

milletology

a recipe collective

by celebrated

chefs

milletology



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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!



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.

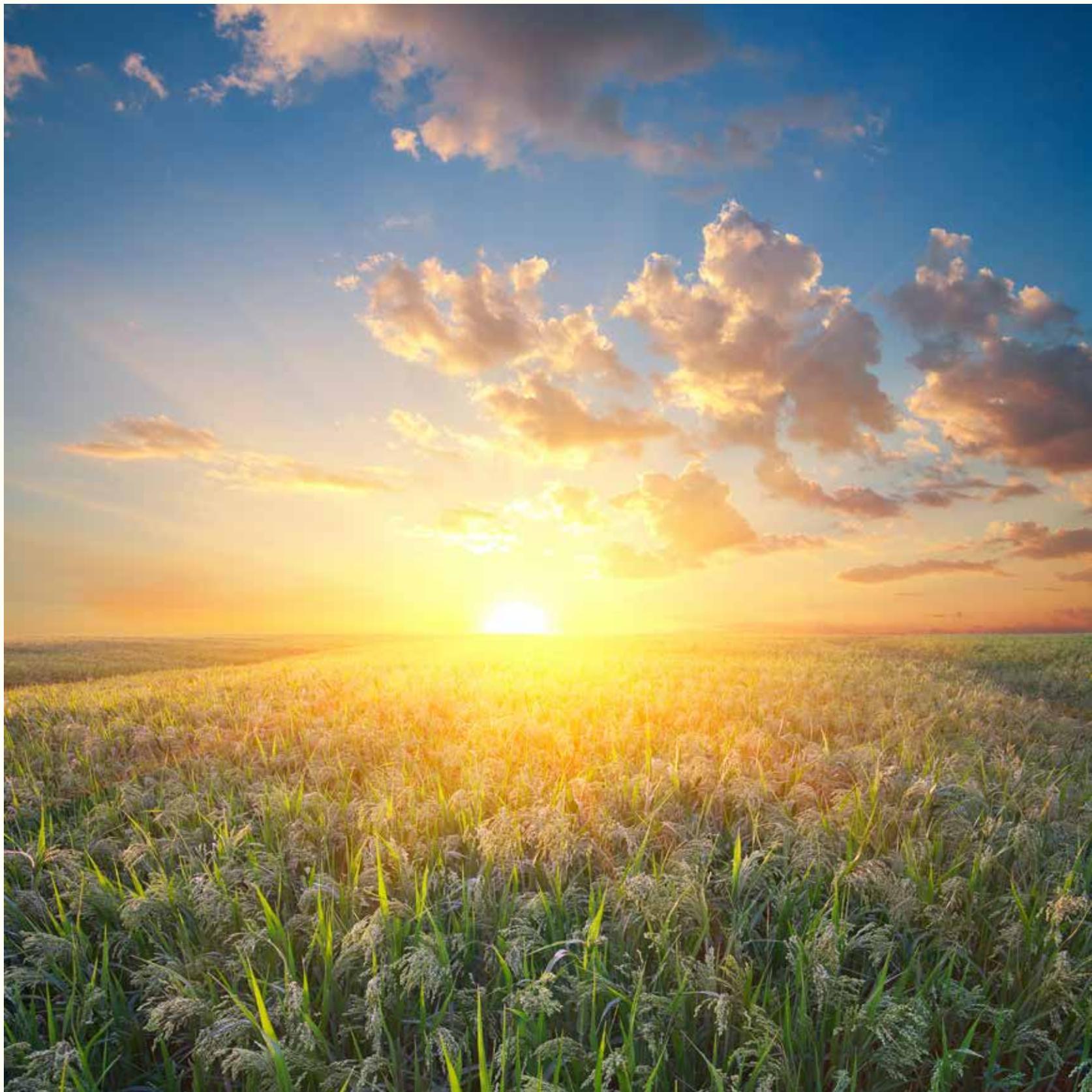
This collective of recipes is a reflection of the vast possibilities and opportunities that exist to bring the once alternate millets back to mainstream and the time is now!

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.



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.

nutrition profiles





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]

	Energy [kcal]	Protein [gms]	Carbohydrate [gms]	Starch [gms]	Fat [gms]	Dietary Fiber [gms]
Pearl Millet	363	11.6	61.7	55	5	11.4
Wheat	321	11.8	64.7	56	1.5	11.2
Rice	353	6.8	74.8	71	0.5	4.4



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]

	Energy [kcal]	Protein [gms]	Carbohydrate [gms]	Starch [gms]	Fat [gms]	Dietary Fiber [gms]
Foxtail Millet	331	12.3	60.0	-	4.3	-
Wheat	321	11.8	64.7	56	1.5	11.2
Rice	353	6.8	74.8	71	0.5	4.4



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]

	Energy [kcal]	Protein [gms]	Carbohydrate [gms]	Starch [gms]	Fat [gms]	Dietary Fiber [gms]
Little Millet	329	8.7	65.5	56	5.3	6.3
Wheat	321	11.8	64.7	56	1.5	11.2
Rice	353	6.8	74.8	71	0.5	4.4



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]

	Energy [kcal]	Protein [gms]	Carbohydrate [gms]	Starch [gms]	Fat [gms]	Dietary Fiber [gms]
Sorghum	334	10.4	67.6	59	1.9	10.2
Wheat	321	11.8	64.7	56	1.5	11.2
Rice	353	6.8	74.8	71	0.5	4.4







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]

	Energy [kcal]	Protein [gms]	Carbohydrate [gms]	Starch [gms]	Fat [gms]	Dietary Fiber [gms]
Finger Millet	320	7.3	66.8	62	1.3	11.1
Wheat	321	11.8	64.7	56	1.5	11.2
Rice	353	6.8	74.8	71	0.5	4.4



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]

	Energy [kcal]	Protein [gms]	Carbohydrate [gms]	Starch [gms]	Fat [gms]	Dietary Fiber [gms]
Barnyard Millet	307	11.6	65.5	-	5.8	-
Wheat	321	11.8	64.7	56	1.5	11.2
Rice	353	6.8	74.8	71	0.5	4.4



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]

	Energy [kcal]	Protein [gms]	Carbohydrate [gms]	Starch [gms]	Fat [gms]	Dietary Fiber [gms]
Buckwheat	343	13.3	71.5	-	3.4	10
Wheat	321	11.8	64.7	56	1.5	11.2
Rice	353	6.8	74.8	71	0.5	4.4



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]

	Energy [kcal]	Protein [gms]	Carbohydrate [gms]	Starch [gms]	Fat [gms]	Dietary Fiber [gms]
Proso	341	12.5	70.0	-	1.1	-
Wheat	321	11.8	64.7	56	1.5	11.2
Rice	353	6.8	74.8	71	0.5	4.4







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]

	Energy [kcal]	Protein [gms]	Carbohydrate [gms]	Starch [gms]	Fat [gms]	Dietary Fiber [gms]
Kodo Millet	353	8.3	66.1	64	1.4	6.3
Wheat	321	11.8	64.7	56	1.5	11.2
Rice	353	6.8	74.8	71	0.5	4.4



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]

	Energy [kcal]	Protein [gms]	Carbohydrate [gms]	Starch [gms]	Fat [gms]	Dietary Fiber [gms]
Amaranth	374	14.5	66.2	-	6.5	9.3
Wheat	321	11.8	64.7	56	1.5	11.2
Rice	353	6.8	74.8	71	0.5	4.4

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.



Chef Martin Kobald
Chef/Owner,
MLK Food & Beverage
Consulting Vice President,
World Association of Chefs
Societies

“

The goodness of amaranth and its versatility inspired me to create this breakfast bowl. Power packed with antioxidants that help fight free radicals, this nutritious super grain is teamed with in season fruits to make the perfect start to your day.

”

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
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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

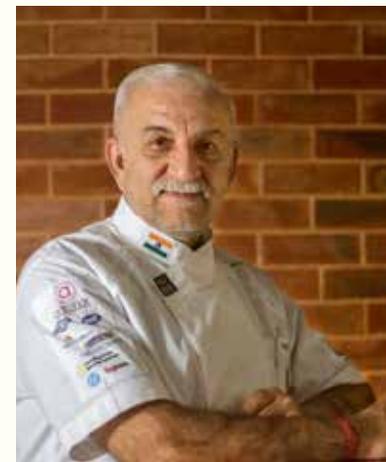
Soak sorghum for at least 4 hours. Drain water. In a sauce pan combine the sorghum with 2 cups of water. Place on medium heat to cook. Allow to simmer for 30 minutes on low heat or until soft.

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.

”

Prep. Time: 30 minutes
[+4 hours for millets soaking]

Cook Time: 60 minutes

Serves 6



buckwheat & berries kheech bowl

Ingredients

For Kheech

Buckwheat millet, soaked overnight	300 gms
Salt	to taste
Water, for cooking	500 ml
Desi ghee [clarified butter]	50 gms
Almond flour	50 gms
Date palm jaggery, grated	90 gms

For Garnish

Fresh blackberries	50 gms
Fresh strawberries	50 gms
Fresh grapes	50 gms
Piping whipped cream	50 gms

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	250 gms
Bananas	8 nos
Baking soda	5 gms
Baking powder	15 gms
Cinnamon powder	1 gm
Milk	120 ml
Vanilla extract	4 gms
Salted butter	40 gms

For Blueberry Compote

Fresh blueberries	200 gms
Lemon zest	1 gms
Star anise	1 no
Water	50 ml
Honey	80 gms

To Serve

Fresh figs, quartered	3 nos
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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



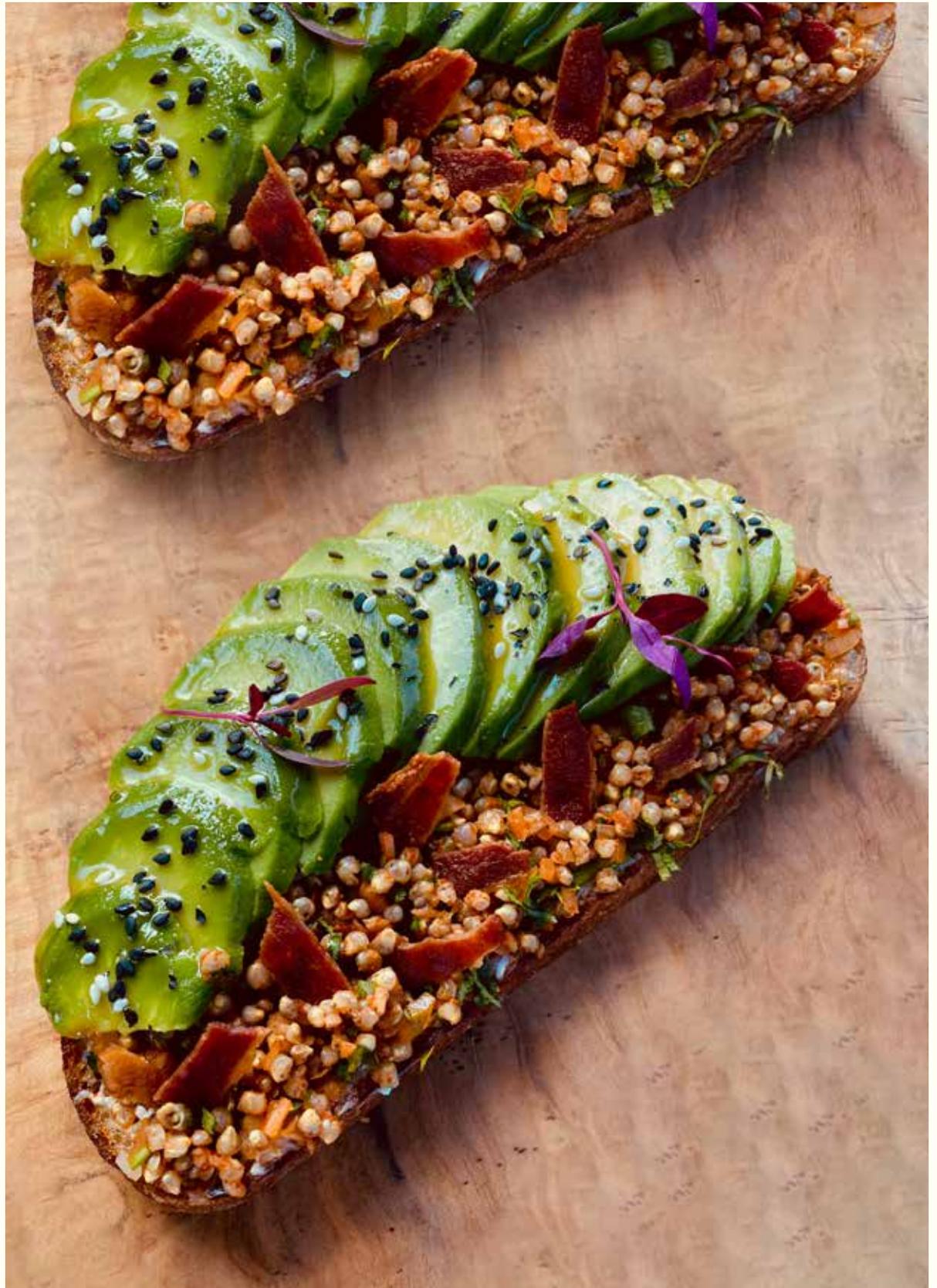
Chef Shloke Chabra
Executive Head Chef,
Doolally Restaurant, Dublin

“ This creation forges a new Irish-Indian breakfast connection. It's a combine of Ireland's finest ingredients and India's heritage grains-milletts, 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 & bacon 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

Bacon, 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 bacon in a non-stick pan, cook till crispy. Reserve the crispy bacon. Add the dressing ingredients with the bacon 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 bacon 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.

Cover and allow the batter to rest for 30 minutes. Pre-heat the waffle iron and brush it with a little butter. Pour enough waffle batter on the waffle iron, close the lid and allow to cook for about 7-8 minutes. Remove when both sides are crisp and golden.

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.



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

“Jowarii 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.”

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 night's 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.



Chef Nitin Shende

Board Member,
Indian Federation of Culinary
Associations

“

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



Chef Nilesh Llimaye
Chef Culinaire,
All Bout Cooking

“

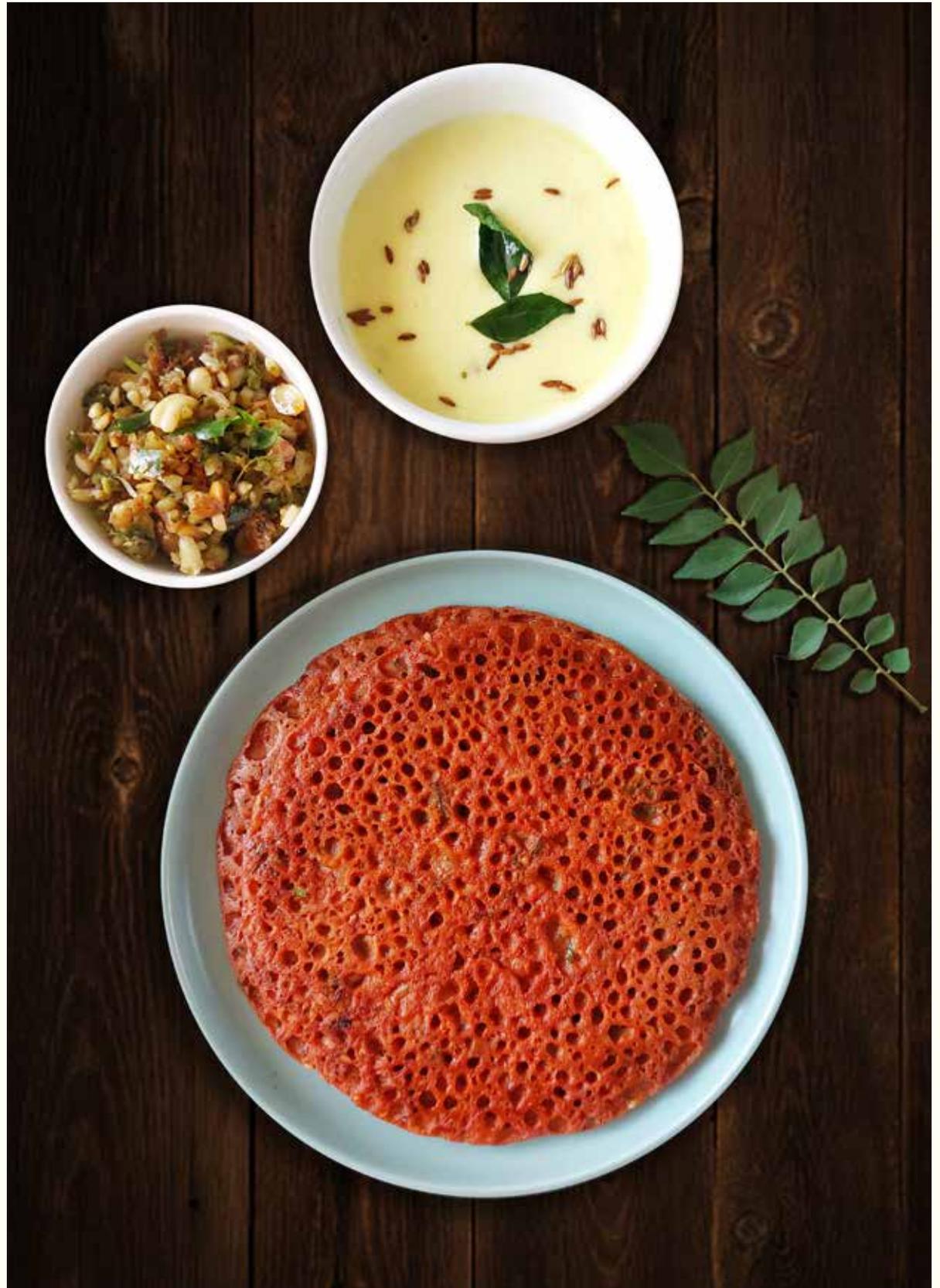
Dhirda is a staple pancake made for breakfast and as an evening snack. My mother would often treat me to this dish after coming from school and it would always re-energize me for my extra-curricular activities after a tiring day at school. This dish is made unique with the addition of fresh amaranth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

”

Prep. Time: 30 minutes

Cook Time: 50 minutes

Serves 6



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

For Garlic & Green Chilli Thecha

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

For Coconut & Turmeric Sauce

Coconut, freshly grated	100 gms
Turmeric	3 gms
Hot water	50 ml
Ghee [clarified butter]	10 gms

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

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.

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.

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 water. Add the reserved coconut cream and blend in the tempering. Add the kokum, and add just enough water to make a thick sauce.

To Serve

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



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	

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.

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. Saute 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 Serve

Plate the hot, steamed idiyappams with prawn ishtew.



Chef Ramu Butler
Chef Consultant &
Restaurateur,
B at Bay Kochi

“

This dish is gluten free and ideal for people who are gluten intolerant.

This take on idiyappam has a much lower GI value than the original rice based classic and helps one stay satiated for a long time after.

”

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	380 gms
Thick beaten rice	140 gms
Urad dal [split black gram]	140 gms
Baking soda	1 gm
Sugar	1 gm
Onion, peeled and chopped	50 gms
Green chillies, chopped	5-6 nos
Coriander, chopped	15 gms
Salt	to taste

For Mutton Kheema

Lamb mince	500 gms
Oil	5 gms
Ghee [clarified butter]	5 gms
Onion, peeled and chopped	200 gms
Tomato, chopped	100 gms
Green chillies, chopped	3 - 4 nos
Ginger garlic paste	20 gms
Methi leaves	25 gms
Garam masala powder	5 gms
Red chilli powder	5 gms
Turmeric powder	2 gms
Green peas	50 gms
Salt	to taste

For Garlic Chutney

Dried red chilli	8 nos
Oil	15 gms
Garlic	18 cloves
Shallots, peeled and diced	80 gms
Tamarind, seedless	10 gms
Jaggery	3 gms
Salt	to taste

For Seasoning

Oil	30 gms
Mustard seeds	5 gms
Urad dal	3 gms
Hing [asafoetida]	1 gm
Curry leaves	2 gms

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

“

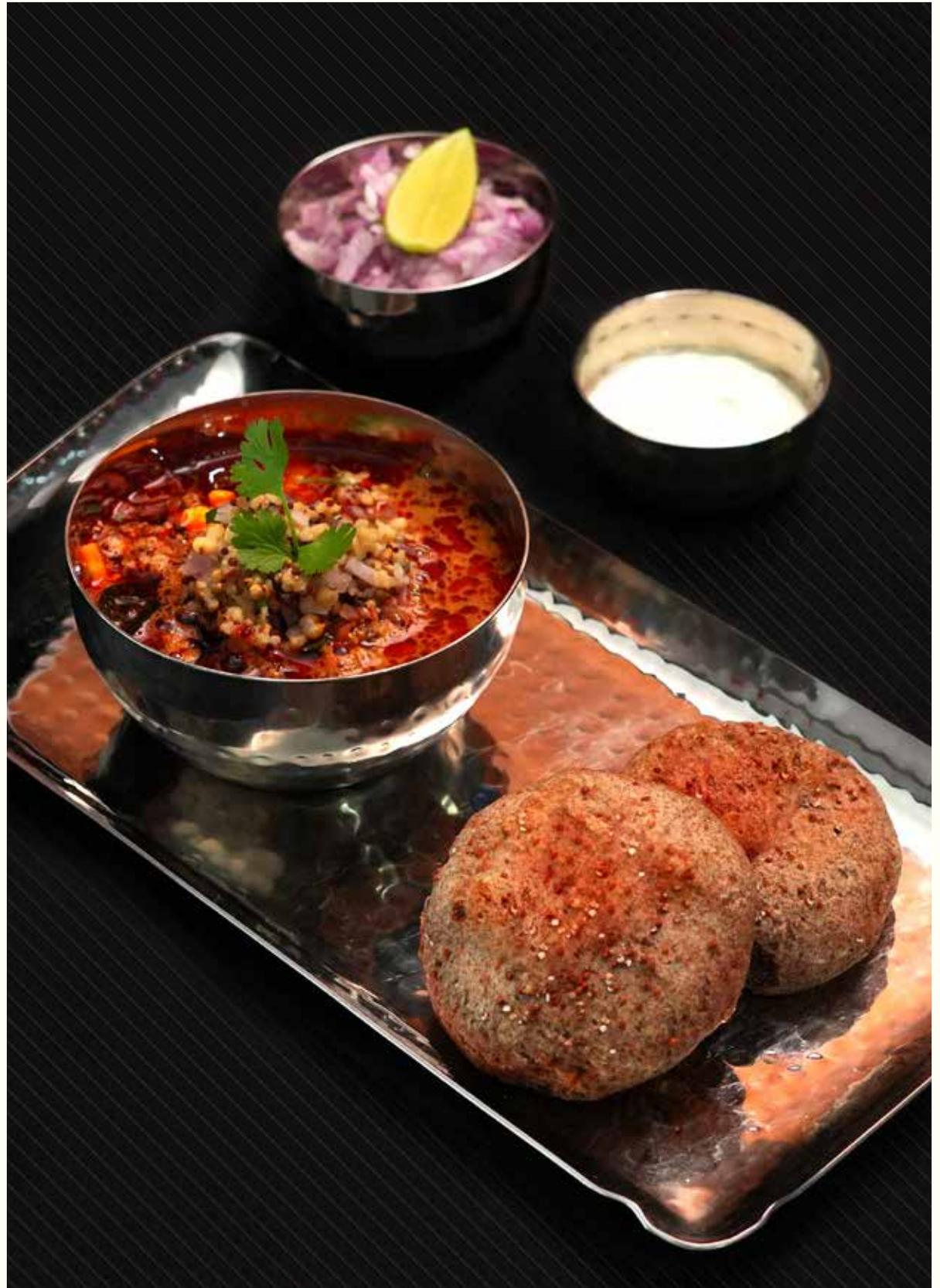
The Kolhapuri culture, its tradition and food lovers inspired me to recreate the traditional missal pav in its millet avatar served with mutton kheema. This wholesome dish can be eaten for breakfast or brunch.

”

Prep. Time: 15 minutes

Cook Time: 60 minutes

Serves 6



millet kheema kolhapuri missal with ragi pav

Ingredients

For Millet Kheema Kolhapuri 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 farsan	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 Kolhapuri missal in a bowl. Top with farsan, 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

To Prepare

Tempered Millets

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

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

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.

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.



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 Pancetta oil

Olive Oil	100 gms
Pancetta, pork	60 gms
Smoked paprika powder	5 gms
Tabasco	4 drops
Salt	1 gm

To Garnish

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 Pancetta Oil

In a pan sauté fine chopped pancetta and render it well. Add smoked paprika powder and Tabasco and take off the flame. Add olive oil and check for seasoning.

To Serve

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

Note: For a vegetarian version replace pancetta oil with a herb and fragrant leaf pistou.



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 Filling [Tambdi Bhaji]

Red amaranth leaves	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 broken or whole	50-75 gms
--------------------------------------	-----------

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 Tzatziki

Hung yoghurt	40 gms
Cucumber, peeled and finely grated	120 gms
Dill leaves, chopped	10 gms
Mint leaves, chopped	10 gms
Seasoning	to taste

For Aam Papad Tartare

Aam papad [dried mango sheets]	120 gms
Green chilli, chopped	9 gms
Coriander leaves, chopped	20 gms
Ginger, peeled and chopped	10 gms
Honey	5 gms
Black salt	5 gms
Extra virgin olive oil	30 ml

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

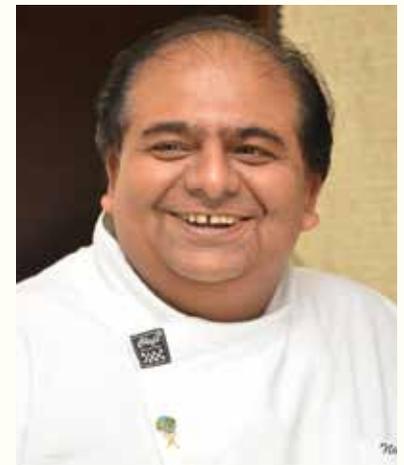
Mix all the ingredients as listed and keep in a warm place for 15 minutes.

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
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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
Karisalagkani greens, chopped	100 gms

To Prepare

Paniyaram

Grind the soaked millet, soaked urad dal and soaked fenugreek seeds into a smooth batter. 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 chilli, ginger and shallots.

Sauté for a while and add asafoetida powder and karisalagkani 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 Prasaad
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	30 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

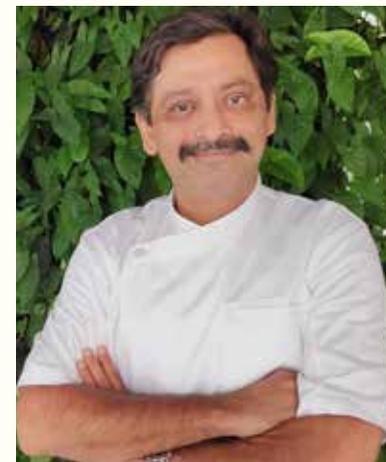
Mix the dressing in the bhel ingredients. Toss well to ensure proper mixing.

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 gm
Raw peanuts, skinless	50 gms
Salt	1 gm

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 [indents 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.

Thecha Prawns

Remove the stems of the green chillies and chop them roughly. To make the thecha, heat olive oil in a pan, add cumin

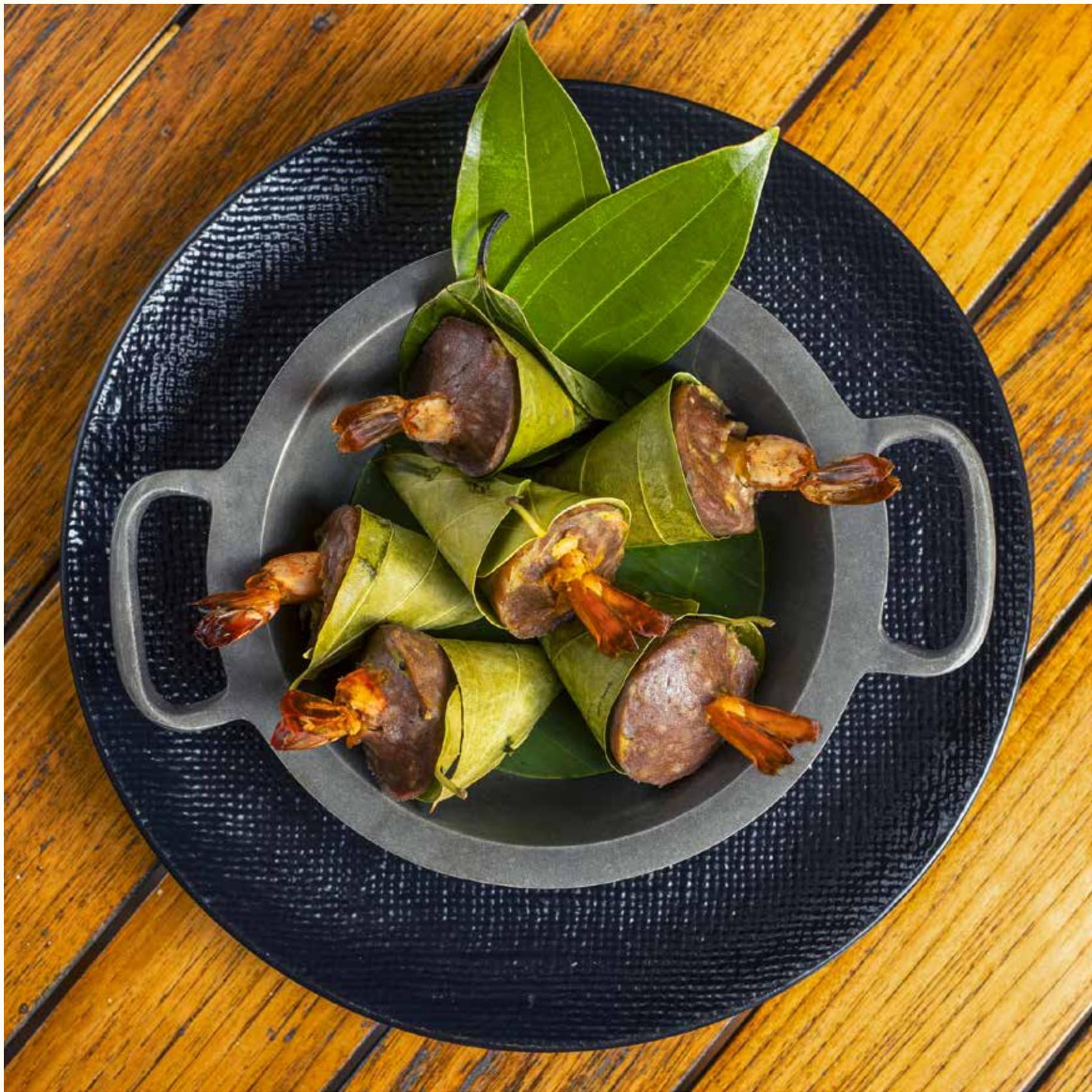
seeds and allow it to crackle. Add garlic and sauté for 2 minutes over medium low flame. Add peanuts, mix and allow it to cook for 3-4 minutes, or till golden brown. Add the green chillies, mix well and further cook for 2-3 minutes. Take it off the heat. Transfer the mixture into a mortar. Add freshly chopped coriander and pound with the pestle to a coarse paste or using a blender. Finish the thecha by adding lime juice and salt to taste. In a bowl, marinate the prawns with salt and turmeric powder, mix well and set aside for 10 minutes. Heat olive oil in a pan, add the thecha and sauté for a minute. Add prawns, mix well and sauté till the prawns are cooked. Transfer the prawns to a bowl.

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 chill 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





Chef Arun Sundararaj
Director of Culinary Operations,
Taj Mahal Hotel, New Delhi

“

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 compliment 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
Cream style corn	50 gms
Heavy cream	30 gms
Butter	30 gms
Pasteurized egg white	30 gms
Salt	6 gms
Sherry vinegar	5 ml

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
Baby carrots	12 no
Star anise	2 no
Cinnamon, whole	2 no
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 refils and refrigerate and allow it to mature.

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 Twirl

Sieve amaranth flour and refined flour until incorporated. Add in the melted butter and salt. Add chilled water and knead a dough. Let it rest for 30 minutes in the refrigerator. Roll it out until 2 mm thick. Wrap around a wooden stick and bake at 190°C for 10-15 minutes.

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 twirl by the side.



banyard & fig salad

Ingredients

Banyard 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

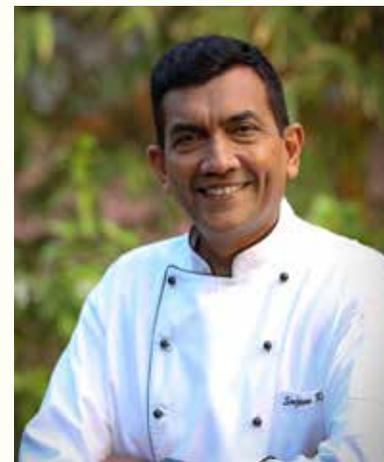
Add the olive oil in a jar along with the honey. Squeeze the lemon half, add peanut butter, salt and crushed black peppercorns. Close the lid and shake well.

Salad

Quarter the figs and transfer in a bowl. Drizzle remaining honey, add salt and mix well. Take banyard 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.



Chef Sanjeev Kapoor
Managing Director,
Khana Khazana India Pvt. Ltd.

“

Millets are power houses of nutrition. Combining them with seasonal fruits and vegetables increase their “good for you” quotient.

”

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

Chefprenuer & 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 supremes, 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 supremes, 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.



Chef Varun Shivdasani
Head Performance Chef,
Elite Athlete Centre & Hotel,
Leicestershire

“

This is an ideal recipe for fuelling athletic performance. Buckwheat has a low to medium GI making it a fantastic carbohydrate and salmon is a great source of protein. The other ingredients increase fibre and micronutrients, making this a really healthy and tasty meal.

”

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 M lange 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 jalape�o, deseeded and chopped	15 gms
Toasted and coarsely crushed cumin	1 gm
Lime juice	5 ml
Salt	� 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.

M lange 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 kadh  [round bottomed pan] and saut  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 m lange 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 pork & mustard greens

Ingredients

Foxtail millet	200 gms
Smoked pork, cut into 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

Soaked 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 pork 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 pork, 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 skillfully add chunks of smoked pork 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 pork in the traditional way is a complex, strenuous and time taking process. Artisanal smoked pork is now available and makes a very good alternative to home smoked pork as does cooked chunky bacon. 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.



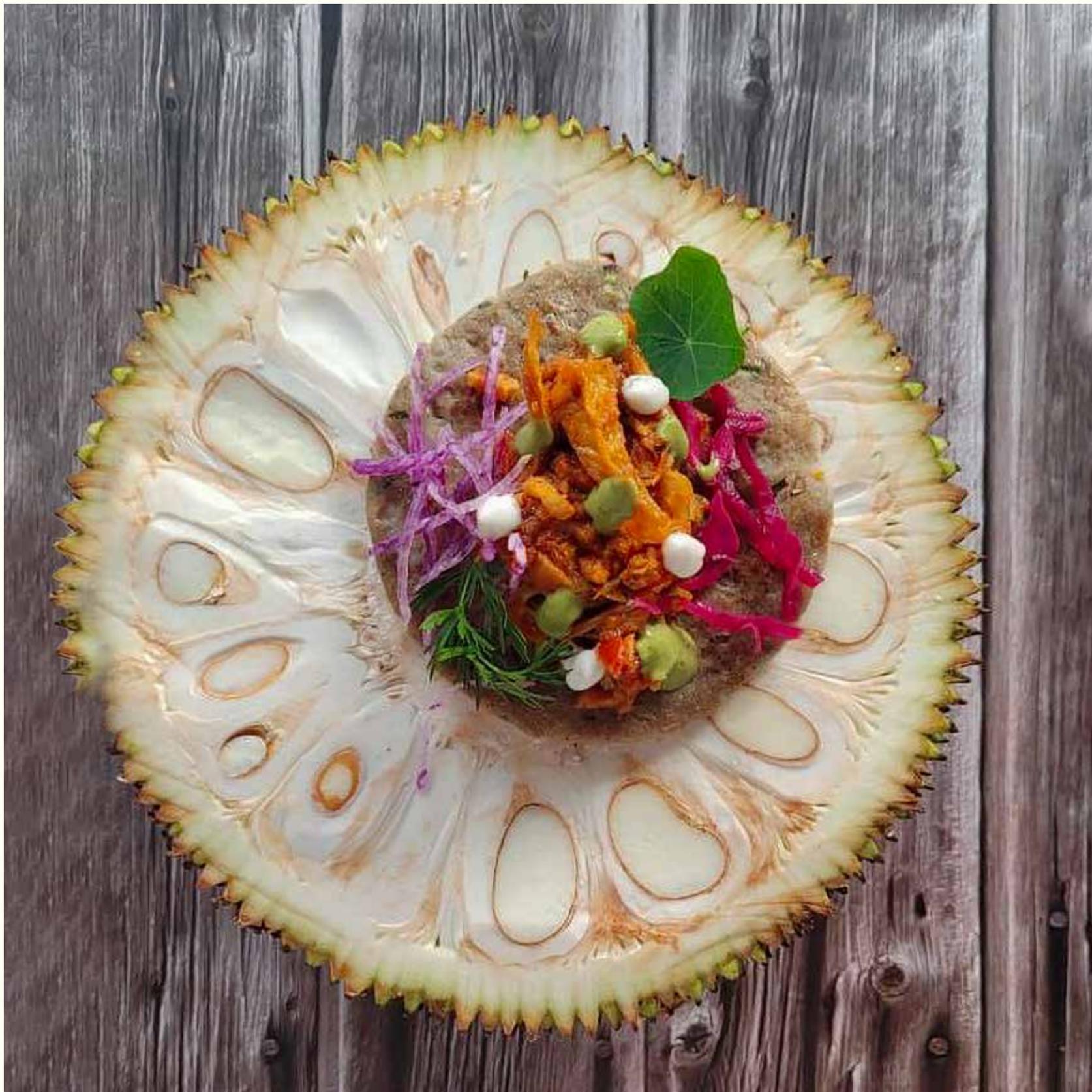
Chef Sanjukta Dutta
Consultant Chef & Educator

“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 nutritiously 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
[+ millets soaking time]

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, julienned
Red cabbage, julienned
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

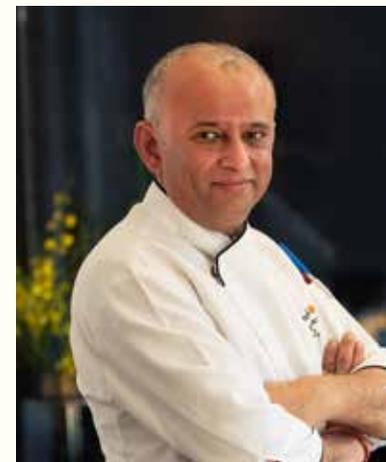
Cut jackfruit into small pieces. In a bowl mix cut jackfruit, gram flour, salt, ginger garlic paste, red chilli powder, turmeric powder and salt with a splash of water and cook it by deep frying. Heat oil in a pan and add mustard seeds, curry leaves and masala gravy followed by tamarind paste. Cook it 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.

Chilli 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 juliennes, pickled red cabbage juliennes and cress. As an additional ingredient, assorted lettuce may be added.



Chef Shantanu Mehrotra
Executive Chef,
Indian Accent

“

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 juliennes	60 gms
Tomato juliennes	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 puree. 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 juliennes 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

“

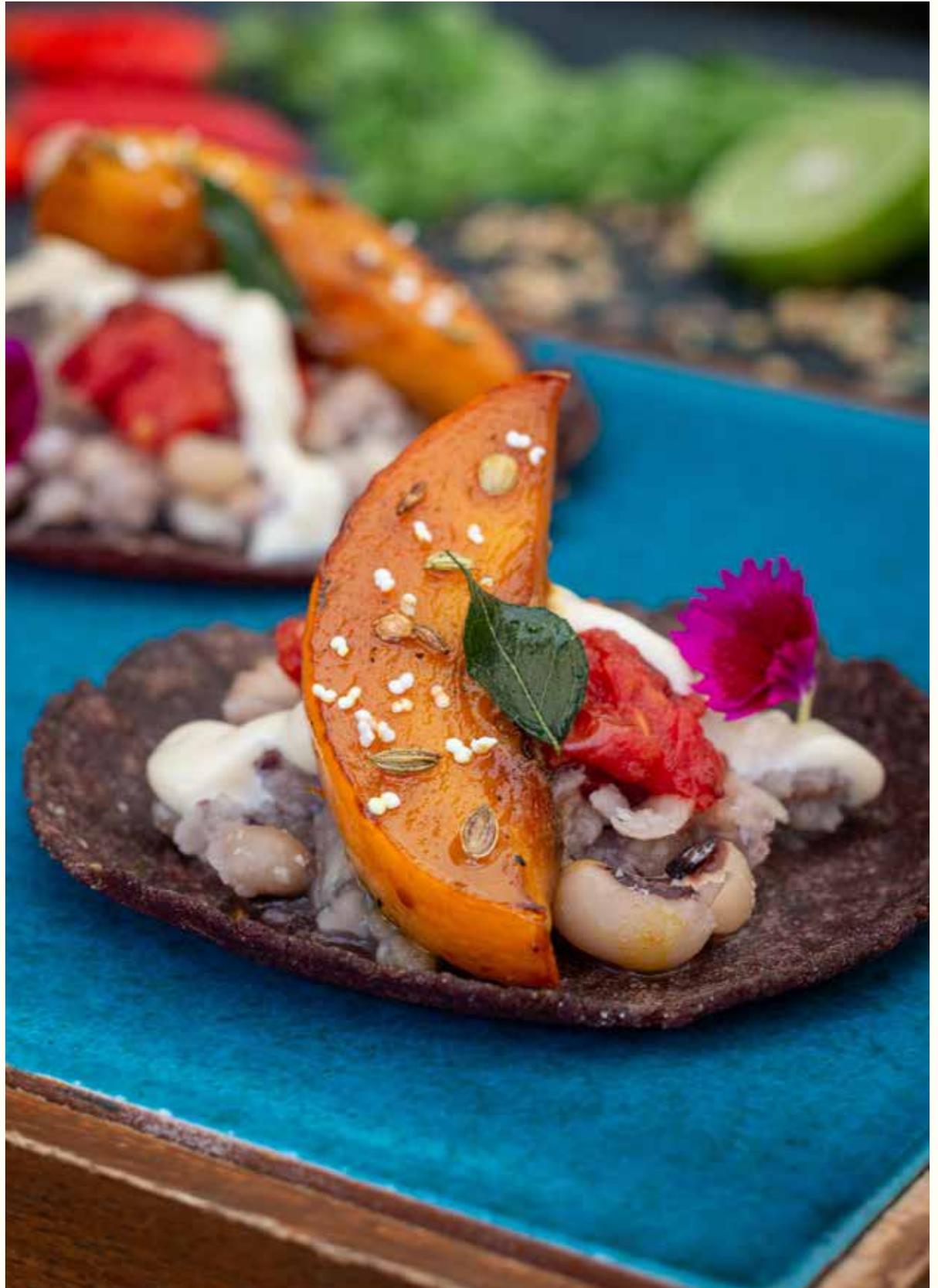
Finger millets give this preparation natural color and resemblance to Mexican Blue Tacos. This gluten-free and vegan dish showcases my journey, connecting Amritsar, Mumbai, Bengaluru and Oaxaca!

”

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 chili, 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

To Prepare

Ragi Tacos

Boil water in a pot, add in the onion, green chili, 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.

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.

Tomato Salsa

Wash the tomatoes and green chilli and peel the onion and garlic. Roast the above ingredients in an oven or in a pan, till it is cooked and charred lightly, add in the oil.

Make a coarse puree in a blender or muddle it in molcajete. Add salt and check the seasoning. Keep it aside.

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 + 30gms
Salt	to taste
Water	to make dough

Pulled Lamb Filling

Boneless lamb	1.5 Kgs
Little millet, soaked	50 gms
Peppercorn	5 gms
Cardamom	10 gms
Clove	10 gms
Mustard sauce	50 gms
Star anise	8 gms
Bayleaf	5 gms
Crushed black pepper	10 gms
Water	for cooking
Salt	to taste

Roast Tomato Aloe Vera Salsa

Tomato	200 gms
Coriander, chopped	20 gms
Onion, chopped	40 gms
Bird eye chilli, chopped	2 gms
[double if you like it spicy]	

Cumin powder	10 gms
Lemon juice	5 ml
Aloe vera flesh, cubed	30 gms
Pink salt, powdered	2 gms
White pepper powder	2 gms

To Serve

Lemon wedges	12 nos
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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.

Pulled Lamb Filling

Heat 2 litres of water and add bay leaf, peppercorn, cardamom, clove, star anise, salt and put to boil. Add the lamb chunks and allow to slow cook over 2-3 hours till lamb is very well done and starts to

disintegrate. Remove from heat and let it cool down.

Remove the lamb pieces and chill in refrigerator till it is cold and firm. Remove the whole spices from the liquid, add mustard sauce, soaked little millet and cook further to reduce into a thick consistency sauce.

Pull the fibres of the cooled down lamb pieces in thin strips and mix it well with the thickened sauce and cook till it becomes semi-dry.

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

For Salad

Romaine lettuce leaves	100 gms
Cherry tomatoes, halved	50 gms
Cucumber, peeled and diced	80 gms
Red onion, peeled and sliced	70 gms
Fresh parsley, chopped	40 gms
Palm vinegar	15 ml
Black pepper, crushed	2 gms
Black salt	3 gms
Garlic powder	3 gms

For Proso Green Garlic Wrap

Proso millet flour	200 gms
Semolina flour	50 gms
Baking soda	3 gms
Green garlic, peeled and chopped	50 gms
Warm water	300 ml

For Roasted Carrot & Walnut Muhammara

Roasted carrot chunks	250 gms
Roasted walnuts	50 gms
Breadcrumbs	30 gms
Pomegranate molasses	30 gms
Aleppo red chillies, deskinmed	30 gms

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 coarse paste. Keep reserved. Combine finger millet flour and 100 ml of warm water in a bowl and mix homogeneously. 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.

Salad

Wash the romaine lettuce and allow to crisp in ice cold water. Drain and keep aside. Combine the pre-cut vegetables. Add the palm vinegar, garlic powder, black salt and pepper powder, lightly toss and set aside.

Proso Green Garlic Wrap

Take a mixing bowl add all the ingredients

together, mix homogeneously. Allow the batter to ferment in a warm place for 20 minutes or until air bubble formations become visible on the batter surface. Lightly warm a non-stick frying pan or a smooth iron griddle. Lightly brush with olive oil, add ladle full [30 ml] of the batter in the centre of the pan and slowly swirl it to spread evenly on the entire surface of the pan. Cook covered on medium heat. Once light fluffy pancakes [8 inch diameter] are cooked on one side quickly turn them to cook both sides. Set them aside to cool.

Roasted Carrot & Walnut Muhammara

Combine all pre-prepared in a food processor, except chopped mint, few walnut kernels and dried pomegranate seeds. Blend to a fine paste, adjust seasoning and fold in the mint leaves. Keep aside the walnut kernels 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.



Chef Vivek Kalia
Executive Chef,
The Westin, Kolkata

“

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.

soups & stews





organic kale & finger millet soup

Ingredients

Kale	400 gms
Broccoli florets	600 gms
Thyme	20 gms
Salt	60 gms
Garlic	60 gms
Extra virgin olive oil	80 gms
Black pepper, crushed	35 gms
Finger millet powder	60 gms
Finger millet flakes	40 gms

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.



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



finger 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. Mix 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



pork & foxtail millet noodle ramen

Ingredients

For Chasu Pork Belly

Pork belly	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

Chasu Pork Belly

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 pork in a pan with above marinade, add some water and braise it for 6 hours until the

pork becomes tender and soft. Take out pork from the cooking broth and let it cool.

Ramen Broth

Mix together miso paste, water, chopped garlic, pork 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 it.

Combine all remaining ingredients in a bowl to create the marinade. Peel eggs and place in a bowl with the marinade and keep it 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 hot ramen broth over the noodles. Take the cooked pork belly, slice them into 2 mm thick slices, heat a non-stick pan to medium high heat and sear both sides of each piece of pork. Add seared pork over noodles, garnish it with half a soft boiled egg, scallion, pokchoy, nori sheet juliennes, sautéed enoki mushrooms and sesame. Serve hot.



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

“

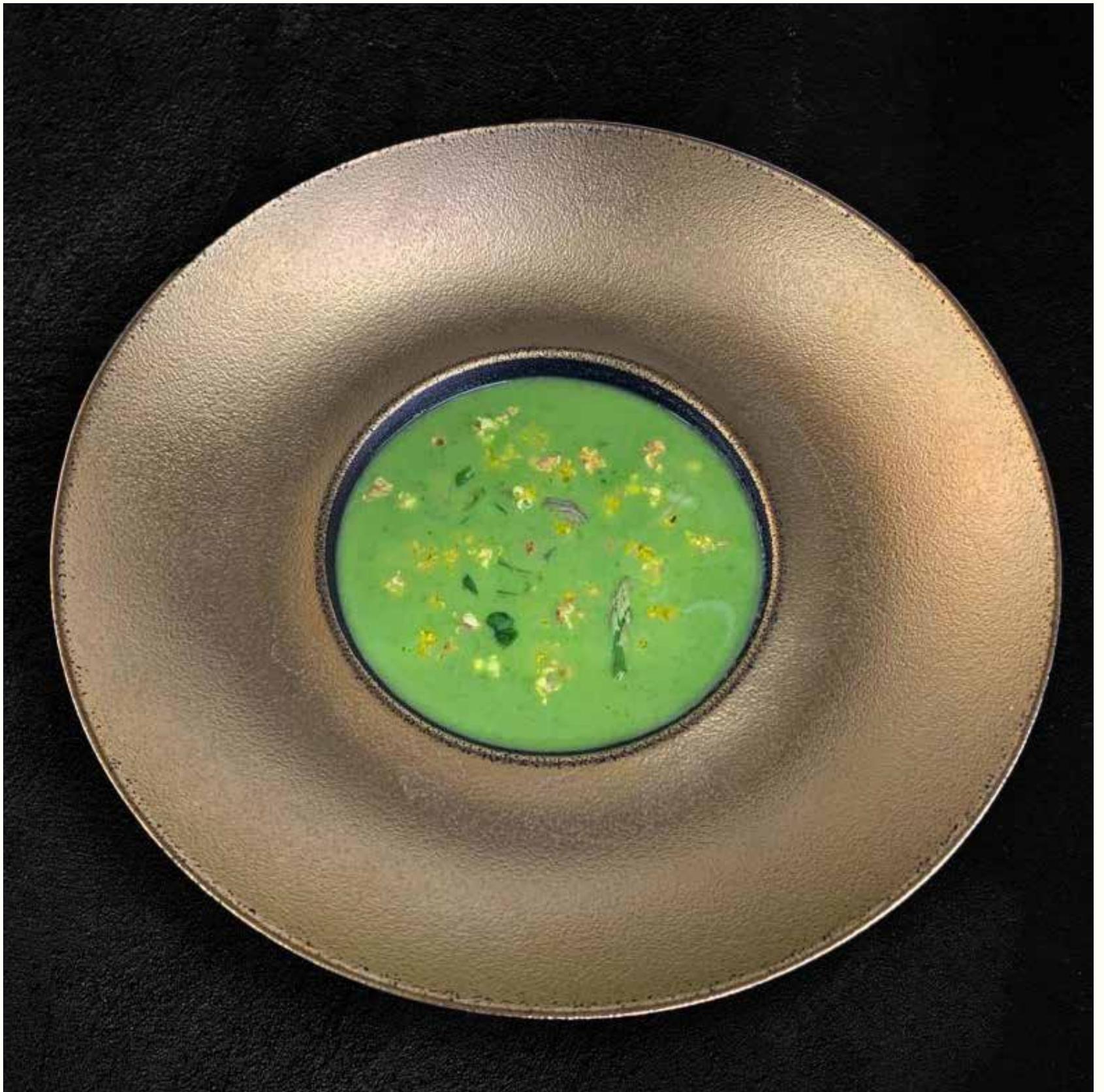
This dish is an amalgamation of Japanese cuisine and regional Indian ingredients. The healthy and wholesome millet noodles give this ramen a unique undiscovered flavor that I want you to explore. Topped with all the deliciousness of a traditional ramen.

”

Prep. Time: 30 minutes

Cook Time: 20 minutes
[+6 hours braising time
for pork]

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.



Chef Sajesh Nair
Executive Chef,
Taj Falaknuma Palace

“This unique combination of asparagus and sorghum makes a very nutritional shorba [soup]. Adroitly tempered with Indian spices, this preparation is both classic and contemporary at once.”

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.



Chef Nilza Wangmo
Chef Propreitor,
Alchi Kitchen, Ladakh

“

This traditional Ladakhi soup replete with foxtail millets, buckwheat, barley, beans and mountain peas, is highly nourishing and restorative. Another Ladakhi treasure featured in this recipe is Khambir - Ladakhi sourdough bread.

”

Prep. Time: 30 minutes

Cook Time: 45 minutes
[+soaking time]

Serves 6



hyderabadi marag

Ingredients

Mutton with bone	600 gms
Foxtail millet, soaked	75 gms
Oil	45 ml
Ghee [clarified butter]	100 gms
Cinnamon	1 inch
Cloves	2-3 nos
Cardamoms	2-3 nos
Black pepper	10-15 nos
Oniion, sliced	75 gms
Ginger garlic paste	10 gms
Green chilli, slit	6 nos
Salt	to taste

For The Paste

Green chilli	12 nos
Yogurt	200 gms
Coriander leaves	100 gms
Mint leaves	50 gms
Coriander powder	5 gms
Cumin powder	5 gms

For Finishing

Cashew paste	100 gms
Cream	100 gms

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 & JSAmey 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

Amaranth	250 gms
Red onion, peeled and finely sliced	30 gms
Garlic, peeled and chopped	5 gms
Olive oil	25 ml
Vegetable stock	450 ml
Cumin powder	5 gms
Pepper powder	2 gms
Mint chopped	15 gms
Parsley chopped	30 gms
Pomegranate seeds	85 gms
Pomegranate molasses, optional	7 gms

For Imam Bayaldi

Aubergines, long and slender	3 nos
Olive oil	to fry
Tomato paste	25 gms
Boiling water	300 ml
Flat-leaf parsley or microgreens	to garnish
Salt and pepper	to taste

For Stuffing

Olive oil	15 ml
Medium onions, cut into thin half moons	80 gms
Garlic cloves, finely sliced	20 gms
Tomatoes, blanched, peeled and cut into dices	250 gms
Cherry tomatoes	25 gms
Flat-leaf parsley, chopped	10 gms
Red chilli flakes, optional	5 gms
Roasted almond flakes	10 gms
Salt and pepper	to taste

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 scrapper seive 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
Cloves	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



MINISTRY OF CRAB

ZAVERI HOUSE, MUMBAI, INDIA



KEEP CALM AND CRAVE

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

To Prepare

Amaranth Baked Crabs

Weigh all the ingredients. Add amaranth seeds in boiling water and cook for 10 minutes with lid on or until well cooked and fluffy.

Heat a wok, add olive oil, add chopped onion and sauté well. Add the soy sauce and mix well. Keep the mixture aside in a clean bowl.

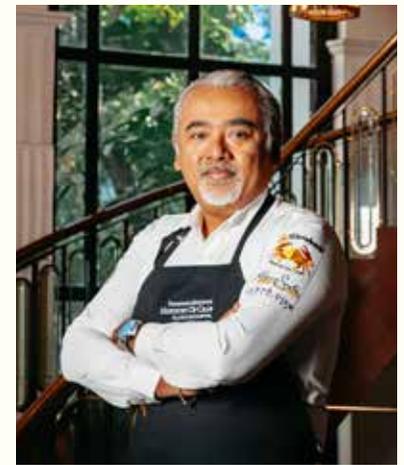
Add boiled amaranth in the mixture. Add the steamed and picked crab and mix well. Add white sauce [béchamel] and mix well. Check for seasoning.

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 Serve

Tamarind chutney	15 gms
Green chutney	15 gms
Lime juice	8 gms
Onions, peeled and chopped	30 gms
Tomatoes, deseeded and chopped	30 gms
Parmesan cheese, grated	45 gms
Puffed bajra	45 gms

To Prepare

Wash and boil bajra with a little salt. Drain the water. Keep the boiled bajra aside. Heat ghee in a pan. Add cumin seeds. Allow to crackle. Add chopped ginger, garlic and green chillies. Sauté well. Add onion tomato gravy and makhni gravy. Sauté for a while.

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



Chef Pinky Chandan Dixit
Co-Founder,
SOAM, Mumbai

“

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 Waghar [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: You can also serve these fried muthia as a snack. For a low fat version steam the muthia for 15 minutes, instead of frying in oil.

Jowar Rotis

Sieve the jowar atta and mix salt in it. Make a semi soft dough by adding hot water little at a time and bring the dough together

by using a spoon. Knead the dough with your hands into a smooth soft dough. Keep covered for 10-15 minutes. Make small balls of equal size. Keep the dough covered with a damp cloth to prevent it from drying out. Dust some flour on to a rolling board and roll into a chapati, alternately roll the dough between 2 sheets of plastic. Heat a tawa [flat griddle] and place the rolled chapati on it.

Smear a little water on the top and allow any cracks that appear on the surface to smoothen out. Cook on both sides as you would a chapati. Remove and apply some ghee on one side. Repeat till all the dough has been prepared into rotis.

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 chillies, 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 parantha.

Heat the tawa [flat iron griddle] and cook the parantha 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



palakottai varagu saadam

Ingredients

Ghee [clarified butter]	100 ml
Mustard seeds	10 gms
Whole red chilli	15 gms
Cashew nut	50 gms
Onion, peeled and chopped	100 gms
Green chillies, chopped	20 gms
Curry leaves, chopped	10 gms
Turmeric powder	6 gms
Palakottai [jackfruit seed], boiled and diced	200 gms
Varagu [kodo millet], soaked and boiled	400 gms

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.



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 antioxidants.

”

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 Chalmoori 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



juar dodda with methi machchhi

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 Daddas.



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

“

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

”

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

For Curd Base

Curd	110 gms
Asafoetida	2 gms
Gram flour	30 gms
Turmeric powder	4 gms
Kutti mirch powder	5 gms

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 frying

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.

To Serve

Add ghee and fresh chopped coriander to the dhein chicken and serve alongside the ragi pooris.



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

Poppy 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

“

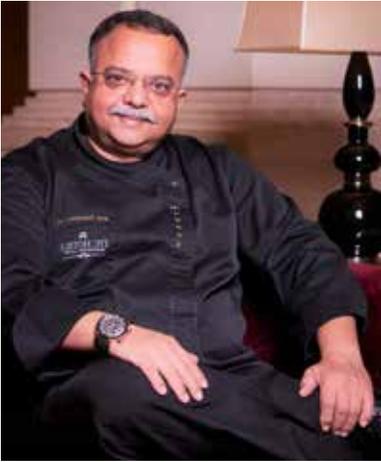
Ragi mudda is a Telugu version of the neighboring state of Karnataka's ragi mudde. It is a coarse dumpling made from cholam or ragi flour and rice. In this recipe it combines with natu kodi kura, a traditional and popular country chicken curry recipe originating from Telangana.

”

Prep. Time: 60 minutes

Cook Time: 60 minutes

Serves 6



Chef Mayank Kulshreshtha
Area Executive Chef,
South Region, ITC Hotels

“

The 24 hour braised pork 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 pork cooking]

Serves 6



slow braised pork belly & 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 Pork Belly

Pork belly	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
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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, deskinnd 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 Pork Belly

Boil the chicken stock, add whole spices, vinegar, chili, honey, butter and coriander stems. Braise the pork belly 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 chili. Sauté till no raw flavour remains, add the deskinnd 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 pork belly and cook on low flame for 5 minutes to coat the pork belly.

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 pork belly 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 pork & snow peas curry

Ingredients

Sticky Foxtail Millet

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

Smoked Pork & Snow Peas Curry

Smoked pork	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 pork lard, ghee or butter into the cooked millets.

Mix well and keep covered.

Smoked Pork & Snow Pea Curry

Trim the smoked pork and cut into small sizes. Coarsely crush the ginger and garlic in a mortar pestle.

In a pan, add pork, 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 pork 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 pork 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 pork 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 juliennes and chopped coriander, mix nicely. Adjust the seasoning if required.

To Serve

Garnish with fried brown onion, chopped coriander and ginger juliennes.



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

bakes & treats





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 $\frac{3}{4}$ 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’ cup cakes 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 no
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 kodu [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 sprinkle castor sugar. Lay the orange slices on the castor sugar and sprinkle 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.

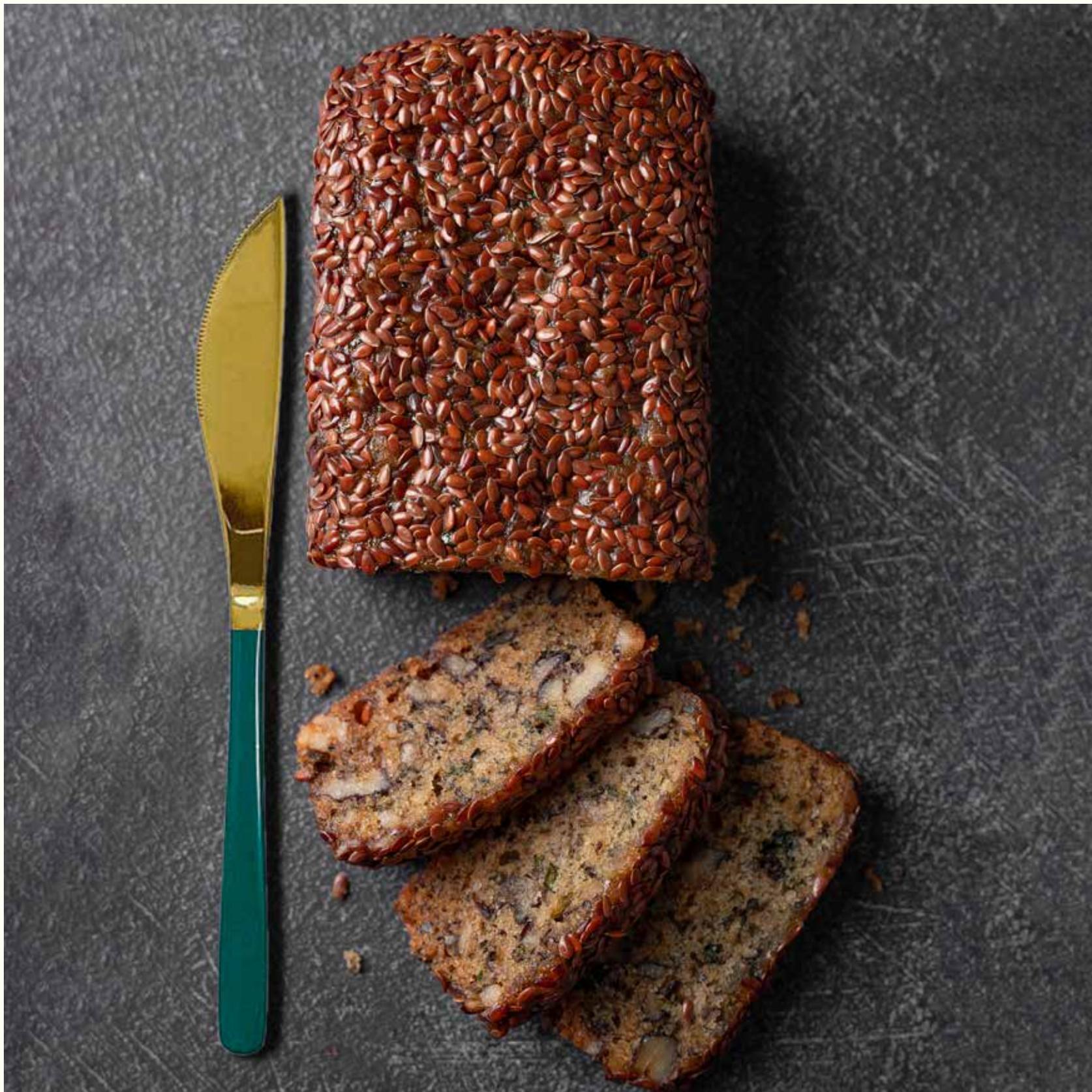
Now it gets taken to new heights in this cake with the addition of the honey and orange syrup.

”

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
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For Brioche Folding

Baking chocolate stick	100gms
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For Finishing

Honey	15 gms
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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.

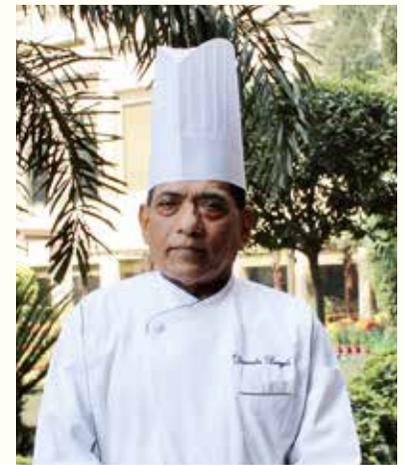
Note: Do not over ferment the bread, otherwise the bread will not rise to desired levels.

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

“

Amaranth 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.

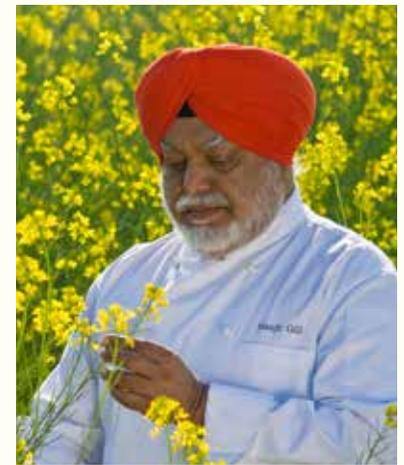
Allow to cook for another 5 minutes till the mixture is thick enough to set when chilled. Pour the mixture into silicon moulds and allow to cool and set.

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.



Chef Manjit Singh Gill
President,
Indian Federation of Culinary
Associations
Managing Director,
Ecogreen Hospitality Pvt. Ltd.

“

In this recipe the subtle taste of sorghum harmonises easily with cardamom, jaggery and apple.

Consider using in season fruits that can sustain gentle simmering combined with a spice of your choice for more variations on this preparation.

”

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



gaajar halwa crémeux, nachni carrot cake, candied carrot crisps

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 Crémeux

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 Crémeux

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 crémeux 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 biscoitos

Ingredients

For Little Millet & Cashew Biscoitos

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 biscoitos.

For the Serradura Pudding

Little millet cashew biscoitos	320 gms
Whipping cream [35%]	500 ml
Condensed milk	½ tin
Vanilla extract	10 gms
Toasted cashewnuts	20 gms

To Prepare

Little Millet & Cashew Biscoitos

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 biscoitos 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

“

Serradura 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.



Chef Salil Fadnis
General Manager,
Hotel Sahara Star, Mumbai
President,
Western India Culinary
Association

“

“Nachni che satva” or nachni extract is cooked with milk and jaggery and fed to toddlers for its nutritive qualities. This recipe is a tribute to those grandmothers who used to prepare this painstakingly and an effort to revive the lost tradition.

”

Prep. Time: 30 minutes
[+soaking time]

Cook Time: 15 minutes

Serves 6



Chef Bhaskar Chakraborty
Executive Pastry Chef,
JW Marriott, Kolkata

“

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
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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 Sadanandan
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 half way 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.

Once all the liquid has been absorbed, shift the millet mixture to a bowl let it cool completely. Make a smooth paste in a mixer or a food processor and reserve the millet paste. In a fresh sauce pan heat the fresh cream and the chopped dark chocolate together and add the brown sugar.

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 cocoa powder	15 gms
Flaxseed powder	20 gms
Water	50 ml
Salt	2 gms

For Alto El Sol Mousse

Cacao Barry Alto El Sol 65%	185 gms
Cherry purée [90 gms, reduced to 45 gms for concentrated flavor]	45 gms
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 cocoa powder	7 gms
Milk, 3% fat	80 gms
Icing sugar	80 gms

Vanilla, Lime & Nutmeg Crèmeux

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 in 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 Crèmeux

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.



Chef Jerry Dias
Executive Chef,
Princess Cruise Lines

“

Goa's most loved desert bebinca can now be made from millets and the refreshing orange adds interesting dimensions of taste.

”

Prep. Time: 30 minutes
[+overnight millet soaking time]

Cook Time: 90 minutes

Serves 6



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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It is only by their effort and vision that we can continue to create and promote healthy and environmentally conscious eating.

Chef V. Vijaya Bhaskaran
General Secretary, Indian Federation of Culinary Associations

milletology

a recipe collective by celebrated chefs

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