seeds and radish and toss. Add the dressing and toss. Keep refrigerated.

To Assemble
Place the noodle salad in a bowl adding plenty of height. Top with the glazed salmon.

To Serve
Garnish with edible flowers, crispy onions and spring onions.

Prep. Time: 10 minutes
Cook Time: 20 minutes
Serves 6
Chef Baranidharan P
Founder and Chief Culinarian, Chefs Imprint

"I created this recipe on the day when “RRR” an Indian Telugu movie song “Naatu Naatu” won the Golden Globe Award. “Mirrapa Thokku” a spicy Andhra chillidip features in the lyrics of this award-winning song; the spiciness of which makes you literally dance as per the lyricist! This recipe is a tribute to all those Indians who have taken our tradition, intellect, spirituality and diverse talent across the world and have established our Bharat as a force to reckon with. Jai Hind!

Prep. Time: 45 minutes
[+6 hours millet soaking time]
Cook Time: 60 minutes
Serves 6"
barnyard millets with andhra “mirrapa thokku” prawns hass avocado

Ingredients

For Steamed Barnyard Millets
Barnyard millets, soaked 200 gms
Olive oil 15 gms
Salt 2 gms
Thyme 2 large sprigs
Orange zest 5 gms
Warm water 200 ml

For Mélange of Vegetables
Cucumber 180 gms
Sweet corn kernels 40 gms
Pomegranate pearls 40 gms
Yellow and red cherry tomatoes, halved 40 gms
Lime and cilantro vinaigrette 15 ml

For Grilled Andhra “Mirrapa Thokku” Prawns
Prawns, tail on, peeled and deveined 1500 gms
Olive oil 15 ml
Andhra “Mirrapa Thokku” marinade 120 gms
Garlic pods, peeled and smashed 6 nos
Salt 3 gms
Freshly squeezed lime juice 10 ml

For Hass Avocado & Pico de Gallo
Fresh avocado pulp 180 gms
Red onions, peeled and chopped 15 gms
Plum red tomatoes, chopped 30 gms
Cilantro greens, chopped 5 gms
Green jalapeño, deseeded and chopped 15 gms
Toasted and coarsely crushed cumin 1 gm
Lime juice 5 ml
Salt ½ gm

For Garnish
Microgreens, cilantro greens

To Prepare
Steamed Barnyard Millets
Mix all the ingredients and steam for 15-20 minutes. Cool and separate the grains of barnyard millet.

Mélange of Vegetables
Slice green cucumber. Roast fresh corn kernels in a pan and cool. Combine with pomegranate pearls, cherry tomatoes and gently toss all the vegetables in lime and cilantro vinaigrette.

Andhra “Mirrapa Thokku” marinade
Heat oil in a small kadhai [round bottomed pan] and sauté all the ingredients in the order of the recipe one after the other over low heat, till the flavor of the spices turn fragrant. Add the tamarind soaked in water and the salt and simmer for a few minutes. Allow to cool down and grind the reduction to a coarse paste in a kitchen blender.

Grilled Andhra “Mirrapa Thokku” Prawns
Marinate prawns with the listed ingredients along with the “Mirrapa Thokku” and grill, keeping the prawns crunchy and succulent.

Hass Avocado & Pico de Gallo
Use a stone mortar and pestle [traditionally a Mexican “Molcajete” is used], to coarsely mash the fresh peeled avocado, blending in the listed ingredients for a riot of textures, colors and flavor.

To Serve
Sprinkle the steamed barnyard millets on a plate or platter. Arrange the mélange of vegetables - the crunchy salad over the millets. Place the grilled and warm Andhra “Mirrapa Thokku” prawns over the salad.

Spoon the Hass Avocado and Pico de Gallo. Garnish with microgreens and cilantro greens.
foxtail millets with smoked lamb & mustard greens

Ingredients
Foxtail millet 200 gms
Assamese smoked lamb, bite-size chunks 100 gms
Tender mustard greens a small bunch
Asian pennyworth a small vine
Carrots, peeled and diced 25 gms
Snow peas, steamed and chilled 25 gms
Spring onions, sliced thinly 10 gms
Fresh pineapple, diced 30 gms
Fresh peach, diced 25 gms
Sawtooth coriander, chopped 10 gms
Salt to taste

For Citrus Ginger Vinaigrette
Local orange, juice 1 no
Assam lemon juice 5 ml
Assam lemon rind 5 gms
Fresh pounded pepper 2 gms
Mustard oil 10 ml
Local ginger, juice 5 ml

To Prepare
Salad
Soak the foxtail millets for about 5-6 hours and then steam the millets using the double boiler method till the millets are cooked, soft and fluffy. Allow to cool.

In a pan, toss the diced smoked lamb in a little oil and give it a quick stir. Allow this to cool once off the flame. Season with salt and reserve till cooled.

In a mixing bowl, add the foxtail millet, smoked lamb, vegetables and fruits. Roughly tear the Asian pennyworth and tender mustard greens and mix into the salad. Combine the vinaigrette ingredients and mix well.

To Serve
Add the dressing to the salad ingredients and mix lightly till all ingredients are well combined. Check for seasoning and serve.

Note: My grandmother’s version of this salad was a one-pot meal which had everything that she grew in her backyard kitchen garden. Though the salad was very rustic, she would skilfully add chunks of smoked lamb that we were fond of to disguise our less favorite ingredients – the ones we always refused! I now make this visually appealing and more aesthetic salad in a variety of different ways.

Preparing smoked lamb in the traditional way is a complex, strenuous and time taking process. Artisanal smoked lamb is now available and makes a very good alternative to home smoked lamb.

Fire roasted potatoes and vegetables with seasonal fruits make a great vegetarian version of this recipe. Keep the dressing in its original avatar, since it is these flavours that connect this recipe to the Land of Blue Hills and the Red River.

Chef Sanjukta Dutta
Consultant Chef & Educator

”
Foxtail millet is available in Assam and has been consumed in many forms and ways for many generations and in the most common form of a “kheer” or Pudding. My grandmother was cognizant of the nutritional benefits of millets and stepped out of the norm to create interesting dishes and ensured her family ate nutritious whilst also teaching us to respect the produce from our land.

This recipe, is my version of her millet salad in gratitude and appreciation to the person who taught me the nuances of cooking and eating well.

Prep. Time: 60 minutes
Cook Time: 60 minutes
Serves 6
pulled kathal taco, jowar thalipeeth, chilli chutney cream

Ingredients
For Jowar Thalipeeth
Jowar flour [sorghum] 60 gms
Ragi flour [finger millet] 60 gms
Bengal gram flour 60 gms
Red onion, peeled and finely chopped 15 gms
Green chillies, finely chopped 5 gms
Fresh coriander, finely chopped 5 gms
Red chilli powder 5 gms
Coriander powder 5 gms
Cumin powder 5 gms
Salt to taste
Desi ghee for cooking

For Kathal Taco Mix
Green jackfruit, cleaned 300 gms
Ginger garlic paste 15 gms
Red chilli powder 2-3 gms
Turmeric powder 2-3 gms
Bengal gram flour 20 gms
Onion tomato masala gravy 100 gms
Oil 20 ml
Black mustard seeds 2-3 gms
Curry leaves, hand-torn 6 nos
Salt to taste
Tamarind paste 10 gms
Coriander leaves, chopped 2-3 gms
Garam masala powder 2-3 gms
Fine sugar 5 gms

For Chilli Chutney Cream
Pickled green chilli 5 gms
Eggless mayonnaise 15 gms

For Garnish
Radish, juliened
Red cabbage, juliened
Pickled cress

Method
Jowar Thalipeeth
Mix all the ingredients in a bowl and just add enough water to make a soft dough. Rest the dough for 15-20 minutes. Divide the dough into 6 equal portions. Roll like a chapati or tortilla. Preheat a flat skillet and cook the thalipeeth on both sides while basting with desi ghee till golden in colour.

Kathal Taco Mix
Cut jackfruit into small pieces. In a bowl mix cut jackfruit, gram flour, salt, ginger garlic paste, red chilli powder, turmeric powder and salt with a splash of water and cook it by deep frying. Heat oil in a pan and add mustard seeds, curry leaves and masala gravy followed by tamarind paste. Cook it on slow fire till the raw taste of tamarind is gone. Add fried kathal to it and mix evenly. Add little water and simmer on slow fire for kathal to soften-up. Finish with sugar, garam masala and chopped coriander. Adjust the seasoning.

Chili Chutney Cream
Blend pickled green chillies and mix with mayonnaise. Sieve it and reserve.

To Serve
Place hot jackfruit mixture on the centre of thalipeeth, drizzle with green chilli pickle cream and garnish with radish julienes, pickled red cabbage julienes and cress. As an additional ingredient, assorted lettuce may be added.

In India, “kathal” or jackfruit is referred to as the meat of the vegetarians, as the fibrous texture of the cooked jackfruit is said to resemble that of cooked mutton [goat meat], and often served in vegetarian households for non-vegetarians as well. This recipe is a vegetarian take on the very popular Mexican taco and is recreated using an Indian inspired filling. With the omission of desi ghee [clarified butter] and the mayonnaise, this recipe works well for gluten-free and lactose-free diets.

Prep. Time: 30 minutes
Cook Time: 45 minutes
Serves 6
Chef Dr. Parvinder Singh Bali
Corporate Chef Learning & Development,
Oberoi Hotels and Resorts

“This version of the chilla is a gluten-free wrap, packed with the goodness of fresh green vegetables. The soft chilla is filled with crisp fried proso millet coated dahi ke kebab and served with beetroot chutney.”

Prep. Time: 30 minutes
Cook Time: 10 minutes
Serves 6
proso millet crusted dahi kebab with jowar methi chilla

Ingredients

**For Jowar Methi Chilla**
- Sorghum [jowar] flour 100 gms
- Green chilli, chopped 10 gms
- Spring onion greens, chopped 20 gms
- Fresh fenugreek leaves, chopped 75 gms
- Green coriander leaves, chopped 10 gms
- Kasoori methi
- [dried fenugreek leaves] 1 gm
- Cumin powder, roasted 2 gms
- Coriander seeds, crushed 2 gms
- Red chilli powder 1 gm
- Turmeric powder 1 gm
- Fennel powder 2 gms
- Salt to taste
- Buttermilk 175 ml
- Ghee 50 gms

**For Dahi ke Kebab**
- Hung curd 200 gms
- Ginger, chopped 30 gms
- Green chillies, chopped 20 gms
- Proso millet powder 100 gms
- Green cardamom powder 2 gms
- Black salt 3 gms
- White pepper powder 2 gms
- Water 50 ml
- Proso millet, whole 50 gms
- Oil to fry

**For Beetroot Chutney**
- Hung yoghurt 100 gms
- Beetroot 100 gms
- Black salt 3 gms
- Chaat masala 2 gms
- Vinegar 30 ml
- Water 500 ml

**For Filling**
- Rocket lettuce 30 gms
- Iceberg lettuce 30 gms
- Lollo rosso lettuce 30 gms
- Beetroot microgreens 20 gms
- Onion julienness 60 gms
- Tomato julienness 80 gms
- Mint sprigs 6 nos
- Basil flower sprigs 6 nos

**To Prepare**

**Jowar Methi Chilla**
Mix all the dry ingredients together except the ghee. Add chopped herbs and vegetables and mix well. Add buttermilk and mix until it forms a batter. Heat an iron tawa [griddle] and spread the batter to form a thin chilla [pancake]. Brush with ghee and flip the chilla to cook on both sides.

**Dahi ke Kebab**
Mix hung yoghurt with chopped ginger, green chillies and mash well. Add the spices and season with salt and pepper. Add 75 gms of proso millet flour and reserve the rest. Mix well and shape into cylinders of 1 inch thick and 2 inches long. Mix 25 gms of proso flour with water and make a batter. Coat the kebabs with batter and roll in whole proso millets. Deep fry in hot oil and drain on absorbent paper.

**Beetroot Chutney**
Boil the whole unpeeled beetroot in a mixture of water and vinegar for 20 minutes. Drain the water, peel the beetroot, allow to cool and pureéd. Mix with hung curd and spices and adjust the consistency if necessary with some plain yoghurt.

**Filling**
Clean and tear lettuce in small pieces and soak in ice cold water for 5-7 minutes. Drain and shake off excess water. Slice the onions 7 mm thick and soak in ice cold water. Clean mint sprigs, basil flower sprigs and soak in ice cold water. Deseed the tomatoes and cut into strips of 7 mm x 6 cm and reserve.

**To Assemble**
Place the chilla on a clean surface. Arrange the lettuce, microgreens, tomato strips and onion julienness on the chilla. Now arrange 3 pieces of dahi ke kebab on each chilla. Season with salt and pepper and roll the chilla to form a wrap. Stick in basil and mint sprigs and present with beetroot chutney.
Chef Vikas Seth
Chef & Culinary Director,
Embassy Leisure – Sanchez
Restaurante & Cantina

"Finger millets give this preparation natural color and resemblance to Mexican Blue Tacos. This gluten-free and vegan dish showcases my journey, connecting Amritsar, Mumbai, Bengaluru and Oaxaca!"

Prep. Time: 30 minutes
(+5 hours for soaking beans)

Cook Time: 45 minutes

Serves 6
ragi tacos with spiced pumpkin

Ingredients

For Ragi Tacos
Ragi [finger millet] flour 150 gms
Cumin seeds, [roasted] whole 5 gms
Onion, peeled and finely chopped 50 gms
Green chilli, finely chopped 5 gms
Salt to taste
Water 180 ml
Refined oil 30 ml

For Spiced Pumpkin
Baby pumpkin with skin 300 gms
Oil 50 ml
Asafoetida 2 gms
Turmeric 4 tsp
Cumin seeds 5 gms
Coriander seeds, crushed 5 gms
Fennel seeds 5 gms
Green chilli 5 gms
Curry leaves 4 gms
Salt to taste
Jaggery, grated 8 gms
Tamarind pulp 15 ml
Water as required

For Refried Black Eyed Beans
Black eyed beans 100 gms
Water 400 ml
Bay leaf 1 pc
Oil 10 ml
Onion, peeled and chopped 1 no
Garlic, peeled and chopped 4 cloves
Green chilli, chopped 2 nos
Turmeric powder 2 gms
Cumin seeds, roasted 4 gms
Coriander leaves, chopped 5 gms
Tomato, chopped 100 gms
Salt to taste
Water as required

For Roasted Tomato Salsa
Tomato 150 gms
Onion 30 gms

Garlic cloves 4 pcs
Green chilli 1 pc
Salt to taste
Refined oil 5 ml

To Serve
Sour cream 120 gms
Popped amaranth 30 gms
Curry leaves, fried 5 gms
Edible flowers 6 pcs

Pulp and sprinkle some water if required. Remove the pan from the heat and reserve till required.

Refried Beans
Wash and soak the black-eyed beans for 4-5 hours. Boil the bean with adequate water, bay leaf and salt. Cook till tender and reserve the cooking liquid.

Heat oil in a pan, add cumin, chopped garlic, onion, green chilli and turmeric, sauté, then add in chopped tomato and cook for few minutes. Add in the cooked black eyed beans, along with little cooking liquid, mash a little of the beans and leave the rest whole.

Adjust the seasoning, add in the chopped coriander. Take it off the flame and keep it aside.

To Prepare

Ragi Tacos
Boil water in a pot, add in the onion, green chilli, cumin, salt and half of the oil. Add the ragi flour in the boiling water, mix it with a wooden ladle till a dough is formed. Take it out from the pot and knead the dough lightly and keep it warm under a wet kitchen napkin.

Make small balls of 20-25 gms each from the above made dough. Place the dough balls in between 2 plastic sheets and place in the roti press to make approximately 3-4 inch diameter tacos. Take it out carefully from the plastic sheet and cook it lightly on a griddle or non-stick pan, smear with a little oil. Cover the tacos with a cloth and keep aside.

Spiced Pumpkin
Wash the baby pumpkin, retain the skin and remove the center seeds and fiber. Cut into 12 wedges. Heat oil in a pan, add asafoetida, turmeric, cumin, coriander, fennel seeds, green chilli and the curry leaves.

Add the pumpkin wedges and sauté. Sprinkle the grated jaggery and salt to taste. Cover the pan with a lid with lid and let it cook on a low flame. After 10 minutes check for doneness, add tamarind pulp and sprinkle some water if required. Remove the pan from the heat and reserve till required.

To Assemble
Sprinkle water on the ragi tacos and warm them on a griddle or non-stick pan. Spoon black eyed beans on the ragi tacos, top with roasted tomato salsa.

To Serve
Drizzle sour cream on the tacos and top with spiced pumpkin wedges. Garnish with popped amaranth, fried curry leaves and edible flower petals.
spiced chicken & barnyard millet wrap

Ingredients

For Barnyard Millet Wrap
- Barnyard millet flour: 120 gms
- Wheat flour: 90 gms
- Salt: to taste
- Hot water: as required

For Spiced Chicken Filling
- Olive oil: 30 gms
- Chicken thighs, deboned and sliced: 6 nos
- Kale: 80 gms
- Red bell pepper, sliced thin: 70 gms
- Yellow bell pepper, sliced thin: 70 gms
- Onion, sliced in rings: 70 gms
- Coriander leaves: 10 gms

For Chicken Marination
- Garlic paste: 7 gms
- Ginger paste: 3 gms
- Mustard oil: 0 gms
- Salt: to taste
- Red chilli powder: 3 gms
- Lemon juice: 10 gms

For Yoghurt Sauce
- Yoghurt: 200 gms
- Salt: 1 gm
- Sugar: 0.5 gm
- Black pepper: 0.5 gm
- Thyme: 1 gm
- Garlic minced: 1 gm
- Cumin powder: 2 gms

To Prepare

Barnyard Millet Wraps
In a mixing bowl, add Barnyard Millet flour, Wheat Flour, salt, hot water and knead it into a soft dough. Divide into 6 portions.

Make the dough into round balls and roll into 9-10 cm rounds. Cook them on a griddle.

Spiced Chicken Filling
In a mixing bowl, combine garlic paste, ginger paste, mustard oil, salt, red chilli powder, lemon juice, add chicken and marinate for 10 minutes.

In another bowl add yoghurt, salt, sugar, black pepper, thyme, minced garlic, cumin powder and mix well and keep aside the yoghurt sauce. Grill the marinated chicken on a grill pan.

To Assemble
Place the kale leaves on the wrap, portion the spiced chicken mixture equally amongst the wraps.

Add the bell peppers, onion rings and drizzle the yoghurt sauce and coriander leaves. Roll up the wraps and serve.

Chef Uwe Micheel
Assistant Vice President,
World Association of Chefs Societies

Stuffed, filled and rolled wraps have been ubiquitous in the Middle East and the Mediterranean for centuries. In this recipe, barnyard millet wraps are filled with spiced chicken with Indian flavours.

Prep. Time: 10 minutes
Cook Time: 20-25 minutes
Serves 6
Chef Debraj Bhaumik
Cluster Executive Chef,
Club Mahindra
Board Member & General
Secretary, Young Chefs,
Indian Federation of Culinary
Associations

The combination of proso,
kodo and little millets in the
wraps, make them rich in
protein and low in gluten.

The robust flavours in
the pulled lamb make an
interesting pairing with the
roast tomato and chilli salsa
primed with the goodness
of aloe vera.

Prep. Time: 15 minutes
Cook Time: 35 minutes
(+2 hours cooking the lamb)
Serves 6
two millet & pulled lamb wrap
with roast tomato aloe vera salsa

Ingredients

Two Millet Wraps
Kodo millet 150 gms
Proso millet 150 gms
Whole wheat flour 70 gms
Green chilli, chopped 10 gms
Onion, chopped 30 gms
Garlic, chopped 10 gms
Ginger, chopped 8 gms
Coriander leaves, chopped 10 gms
Paprika 8 gms
Chilli flakes 10 gms
Cumin powder 8 gms
Butter, for frying 25 gms + 30 gms
Salt to taste
Water to make dough

To Prepare

Two Millet Flatbread
Soak the millets in 1 litre water for 6-8 hours. After the millets are thoroughly soaked, boil the millets on a slow flame for 1.5 hrs and strain.

Allow the millets to cool down and blend to make a coarse paste. Add onions, green chillies, garlic, ginger, coriander, chilli flakes, salt, paprika powder and cumin powder.

Add whole wheat flour to this mixture and knead it till it forms a dough-like consistency. Divide into 6 balls of 100 gms each.

Roll out the flatbread and cook the 6 wrap skins one by one on a flat griddle on medium heat. Apply butter as required while cooking.

Roast Tomato Aloe Vera Salsa
Roast tomatoes on a medium flame, till they get a good colour. Cool them down, de-skin and de-seed the tomatoes.

Chop the roasted tomato into small pieces and then add chopped onion, chopped coriander, chopped birds eye chilli, cumin powder, lemon juice and aloe vera. Season, mix and allow to chill under refrigeration.

To Assemble
Take the flatbread and spread hot pulled lamb filling over it. Roll the wrap and cut into half.

To Serve
Serve with chilled tomato aloe vera salsa and lemon wedges.
Chef Moumita Bhaumik
Chef Founder,
Panchmishali &
Desi Videshi Bistro

“ This preparation is inspired from the Middle East - the land of robust flavours and one of the largest harvesters of millets in the world. This recipe is a mélange of both the traditional and unique. ”

Prep. Time: 30 minutes
Cook Time: 30 minutes
Serves 6
turkish adana millet kebabs in proso millet green garlic wraps with roasted carrot & walnut muhammara

Ingredients

For Turkish Adana Millet Kebab
- Finger millet flour [ragi flour] 350 gms
- Red kidney bean 50 gms
- Red onion, peeled and chopped 100 gms
- Garlic gloves, peeled and chopped 20 gms
- Cumin powder, roasted 15 gms
- Sumac powder 15 gms
- Salt 12 gms
- Black pepper powder 5 gms
- Red chilli flakes 5 gms
- Warm water 100 ml
- Extra virgin olive oil 50 ml
- Cumin, roasted and crushed 10 gms
- Garlic, crushed 15 gms
- Salt 5 gms
- Extra virgin olive oil 50 ml
- Fresh mint, chopped 30 gms
- Dried pomegranate 20 gms

To Prepare

Turkish Adana Millet Kebab
Soak the red beans overnight and boil them along with salt until they are almost cooked. Allow to cool and blend to a slightly course paste. Keep reserved. Combine finger millet flour and 100 ml of warm water in a bowl and mix homogenously. In a heavy bottom pan, add the olive oil. When the oil is medium hot, slowly incorporate the chopped onion and garlic. Once sautéed add the red bean mix and cook for a few minutes. Add the ground spices and seasoning. Allow to turn fragrant. Add the finger millet slurry and whisk until all moisture has evaporated and the mixture resembles a semi solid consistency. Divide the mixture into approximately 70 gms balls and affix to skewers. Smoothen the kebabs with wet hands and shape the mixture into long and flat kebabs. Keep refrigerated till required. Before serving, grill the kebabs over charcoal fire or a hot griddle, lightly brush with olive oil.

Roasted Carrot & Walnut Muhammara
Combine all pre-prepared in a food processor, except chopped mint, few walnut kemels and dried pomegranate seeds. Blend to a fine paste, adjust seasoning and fold in the mint leaves. Keep aside the walnut kemels for garnish.

To Assemble

Make a simple arrangement on a rustic textured plate. Lay the proso and green garlic pancakes flat on a plate, spread a generous layer of roasted carrot and walnut muhammara on it. Tear out the lettuce leaves with hand and lightly toss with the marinated salad vegetables, line it up in the centre of the pancake and top it with 2 skewers of the millet kebabs. Lightly fold the pancakes in half vertically. You can also wrap a dry palm leaf around it and tie up with a jute thread in the centre. Serve a small portion of muhammara dip on the side garnished with olive oil, dried pomegranate seeds and walnuts.
This recipe is inspired from the rich culinary repertoire of Bengali cuisine that blends with Mexican Taco but made with the traditional Indian buck wheat flour.

Prep. Time: 25 minutes
Cook Time: 50 minutes
Serves 6
# Buckwheat Kosha Mangsho Tacos

## Ingredients

### For Tacos
- Organic buckwheat flour: 200 gms
- Masa harina: 100 gms
- Dark [black] pure cacao powder: 15 gms
- Hot water: 70 ml
- Olive oil: 15 ml
- Salt: 10 gms

### For Kosha Mangsho topping
- Boneless mutton: 700 gms
- Salt: to taste
- Turmeric powder: 5 gms
- Mustard oil: 80 ml
- Cinnamon: 5 gms
- Green cardamom: 8 gms
- Black cardamom: 5 gms
- Cloves: 5 gms
- Dried red chillies: 4 nos
- Bay leaves: 3 nos
- Onions, sliced: 400 gms
- Ginger paste: 40 gms
- Garlic: 10 gms
- Green chillies: 20 gms
- Coriander powder: 3 gms
- Cumin powder: 3 gms
- Kashmiri red chilli powder: 3 gms
- Yoghurt: 100 gms
- Sugar: 15 gms
- Hot water: 1000 ml

### For Garnish
- Sour cream: 150 gms
- Amaranth microgreens: 8 gms
- Gondhoraj lemon, cut into wedges: 1 no
- Plum, pitted, cut into quarters and grilled: 3 nos

## To Prepare

### Buckwheat Tortillas
Mix together flours and cacao powder and add hot water as needed to form a soft yet firm dough. Divide into 6 equal pieces and roll each piece into a ball. Use a rolling pin or tortilla press to flatten each ball. Keep covered under a damp towel.

Heat a skillet and when hot to the touch, put the first tortilla in. Wait 30 seconds, then flip. Repeat until the tortilla puffs up and starts showing char spots. It takes about 1-2 minutes.

Transfer to a plate covered with a tea towel and wrap towel around to keep tortilla warm. Repeat for the remaining dough balls.

### Kosha Mangsho Topping
In a bowl, beat the curd with roasted cumin powder. Heat oil in a handi and add whole spices [cloves, cardamom, and cinnamon]. Fry for 30 seconds till spices crackle.

Add the sliced onion and fry for 3 minutes on medium-high heat until soft. Add grated ginger and garlic and stir for further 3 minutes. Add chilli powders, and turmeric powder.

Fry for 1 minute. Add mutton pieces, mix well with the masala and cook on high heat for 7-8 minutes stirring continuously until the mixture leaves the oil. Add the beaten curd as prepared above and slow cook on medium flame. Remove the pan from direct heat.

Cook the mutton on indirect heat for 30 minutes or till meat is tender. No water is to be added for this dish. Shred the pieces of mutton.

### To Assemble
Place the tortilla sheet on the plate. Toss the grilled plum wedges in olive oil. Place the warm shredded kosha mangsho mixture and the plums over the bread. Garnish with microgreens. Add a dollop of sour cream and finish freshly cut lemon wedges.
## organic kale & finger millet soup

### Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kale</td>
<td>400 gms</td>
</tr>
<tr>
<td>Broccoli florets</td>
<td>600 gms</td>
</tr>
<tr>
<td>Thyme</td>
<td>20 gms</td>
</tr>
<tr>
<td>Salt</td>
<td>60 gms</td>
</tr>
<tr>
<td>Garlic</td>
<td>60 gms</td>
</tr>
<tr>
<td>Extra virgin olive oil</td>
<td>80 gms</td>
</tr>
<tr>
<td>Black pepper, crushed</td>
<td>35 gms</td>
</tr>
<tr>
<td>Finger millet powder</td>
<td>60 gms</td>
</tr>
<tr>
<td>Finger millet flakes</td>
<td>40 gms</td>
</tr>
</tbody>
</table>

### To Prepare

**Organic Kale and Finger Millet Soup**

Put water for boiling. Add salt, broccoli and kale in boiling water for 1 minute to blanch. Strain the kale and broccoli, add them to ice chilled water to retain the colour and crunch.

Sauté garlic and thyme in olive oil, add blanched kale and broccoli. Blend the sautéed mix with vegetable stock and make it into a fine puree.

Take the puree in a pan, add ragi millet powder and boil it for 5 minutes with some more vegetable stock. Adjust the seasoning with salt and pepper.

Finish it with olive oil.

### To Serve

Portion the soup and add finger millet flakes. Garnish with finger millet crisps.

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Chef Robin Batra  
Executive Chef,  
The Oberoi, Bengaluru

This recipe is inspired by locally sourced produce from Karnataka. The two heroes in this soup are both super foods. Kale is high in antioxidants and finger millets are packed with dietary fiber. It is a bowl of warm goodness.

Prep. Time: 20 minutes  
Cook Time: 30 minutes  
Serves 6
fingerprint millet soup
with avocado timbale

Ingredients

For Millet Soup
Finger millet flour 200 gms
Vegetable stock 1500 ml
Garlic, chopped 15 gms
Onion, chopped 30 gms
Celery, chopped 15 gms
Leeks, chopped 15 gms
Potato, chopped 15 gms
Oil, refined 25 ml
Cumin powder, roasted 5 gms
Salt 5 gms
Pepper 3 gms

For Avocado Timbale
Avocado ½ no
Olive oil 10 ml
Salt 3 gms
Black pepper 2 gms

For Garnish
Finger millet crostini, toasted 6 slices
Microgreens 5 gms
Edible flowers 6 nos

To Prepare
Finger Millet Soup
Take a thick bottom pan, add edible oil. Sauté onion and garlic until translucent.

Add celery, leeks and potato and sauté for 3-4 minutes. Mixed the finger millet flour in vegetable stock with a whisk, till no lumps remain.

Add the finger millet mixture to the pot and simmer for 10 minutes till all the vegetables are cooked.

Cool the mixture down and blend till a smooth consistency is reached. Add seasoning and check the consistency, if needed add additional vegetable stock.

Avocado Timbale
Chop the avocado in ½ cm cubes. Add olive oil and seasoning. Mix gently to retain the avocado as cubes and not become lumpy.

To Assemble
Place a ring in the centre of a soup plate. Place the timbale mixture in the tin. Using the back of a spoon, pat the mixture entry and remove the ring.

Pour the soup slowly without disturbing the timbale.

To Serve
Place the finger millet crostini on the plate rim and garnish with microgreens and edible flowers.

Chef Rajani Ranjan Rashmi
Executive Chef, Hotel Sahara Star, Mumbai

"In my continuous experimentation with millets, I work on pairing indigenous ingredients to create unique and delicious renditions. In this recipe the avocado timbale elevates the soup with added nutritional and flavour profiles."

Prep. Time: 25 minutes
Cook Time: 30 minutes
Serves 6
foxtail millet noodle ramen with smoked chicken

Ingredients
For Chashu Chicken
Smoked chicken breast 500 gms
Tamari soy 120 ml
Sake 120 ml
Mirin 120 ml
Sugar 60 gms
Scallions, sliced 40 gms
Garlic cloves 20 gms
Ginger, sliced 20 gms

For Soft Boiled Egg
Whole eggs 3 nos
Sugar 15 gms
Tamari soy 45 ml
Mirin 45 ml
Sake 45 ml
Water 250 ml

For Toppings
Foxtail millet noodles, dried 500 gms
Nori sheet 6 nos
Scallions, chopped 120 gms
Togarashi [Japanese seasoning] 30 gms
White sesame seeds, toasted 30 gms
Pokchoy, blanched 180 gms
Enoki mushrooms 120 gms

To Prepare
Chashu Chicken
In a sauce pan heat tamari soy, sake, mirin and sugar on medium heat until the sugar dissolves. Add scallions, garlic and ginger. Remove sauce pan from heat and let it cool. Place smoked chicken in a pan with above marinade, and allow it to rest overnight. Slice and reserve for plating.

Ramen Broth
Mix together miso paste, water, chopped garlic, chicken broth, Korean chilli paste and sesame oil, heat everything together for the broth.

Soft Boiled Egg
Boil a small pot of water on high flame, once water is boiling, add eggs and let them boil for 5 minutes. Place eggs in an ice bath to cool them.

Combine all remaining ingredients in a bowl to create the marinade. Peel eggs and place in a bowl with the marinade and keep them for 6 hours.

Toppings
Boil noodles in water for 7-8 minutes till soft, remove them from water and apply some sesame oil to avoid sticking to each other. Toast nori on open fire or a griddle and keep reserved.

Method
Add boiled noodles in a big bowl. Add the sliced chashu chicken and pour the hot ramen broth into the bowl. Garnish the bowl with half a soft boiled egg, scallion, pokchoy, nori sheet julienes, sautéed enoki mushrooms and sesame. Serve hot.

Chef David D’souza
Sous Chef & Oriental Master Chef, Wabi Sabi

This dish is an amalgamation of Japanese cuisine and regional Indian ingredients. The healthy and wholesome millet noodles give this ramen a unique undiscovered flavor that I want you to explore. Topped with all the deliciousness of a traditional ramen.

Prep. Time: 30 minutes
Cook Time: 20 minutes [+6 hours braising time for chicken]
Serves 6
jowar aur shatwar ka shorba

Ingredients
- Jowar [sorghum] 150 gms
- Oil 20 ml
- Bay leaf 5 gms
- Cinnamon 2 gms
- Cardamom 3 gms
- Asparagus spears 400 gms
- Asafoetida 2 gms
- Coriander seeds 4 gms
- Green chilies, chopped 5 gms
- Cumin 5 gms
- Onion, peeled and chopped 20 gms
- Garam masala powder 5 gms
- Turmeric a pinch
- Garlic, peeled and chopped 5 gms
- Salt to taste
- Popped sorghum 10 gms
- Millet microgreens 5 gms

To Prepare
- Wash and soak the sorghum for a minimum of 2 hours. Boil it in 1.5 litres of water for 40 minutes or until soft. Drain the sorghum in a colander and reserve the cooking liquid.
- Separate the tender stalk of the asparagus stalk. Cut on the bias and steam. Reserve to garnish the shorba.
- Return the cooking liquid to the pan and cook the lower end of the asparagus on a simmer until cooked. Allow to cool. Strain the asparagus and puree with the green chilies and some cooking liquid. Strain and reserve.
- Heat oil in a separate pan, add the asafoetida with the whole spices and allow to get fragrant. Add the chopped onion and sauté, add garlic and sauté. Add the asparagus puree and the remaining cooking liquid and simmer for 10 minutes. Strain the whole spices from the shorba and add the boiled sorghum grains. Season with salt and correct the consistency with additional water if required.

To Serve
- Pour the shorba into soup plates. Garnish with popped sorghum, asparagus spears and millet microgreens.

Prep. Time: 180 minutes
Cook Time: 25 minutes
Serves 6
chathuk with khambir

Ingredients

For Chathuk
- Foxtail millet: 100 gms
- Whole buckwheat: 50 gms
- Whole barley [or whole wheat]: 50 gms
- Beetle bean [or black peas]: 25 gms
- Brown mountain peas [or green peas]: 25 gms
- Dried mountain chives [or fresh chives]: 10 gms
- Dimo female yak cheese [or Parmesan cheese]: 20 gms
- Lamb trotters, cut into 2 pieces: 3 whole trotters
- Garlic cloves: 4 nos
- Salt: to taste
- Butter: 30 gms
- Garlic, peeled, sliced and crisp fried: 10 gms

For Khambir [Ladakhi Sourdough Bread]
- Whole wheat flour: 250 gms
- Sour curd or buttermilk: 30 gms
- Lukewarm water: 225 ml

To Prepare

Chathuk
- Soak all the mentioned grains overnight. In a pressure cooker, warm the butter and add the pre-cut lamb trotter halves. Shallow fry the trotters with chopped garlic. Add salt, 2 cups of water and pressure cook to 3 whistles. Add the soaked grains with 2 cups of water.

Cook on simmer till all the grains are well cooked and the cooking liquor has thickened. Add the dried mountain chives and allow to simmer for another few minutes. Check to correct the seasoning.

Khambir
- Put all the ingredients in a bowl and knead well. Form the dough into a smooth ball and cover with a damp cloth. Allow it to ferment. Keep overnight in the winters and in the summer allow the dough to ferment for an hour. Divide the dough into equal portions and roll them into balls. Flatten the dough and roll into thick discs measuring ¼ cm in height. Heat a tawa [curved iron griddle] till it is hot, then reduce the flame. Place the rolled out dough onto the tawa, one at a time. Cook the khambir on both sides. Then rapidly cook it on a direct flame till it puffs without burning.

To Serve
- Portion the chathuk. Sprinkle the crisped garlic accompanied with khambir, served whole or halved.

Prep. Time: 30 minutes
Cook Time: 45 minutes [+soaking time]
Serves 6
hyderabadi marag

Ingredients
Mutton with bone
Foxtail millet, soaked
Oil
Ghee [clarified butter]
Cinnamon
Cloves
Cardamoms
Black pepper
Onion, sliced
Ginger garlic paste
Green chilli, slit
Salt

For The Paste
Green chilli
Yogurt
Coriander leaves
Mint leaves
Coriander powder
Cumin powder

For Finishing
Cashew paste
Cream

To Prepare
In a heavy bottom pan heat ghee and oil together, until hot. Add the whole garam masala and saute for a minute.

Add the mutton and sear it on high heat for 2 minutes. Add onions, ginger garlic paste and green chilli and 1.5 liters of water and slow cook for 3 hours.

After 3 hours add the soaked foxtail millet. Make a paste of all the listed ingredients and add to the simmering broth and cook it on slow heat for another hour.

The mutton should be tender by now. Add the cashew paste and cream and cook for 15 minutes.

To Serve
Portion the marag in deep soup cups and serve hot, garnished with mint leaves.

Chef Amey Marathe
Founder, Amey Marathe Consulting & JSAney Foods
Vice President,
Telangana Chefs Association

“...This specialty from the Deccan Plateau, is a delicate and elegantly flavoured soup. Combined with foxtail millets in this version, the soup takes on a robust and hearty rendition...”

Prep. Time: 30 minutes
Cook Time: 4 hours
Serves 6
mains & combines
Chef Ritu Dalmia
Co-Founder, DIVA

I have always been fascinated with millets and started experimenting with them very early on in my career, across cuisine genres. I do not use millets as substitute grains or for their gluten-free credentials, but instead use them for their own goodness and the interesting textures and taste profiles they add, really holding their own.

This classic Turkish dish of stuffed aubergines is traditionally served with rice, but in this rendition alongside the amaranth pilaf, I find it is elevated to another level entirely.

Prep. Time: 30 minutes
Cook Time: 60 minutes
Serves 6
amaranth pilaf served with imam bayaldi

Ingredients

For Amaranth Pilaf

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amaranth</td>
<td>250 gms</td>
</tr>
<tr>
<td>Red onion, peeled and finely sliced</td>
<td>30 gms</td>
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<tr>
<td>Garlic, peeled and chopped</td>
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</tr>
<tr>
<td>Olive oil</td>
<td>25 ml</td>
</tr>
<tr>
<td>Vegetable stock</td>
<td>450 ml</td>
</tr>
<tr>
<td>Cumin powder</td>
<td>5 gms</td>
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<tr>
<td>Pepper powder</td>
<td>2 gms</td>
</tr>
<tr>
<td>Mint chopped</td>
<td>15 gms</td>
</tr>
<tr>
<td>Parsley chopped</td>
<td>30 gms</td>
</tr>
<tr>
<td>Pomegranate seeds</td>
<td>85 gms</td>
</tr>
<tr>
<td>Pomegranate molasses, optional</td>
<td>7 gms</td>
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For Imam Bayaldi

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aubergines, long and slender</td>
<td>3 nos</td>
</tr>
<tr>
<td>Olive oil</td>
<td>to fry</td>
</tr>
<tr>
<td>Tomato paste</td>
<td>25 gms</td>
</tr>
<tr>
<td>Boiling water</td>
<td>300 ml</td>
</tr>
<tr>
<td>Flat-leaf parsley or microgreens</td>
<td>to garnish</td>
</tr>
<tr>
<td>Salt and pepper</td>
<td>to taste</td>
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For Stuffing

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>Olive oil</td>
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<td>Medium onions, cut into thin half moons</td>
<td>80 gms</td>
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<tr>
<td>Garlic cloves, finely sliced</td>
<td>20 gms</td>
</tr>
<tr>
<td>Tomatoes, blanched, peeled and cut into dices</td>
<td>250 gms</td>
</tr>
<tr>
<td>Cherry tomatoes</td>
<td>25 gms</td>
</tr>
<tr>
<td>Flat-leaf parsley, chopped</td>
<td>10 gms</td>
</tr>
<tr>
<td>Red chilli flakes, optional</td>
<td>5 gms</td>
</tr>
<tr>
<td>Roasted almond flakes</td>
<td>10 gms</td>
</tr>
<tr>
<td>Salt and pepper</td>
<td>to taste</td>
</tr>
</tbody>
</table>

To Prepare

Amaranth Pilaf

Heat oil in a pan over medium heat. Add onion and stir fry till brown. Add garlic and stir fry. Allow it to cook for 2-3 minutes. Add salt, cumin, pepper powder and pomegranate molasses, mix well. Add amaranth and cook for a few minutes till slightly toasted. Add the stock and cook covered on a simmer for 15 minutes. Check the doneness of the amaranth, if the grains are still undercooked, add additional water. Add parsley and mint, mix well and turn off the heat. Cover the pan and allow the millet pilaf to rest for a couple of minutes.

Imam Bayaldi

Cut the aubergines lengthwise into 2 halves, salt generously and set aside for half an hour. Meanwhile make the stuffing. Heat a thick bottomed frying pan over medium heat. Add olive oil and fry the onion until softened but not browned for 8-10 minutes. Stir regularly.

Add the garlic and fry for another minute, stirring constantly, taking care not to burn the garlic.

Add the tomatoes, cherry tomatoes and chilli flakes - if using - and continue cooking until the tomatoes soften and the sauce starts to thicken. Add the tomato paste and cook for 5 to 6 minutes. Stir every once in a while to ensure nothing catches at the bottom.

Add the flat-leaf parsley, salt and pepper to taste. Take the pan off the heat. Brush the salt off the aubergines and ready them for frying.

Heat olive oil in a thick bottomed frying pan over medium and heat fry the aubergines until they start to soften, turning regularly. Take out the aubergine and remove excess oil.

Place the stuffing on top of the aubergines and place them, stuffed side up, in a pan for which you have a lid. Cook covered for 2 minutes and place it on the plate.

Garnish with roasted almond flakes.

To Serve

Place the Turkish millet pilaf on the side of the plate and place the Imam Bayaldi on top or on the side of the pilaf. Serve hot and garnish with parsley, microgreens and pomegranate pearls.
foxtail millet gnocchi

Ingredients

For Gnocchi
- Potatoes: 900 gms
- Foxtail millet flour: 150 gms
- Salt to taste

For Sauce
- Avocado oil: 50 ml
- Minced garlic: 15 gms
- Korean gochugaru: 15 gms
- Fresh sage leaves: 15 gms
- Salt to taste

To Prepare

Gnocchi
Boil potato in a pressure cooker till soft and well cooked. Peel and mash them. Using a dough scraper scrape the dough so no lumps are formed. Add foxtail millet flour, salt and start kneading. Do not over knead, mix with gentle hands to create a soft light dough.

Roll this into a log, cut into equal sized pieces and start shaping the gnocchi. Use a fork and then slide each piece on a fork and squeeze a little.

In a large pot of salted boiling water cook the gnocchi, they are ready when they float to the top.

Sauce
Heat avocado oil, add minced garlic, gochugaru flakes, salt, sage and let it cook for 1 minute.

To Assemble
Toss the gnocchi in the sauce and serve hot.

Chef Natasha Gandhi
Chef & Entrepreneur, House of Millets

“When I first started experimenting with gluten-free millet Italian food, gnocchi was the first recipe I ever tried and ended up falling in love with it. My grandmother loved it too. Millet flours are usually never used in Italian pastas, however if used properly and in right ratios they work absolutely well.”

Prep. Time: 20 minutes
Cook Time: 15 minutes
Serves 6
pearl millet risotto with mathania chilli, green garlic & strawberries

Ingredients

Bajra [pearl millet] 500 gms
Mathania chillies, soaked in warm water 4 nos
Clove 5 nos
Cinnamon stick 1-2 nos
Bay leaf 2 nos
Green cardamom 4 nos
Green garlic, cloves with greens 6 nos
Fresh strawberries 8 nos
Pearl millet cooking liquid 750 ml
Coconut milk 200 ml
Gondhoraj* lime juice 1 tsp
Salt and pepper to taste
Fresh coriander sprigs a few
Tender winter radish, sliced thinly 2 nos

*alternate with green lime

To Prepare
Rinse the millets under cold water a few times. Soak the millets in a litre of water overnight or for a minimum of 6-8 hours. Simmer for 30 minutes until almost cooked. Drain the millets and reserve the liquid. Make a paste using the soaked chillies, the spices, green garlic and 2 strawberries.

Heat olive oil in a heavy bottomed pan or pot. Add the paste and cook on a medium flame for 5 minutes. Add the millets, mix in well so that the paste evenly coats the millets. Add the reserved cooking liquid just enough to cover the millets. Simmer for 10 minutes. Add the coconut milk and Gondhoraj lemon juice. Season to taste.

Slice the remaining strawberries thinly and reserve as garnish. Crisp the sliced radish in ice cold water. Drain and reserve.

To Serve
Spoon the risotto into serving plates and garnish with sliced strawberries, crisped radish and fresh coriander sprigs.

Chef Vicky Ratnani
Chef Founder,
Gourmet Gyan, SpeakBurgers

Inspired by the goodness of millets and winter produce, this recipe combines unique flavour profiles of Mathania chilli, green garlic and strawberries in tandem with winter spices.

Prep. Time: 15 minutes
[+10 hours soaking time]
Cook Time: 20 minutes
Serves 6
kodo millet & morel risotto

Ingredients
For Kodo Millet & Morel Risotto
Kodo millet grains 120 gms
Olive oil 30 ml
Onions, finely chopped 20 gms
Thyme, picked 2 gms
Morels 50 gms
Vegetable stock 500 gms
Tender spinach leaves, destemmed 25 gms
Butter 10 gms
Kalimpong cheese, grated 25 gms
Salt to taste

For Barnyard Millet Crisps
Barnyard millet, cooked 50 gms
Beetroot powder 2 gms

To Prepare
Kodo Millet & Morel Risotto
Wash the morels of any dirt. Soak the morels in hot water for an hour, strain and reserve the soaking liquid. Decant the liquor to ensure no grit is present.

In a heavy bottomed pan, heat olive oil, add onions and cook till translucent. Add kodo millets and cook until the grains are evenly coated with the oil. Add thyme and salt and cook for 5 minutes on a gentle heat. Add warm vegetable stock, till all the grains are covered. Once the stock is absorbed, add more stock in parts until the grains are cooked. Add morels into the risotto along with the reserved liquid. Allow to simmer for a few minutes without drying out the risotto. Add the tender spinach leaves and stir into cook for a few minutes.

Check for seasoning.

Barnyard Millet Crisps
Make a coarse paste of cooked barnyard millets. Add the beetroot powder. Spread on a silicone baking sheet and cook at 110°C for 30 minutes.

Allow to cool. Break into rough shards and store in an air tight container.

To Serve
Take the pan off the heat. Add the butter and grated Kalimpong cheese, stir till combined. Portion the risotto.

Drizzle some olive oil and served garnished with the barnyard millet crisps and sprigs of fresh thyme.

Chef Satinder S Shergill
Corporate Chef, Ecogreen Hospitality Pvt. Ltd.

In my quest to work with millets, this recipe is created in the Italian style of making risotto which enhances the creaminess of kodo millets. The inclusion of morels and spinach increase dimensions of taste.

Prep. Time: 25 minutes
Cook Time: 50 minutes
Serves 6
amaranth baked crab

Ingredients
Amaranth 360 gms
Crab meat, steamed and picked 360 gms
White sauce [béchamel] 180 gms
Extra virgin olive oil 60 ml
Onion, chopped 60 gms
Soy sauce [Kikkoman] 60 ml
Fresh breadcrumbs 60 gms
Popped amaranth 20 gms

Add boiled amaranth in the mixture. Add the steamed and picked crab and mix well. Add white sauce [béchamel] and mix well. Check for seasoning.

Take 6 bake proof dishes and add 170 gms mixture on each dish and sprinkle 10 gms breadcrumbs on top on each dish.

Place it under a salamander or in an oven until the breadcrumbs are golden brown [approximately 4 minutes].

To Serve
Place the baked dishes on an underlining plate. Sprinkle popped amaranth and serve hot.

Chef Dharshan Munidasa
Founder, Ministry of Crab

The Ministry of Crab Baked Crab is made with Japanese rice. In this millet centric recipe, the amaranth creates a unique version with interesting textures and flavors.

Prep. Time: 20 minutes
Cook Time: 20 minutes
Serves 6
grilled red snapper
with little millet inspiration

Ingredients
For the Grilled Red Snapper
Fillets of red snapper [cut into 6 pieces] 2 nos
Oil 30 ml
Salt

For the Chugur Amba Haldi Sauce
Chugur [tender tamarind leaves] 100 gms
Onions, sliced 400 gms
Green chillies, chopped 80 gms
Amba haldi roots [mango ginger], grated 100 gms
Coconut milk 150 ml
Ginger, chopped 25 gms
Garlic, chopped 40 gms
Turmeric 3 gms
Red chilli powder 5 gms
Curry leaf sprigs 2 nos
Oil 30 ml
Water 100 ml
Salt to taste

For the Little Millet:
Little millet 500 gms
Ghee [clarified butter] 30 ml
Mustard seeds 10 gms
Red chilli powder 5 gms
Salt to taste

To Prepare
Chugur Sauce
Heat oil in a heavy bottomed pan, add onion, green chillies, curry leaves and ginger. Sauté for 2 minutes before adding the garlic. Brown the onions, proceed to add the red chilli powder and turmeric. Sauté for another minute and add the chugur and amba haldi. Now slowly incorporate the coconut milk and water. Let the sauce simmer and reduce for 7-8 minutes.

Add and adjust salt and spice as per taste, remove from heat and blend to a fine paste. Reserve till required.

Little Millets
Boil the millets in salted water and set aside. Heat ghee in a tadka pan. Add the mustard seeds and red chilli powder. Toss the millets with the tadka [tempering]. Adjust seasoning as per taste.

Grilled Snapper
In a heavy bottom pan, on high heat add the oil. Once the oil is hot, reduce heat to medium. Rub salt on the skin of the fish and place the fish skin side down on the pan. Cook for 2.5 minutes and flip. Proceed to cook for another 2 minutes. Remove from heat and let stand under a foil tent for 5 minutes before serving. This prevents the juices inside the fish from drying out.

To Serve
Serve by placing the millets on the plate, pour sauce on the millets, place the fish over the sauce and garnish.

Chef Radhika Khandelwal
Chef-Partner,
Radish Hospitality Pvt. Ltd.
Fig & Maple, Delhi & Goa

This recipe is inspired by the biodiversity of India using unique and bountiful ingredients. The chugur [tamarind leaves] and amba haldi in their combine add an exceptional added dimension.

Prep. Time: 30 minutes
Cook Time: 35 minutes
Serves 6
bajra parmesan khichdi

Ingredients
Bajra [pearl millet] 270 gms
Water 900 ml
Ghee [clarified butter] 60 gms
Cumin seeds 15 gms
Ginger, peeled and chopped 15 gms
Garlic, peeled and chopped 15 gms
Green chillies, chopped 8 gms
Onion tomato gravy 60 gms
Makhni gravy 60 gms
Garam masala powder 7 gms
Coriander leaves, chopped 30 gms
Salted butter 90 gms
Parmesan cheese, grated 90 gms
Salt to taste

To Prepare

Add boiled bajra and a little water. Allow the bajra to become soft and thick. Add garam masala powder. Adjust seasoning and finish with chopped coriander, butter and grated parmesan cheese.

To Assemble
Pour khichdi in a bowl. Drizzle tamarind chutney, green chutney and lime juice on top. Sprinkle chopped onions, tomatoes and grated cheese. Garnish with puffed bajra and serve hot.

Chef Manish Mehrotra
Culinary Director,
Indian Accent

Millet was traditionally a part of Indian food eaten across the country. It was considered food for the poor, but now given its health benefits, millets have seen a revival and are now included in many diets. Bajra or pearl millet is a warming food and is frequently prepared as a khichdi, to be eaten hot on cold winter days.

Prep. Time: 25 minutes
Cook Time: 50 minutes
Serves 6
This specialty from Surat in Gujarat, features “paunk” or “ponk” - tender jowar [sorghum] kernels and fenugreek dumplings. During the season, we receive our supply every morning from Ashwin Bhai in Surat, who has been sourcing us the freshest and plumpest ponk for the last 15 years.

At SOAM, we serve the ponk muthiya nu shaak with hot jowar rotis and a lightly sautéed raw papaya salad... or as we Gujjus call it “kacchu - pakku”.

Prep. Time: 60 minutes
Cook Time: 60 minutes
Serves 6
ponk muthia nu shaak with jowar rotis

Ingredients

Ponk 300 gms

For Wasghar [tempering]
Cooking oil 30 gms
Cumin seeds 3 gms
Carom seeds 1 gm
Asafoetida a pinch
Turmeric powder 3-5 gms
Coriander powder 10 gms
Salt to taste

For Coriander Coconut Masala
Coriander leaves 100 gms
Fresh coconut 50 gms
Lemon juice 20 ml
Sugar 15 gms

For Methi Muthia
Fenugreek leaves, chopped 300 gms
Gram flour 100 gms
Whole wheat flour 100 gms
Semolina 30 gms
Cooking oil 30 gms
Baking soda pinch
Red chillipowder 5 gms
Turmeric powder 2-5 gms
Green chillipaste 10 gms
Sugar 10 gms
Salt to taste

For Jowar Rotis
Jowar atta 300 gms
Salt to taste
Ghee or white butter to serve

For Kaccha Pakka Papaya
Raw papaya, thickly grated 400 gms
Mustard seeds 3-5 gms
Cumin seeds 3-5 gms

Asafoetida a pinch
Curry leaves a few
Green chilli, slit 1 no
Turmeric powder a pinch
Salt to taste
Oil 30 gms

To Prepare

Methi Muthia
In a large bowl add all the muthia ingredients and mix well. Add little water to make a soft but firm dough. Grease your palms and make small pea sized muthia [dumplings] from the dough and keep aside. Deep fry the muthia in hot oil over medium heat till they are a lovely golden colour. Drain excess oil and reserve.

Waghar
Heat oil in a heavy bottom pan. Use the oil in which the muthia were fried. Add the cumin seeds, followed by the carom seeds and the asafoetida. Add the coriander powder, ponk, salt, and half a cup of water. Allow to simmer till the ponk is soft. Combine the ingredients for the coriander coconut masala and grind coarsely. Add this masala to the ponk and simmer till it all comes together. Add the fried muthia, mix, cover the pan and allow to simmer for few minutes.

Note: Using freshly milled flour will give the best results [both easier to make and to eat].

Kaccha Pakka Papaya
Heat oil in a pan and temper with the mustard seeds, cumin seeds and asafoetida. Add the curry leaves and green chilli and then add the papaya, salt and turmeric and mix well. Cook covered for a few minutes and transfer into a serving dish. Serve at room temperature.

To Serve

Serve the ponk muthia nu shaak and the jowar rotis with the kaccha pakka papaya alongside.

Note: When fresh ponk is not in season, one can use dried sorghum. Soak the jowar millets and boil them in salted water. Drain and use in the recipe as you would ponk.
kuttu gajjar parantha with mooli bhurji

Ingredients

For Kuttu Gajjar Parantha
Buckwheat flour 200 gms
Green chilli, chopped 2 gms
Carrot, grated 50 gms
Gond katira [tragacanth gum], soaked and puffed 40 gms
Salt 2 gms
Red chilli powder 2 gms
Carrot leaves, chopped 20 gms
Water, for dough 100 gms
Desi ghee [clarified butter] 80 gms

For Mooli Bhurji
Radish 300 gms
Radish leaves 400 gms
Mustard oil 20 gms
Cumin seeds 2 gms
Asafoetida a pinch
Turmeric powder 2 gms
Red chilli powder 2 gms
Dry red chilli 4 pcs
Salt to taste

To Prepare

Mooli Bhurji
Wash the radish and radish leaves. Peel the radish and cut into small dices. Thinly slice the radish leaves. Heat oil in a kadhai [rounded bottom vessel]. Bring it to smoking point and remove from the heat. Let the oil cool down.

Re-heat the oil, add cumin seeds, asafoetida, dry red chillies and sauté. Add turmeric powder, red chilli powder, diced radish and leaves. Cook for 5 minutes, add salt. Allow to cook on a low flame.

Kuttu Gajjar Parantha
Take a mixing bowl, add buckwheat flour, green chilli, carrots, gond katira, salt, red chilli, carrot leaves and mix well. Add water to make a soft dough. Let it rest for half an hour. Make small balls of the dough. Roll in between 2 butter papers and make a paratha.

Heat the tawa [flat iron griddle] and cook the paratha one at a time. Once both sides are cooked, apply ghee.

To Serve
Plate the mooli bhurji and serve with hot kuttu gajjar parantha along with a dollop of butter.

Chef Madhu Sudan Gupta
Treasurer,
Indian Federation of Culinary Associations

In this recipe are memories of a lifetime.
I remember my mother making us paranthas with buckwheat flour during fasting periods. The mooli [radish] bhurji served alongside is a delicacy.

Prep. Time: 45 minutes
Cook Time: 20 minutes
Serves 6
**mains & combines**

**palakottai varagu saadam**

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ghee [clarified butter]</td>
<td>100 ml</td>
</tr>
<tr>
<td>Mustard seeds</td>
<td>10 gms</td>
</tr>
<tr>
<td>Whole red chilli</td>
<td>15 gms</td>
</tr>
<tr>
<td>Cashew nut</td>
<td>50 gms</td>
</tr>
<tr>
<td>Onion, peeled and chopped</td>
<td>100 gms</td>
</tr>
<tr>
<td>Green chillies, chopped</td>
<td>20 gms</td>
</tr>
<tr>
<td>Curry leaves, chopped</td>
<td>10 gms</td>
</tr>
<tr>
<td>Turmeric powder</td>
<td>6 gms</td>
</tr>
<tr>
<td>Palakottai [jackfruit seed]</td>
<td>200 gms</td>
</tr>
<tr>
<td>boiled and diced</td>
<td></td>
</tr>
<tr>
<td>Varagu [kodo millet], soaked and</td>
<td>400 gms</td>
</tr>
<tr>
<td>boiled</td>
<td></td>
</tr>
</tbody>
</table>

**To Prepare**

Heat ghee in a kadhai [round bottomed utensil], temper mustard seeds, red chili, curry leaves, cashew nuts and chopped onion till transparent.

Add green chili, turmeric powder and boiled jackfruit seed. Sauté for a while. Add salt as required. Mix the boiled kodo millets and the jackfruit seed mixture gently, ensuring not to crush the millets. Check for seasoning.

**To Serve**

Garnish with coriander leaf and top with hot ghee. Serve with a curry of your choice.

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Chef Dr. Damodaran K
Consultant Chef,
President South India Chef’s Association

“Kodo millets are easy to digest, contain a high amount of lecithin and is excellent for strengthening the nervous system. The unique combination of Jackfruit seeds adds protein, vitamins and minerals with rich anti-oxidants.”

Prep. Time: 45 minutes
Cook Time: 20 minutes
Serves 6
barnyard millet cooked with fish head

Ingredients
- River carp head [rohu] 300 gms
- Barnyard millet 200 gms
- Potato cubes 150 gms
- Turmeric powder 5 gms
- Coconut, grated 20 gms
- Ghee [clarified butter] 25 gms
- Cumin seed 5 gms
- Cloves 2 nos
- Green cardamom 2 nos
- Cinnamon 2 gms
- Onion, chopped 100 gms
- Ginger paste 5 gms
- Red chilli powder 5 gms
- Sugar 5 gms
- Mustard oil 20 ml
- Salt 5 gms

Method
- Wash the barnyard millets in running water, drain and soak it in water for 10 minutes. Wash and cut the fish head into 6 pcs and clean nicely. Apply turmeric powder and salt and set aside for 10 minutes. Heat 10 ml of mustard oil in a pan and fry the fish head pieces lightly and set aside. In a bowl add the potatoes, apply a pinch of salt and turmeric powder and mix well. Set aside for 10 minutes.

- Heat mustard oil in a pan and fry the grated coconut till it turns light brown. Remove and drain. Heat ghee in a pan, add cumin seeds, cloves, green cardamom, cinnamon and chopped onion till golden brown. Add ginger paste, chilly powder and turmeric powder and mix well. Add washed and soaked barnyard millets.

- Add the fish head along with the potatoes, fried grated coconut and 400 ml of water. Adjust seasoning.

- Cover and simmer until the barnyard millets are completely cooked, the water is completely absorbed and the gravy coats the fish head.

- Serve hot.

Chef Anjan Chatterjee
Chairman & Managing Director,
Speciality Restaurants Limited

In this Bengali recipe: Shama Chalermoori Ghonto, barnyard millets are combined with fish head in a very interesting preparation with potatoes and coconut.

Prep. Time: 15 minutes
Cook Time: 30 minutes
Serves 6
Ingredients

For Juar Dodda
Jowar flour [sorghum]  250 gms
Salt  to taste
Oil  15 ml
Water  200 ml
Ghee/oil for roasting

For Methi Machchhi
Rawas or Surmai fish, cut into 2” pc  750 gms
Salt  to taste
Turmeric powder  5 gms
Red chilli powder  10 gms
Coriander powder  20 gms
Raw mango powder  5 gms
Oil for shallow frying

For Methi Gravy
Fresh fenugreek leaves, washed and picked  250 gms
Spinach leaves, washed and picked  600 gms
Dill leaves, washed and picked  20 gms
Onions, chopped  250 gms
Garlic, chopped  50 gms
Ginger, chopped  10 gms
Green chillies, chopped  10 gms
Tomatoes, chopped  300 gms
Salt  to taste
Turmeric powder  3 gms
Red chilli powder  10 gms
Coriander powder  20 gms
Garam masala powder  5 gms
Raw mango powder  15 gms
Oil  15 ml

To Prepare

Juar Dodda
Take jowar flour in a bowl, add salt and oil. Mix well. Add water little at a time to bring the dough together and knead it till cracks disappear. Cover with a wet cloth and let it rest for 10-15 minutes. Take around 30 gms dough. Flatten it little and dust it with flour. Pat it evenly on a flat surface into a thin disc or roll it lightly using a rolling pin. Roast it on medium flame on flat griddle on both sides. Brush it lightly with ghee or oil.

Methi Machchhi
Wash the fish well and pat dry them. Add salt and leave it aside for 10 minutes. Mix the red chilli powder, turmeric powder and coriander powder. Heat oil on medium flame. Take each fish piece and coat it with dry spice mix. Shallow fry for 2 minutes on each side. Sprinkle raw mango powder and keep the fried fish aside.

Methi Gravy
In a heavy bottomed pan add oil and heat it on medium flame. Add garlic, ginger and green chillies. Sauté till garlic turns light golden in colour. Add onions and sauté till they get translucent. Add tomatoes, spinach, fenugreek leaves and dill leaves. Mix well and add all spices. Cover the lid and cook on a simmer for 15 minutes. Switch off the flame and allow the curry to rest for 10-15 minutes. When the curry is cooled, blend into a coarse paste. Return this paste to the pan and cook this mixture for another 5-7 minutes. Correct the consistency of the gravy by adding water of required.

To Assemble
Add the fried fish pieces to gravy just before serving. Serve the curry with hot Juar Doddas.

Chef Jyoti Vishnani
Chef R&D,
Neat Meals Pvt. Ltd.

Doddas are flatbreads made from millets like jowar [sorghum] or bajra [pearl millet] and is very typical in Sindhi households. “Juwar” is the Sindhi name for jowar and is also used extensively to make porridge. My grandmother’s fondness to make Doddas and serve it with hearty lentil and leafy vegetable preparations makes a special food memory for me. In this recipe I combine the Doddas with another Sindhi signature fish preparation: Methi Machachi.

Prep. Time: 35 minutes
Cook Time: 40 minutes
Serves 6
murgh bajre ka soweta

Ingredients

Pearl millet 30 gms
Mustard oil 90 ml
Cumin seeds 5 gms
Whole red chili 4 pcs
Whole coriander seeds 4 gms
Garlic, peeled and chopped 20 gms
Ginger, peeled and chopped 10 gms
Onion, peeled and chopped 500 gms
Tomato, chopped 100 gms
Green chilli, slit 22 gms
Turmeric powder 15 gms
Kutti mirch powder 30 gms
Ghee [clarified butter] 30 ml
Chicken* 1125 gms
Coriander, chopped 25 gms
Curd 110 gms
Gram flour 30 gms
Asafoetida 2 gms
Papad 6 pcs

* Bone-in cuts of chicken include thighs, breast halves, drumsticks and wings

To Prepare

Curd Base
Mix all the curd base ingredients well till there are no lumps. Cook this mixture till there is no raw taste of ingredients.

Soweta
Soak the pearl millet for at least 1 hour. Boil in salted and keep aside.

Take mustard oil in a kadhai [round bottomed utensil], smoke it up. Add whole spices into it and allow them to crackle. Add garlic and let it turn golden brown. Add onions and sauté well till golden brown.

When done add tomatoes, green chillies and ginger. Add the cooked curd base into it. Add chicken and allow to cook on a simmer. When chicken is cooked, add the pearl millet into it.

Allow to simmer on a slow flame. Cook well till the oil leaves the curry. Check for seasoning.

To Serve
Portion the soweta, garnish with chopped coriander and accompany with fried papads.

Chef Atul Kochhar
Two Time Michelin Star,
Chef Partner,
SAGA, Gurgaon

Bajra [pearl millet] is a profoundly nutritious grain that is grown widely in Rajasthan. The Murgh Bajre ka Soweta is a traditional Rajasthani delicacy which is enjoyed in the winters.

Prep. Time: 25 minutes
[+1 hour soaking time for millets]
Cook Time: 50 minutes
Serves 6
ragi poori with dhein chicken

Ingredients

For Ragi Pooris
Finger millet flour 200 gms
Salt 3 gms
Red chilli powder 4 gms
Coriander leaves, chopped 12 gms
Water 110 ml
Green chilli, chopped 2 gms
White sesame seeds 20 gms
Mustard oil

For Dhein Chicken
Chicken, bone in, cut into 8 pcs 800 gms
Sesame oil 40 gms
Curd, whisked 800 gms
Brown onion, crushed 40 gms
Coriander powder 20 gms
Black pepper powder 2 gms
Garam masala 4 gms
Ajwain powder 1 gms
Kasoori methi, crushed 2 gms
Ginger paste 5 gms
Garlic paste 7 gms
Salt to taste

To Serve
Desi ghee [clarified butter] 5 gms
Fresh coriander, chopped 3 gms

To Prepare
Ragi Pooris
Combine finger millet flour with chopped green chillies, red chilli powder, salt, coriander leaves and white sesame seeds. Add 110 ml of water a little at a time, till a soft dough is formed. Allow the dough to rest for 30 minutes. Divide the dough into equal portions weighing approximately 25-30 gms each. Using a brush of oil, roll the dough into thin circular discs. Heat the oil in kadhai [heavy round bottomed pan]. Fry the pooris in the heated oil and allow to puff. Drain the excess oil and serve hot.

Note: Pooris must be fried just before the meal is served.

Dhein Chicken
In a heavy bottomed pan heat sesame oil, add ginger and garlic paste and sauté on a low flame for 2 minutes. Add the cut chicken pieces and salt and cook for 10 minutes. Add the coriander powder, black pepper powder, garam masala and ajwain powder mix well. Add curd and stir continuously till it boils on medium heat to avoid curdling. Add brown onion and cook for 5-10 minutes till the chicken is cooked. Add crushed kasoori methi, cook covered for 3 minutes.

Note: Curd should not be sour. This alters the taste profile of the dish.

Chef Reetika Gill
Chef Owner,
Curry Singh Kitchens

“
At Curry Singh, we serve age-old heritage recipes from the heartland of Punjab, that are prepared with the same philosophy of cooking in season, and cooking with purity.

I have been inspired to revive the use of millets in classic Punjabi dishes. The Ragi poori made with finger millet flour, replacing refined and wholemeal flour is a perfect accompaniment to dhein chicken – a crowd favourite at curry singh.

Prep. Time: 30 minutes
Cook Time: 30 minutes
Serves 6
ragi mudda natu kodi

Ingredients

For Ragi Mudda
Rice 200 gms
Ragi flour [finger millet] 400 gms
Water 800 ml
Salt to taste

For Spice Paste
Poppys seeds 30 gms
Coriander seeds 15 gms
Chilli powder 30 gms
Coconut, grated 15gms
Turmeric powder 10 gms
Ginger 15 gms
Garlic, peeled 10 gms
Salt to taste

For Chicken
Country chicken [pieces cut with bone in] 800 gms
Oil 50 ml
Chilli powder 15 gms
Onion, peeled and finely chopped 100 gms
Turmeric powder 5 gms
Green chillies 4 nos
Garam masala 10 gms
Salt to taste
Water as required
Curry leaves few

For Accompaniments
Onion, peeled and thinly sliced 60 gms
Lemon wedges 6 nos

To Prepare
Ragi Mudda
In a thick bottomed vessel bring water to a gentle simmer. Add 200 gms washed rice to it and let the rice cook until just done. Reduce the heat to low, add salt and ragi flour to the cooked rice. Stir well and let the mixture cook till it comes together as a ball when mixing. Remove the vessel off the heat and keep covered. Allow the mixture to cool for 5 minutes. Transfer the mix to a plate and using wet fingers divide the mixture into 6 portions. Shape each portion into a ball immediately using the palms or can be pushed in a mould and demoulded. The mix will be hot so be careful and make sure to keep your palms and fingers moistened.

Note: Use new rice [not aged for long] as far as possible. This yields better results for this recipe when compared to using old rice as the starch released combines mix with ragi flour.

Natu Kodi
In a pan, add the poppy seeds, coriander seeds, chilli powder, grated coconut, garlic, ginger, turmeric powder and salt. Dry roast all the ingredients well and grind to a fine paste by adding some water. As country chicken takes longer time to cook, it is advised to cook the chicken in a pressure cooker for 10 minutes, along with some oil, turmeric and chilli powder. In a heavy bottomed pot or wok, add oil, curry leaves, green chillies, and onions. Sauté until the onions are soft and brown. Add the cooked chicken and the spice paste. Sauté well for about 5 minutes. Add water, salt and garam masala. Allow the gravy to simmer for a few minutes. Turn off the heat and garnish with chopped coriander leaves.

To Serve
Serve the warm ragi mudda with natu kodi, melted ghee, sliced onions and slit green chillies.

Chef Sudhakar N. Rao
Director & Principal,
Culinary Academy of India

“Ragi mudda is a Telugu version of the neighboring state of Karnataka’s ragi mudde. It is a coarse dumpling made from cholam or ragi flour and rice. In this recipe it combines with natu kodi kura, a traditional and popular country chicken curry recipe originating from Telangana.”

Prep. Time: 60 minutes
Cook Time: 60 minutes
Serves 6
Chef Mayank Kulshreshtha
Area Executive Chef,
South Region, ITC Hotels

"The 24 hour braised lamb belly is inspired from Madikeri, Karnataka. The creamy coconut barnyard millet balances the dish. The unique and entirely edible ghee candle is awe inspiring and leaves a vivid image to remember."

Prep. Time: 60 minutes
Cook Time: 60 minutes
[+24 hours of lamb cooking]
Serves 6
slow braised lamb ribs & coconut barnyard millet

**Ingredients**

**For Coconut Barnyard Millet**
- Barnyard millet: 65 gms
- Ghee [clarified butter]: 10 ml
- Cloves: 1 gm
- Cinnamon: 1 gm
- Cardamom: 0.5 gm
- Ginger: 20 gms
- Curry leaf: 1 gm
- Green chilli: 5 gms
- Salt: 3 gms
- Bay leaf: 1 no
- Coconut milk: 80 ml

**For Slow Braised Lamb Ribs**
- Lamb ribs, trimmed: 250 gms
- Honey: 30 ml
- Vinegar: 20 ml
- Cinnamon: 1 gm
- Cloves: 1 gm
- Chicken stock: 500 ml
- Salt: 10 gms
- Bay leaf: 2 gms
- Black peppercorn: 2 gms
- Salted butter: 15 gms
- Ginger, peeled and sliced: 20 gms
- Green chilli: 4 gms
- Coriander stem: 15 gms

**For Masala**
- Refined sunflower oil: 25 ml
- Whole red chilli: 4 gms
- Shallots, peeled: 10 gms
- Black peppercorn: 2 gms
- Fresh coconut, grated: 25 gms
- Turmeric powder: 1 gm
- Coriander seeds: 5 gms
- Garlic, peeled: 5 cloves

**For Curry**
- Refined oil: 25 ml

**Ginger garlic paste**: 20 gms
- **Red chilli powder**: 2 gms
- **Coriander powder**: 3 gms
- **Turmeric powder**: 2 gms
- **Crushed black pepper**: 5 gms
- **Coorg vinegar**: 5 ml
- **Fresh coriander, chopped**: 2 gms
- **Salt**: 10 gms
- **Jaggery**: 3 gms
- **Onion, peeled and chopped**: 150 gms
- **Tomatoes, deskinned and chopped**: 200 gms

**For Ghee Candle**
- Ghee [clarified butter]: 50 ml
- Turmeric powder: 1 gms
- Salt: 2 gms
- Lotus thread: 6 nos
- Gunpowder: 10 gms

**To Prepare**

**Coconut Barnyard Millet**
Boil the barnyard millets with salt, rinse under cold water to remove the extra starch.

Heat ghee in a sauté pan, add whole spices and let the ghee absorb the flavours for 30 seconds, then add crushed ginger, slit green chili, curry leaves and sauté it for 1 minute. Add coconut milk, crushed black pepper and season with salt. Simmer it for 5 minutes and strain.

Mix the stew with boiled barnyard millets.

**Slow Braised Lamb Ribs**
Boil the chicken stock, add whole spices, vinegar, chili, honey, butter and coriander stems. Braise the lamb ribs in the flavored chicken stock for 24 hours in an oven at 65°C. Once cooked let it cool and then slice it.

**Masala**
Heat oil in a sauce pan, add all of the ingredients, roast it for 10 minutes and grind to a fine paste.

**Curry**
Heat oil in sauce pan, sauté onions till golden brown. Add ginger garlic paste, coriander powder, chilli powder, turmeric powder and green chilli. Sauté till no raw flavour remains, add the deskinned chopped tomatoes and cook for a while. Once tomatoes are cooked add the ground masala paste, jaggery and Coorg vinegar. Check for seasoning and add crushed pepper and fresh coriander. Once the curry is ready, add the lamb ribs and cook on low flame for 5 minutes to coat the lamb ribs.

**Ghee Candle**
Melt ghee along with spices, turmeric powder and salt on a low flame in a sauté pan. Strain and pour into a 1 cm diameter cylindrical candle mold to set in a refrigerator until it becomes firm. Demold it, cut into 1 cm cylinders and insert one lotus stem in one candle.

**To Serve**
Plate coconut barnyard millet and lamb ribs beside each other. Plate the ghee candle on gun powder close to the coconut barnyard millet. Light the ghee candle, allow it to melt on the gun powder.
sticky foxtail millet with smoked lamb & snow peas curry

Ingredients

Sticky Foxtail Millet
Sticky foxtail millet 400 gms
Lamb lard 50 gms
[substitute with ghee or butter] Salt 1 tsp

Smoked Lamb & Snow Pea Curry
Smoked lamb 500 gms
Snow peas and pea shoots 250 gms
Ginger, peeled 10 gms
Garlic, peeled 10 gms
Dried red chilli 10 nos
Michinga [Schezwan pepper] 5 gms
Red chilli powder 10 gms
Salt to taste

Axone Ginger Chutney
Raja mircha 1 no
Ginger, peeled 20 gms
Naga spicy ginger 10 gms
Axone [mircha] 50 gms
Salt to taste

To Prepare

Sticky Foxtail Millet
Wash the millets thoroughly and cook in a pressure cooker with the salt for 2 whistles or until cooked and simmer on low flame for 5 minutes. Stir the lamb lard, ghee or butter into the cooked millets.

Mix well and keep covered.

Smoked Lamb & Snow Pea Curry
Trim the smoked lamb and cut into small sizes. Coarsely crush the ginger and garlic in a mortar pestle.

In a pan, add lamb, half the crushed ginger, garlic and salt and sauté on a low flame for 5 minutes.

Add in dried red chilli and half a spoon of chilli powder along with 300 ml of water and gently bring to a boil.

Cook the lamb for 20 minutes and add in the michinga, the remaining ginger and garlic and the snow peas. Simmer uncovered for 2-3 minutes and take off the heat.

Axone Ginger Chutney
In a mortar pestle, crush raja mircha and salt to a fine pulp, add in the ginger and Naga spicy ginger and pound together. Char the axone lightly on slow flame and add to the mashed chilli and ginger.

To Serve

Portion the cooked millets in serving bowls. Place the smoked lamb and pea shoot curry over the millets.

Spoon the axone ginger chutney and garnish with pea shoots and blossoms.

Chef Aketoli H. Zhimomi
Chef Owner,
Ethnic Table, Dimapur

This heritage family recipe from the Sumi tribe of Nagaland, that I belong to, is traditionally eaten during festivals, and in between meals, at tea time as a quick snack to receive some nourishment and head back to the festival activities at hand. The smoked lamb and snow pea curry with the sticky millets is a nourishing and filling snack until dinner, when more revelry follows and of course more partaking of our delicious family recipes.

Prep. Time: 30 minutes
Cook Time: 60 minutes
Serves 6 [snack portions]
[Double the quantity of ingredients for 6 full portions]
khichda

Ingredients

For Grains Mix
Whole wheat, dehusked 500 gms
Pearl barley, dehusked 250 gms
Chana dal [split Bengal gram] 200 gms
Moong dal 100 gms
Masoor dal [split orange lentil] 100 gms
Urad dal [split white lentil] 50 gms
Rice 50 gms
Arhar dal [split pigeon peas] 100 gms
Turmeric 5 gms
Salt 15 gms

For Lamb Mix
Mutton shanks, chops, boneless leg in equal quantities 1.5 kgs
Red onions, sliced 300 gms
Ginger garlic paste 150 gms
Red chilli powder 30 gms
Turmeric powder 5 gms
Salt 15 gms
Coriander powder 45 gms
Garam masala 15 gms
Bay leaves 2-3 nos
Oil 300 gms

For Garam Masala
Coriander seeds 30 gms
Aniseed 5 gms
Shahi jeera 3 gms
Dried ginger powder 3 gms
Cinnamon stick 1 no
Star anise 1 no
Black pepper 3 gms
Green cardamom 8 - 10 nos
Cumin seeds 10 gms
Cloves 4 - 5 nos
Mace 2 gms
Black cardamom 2 nos
Bay leaves 3 nos
Nutmeg ¼ no

For Assembling & Garnish
Fresh ginger, peeled and julienned 5 gms
Lemon 2 nos
Green chillies, sliced 2 nos
Fresh coriander, chopped 50 gms
Brown onions from lamb mix stage

To Prepare

Grains Mix
Soak wheat and barley overnight. Combine the rest of the grains and soak for 2 hours. Drain all the excess water and place in a heavy bottomed pan. Add salt, turmeric powder and plenty of water and cook until all grains are fully cooked. Mash the grains well or use a hand blender. Be careful not to fully mash the grains.

Lamb Mix
Heat oil in a heavy pan. Add sliced onions and fry until light brown, remove some for garnishing the khichda at the time of serving. Add ginger garlic paste and sauté for 2-3 minutes. Add lamb pieces and sauté for another 10 minutes. Add all dry spices and sauté further for 10 minutes. Add water and cook until lamb is tender.

Garam Masala
Lightly toast all the ingredients in a pan and coarsely grind in a blender.

To Assemble
Mix the grains mix and lamb mix together in a heavy bottom handi and cook on a simmer for 30-45 minutes until everything is nicely blended. Add juice of two lemons, half of ginger julienes and chopped coriander, mix nicely. Adjust the seasoning if required.

To Serve
Garnish with fried brown onion, chopped coriander and ginger julienes.

Chef Naved Nasir
Culinary Director,
Dishoom Restaurants, UK

Watching cooks labouring over enormous deghs [large pots, akin to cauldrons] is my earliest memory of Khichda being prepared during the night of the 10th Muharram. I share with you a family recipe that is revered in our household.

 Prep. Time: 60 minutes
Cook Time: 180 minutes
Serves 6
khimsari bajre ka soyta

Ingredients
Pearl millets, broken/crushed  330 gms
Green gram, whole, unpeeled  200 gms
Clarified butter  300 gms
Whole garam masala [cinnamon sticks, brown cardamom, peppercorns, bay leaves and cloves]  20 gms
Ginger paste  50 gms
Garlic paste  50 gms
Fresh tomato puree  200 gms
Yoghurt  200 gms
Water  1000 ml
Chilli powder  50 gms
Coriander powder  150 gms
Garam masala powder  10 gms
Turmeric powder  5 gms
Salt  18 gms
Tender mutton pieces  300 gms
Onions, julienned and deep fried to golden brown  10 gms

Method
Begin by combining the broken pearl millets and green gms and soaking them in 500 ml of water at room temperature. Heat clarified butter in a skillet on a low flame. Add the whole garam masala items and roast them for a minute, until they turn brown and aromatic.

Toss in the garlic and ginger pastes and roast them for 10 minutes, stirring frequently. Stir in the tomato puree and allow it to cook for 15 minutes. Add the yoghurt, remaining water [500 ml], chilli powder, turmeric powder, coriander powder, garam masala powder and salt and let it simmer for 30-35 minutes.

In the meantime, drain the soaked pearl millets and green gms with the help of a strainer. Add in the pearl millets and green gms and mutton pieces to the cooked yoghurt mixture. Cook on a continued low flame for 1.5 hours, while stirring the mixture on frequent intervals.

Note: This slow cooking technique is optimal in order for all the ingredients to incorporate. Keep stirring the mixture frequently to prevent it from sticking to the skillet.

Towards the end of the 1.5 hours, you’ll find that the mutton has tenderised and the clarified butter begins to separate from the mixture. Your soyta is now ready. Turn off the cooking flame and place the skillet aside.

To Serve
Garnish the soyta with powdered garam masala and fried onion juliennes. Serve the soyta hot, alongside some yoghurt, red chilli chutney and melted clarified butter.

Notes:
- A vegetarian variant of this iconic soyta can be made by replacing the mutton with assorted vegetables in the same quantity.
- If you’re cooking in colder climates, the cooking time of soyta could vary and take upto 2 hours, but ensure that you continue to cook the soyta over a low flame.

Chef Urvashi Singh
Director, Khimsar Group of Hotels & Proprietor, Urvashi’s Retreat, Manali

“A timeless Rajasthani favourite that is mainly enjoyed during the colder months. This recipe celebrates Rajasthan’s famed lamb meat alongside one of the oldest cultivated grains - pearl millet or bajra.”

Prep. Time: 20 minutes
Cook Time: 120 minutes
Serves 6
finger millet cupcakes with apple, raisin & ginger chutney

Ingredients
- Finger millet flour 200 gms
- Rice flour 100 gms
- Baking powder 2 gms
- Salt a pinch
- Salted butter 45 gms
- Jaggery powder 150 gms
- Flaxseed powder 30 gms
- Lemon juice 5 ml
- Milk 120 ml
- Vanilla extract 2 ml
- Apple, grated 300 gms

Apple, Raisin & Ginger Chutney
- Red apple, cored and diced 250 gms
- Coconut sugar 100 gms
- Water 100 ml
- Star anise 1 pc
- Ginger, peeled and grated 5 gms
- Raisins 50 gms
- Fresh thyme, picked 2 gms
- Vinegar 15 ml

To Prepare
Finger Millet Cupcakes
Preheat the oven to 180°C. Mix finger millet flour, rice flour, baking powder and salt. Sieve to blend thoroughly.

Mix flaxseed powder with 60 ml of warm water and keep aside for 10 minutes. In a large mixing bowl, cream jaggery powder and melted butter together until aerated. Add flaxseed powder mixture, lemon juice and vanilla extract and mix well.

Add half the flour mixture and half the milk and mix until well combined. Repeat adding the balance flour mixture and milk. Fold all the ingredients well to make a smooth batter. Add the grated apples and fold into the mixture gently.

Line the cupcake tin with paper moulds and scoop the batter into each cup till the moulds are ¾ full. Bake the cupcakes in a preheated oven at 180°C for 15 minutes. Using a cake tester check if the cupcakes are baked.

Note: Make the chutney while the cupcakes are baking.

Apple, Raisin & Ginger Chutney
In a saucepan add diced apples, sugar, water and star anise. Add the grated ginger, raisins and bring to a rolling simmer. Cook until the fruits are soft and the syrup has thickened.

Add the vinegar and thyme and cook for a few minutes. Remove from heat and let it cool.

To Serve:
Place the chutney on each cupcake and serve warm.

Chef Thomas Gugler
President,
World Association of Chefs Societies

These ‘good for you’ cupcakes are power packed with nutrition, fibre and deliciousness. The apple raisin and ginger chutney adds an interesting fruity dimension.

Prep. Time: 20 minutes
Cook Time: 40 minutes
Serves 6
pearl millet & dark chocolate
healthful bar

Ingredients
80% dark chocolate 200 gms
Pearl millet, popped 30 gms
Pistachio whole, roasted 35 gms
Dry figs, cleaned and chopped 35 gms

To Prepare
Melt the 80% dark chocolate and gently mix in all ingredients with a spatula. Line a baking tray with parchment or butter paper and pour in the chocolate mixture. Smoothen the surface of the mixture with a flat spatula. Cover the tray and refrigerate the mixture for 30 minutes to cool.

To Serve
Cut into approximately 20 long chocolate fingers and serve.

Note: Try your own alternates on this recipe. The puffed pearl millet can be alternated with puffed sorghum along with a variety of dried fruits and nuts.

Chef Zeba Kohli
Chocolatier, Consultant & Chocolate Taster

Bajra [pearl millet] is quite unique as it’s known to increase insulin sensitivity and lower the level of triglycerides. It is also very effective for controlling diabetes because of its high fiber content. Pearl millet contains considerably high proportion of proteins [12-16%] as well as lipids [4-6%]. It consists of 11.5% dietary fibre. It increases transit time of food in the gut. Combined with an 80% dark cocoa, fig and pistachio makes a delicious healthful snack.

Prep. Time: 30 minutes
Cook Time: 30 minutes
Serves 6
millet oatmeal & cranberry cookies

Ingredients
- Foxtail millet flour 50 gms
- Amaranth millet flour 50 gms
- Rolled oats 200 gms
- Dried cranberries 200 gms
- Egg 1
- Salted butter 170 gms
- Sugar 270 gms
- Vanilla essence 5 ml
- Baking soda 2 gms
- Cinnamon powder 1 gm

Procedure
Mix sugar and butter, cream till light and fluffy. Add the egg slowly into the creamed sugar and butter.

Once the mixture is well homogenised, add foxtail millet flour, amaranth millet flour and mix lightly till all ingredients are well combined. Add oats, vanilla essence, cinnamon powder and incorporate into the mixture.

Add cranberries and mix it together. Prepare a baking tray with parchment paper/silicon baking sheet and drop the cookie batter with a spoon in twelve equal portions. Preheat oven at 170°C and bake cookies for 15 minutes.

When done cool on a wire rack.

Chef Willment Leong
Continental Director Asia,
World Association of Chefs Societies

I am inspired to include millets in my larder and in my recipes, because of the high nutritional credentials they have. In this creation, they are teamed with oatmeal and cranberries which add to the goodness quotient.

Prep. Time: 20 minutes
Cook Time: 20 minutes
Serves 6
brown butter finger millet cake

Ingredients
Unsalted butter 200 gms
Honey 60 gms
Castor sugar 110 gms
Finger millet flour 80 gms
Almond powder 120 gms
Baking powder 3 gms
Baking soda 1 gm
Egg white 240 gms
Vanilla paste 1 gm
Almond flakes to line the moulds

To Prepare

Cake Batter
In a heavy bottomed pan, clarify the butter, melt sugar and honey into it. Do not boil the mixture.

Sieve the flour, baking powder and baking soda into the melted butter mixture. Add the almond powder to the above mix.

Stir all the ingredients well with a spatula to make it a lump free mass. Lastly fold the egg whites and vanilla paste.

Stir continuously to combine well and transform to a smooth batter. Refrigerate and rest the cake batter for an hour.

Millet Cake
Pre-heat the oven at 160°C. Line the cake moulds with soft butter and sprinkle almond flakes to stick on sides.

Pipe the cake batter into the mould to 90% and bake in the pre heated oven for 30 minutes. Sprinkle with some icing sugar and serve warm.

Chef Santosh Rawat
Executive Pastry Chef, St. Regis Mumbai

My parents often reminisce of their childhood spent in Uttarakhand, eating kudu [or mandua - finger millet] chapatis each morning while they tended their farms. This recipe celebrates the versatility of our country’s heritage grains.

Prep. Time: 35 minutes
Cook Time: 40 minutes
Serves 6
caramelised banana & barnyard millet tea cake

**Ingredients**
- Banyard flour: 440 gms
- Banana, peeled and mashed: 500 gms
- Sugar: 250 gms
- Vinegar: 15 gms
- Vanilla extract: 5 gms
- Psyllium husk: 30 gms
- Baking powder: 10 gms
- Ground cinnamon: 7 gms
- Salt: 4 tsp
- Baking soda: 5 gms
- Banana: 2 nos
- Crystal sugar: 10 gms

**To Prepare**

**Tea Cake**

Preheat the oven to 160°C. Grease a 9” x 5” loaf baking pan. Place the millet, bananas, water, coconut sugar, vinegar and vanilla in a blender container. Blend on high, stopping once or twice to scrape down the container, until smooth. Pour the batter into a large bowl. Stir in the psyllium husks, baking powder, cinnamon, baking soda, and salt until blended [it will become very thick, very quickly].

Pour and spread the batter into the prepared loaf pan, smoothing the top. Slice the bananas horizontally and place on the top of the loaf and sprinkle with crystal sugar. Bake in the preheated oven for 90 minutes until a deep golden brown crust and a tester inserted in the middle of the loaf comes out with only a few moist crumbs attached. Cool in the pan, on a cooling rack, for 15 minutes. Remove the bread from the pan and cool completely on the cooling rack before slicing.

**Chef Sudhir Sibal**
Board Member, Indian Federation of Culinary Associations

“Barnyard millet, popularly known as sanwa rice, is a power packed pseudo cereal. It has high levels of protein, calcium, iron, minerals, and vitamin B complex and it is a low glycemic index food. This easy to make recipe with caramelised banana and spice notes of cinnamon is a delicious and “good for you” tea cake to accompany your tea and even makes a great dessert with the addition of compoted fruits or a dessert sauce.

Prep. Time: 20 minutes
Cook Time: 100 minutes
Serves 6
mahangu cake with honey orange syrup

Ingredients

For Mahangu Cake
Self-raising flour 375 gms
Castor sugar 125 gms
Almond flour 125 gms
Omahangu flour [pearl millet] 125 gms
Orange zest 10 gms
Orange juice 230 ml
Eggs 2 nos
Honey 45 ml
Sunflower oil 125 ml

For Honey Orange Syrup
Honey 60 ml
Water 60 ml
Orange juice 125 ml
Vanilla essence 5 ml

For Toasted Almond & Glazed Orange
Cream 250 ml
Icing sugar 45 gms
Sliced almonds 10 gms
Orange 1 no
Castor sugar 15 gms

For The Pan
Springform pan, 22 cm 1
Baking parchment to cover the pan
Non stick spray to spray the pan

To Prepare

Mahangu Cake
Preheat the oven to 180°C. Grease and lay parchment paper in a 22 cm springform pan. In a bowl mix all dry ingredients [flour, almond flour, Mahangu flour and castor sugar]. Beat eggs, honey, orange zest and sunflower oil. Add the dry ingredients gradually to the egg mix. Mix well and spoon into the prepared pan. Bake for 40 minutes or until cooked. Immediately poke holes in the top of the cake with a wooden skewer and pour hot honey syrup over hot cake and let it cool in the pan.

Honey Orange Syrup
Heat all the ingredients over a low heat in a small saucepan - just to the boiling point. Ensure the mixture does not boil.

To Assemble
Whisk the cream and icing sugar to soft peaks. Heat the oven to 110°C. Slice orange into thin slices. On a baking tray, lay parchment paper and springle castor sugar. Lay the orange slices on the castor sugar and springle more castor sugar over the orange slices. Bake till the orange slices are dried out. Toast the almond to golden brown in a pan on the stove top.

To Serve
Just before serving, cover the cold cake with the whipped cream and garnish with orange slices and toasted almonds.

Chef Sanet Prinsloo
Chef Consultant,
Past President & Current PRO
Namibian Chef Association

Mahangu is made into a stiff porage called Oshifima and served with meat or wild spinach as a staple food in rural Namibia.

Now it gets taken to new heights in this cake with the addition of the honey and orange syrup.

Prep. Time: 35 minutes
Cook Time: 50 minutes
Serves 6
tulsi honey & finger millet tea cake

Ingredients
For Tulsi Honey & Finger Millet Tea Cake
Ripe banana 1250 gms
Black palm jaggery 260 gms
Tulsi infused honey 100 ml
Olive oil 90 ml
Walnuts, chopped 240 gms
Finger millet flour 610 gms
Wheat flour [gluten free] 410 gms
Flax seeds 20 gms

To Prepare
Tulsi Honey & Finger Millet Tea Cake
Blend the banana with grated black jaggery in a blender till the jaggery completely dissolves in the mixture.

Add honey slowly and continue to blend. Take the mixture out in a bowl. Gradually add the olive oil into the blended mixture and mix well using a balloon whisk.

Dust the chopped walnuts with a tablespoon of finger millet flour and mix. [This prevents the walnuts from settling down to the bottom of the batter while baking.

Add the dusted walnuts to the batter and mix. Now add the finger millet and wheat flour together in 4 to 5 batches, each time mixing the flour in the batter by cut and fold method, using a spatula to ensure gentle mixing.

Pour the ready batter in a greased and baking paper lined bread tin or alternatively use a Teflon coated cake mould.

Tap the filled up mould to ensure there are no air gaps in the batter. Sprinkle the flax seeds to cover the batter completely. In a preheated oven, bake at 180°c for 25 minutes. Allow to cool and demould.

To Serve
Slice using a sharp serrated knife and serve warm.

Chef Jerson Fernandes
Director of Culinary,
Novotel Mumbai Juhu Beach

The versatility of simple and natural ingredients has inspired me to create this gluten free and vegan tea cake recipe that includes the richness of finger millet and flaxseeds. The use of organic ingredients like forest honey, jaggery and home grown tulsi promotes local ingredients and sustainability.

Prep. Time: 15 minutes
Cook Time: 25 minutes
Serves 6
foxtail millet brioche

Ingredients

For Dough
- Flour T55: 750 gms
- Foxtail millet flour: 250 gms
- Salt: 20 gms
- Sugar: 60 gms
- Yeast: 55 gms
- Cold water: 280 gms
- Milk: 200 gms
- Dry butter, small cubes: 250 gms

For Dough Lamination
- Dry butter: 375 gms

For Brioche Folding
- Baking chocolate stick: 100gms

For Finishing
- Honey: 15 gms

To prepare

Dough
Take a mixing bowl with a hook attachment. Put all the ingredients apart from lamination butter and chocolate in the machine. Mix at low speed for 2 minutes. Mix at high speed for 6 minutes. The final dough temperature should not go beyond 20°C. Take out the dough from the machine.

Brioche
Roll out the dough in between two sheets of plastic and allow it to freeze overnight. Retrieve the dough from the freezer and thaw in the refrigerator. Once thawed, roll out into sheets of 2 mm thickness. Place the lamination butter inside and close all the side and sheet till 5mm thickness. Turn the dough and give a single fold. Sheet again till 5 mm. Give one more single fold. Sheet the third time and give one more single fold.

Keep in the chiller for 2 hours. Cut 350 gms of laminated dough. Use both hands to roll up the rectangle like a roulade, starting from the long side closest to you and ending at the other long end. Dampen the ends and press to seal. Use both hands to even out the roll into a perfect thick cigar. Rest the cigar on its seam. Place some baking chocolate sticks length wise inside the dough. Place the dough inside a one pound bread mould, and leave to proof.

Preheat oven to 350°F/175°C, and place the cake mould on the middle rack of the oven. Bake 30-35 minutes, until golden brown on top. If you have a thermometer, you are looking for an internal temperature of about 200°F/93°C. Take out and cool it on a rack.

To Serve
Glaze with honey and serve.

Chef Prakash Chettiar
Executive Chef,
JW Marriott, Kolkata

This signature brioche with molten chocolate is a more nutritious version with the inclusion of foxtail millet flour.

It makes a great tea time treat and I recommend that it is served warm with your choice of warm beverage.

Prep. Time: 60 minutes
Cook Time: 45 minutes
Serves 6
multi millet & walnut bread

Ingredients
For Starter
Water 100 ml
Whole wheat atta 50 gms

For Multi Millet & Walnut Bread
Mixed millet flour 275 gms
Whole wheat flour 225 gms
Amaranth flour 50 gms
Tapioca flour 25 gms
Xanthan gum flour 5 gms
Salt 8 gms
Yeast 10 gms
Water 300 ml
Gluten 8 gms
Husk [wheat bran] 25 gms
Olive oil 25 ml
Honey 5 gms
Walnuts, chopped 100 gms

To Prepare
Starter
Mix all the ingredients and allow to rest for one hour.

Multi Millet & Walnut Bread
Mix all the dry ingredients together: millet flour, whole wheat flour, amaranth flour, tapioca flour, xanthan gum flour, salt, gluten and husk.

Mix with the starter and add remaining 300 ml water to it and mix well. Lastly add the olive oil, honey and chopped walnuts to the dough. Mix continuously for 5 minutes in a dough mixer until the dough is smooth. Divide the dough into two parts, 550 gms each and shape the bread.

Grease the bread molds [sized to fit 550 gms dough up to two-thirds height] with oil and put the dough into the bread molds. Proof the bread dough until it rises to the level of the top of the bread molds.

Note: Do not over ferment the bread, otherwise the bread will not rise to desired levels.

Bake the bread in a preheated oven at 230°C for 35 minutes. Take out the breads from the oven and place on a cooling rack until the bread loaves come to room temperature.

After cooling down the bread loaves down, cover with cling wrap and put in the freezer until the bread is firm and set.

To Serve
Slice the bread and serve toasted with your choice of accompaniment.

Chef Devinder Kumar Bungla
Corporate Pastry Chef,
Asian Hotels [North] Limited

Millets are high-fibre ancient grains with a low GI and come packed with protein, antioxidants and nutrients. Their starchy consistency makes them ideal for baking and experimenting with.

Prep. Time: 25 minutes
[+starter resting time]
Cook Time: 6- minutes
Serves 6
artisan finger millet whole wheat loaf

Ingredients
Stone ground ragi flour 400 gms
Whole wheat flour 1200 gms
Whole bran flour 50 gms
Flax seed flour 50 gms
Water 900 ml
Milk 100 ml
Salt 50 gms
Sugar 80 gms
Unsalted butter 100 gms
Fresh yeast 80 gms
Bread improver 25 gms
Gluten 40 gms

To Prepare
Sift all the flours together. Add the salt, sugar, bread improver, gluten, yeast to the flour. Add the water and milk to the flour. Knead till you get a smooth dough. Add the soft butter and gently knead into the dough.

Allow it to rest for 20 minutes and then divide the dough into 450 gms each. Shape into artisanal loaf shape and allow it to prove in the refrigerator for 12 hours.

Preheat the oven to 180°C. Remove the bread and allow it to rest for 20 minutes. Dust the bread with whole wheat flour and gently score the bread as desired. Bake at 180°C for 35 minutes.

Chef Mir Zafar Ali
Director of Operations,
The Leela Palace Bangalore

Pearl millet [bajra] is quite unique as it’s known to increase insulin sensitivity and lower the level of triglycerides. It is also very effective for controlling diabetes because of its high fiber content. Pearl millet contains considerably high proportion of proteins [12-16%] as well as lipids [4-6%]. It contains 11.5% of dietary fiber. It increases transit time of food in the gut. Combined with an 80% dark cocoa, fig and pistachio makes a delicious healthful snack.

Prep. Time: 14 hours [including resting time of 12 hours]
Cook Time: 35 minutes
Serves 6
Chef Shreya Velidanda
Chef Partner,
Monochrome Foods Pvt. Ltd.
Executive Chef,
Dough Mama

“Amarnath flour is a great source of whole proteins and fiber. Coupled with wholewheat flour, this pizza makes for a fun treat, fulfilling any cravings and leaving you satiated.”

Prep. Time: 90 minutes
(+fermentation time)
Cook Time: 30 minutes

Serves 6
Makes two 10” diameter pizzas
50% amaranth & chicken parmigiana pizza

Ingredients

50% Amaranth Pizza Dough
- Amaranth flour: 140 gms
- Wholewheat flour: 140 gms
- Instant dry yeast: 5 gms
- Salt: 5 gms
- Sugar: 5 gms
- Olive oil: 25 ml
- Cold water: 180 ml

Tomato Sauce
- Pelati tomatoes: 200 gms
- Olive oil: 50 ml
- Basil, fresh: 15 gms
- Garlic, peeled and chopped: 20 gms
- Sugar, to taste
- Salt, to taste

Breaded Chicken
- Chicken thigh boneless: 2 thighs
- Eggs: 2 no
- Breadcrumbs: 100 gms
- Oil, for frying
- Salt, to taste
- Black pepper powder, to taste

Balsamic Glaze
- Balsamic vinegar: 100 ml
- Water: 50 ml
- Sugar: 20 gms

Pizza Topping
- Mozzarella cheese, shredded: 150 gms
- Toasted almonds, slivered: 8 gms
- Parsley, chopped: 5 gms
- Native parmesan cheese, shaved: 40 gms

To Prepare
50% Amaranth Pizza Dough
Measure all the dry ingredients and mix together. Pour onto a smooth surface that can be used to knead the dough. Make a well in the center of the flour and pour the cold water into it. Knead for approximately 5 minutes into a homogeneous dough.

Once a sticky dough has formed, slowly knead in the olive oil for another 10 minutes. Allow to rest for half an hour before equally dividing it into two dough balls.

Transfer to a greased, covered container [preferably with an airtight lid] and store in the refrigerator overnight. This process is known as ‘Cold Fermentation’ and allows for the dough to develop more complex flavours. The next morning, it should have doubled in size. Remove from the refrigerator an hour before baking to allow it to come to room temperature.

Tomato Sauce
Blend the pelati tomatoes and keep aside. In a pan, heat the olive oil. Once hot, add the chopped garlic and sauté till translucent and aromatic. Just before it starts to turn golden, add the pureed pelati tomatoes. Add a little water to adjust the consistency and cook till the tomatoes no longer taste raw. Season with salt and sugar and take off the flame. Tear the basil leaves and add to the sauce. Mix well and refrigerate overnight.

Breaded Chicken
Whisk the eggs and pour into a flat-bottomed container. Spread out the bread crumbs in another flat-bottomed container. Flatten the chicken thighs using a mallet. Marinate with salt and black pepper powder. Dip the chicken into the whisked egg. Allow the egg mixture to coat the chicken on both sides before placing it into the breadcrumbs. Coat the chicken well with breadcrumbs and fry at 170°C for 8 minutes or until golden brown and cooked through.

Dice the fried chicken and reserve.

Balsamic Glaze
Mix all three ingredients for the glaze in a pan, and simmer till it halves in volume. It should be sweet and sour and have a light syrup consistency. Allow to cool to room temperature and store in an airtight container.

50% Amaranth Pizza
Once the dough reaches room temperature, stretch each dough ball out into a circle with a diameter of 10 inches. Dock the center of the bases using a docker or a fork, leaving 1 inch of dough from the perimeter for the crust. Semi cook the bases in the oven at 300°C for 3 minutes each.

Top the semi cooked pizza base with tomato sauce, shredded mozzarella cheese and diced fried chicken. Transfer to the oven and cook each pizza at 300°C for 3 more minutes or until the cheese and crust are both golden.

To Serve
Cut each pizza into six slices. Garnish with slivered toasted almonds, native parmesan cheese shavings and chopped parsley. Drizzle the balsamic glaze and serve hot.
confections & desserts
sorghum fudge with apple cardamom compote

Ingredients

For Sorghum Fudge
Sorghum 100 gms
Full cream milk 500 gms
Green cardamom powder 1 gm
Jaggery, grated 70 gms

For Apple Cardamom Compote
Apple, thinly sliced 1 no
Sugar syrup, thin 75 ml
Cardamom pod 1 no

For Plating
Fresh strawberries, halved 6 nos
Edible flowers a few
Pista, sliced thinly 2 gms

To Prepare

Sorghum Fudge
Soak the sorghum for 30 minutes. Take a deep pan, add sorghum and milk together and bring it to a boil. Reduce to medium heat till the grains are cooked and milk has reduced.

Add cardamom powder and grated jaggery and mix well.

Allow to cook for another 5 minutes till the mixture is thick enough to set when chilled. Pour the mixture into silicon moulds and allow to cool and set.

Apple Cardamom Compote
Pour the sugar syrup into a pan. Add the cardamom pod and allow the syrup to simmer for a minute. Add the apple slices and cook for a further 3 minutes on a slow simmer. Strain the apple slices and let the slices cool.

To Serve

Unmould the fudge from the moulds and arrange sliced apples in the form of a rosette or flower. Drizzle the compote liquor on each apple rosette. Sprinkle the sliced pista, plate the halved strawberries and edible flowers and serve chilled.

Prep. Time: 20 minutes
Cook Time: 20 minutes
Serves 6
Chef Rahul Akerkar
Creative & Culinary Director,
Ode [by Aditya Birla New Age Restaurants & Café x Rahul Akerkar]

With a Maharashtrian father and a mother of German Jewish heritage, my tastebuds equally embrace Indian and Western cuisines. This dish marries two expressions of carrot that I love – Gaajar Halwa and Carrot Cake.

Prep. Time: 45 minutes
(+24 hrs to dehydrate carrot shavings)

Cook Time: 30 minutes

Serves 6
**Ingredients**

**For Nachni Carrot Cake:**
- Nachni (finger millet) flour: 70 gms
- Castor sugar: 90 gms
- Baking soda: 1.5 gms
- Baking powder: 0.5 gms
- Carrot [orange or red], grated: 115 gms
- Orange juice, freshly squeezed: 15 gms
- Egg: 1 large
- Cinnamon powder: 1 gms
- Ginger powder: 1 gms
- Canola oil: 20 gms
- Salt: to taste

**For Gaajar Halwa Crèmeux**
- Carrot [orange or red], grated: 250 gms
- Fresh carrot juice: 350 gms
- Whole milk: 10 gms
- Heavy cream: 15 gms
- Castor sugar: 50 gms
- Cardamom powder: 5 gms
- Cinnamon powder: 2 gms
- Grated nutmeg: 2 gms
- Saffron: 1 gm

**For Candied Carrot Crisps**
- Red carrot: 20 gms
- Orange carrot: 20 gms
- Castor sugar: 50 gms
- Oil: for frying

**To Prepare**

**Nachni Carrot Cake**
- Heat the oven to 170°C. Sift all the dry ingredients and mix together in a bowl. In another mixing bowl, combine [but do not whip] the sugar and eggs till the sugar dissolves.

- Add in fresh orange juice and canola oil to the egg mixture and combine well. Add the grated carrots to the bowl, and lastly fold in all the sifted dry ingredients and mix well until the contents form a smooth batter.

- Pour the batter equally into 6 dome shaped silicone molds [~weight = 55 gms each] and bake for 12-14 minutes or till a toothpick inserted into the cake comes out clean.

- Once baked, remove, and let the 6 carrot cakes cool down in their mold for ~30 minutes, before demolding.

- Set aside at room temperature or refrigerated till you’re ready to construct the dish.

**Gaajar Halwa Crèmeux**
- In a pan, cook the grated carrots on a medium flame for about 5-6 minutes. Add the cardamom powder, cinnamon powder, grated nutmeg and saffron, and sauté further for another 2-3 minutes.

- Add the fresh carrot juice, and milk, and continue cooking till the grated carrots get soft and tender. Once the carrots are cooked completely, add in the sugar and cream and bring the pan contents to a boil.

- Take off the flame and transfer to a bowl to cool down. Once cooled, process the carrot mixture to a smooth paste in a blender or food processor. Strain the paste through a sieve to remove any lumpy solids and set aside.

- Transfer the carrot halwa mixture to a whipping siphon and charge with nitrogen, shaking well to create the perfect foam.

- Refrigerate in the charged siphon till you’re ready to construct the dessert.

**Candied Carrot Crisps**
- Peel the carrots, and then using a mandolin, shave thin carrot slices lengthwise. Place the carrot slices on a silicone mat and cover them with another silicone mat to keep them flat.

- Dehydrate the silicone mat sandwiched carrot slices overnight or for 24 hours in a dehydrator. If you don’t have a dehydrator, you can achieve the same using an oven on very low heat.

- The carrot slices will dehydrate but will remain chewy like jerky. Remove the dehydrated carrot slices and store in an airtight container.

- Before serving, flash fry the carrot slices at 180°C for a few seconds till crisp. Remove on paper napkins to absorb all excess oil. Dust the crisp fried carrot chips with icing sugar and set aside.

**To Assemble**
- Place a carrot nachni cake hemisphere in the center of a plate. Shake the chilled whipping siphon contents vigorously and discharge the halwa crèmeux foam over the carrot nachni cake covering it completely.

**To Serve**
- Cover with candied carrot chips and dust with a sprinkling of cardamom powder.
serradura with little millet & cashew biscuitos

Ingredients
For Little Millet & Cashew Biscitos
Little millet flour 125 gms
Red rice flour 30 gms
Broken cashewnuts 100 gms
Jaggery powder/khandsari 60 gms
Unsalted butter 105 gms
Egg yolk 1 no
Vanilla bean extract 2 gms
Baking powder 2 gms

This recipe makes 320 gms of biscitos.

For the Serradura Pudding
Little millet cashew biscitos 320 gms
Whipping cream [35%] 500 ml
Condensed milk ½ tin
Vanilla extract 10 gms
Toasted cashewnuts 20 gms

To Prepare
Little Millet & Cashew Biscitos
Sift the little millet flour, red rice flour and baking powder and set aside. Powder the cashews and add to the flour mix. Cream the butter, khandsari/jaggery powder in a bowl using a whisk or hand mixer until creamy and fluffy. Add the egg yolk and vanilla extract to the above mixture.

Add the sifted flours and cashew mix, a tablespoon at a time to the bowl and mix briefly each time till all the flour is used up and a smooth dough is formed. Wrap the dough in parchment or cling wrap and refrigerate for an hour. Remove from refrigerator and portion into 10 gms scoops. Place on baking tray lined with parchment and press lightly with the heel of your palm to form the cookie.

Preheat oven to 180°C and bake the cookies for 14-15 minutes until light golden. Cool and store in an airtight container until further use.

Serradura Pudding
Place the biscuitos prepared in the first recipe in a food processor/mixer and pulse until they are crushed. Pour the cold whipping cream into a bowl of the stand mixer with whisk attachment, then add in the vanilla extract. Start whipping and when it almost reaches the peak stage, add in the condensed milk. Beat until stiff peaks.

Note: Don’t over-mix or you will get a sweet butter.

To Assemble
Serradura Pudding
Choose a glass of your choice and place a layer of the crushed biscuits, then top with the whipped cream and smoothen out. Repeat with further layers of biscuits and cream, ending with the whipped cream. Sprinkle the last layer of cream with the biscuit crumbs.

To Serve
Garnish with toasted cashews, toasted little millets and edible flowers. Cool in the refrigerator for 2-3 hours or you can serve immediately.

Chef Tanvi Chandawarkar
Executive Sous Chef, Eliot Foods LLP
Pastry Queen India 2019

“Serradurra is one of my favourite Goan desserts. Originally a Portuguese recipe, "serradura" literally translates to sawdust due to the use of biscuits [traditionally proprietary "Marie" biscuits] crumbled to the that texture. I have chosen to use a classic Portuguese biscuit recipe using little millet or vari [in Goan Konkani] as it is the most widely grown millet in the state of Goa.”

Prep. Time: 90 minutes
Cook Time: 15 minutes
Serves 6
nachni pudding with coconut nutmeg foam & season’s fruits

Ingredients

For Nachni Pudding
Nachni [finger millet] 200 gms
Jaggery 200 gms
Coconut milk 300 ml
Cardamom powder 2 gms

For Coconut Nutmeg Foam
Coconut cream 100 ml
Nutmeg powder 2 gms
Foam gun and nitrogen charge 1 no

For Garnish
Fresh figs 3 nos
Fresh strawberries 6 nos
Fresh mulberries 6 nos

To Prepare

Nachni Pudding
Soak the nachni for atleast 6 hours. Grind finely using little water and pass through a fine sieve.

Retain the extract. Repeat the process and obtain another extract from the remains in the sieve.

Boil the coconut milk in a thick bottomed pan. Add the liquid extract, stirring continuously for about 7-8 minutes.

Do not allow to stick at the bottom of the pan. Add the jaggery and the cardamom powder. Drop a teaspoon of the mix on a plate, cool and check if the pudding begins to set. Remove in a tray or a mould, cool and keep in a fridge to set firm.

Coconut Nutmeg Foam
Mix the coconut cream and the nutmeg powder, keep it in a cool place. Pour the sauce in the foam gun. Pass it through the nitrogen charge and collect in a bowl.

To Assemble
Demould the pudding from a mould or cut an appropriate size from the tray the pudding has been set in.

To Serve
Place the pudding on a plate. Cut the fruits and arrange on the side of the pudding. Pour a spoonful of the foam on the pudding and serve immediately.

Prep. Time: 30 minutes [+soaking time]
Cook Time: 15 minutes
Serves 6
Satisfy your sweet tooth with this simple dessert which combines an easy to make millet cake with single origin chocolate, with the unique flavour pairing of Gandharaj lemon.

Prep. Time: 4 hours
Cook Time: 45 minutes (+slow cooking 3 hours)
Serves 6
Gandharaj Lemon with Single Origin Chocolate & Millet Parfait

Ingredients

For Single Origin Chocolate & Millet Parfait
- Pearl millet, soaked: 80 gms
- Milk: 280 ml
- Coconut cream: 100 gms
- Roasted hazelnut: 50 gms
- Cocoa powder: 20 gms
- Maple syrup: 60 ml
- Tanzania chocolate: 60 gms
- Cream: 80 gms
- Gelatine: 3 gms

For Gandharaj Poached Lemon
- Gandhoraj lemon segments: 100 gms
- Sugar: 30 gms
- Water: 150 ml

For Lemon Confit
- Lemon juice: 60 ml
- Water: 40 ml
- Sugar: 10 gms
- Agar agar: 1 gm
- Poached lemon: 60 gms
- Zest: 5 gms

For Lemon Chocolate Shells
- White chocolate: 300 gms
- Cocoa butter: 150 gms
- Green food color: 4 gms

For Chocolate Ring
- Dark chocolate: 300 gms

For Garnish
- Dark chocolate cigars: 24 nos
- Tender Gandharaj leaves: 6 nos
- Gold leaf: 1 sheet

To Prepare

Single Origin Chocolate & Millet Parfait
Soak the gelatin in cold water. Wash the soaked pearl millets very well, drain and boil the millets with milk over slow flame. Cook it for 15 minutes add the gelatin and remove from the heat. Chop the chocolate and keep it in a bowl. Pour the hot millet mixture over the chocolate and mix well. Add the remaining ingredients except cream in the millet mixture. Blend the millet mixture and allow to cool. Fold in the cream and reserve.

Poached Lemon
Boil the water and sugar together, make a sugar syrup. Add the lemon segments and cook over low flame for 3 hours.

Lemon Confit
Take the lemon juice, water, sugar and agar agar in a sauce pan and bring it to boil. Take it out from the heat and let it cool for an hour. Add the poached lemon and blend. Keep it in the refrigerator for an hour.

Lemon Chocolate Shells
Spray the lemon shape mould with green colour cocoa butter. Rest the mould for one hour. Melt the couverture white chocolate and temper it. Pour the couverture chocolate into the lemon shaped mould to make a thin shell. Pipe the lemon confit and seal it with chocolate, joining two lemon shell halves to make the Gandharaj lemon spheres. Complete the process till all shells are joined.

Insert the tender lemon leaves to resemble Gandharaj lemons.

Dark Chocolate Ring
Apply tempered dark chocolate on transparent plastic sheet. Cut it in 5.5 cm high and make a cylinder, diameter should be 4.5 cm. Keep it in the fridge for an hour.

To Assemble
Place the dark chocolate ring on a pastry base and pipe the millet chocolate parfait mixture. Refrigerate for 2 hours.

To Serve
Garnish the chocolate parfait with chocolate cigars, chocolate Gandharaj lemon spheres and specks of gold leaf.
nolengud baked yoghurt with kodo millet & charoli streusel

Ingredients
Kodo Millet & Charoli Streusel
Kodo millet flour 100 gms
Almond flour 50 gms
Coconut sugar 100 gms
Unsalted butter 100 gms
Star anise, powder 5 gms
Salt 1 gm
Kodo millet, puffed 30 gms
Charoli nut, lightly toasted 50 gms

Nolengud Baked Yoghurt
Nolengud jaggery 200 gms
Hung yoghurt 400 gms
Dairy cream 300 gms
White chocolate, melted 100 gms

Accompanying Ingredients
In season berries 100 gms
Orange rind from ½ orange
Black sesame jaggery brittle [chikki] 6 nos
Edible flowers 8 nos

To Prepare
Kodo Millet & Charoli Streusel
In a mixing bowl, add softened unsalted butter, coconut sugar, kodo millet flour, almond flour, star anise powder and salt. Combine all ingredients to form a dough.

Chill this mixture for an hour in the refrigerator.
To bake the streusel, preheat the oven to 175°C. Place parchment paper/silicon mat on a baking tray. Loosely break up the chilled streusel mixture to form chunk size crumbs. Bake the crumbs at 175°C for 15 minutes.

Remove from the oven and allow to rest. Add the puffed kodo millets and toasted charoli nuts to the streusel mixture. Reserve in an airtight container, till required.

Nolengud Baked Yoghurt
Combine nolengud jaggery and hung yoghurt and whisk together until no lumps remain. Fold in the cream and melted chocolate till all ingredients are well combined.

To bake the yoghurt, preheat the oven to 175°C. Prepare a double boiler by pouring water into a deep bake proof tray. Portion the reserved streusel equally into bake proof bowls.

Pour the baked yoghurt mixture over the streusel and equally between all the bowls and place the bowls into the double boiler. Bake the yoghurt at 175°C for 8–10 minutes. Remove from the tray, wipe down the bowl to remove any water stains and refrigerate.

To Serve
Toss the in-season berries [or fruits] lightly with orange rind. Garnish with tossed berries and edible flowers and serve with black sesame jaggery brittle.

Note: While nolengud is available mainly in the winter months and has its own unique taste, texture and immunity boosting properties, date palm jaggery [grated and cooked with minimum water to make a thick syrup], maybe alternated in this recipe.

Chef Madhu W. Krishnan
Area Chef Research & Development, ITC Hotels
Board Member & Joint Secretary, Indian Federation of Culinary Associations

Opportunities to include millets in dessert contemplations are endless. Their nutritional credentials are supported by their mild to nutty taste profiles and creamy, fluffy and crisp textures.

In this baked yoghurt recipe, kodo millet teams with the revered nolengud jaggery from West Bengal, [deftly extracted from date palms by nomadic tribes], native charoli nuts and in season berries.

Prep. Time: 30 minutes (+chilling time)
Cook Time: 35 minutes
Serves 6
Chef Sandeep Sadanandnan
Head of Culinary,
Byg Brewski Brewing Company

“Millet tends to be directly linked to a savoury dish or at most, a simple kheer or payasam when it comes to a dessert. Taking a step ahead, inspired by the versatility of millets, is this version of a gluten-free dark chocolate mousse.”

Prep. Time: 40 minutes
Cook Time: 60 minutes
Serves 6
spiced chocolate millet mousse cake

Ingredients
For Pearl Millet Crumble
Pearl millet 150 gms
Cold unsalted butter 70 gms
Brown sugar 50 gms
Salt a pinch

For Spiced Chocolate Millet Mousse
Pearl millet 100 gms
Water 50 gms
Milk 350 ml
Brown sugar 120 gms
Fresh cream 50 gms
Dark chocolate 150 gms
Allspice powder 5 gms
Cinnamon powder 2 gms
Clove powder 2 gms
Ginger powder 2 gms

For Ganache
Fresh cream 100 gms
Dark chocolate 100 gms
Salt a pinch

Millet Crumble For Garnish
Use the leftover crumble base mixture for garnish.

To Prepare
Crumble Base
Roast 250 gms of pearl millets in a pre-heated oven at 150°C for 5 minutes and make a fine powder in a mixer or a food processor. Cool down the millet flour. In a baking tray, mix together the millet flour, brown sugar and salt. Chop 50 gms of the cold butter into cubes and add it to the flour mix. Using the fingertips, rub the flour mixture and butter together until it resembles a wet crumble texture. Press the sand like mixture on the baking tray to form a thin, even layer.

Bake in a pre-heated oven at 180-190°C for 15-20 minutes, making sure to mix the crumbs halfway through baking. Once cooled completely, crush the crumble, and add the remaining 20 gms of melted unsalted butter. Mix till all the crumb is hydrated.

Pour 150 gms of this mixture into a lined cake ring of 6 inches and press down firmly to create an even base. Refrigerate until firm. Retain the remainder of the crumble mixture for garnish.

Mousse
Soak 100 gms of millet in 50 ml of water for 20 minutes. Put the soaked millet in a pot. Add 350 ml milk and bring to a boil. Reduce the heat to low and cook for 15-16 minutes, while stirring occasionally.

Mix until dissolved. Shift the chocolate mixture to a mixing bowl. Stir in all the spice powders into the chocolate mixture. Mix well. Add the millet paste into the chocolate mixture while the chocolate mixture is still slightly warm. Mix well and allow to cool. Spread the cold chocolate - millet cream on top of the crumble base and refrigerate overnight.

Ganache
Chop the chocolate into fine pieces and place in a bowl. Heat the cream until it just begins to boil and pour over the chocolate. Let it sit for 30 seconds and then stir together until all the chocolate is melted and no lumps remain. Mix in the salt. Once thick and cooled completely, transfer into a piping bag with nozzle of choice and pipe over the set mousse cake.

To Serve
Remove the cake from the ring and cut into 6 equal pieces. Garnish with the millet cracker set aside earlier. Serve cold.
Chef Pratik Deshmukh
Head of Chocolate Academy & Technical Advisor, Barry Callebaut, India

The inspiration of this dessert came from combining familiar flavours of the classic Black Forest with indigenous ingredients like sorghum and finger millet. The organic 65% couverture from the Alto El Sol plantation in Peru, with its dominant sourness makes a perfect pairing.

Prep. Time: 24 hours
Cook Time: 35 minutes
Serves 6
cocoa sienna

Ingredients

For Sorghum Almond Sable
Sorghum flour 100 gms
Almond flour 70 gms
Refined flour 60 gms
Unsalted butter 120 gms
Coconut sugar 80 gms
Cacao Barry Plein Arome 15 gms
Cocoa powder 50 ml
Salt 2 gms

For Alto El Sol Mousse
Cacao Barry Alto El Sol 65% 185 gms
Cherry purée 45 gms
[90 gms, reduced to 45 gms for concentrated flavor]
Cream 25% fat 50 gms
Cream 35% fat, for whipping 220 gms

Roasted Finger Millet & Cocoa Tuille
Roasted finger millet flour 40 gms
Refined flour 40 gms
Cacao Barry Plein Arome 7 gms
Cocoa powder 80 gms
Milk, 3% fat 80 gms
Icing sugar 80 gms

Vanilla, Lime & Nutmeg Crémeux
Cacao Barry Blanc Satin 29% 140 gms
Cream 35% fat 100 gms
Glucose 15 gms
Unsalted butter 40 gms
Lime juice 11 gms
Vanilla pod 1 no
Nutmeg powder 2 gms

For Garnish
Fresh cherries
Edible flowers
Mint leaves

To Prepare

Sorghum Almond Sable
Mix the sorghum, almond and refined flours, flax seed powder, cocoa powder, coconut sugar and salt.

Rub the cold butter into this mixture, gradually. Once it reaches a sandy texture, add chilled water and continue mixing to form a dough. Cover and allow to chill for 2 to 3 hours. Sheet the dough to about 2 mm thick and chill again for 30 minutes. Cut into rectangles of 10 cm x 2.5 cm.

Bake these at 160°C for about 16-18 minutes in between two silicone airmats. Once baked, cool and reserve.

Alto El Sol Mousse
In two separate pans, warm the cherry purée and cream to 35°C. In another pan melt the chocolate to approximately 40°C.

Mix the chocolate, cherry purée and cream till well combined to prepare the ganache. Whip the 35% cream to soft peaks and fold into the ganache gradually. Reserve for plating.

Roasted Finger Millet and Cocoa Tuille
Combine all ingredients together to make a smooth batter. Chill for 1 hour.

Cut a rectangle stencil of 10 cm x 4 cm. Place this on a silpat and spread the tuille mixture.

Bake at 180°C for 8-9 minutes and place the tuille on a baguette tray to give the desired shape. Dust the baked tuille lightly with cocoa powder.

Vanilla, Lime & Nutmeg Crémeux
Warm the cream and glucose to 35°C. In a separate pan, Melt the chocolate and maintain the temperature at 35°C. Mix both well. Add the butter, lime juice, nutmeg powder and vanilla beans and blend with an immersion blender.

Transfer this into a container and allow to set. Make quenelles and allow to chill.

To Assemble
Place 3 strips of the sable on each plate and secure it with a little bit of melted chocolate. Pipe dollops of the Alto El Sol chocolate mousse with a round piping tip. Place the tuille on top of the dollops. Place two quenelles of the cremeux.

To Serve
Garnish with cherries, mint leaves and edible flowers.
rose infused sorghum pudding with hazelnut ginger crumble

Ingredients

For Sorghum Pudding
- Sorghum: 200 gms
- Almond milk: 500 ml
- Water: 200 ml
- Vanilla pod: 1 no
- Maple syrup: 10 gms
- Dry rose petals: 5 gms
- Himalayan salt: 5 gms
- Raspberries: 20 gms
- Blueberries: 20 gms

For Hazelnut Ginger Crumble
- Hazelnuts: 100 gms
- Ginger, peeled and finely grated: 5 gms
- Dry rose petals: 5 gms

To Prepare

Sorghum Pudding
Soak sorghum in water for 1 hour. Drain and rinse well. Place sorghum, almond milk, water, vanilla bean, maple syrup, dry rose petals and Himalayan salt in a heavy bottom pan.

Cover it and simmer on low heat, make sure you keep stirring it frequently for about one hour. Once you feel the mixture is creamy and the grains become very soft, remove from heat and allow it to cool.

Hazelnut Ginger Crumble Topping
Place all ingredients in a food processor and combine until nicely crumbled.

To Assemble
Pour the pudding into 6 individual bowls. Add in hazelnut ginger crumble for garnish. Finally top each serving with raspberries and blueberries.

Note: The pudding recipe lends well to alternate the prescribed fruits with your choice of seasonal fruits.

Chef Altamsh Patel
Executive Chef, Hilton Mumbai International Airport

"This dish is a representation of my love for sorghum which are a major part of any meal in Jalgoan - the small village in Maharashtra where I come from.

I am genuinely enthused to revive the popularity of millets and this recipe was created to elevate a humble dessert by pairing it with notes of rose and fresh berries."

Prep. Time: 60 minutes
Cook Time: 60 minutes
Serves 6
finger millet bebinca

Ingredients

For Finger Millet Bebinca
- Finger millet, soaked: 250 gms
- Fresh coconut: 2 nos
- Sugar, powdered: 160 gms
- Refined flour: 50 gms
- Nutmeg powder: 2 gms
- Cardamom powder: 5 gms
- Egg yolks: 6 nos
- Desi ghee [clarified butter]: 100 gms
- Dark caramel: 5 ml

For Orange Glaze
- Fresh oranges: 2 nos
- Sugar: 90 gms
- Cinnamon stick: 10 gms

To Prepare

Finger Millet Bebinca
Grind the finger millet with water and leave it overnight in a refrigerator. Take out of the refrigerator and drain the liquid from top. Use only the paste that has settled.

Grate the coconuts and mix 200 ml of hot water in it. Blend well in a grinder and strain to collect the fresh coconut milk.

In a bowl, mix the powdered sugar with the millet paste, refined flour, nutmeg powder and cardamom powder.

Add coconut milk and beaten egg yolks and mix well to make a smooth batter. Divide the batter into two equal parts, adding dark caramel to one part. Reserve both the batters, one light coloured and the second dark coloured.

Melt the desi ghee and grease a round cake pan. Add a layer of the light batter into the cake pan and bake at 200°C for 7 minutes. Once baked, grease the baked layer and add the next layer of dark batter and bake at 200°C for 7 minutes.

Follow these steps, alternating the light and dark batters, baking each layer for 7 minutes at 200°C till 12-14 alternate layers are completed. Allow the baking pan to cool down on a cooling rack.

Orange Glaze
Squeeze the oranges to make fresh juice. Cook the sugar, cinnamon sticks and fresh orange juice and reduce till it becomes syrupy. Let it cool down and thicken to a smooth glaze.

To Assemble
Brush the top of the Finger Millet Bebinca with the orange glaze. Cut into slices and serve cold.

Goa’s most loved desert bebinca can now be made from millets and the refreshing orange adds interesting dimensions of taste.

Chef Jerry Dias
Executive Chef,
Princess Cruise Lines

Prep. Time: 30 minutes
[+overnight millet soaking time]
Cook Time: 90 minutes
Serves 6
confections & desserts

amaranth shufta

Ingredients
Almonds 100 gms
Broken cashews 100 gms
Sultanas 100 gms
Pistachios 100 gms
Walnut kernels 100 gms
Dried dates 200 gms
Dry coconut 100 gms
Amaranth, whole grains 100 gms
Ghee [clarified butter] 100 gms
Sugar 100 gms
Green cardamom, powdered 3 gms
Boiling water as required
Saffron [for garnish] 0.5 gm

To Prepare
In a medium size bowl soak the almonds, cashews, pistachios, walnuts and sultanas in luke-warm water for at least 30 minutes. Take another medium sized bowl and pour sufficient fresh water in it. Then, soak dried dates in this bowl for 30 minutes. Remove seeds and chop the dates roughly. Chop the dry coconut.

After soaking the nuts for half an hour, drain the water and reserve. Take a large-sized pan and place it on low-medium flame. Add half ghee and fry the dried coconut until its colour becomes slightly brown. Now, transfer the fried coconut on absorbent paper and keep aside. In the same pan add amaranth and brown slightly. Transfer to a plate and keep aside.

In the same pan, heat rest of the ghee and add all the nuts and dried dates. Next, add dried coconut and mix well. Add some water enough to cover the mixture. Mix well, add powdered green cardamom, add sugar and keep stirring until the sugar melts, the water evaporates and dates become soft. Add the fried amaranth and cook till the grains are tender.

To Serve
Transfer the amaranth shufta to a serving dish, garnish with saffron strands and serve warm.

Chef Rahul Wali
Chef Owner,
R. W. Hospitality Services

“A Kashmiri favourite, this classical dessert is a highlight of the Waazwan cuisine of the region. The combination of amaranth and nuts with dried fruits and saffron is very elegant - just like Kashmir itself.”

Prep. Time: 35 minutes
Cook Time: 30 minutes
Serves 6
kuthiraivali payassam

Ingredients

For Payassam
Barnyard millet 150 gms
Jaggery powder 75 gms
Full cream milk 1000 ml
Green cardamom powder 1 gm

For Garnish
Raisins 5 gms
Almonds slivers 5 gms
Ghee 1 gm
Pistachio 5 gms

Fresh rose petals 4-5

To Prepare
In a heavy bottomed sauce pan, add milk and barnyard millets and cook on low heat for 15-20 minutes.

Add green cardamom powder and jaggery powder and stir gently.

In a separate pan, add ghee and roast almonds until golden, keep aside.

To Serve
Transfer in serving bowls.

Garnish with fresh rose petals, roasted almonds, pistachio and raisins. Serve the payassam warm or cool, as per your choice.

Chef V. Vijaya Baskaran
Chef, Olam Food Ingredients
General Secretary,
Indian Federation of Culinary Associations

"In my growing years, I spent a lot of time with my Paati [grandmother], in her village Othikkadu in Tamil Nadu. Barnyard millet grows extensively in this region [known as Kuthiraivali in Tamil] and features in a lot of traditional preparations. This payassam recipe akin to a kheer is one of my favourites from my Paati’s kitchen."

Prep. Time: 10 minutes
Cook Time: 20 minutes
Serves 6
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Acknowledgments

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Chef V. Vijaya Baskaran
General Secretary, Indian Federation of Culinary Associations