

# *—Recipe Booklet—* **PEARL MILLETS**



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India Millet Initiative and Nigeria Millet Initiative

# *Preface*

Millet Initiative is trying to bring efficiency in the entire millet supply-chain for better millet production, processing and distribution. We promote millets for several good reasons. Millet consumption is always considered a healthy food of the population. It helps in reducing malnutrition, anemia, type 2 diabetics, obesity, certain type of cancers and stomach constipation. Millet Initiative is incorporated to save the interests of the farmers and bring efficiency to the backward and forward supply chain by removing the challenges of supply-side and demand-side factors. We are working with producers, processors, and buyers and are fully dedicated to the growth of the millet sector. Millet is a carbon-neutral crop and can grow in arid regions where no other cash crops can be easily grown. It can withstand very less water and very less requirement of fertilizer and irrigation facilities compared to rice and wheat. At the same time, it is the most climate-resilient crop and can be grown in hot and drought environments even at 64 degrees centigrade.

We focus on creating innovative pathways for high-quality seed varieties and making them accessible to millet farmers for high yields. We are closely associated with key industry players for creating a market linkage between their produced. We are also working with different agencies for the up-gradation and adoption of new technologies by the millet processors. As an organization we strive to bring the issues to the notice of policymakers for adequate policy support for incentivizing millet production, procurement for government food security programs, and marketing support.

# PEARL MILLET

## *CHICKEN KHITCHRA*



### Ingredients

Pearl millet	1/2 cup
Mushrooms sliced	1/2 cup
Boneless chicken	400 gm
Chopped green chilly	1 tbsp
Chopped onion	2 tbsp
Chopped garlic	2 tbsp
Black pepper powder	1 tsp
Oil	3 tbsp
Salt	to taste
Coriander leaves	1/4 cup

### Preparation:

- Heat oil and add the jeera, when it crackles add the onions, garlic, and green chillies and saute them till transparent.
- Add the sliced mushrooms and saute them. Add salt and pepper. Now add the bone-less chicken which has been diced. Saute for few seconds and add the pearl millet.
- Saute for a minute and add 3 cups of water. Allow it to boil and then lower the heat and cook till all the water is absorbed. Keep stirring in between and add more water if required.
- Once done remove and garnish with coriander leaves and serve hot

### Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
1308.0	118.4	72.1	42.1

# PEARL MILLET SOUP WITH CHICKEN



## Ingredients

Pearl Millet	100 gm
Butter	25 gm
Onion	100gm
Tomato	50gm
Chicken, boneless	300 gm
Ginger, chopped	10gm
Garlic	10gm
water	1000ml
Salt	to taste
Bay leaf	2
Fresh Thyme	2 Sprig
Black Pepper	5 gm

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
1308.0	118.4	72.1	42.1

## Preparation:

- Heat butter in a pan and add onions, chopped garlic and ginger.
- Add the chopped tomatoes and cook until it turns soft. Add chicken pieces and saute.
- Now add 750ml water along with the spice bag.
- Let it simmer for 30 - 40 minutes. Once done, remove the spice bag and discard it.
- Remove the cooked chicken pieces, shred, and keep aside.
- Transfer the remaining ingredients to the blender and grind it to a smooth puree. Strain the ground puree and keep aside.
- Soak the millets for half an hour. Wash and drain the water. Heat the strained puree and add the washed millets, remaining water and salt.
- Let it cook until the millets get cooked. Add seasoning and the shredded chicken to the soup.
- Boil for a couple of minutes and remove from the flame. Transfer to a serving bowl and garnish with spring onion or coriander leaves. Serve hot.

# PEARL MILLET *CHICKEN BIRYANI*



## Ingredients

Diced Chicken	500 g
Pearl Millet	250 g
Garam Masala	10 g
Ginger Garlic Paste	5 g
Sliced Onion	200 g
Salt	to taste
Turmeric Powder	3 g
Kashmiri Chilli Powder	5 g
Yoghurt	150 ml
Chicken Stock	150 ml
Ghee	50 g
Mint leaves	few sprigs
Coriander Leaves	few sprigs
Saffron	few strands

## Preparation:

- Wash And Soak Millets For ½ hour.
- Heat ghee in a pan, add garam masala, and sliced onion and sauté until light brown in colour, keep half for garnish, add ginger and garlic paste in remaining onion and saute.
- Add chicken pieces and then add the powdered spices, yoghurt and chicken stock and cook.
- Pour millets over the cooked chicken, sprinkle, fried onion, coriander, mint, saffron and little ghee on top and cook on dum (in a heavy bottom pan over an iron tawa to protect from direct heat cooking) until steam comes out.
- Serve hot

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
2659.5	173.8	136.2	180.0

# CHICKEN KEBABS WITH MILLET TABBOULEH



## Ingredients

Boneless Chicken	500 g
Olive oil	3 Tbsp
Lemon	1
Salt	to taste
Black pepper	1 tsp
Pearl millet	1 cup
Vegetable broth	2 cups
Cherry tomatoes	1 cup
Cucumber, diced	1
Parsley Leaf	1/2 cup
Fresh mint	1/4 cup
Green onions	2
Almonds	1/4 cup
Garlic clove	1
Yogurt	1 cup
Black pepper	3/4 tsp
Lemon zest	1 tsp

## Preparation:

- Cut chicken into pieces and place in a bowl along with 2 Tbsp oil, juice of 1/2 lemon, salt, and pepper. Toss to combine, and chill for at least 1 hour.
- To make tabbouleh, bring pearl millet and vegetable broth to a boil in a saucepan. Reduce heat to medium-low and simmer until millet is tender, about 30 minutes. Set aside for 10 minutes and then fluff with fork. Stir in cherry tomatoes, cucumber, parsley, mint, green onions and almonds. Whisk together 1 Tbsp oil, juice of 1/2 lemon, salt, and garlic. Toss dressing with millet mixture.
- Stir together yogurt, black pepper, and lemon zest, and refrigerate. Preheat grill to medium-high and grease grill grate. Thread chicken onto 4 skewers. Grill kebabs for 6 minutes, or until chicken is cooked through., Serve hot.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
1922.2	158.9	98.0	97.5

# CHICKEN PEANUT CURRY & *MILLET BOWL*

## Ingredients

Moong Dal	¼ cup
Red Chilli	2 tbsp
Salt	To Taste
Pearl Millet	1/2 cup
Cumin seed	1 tsp
Black Pepper	1 tsp
Oil	2 teaspoons
Peanut	3 tablespoons
Honey	1 teaspoons
Sesame seed	1 teaspoons
Pumpkin Seed	1 teaspoons
Sunflower Seeds	1 teaspoons
Carrot	1
Ginger	1 small piece

Onion	2
Capsicum Green	1
Capsicum Red	1
Zucchini Yellow	1
Cucumber	1
Mint	2 stings
Spring Onion	2
Chicken Breasts	200gm
Cauliflower	1/2 cup
Water	As required
Garlic	8 pieces
Coriander Leaves	1/4 cup
Lemon Juice	2 teaspoon
Black Pepper	1 teaspoon

## Preparation:

- Combine water and moong in a bowl, and set aside for soaking. Bring water, pearl millet, and salt to a boil in a heavy-bottomed pot.
- Add diced carrots and cauliflower to another skillet and bring to a boil. Roast the cumin seeds, black pepper, onion, and garlic in a skillet. Place the roasted spices in a grinder.
- Heat the oil in a pan, add the paste, and cook until the water is gone. Remove and place in a bowl; set aside.
- Add raw peanuts to a pan and toast them. Grind the roasted peanuts with the water to produce a paste in a grinder. Heat the oil in a skillet, then add the minced garlic.
- Cook while incorporating roasted peanut paste, red chilli paste, honey, and salt. Cook until done by adding water. Remove and place in a bowl; set aside.





- Heat the oil in a skillet, then add the minced ginger, garlic, and sauté. Add the red and green capsicums and sauté. Add the carrots, beans, and yellow zucchini and sauté. Cook the diced chicken.
- Cook after adding Peanut Curry Base. In a bowl, pour the curry and top with coriander. At 180 °C, roast peanuts for 10 minutes.
- Sunflower, pumpkin, and white sesame seeds should be toasted in a hot pan. Mix the roasted peanuts and the toasted seeds in a bowl, then set it aside. Combine julienned cucumber, minced mint leaves, soaked moong, lemon juice, and salt in a bowl and stir to combine.
- Remove and place in a bowl; set aside. Heat the oil in a pan. Add the minced onion, fresh red chilli, ginger, garlic, and sauté. Stir-fry the cooked beans and carrots.
- Stir in the grated cauliflower and boiling millet. Stir well after adding salt, and pepper. Put the ingredients in a serving dish and top with spring onions. Serve a salad and peanut chicken curry with millet fried rice.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
1097.3	79.3	45.6	95.1



# CHICKEN AND MUSHROOMS WITH MILLET



## Ingredients

Pearl Millet	2 cup
Butter	1 Tbsp
Olive Oil	1 Tbsp
Boneless Chicken	400 gm
Onions	1 1/2 cups
Garlic Cloves	2
Mushrooms sliced	6
Bay Leaf	2
Minced Fresh Parsley	1 Tbsp
Chicken Broth	2 cups
Salt	To taste
Cream	1/2 cup
Pepper	1 tsp

## Preparation:

- Add salt and pepper to the chicken as desired.
- Add butter and olive oil to a frying saucepan; turn the heat on, allowing the butter to foam for around two minutes before subsiding.
- Add the onion and garlic and cook for five minutes, or until tender.
- While the timer is counting down to zero, add the mushrooms and sauté them until they start to exude juices.
- Stir thoroughly after adding the salt, millet, and herbs. Set the Multi Cooker to Soup/Stew for 40 minutes. Place the seasoned chicken on top of the millet.
- Test the millet and chicken when the cooking time has passed on the timer. Cook further if required.
- Serve hot.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
2115.8	141.3	95.0	170.7

# MILLET BOWL

## *WITH CHICKEN AND ROASTED VEGGIES*



### Ingredients

Pearl millet	2 cups
Chicken	100 gm
Carrotsa	1cup
Red bell pepper	1
Olive oil	5 tbsp
Onion	½ cup
Cashew nut	2 tablespoons
Parsley	¼ cup
Salt	To Taste

### Preparation:

- Set oven at 425 degrees. combine sliced carrots, red bell pepper, 2 tablespoons of olive oil, and salt in a bowl.
- Place on a baking sheet, roast for 30 minutes, tossing once, until fork-tender. Set pepper aside after chopping it into bits.
- Cut the chicken into strips and grill until crispy.
- Cook onions in 2 tablespoons of olive oil in a medium skillet over medium heat for 10 minutes or until golden brown, turning often.
- Cook millet in a pan and then combine with toasted cashews, 1 tablespoon olive oil, and parsley. In two dishes, divide the millet mixture, pepper, carrot, and onion.
- Add the grilled chicken strips to each, then season with sea salt.

### Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
1512.1	62.6	56.3	189.7

# CHEESY CHICKEN MILLET BAKE



## Ingredients

Pearl millet	1 cup
Water	2 cups
Olive oil	2 Tbsp
Chicken breast	400 gm
Spinach	2 cups
Milk	1 cup
Garlic cloves	2
Dried basil	1 tsp
Paprika	1/2 tsp
Salt	To taste
Black pepper	1 tsp
Cheese	1 cup

## Preparation:

- Set oven to 350 degrees and lightly grease a baking pan.
- Prepare millet by bringing it to a boil. Millet should be cooked and then placed in a baking dish once the water has been absorbed.
- While the millet is cooking, heat 1 tablespoon of olive oil in a large skillet. Brown the chicken in the skillet with salt and pepper once it's hot. Remove from pan and combine with millet in a baking dish.
- Cook the spinach and leeks for 5 minutes or until tender. Place the millet in a baking dish.
- Melt olive oil over medium heat. After sautéing the garlic cloves, add the milk and spices. When it reaches a simmer, add the cheddar and stir until melted. Combine all ingredients and pour into a baking pan.
- Sprinkle with parmesan cheese on top. The result of 20 minutes of baking is a light browning on the top. Enjoy while it's hot.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
1745.6	148.3	99.3	54.7

# MILLET STUFFED CHICKEN BREASTS



## Ingredients

Pearl Millet	1 cup
Chicken breasts	150 gm
Olive oil	1 tsp
Onions	1
Asparagus	1-inch pieces
Bread crumbs	1/4 cup
Salt	To taste
Black Pepper	1/2 tsp

## Preparation:

- Set oven to 375 °F to pre-heat.
- Over medium heat, add the olive oil to a non-stick pan. Sauté the onions and asparagus for 4-5 minutes after adding them.
- Combine cooked millet with the sautéed vegetables and put aside to cool.
- On one side of each chicken breast, cut a pocket that extends the entire length of the breast without coming out the other.
- After the millet and veggies have cooled, fill the pocket of each chicken breast with 1/2 cup of the filling, then arrange them side by side in the baking dish.
- Brush Dijon mustard on each breast. Combine the breadcrumbs, tarragon, salt (if desired), and pepper in a small bowl. Each breast should receive a generous portion of the breadcrumb topping; cover the top entirely. after spraying each breast with nonstick cooking spray or lightly brushing with oil, cook for 35 minutes until the internal temperature of the chicken reaches 165 °F,
- Wait at least five minutes before carving the chicken.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
878.7	55.5	36.2	81.0

# CHICKEN MILLET *CASSEROLE*



## Ingredients

Pearl millet	1 cup
Chicken (cooked and chopped)	2 cups
Butter	2 tbsp
Onion	1 No.
Garlic	1 Clove
Egg	1
Salt	To taste

## Preparation:

- Cut the onions in to small cubes. In a bowl, beat the egg and salt.
- Grease an ovenproof dish with butter. Rinse millet and pour into a mould.
- Add chopped onion and garlic and stir. Pour the egg mixture.
- Distribute the products evenly and spread the chicken over the surface.
- Cover with foil. Bake at 180 degrees for about 30 – 40 minutes.
- The chicken millet casserole is ready to serve.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
997.2	69.3	43.0	81.0

# FISH-MILLET BALL IN *HONEY-MUSTARD SAUCE*

## Ingredients

Fish Fillet	:	200gm
Pearl Millet	:	1cup
Spring onion	:	2tbsp
Garlic	:	2clove
Sesame oil	:	1tsp
Mustard sauce	:	1/4cup
Honey	:	1tbsp
Garlic powder	:	1/2tsp
Cream	:	1cup
Black pepper	:	2tsp
Water	:	6cup
Salt	:	To taste



## Preparation:

- Bring 3 cups of water to a boil while adding salt and crushed garlic. When it begins to boil, add the fish fillet and reduce the heat. For 4 to 5 minutes, cook.
- Heat 3 cups of water in another pan while the fish cooks.
- Cook for 5 minutes after adding 1 cup of rice. Rice and water are mixed in a 3:1 ratio. Let it cool slightly after cooking.
- Remove the fish and give it a few minutes to cool. Add to the cooked millet after mashing. Add chopped green spring onions and sesame oil. Add salt and 1 tsp. pepper. Create lemon-sized balls.
- Prepare the sauce in a pan. For one minute, simmer the cream on the lowest heat setting. Add 1 teaspoon pepper, honey, garlic powder and mustard sauce. Turn the heat off.
- Steam the prepared fish balls in a steamer for two minutes. Serve with sauce .

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
1052.2	52.0	54.8	87.8



# SALMON TERIYAKI

## MILLET BOWLS



### Ingredients

Pearl millet	:	1 cup
salmon fillets	:	200gm
Sesame oil	:	1 tbsp
Broccoli chopped	:	2 cups
Carrots sliced	:	2
Peas	:	2 cups
Baby corn	:	1 cup
Pineapple	:	1 cup
Cashewnut	:	1/4 cup

### Preparation:

- In a large pan add millet, water and salt. Stir millet and bring water to a boil over high heat. Once boiling turn heat to low, cover and simmer for 15 minutes. When water is absorbed, remove from the heat and let sit covered for 10 minutes.
- Add the cut vegetables and pineapple to a frying pan along with the sesame oil. Saute on high, cover, and let steam for 3 to 5 minutes, leaving the vegetables with some crunch.
- Remove the vegetables from the pan and then pour in about 1 1/2 cups of water, or enough to just barely cover the bottom of the pan with water.
- Add the salmon and sprinkle it with a little sea salt while the water is simmering. When the salmon is cooked through, cover and continue to poach over medium heat for an additional 5-7 minutes.
- Millet, vegetables, and a piece of poached salmon are layered in bowls. Add cashews, teriyaki sauce, sesame seeds, and scallions as a garnish.

### Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
939.8	62.2	24.1	120.1

# MILLET CHICKEN VEGETABLE SOUP



## Ingredients

Pearl millet	:	2 cups Soaked
Chicken stock	:	6 cups
Cooked chicken	:	3 cups
Potatoes	:	3 large
Carrots	:	3
Red onion	:	1
Garlic	:	8 cloves
Olive oil	:	3 tablespoons
Corn	:	2 cups
Green beans	:	100gm
Red beans	:	100gm
Black Pepper	:	1 tablespoon
Dried thyme	:	1 teaspoon

## Preparation:

- Boil potatoes for about 12 minutes in moderately salted water and peel them.
- Boil the carrots, corn, and green beans after adding them. Drain.
- Saute onions in a pan. Add the garlic when the vegetables are transparent, and simmer for another 3 minutes at a medium-low temperature.
- Over medium-high heat, add the onion/ garlic mixture to a pan along with the potatoes and blanched veggies. Bring to a boil after adding the chicken stock.
- Add the spices, millet, and beans. Simmer for at least 20 minutes at medium-low heat. Cook for a further 10 minutes after adding the chicken. Add pepper and salt to taste.
- Serve hot.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
2781.8	201.4	97.9	271.9

# BAKED FISH WITH MILLET AND ROMESCO ZUCCHINI NOODLES



## Ingredients

Pearl Millet	:	1 Cup
Water	:	2 Cup
Olive oil	:	1 Tsp
Fish	:	400 gm
Zucchini	:	4
Lemons	:	2
Spinach	:	2 Cup
Scallions	:	4

## Romesco Base

Almond butter	:	4 Tbsp
Tomato paste	:	2 Tbsp
Yogurt	:	2 Tbsp
Red bell peppers	:	2
Basil leaves	:	1/2 Cup
Oil	:	2 Tbsp

**Preparation:**

- Cook the millet and preheat the oven to 350° F.
- Mix with 1/4 teaspoon kosher salt and water after toasting. As the water comes to a boil, the millet is stirred. Reduce the heat to low, add the butter, cover the pan, and leave to simmer for 15 minutes. Once the water has been absorbed, remove from the heat and cover for 10 minutes.
- While the millet cooks, line a medium baking dish with parchment paper or lightly oil it with 2 tablespoons of cooking oil. Dry the fish with paper towels before seasoning both sides with kosher salt and black pepper.
- Cut one lemon into 1/8” rings crosswise. Arrange a third of the cut scallions over the fish, followed by the lemon rings, and bake uncovered for 15 to 20 minutes (fish will be opaque and easily flake apart when fully cooked).
- Make Zucchini Noodles • While the fish cooks, cut the zucchini in half lengthwise. To make zucchini "fettuccini," use a vegetable peeler to cut zucchini into long strips. Set aside in a large dish.
- Remove the thick stems from the basil, then chop the peppers into large chunks.
- Prepare the Romesco sauce.
- In a food processor or blender, combine the yoghurt, tomato paste, almond butter, and chopped pepper. Blend for about a minute, or until smooth.
- Prepare Zucchini Noodles In a large skillet over medium heat, and heat 4 tablespoons of frying oil. Add the remaining scallions, spinach, and oil and cook for 5 minutes, or until the zucchini noodles are cooked.
- Serve hot romesco-sauteed zucchini noodles with fork-fluffed millet, baked catfish, and lemon wedges.

**Nutritive value (in gm)**

Calories	Protein	Fat	Carbohydrate
975.2	87.0	30.4	83.9

# PEARL MILLET BALL & *MUTTON CURRY*



## Ingredients

### For the pearl millet ball

Pearl millet flour	:	1 cup
Water	:	2 cups
Salt	:	To taste

### For the mutton curry

Mutton	:	500gm
Grated coconut	:	1/4 cup
Tomato	:	1
Onions	:	2
Ginger	:	2 inch
Garlic	:	8-10 cloves
Red chilli powder	:	1 tsp

Coriander powder	:	2 tbsps
Garam masala powder	:	1/2 tsp
Coriander leaves	:	1 tbsp
Curry leaves	:	1 sprig
Oil	:	5 tbsps

## Preparation:

- To make the pearl millet balls. Combine 2 cups of water, add 2 tablespoon of pearl millet flour in a pan with a thick bottom. This prevents lumps from forming when the mixture boils.
- Set the pan over a medium-high temperature and cook the water until it boils. Add the last of the pearl millet flour. After around 6-7 minutes, the water will begin to bubble softly over the flour. After another two to three minutes, stir the mixture with a wooden spatula. Reduce flame and continue mixing until the mixture forms a ball.
- Remove from heat, pour contents onto a plate, and wait a few minutes until the dough is cool enough for you to handle. Create palm-sized balls and serve.
- To make the mutton curry The onions should be fried in hot oil until golden brown. Add the ginger and garlic and cook for two minutes.
- To make a fine paste, grind this with the coconut, tomato, and coriander leaves.
- Add extra oil to the pan, add the curry leaves, and stir over a low temperature until the curry leaves begin to give off a pleasant aroma.
- If you have already cooked the meat in a pressure cooker, add the stock after adding the meat, salt, and frying for about 5 minutes If you're adding raw meat, add about a cup of water and simmer it for 30 to 40 minutes on a slow to medium temperature. Check every so while, mix, and add small amounts of water to help the. To help the meat cook thoroughly and not cling to the bottom of the pan, check it often, stir it, and add little amounts of water as needed.
- For precooked meat, simmer the meat for about five minutes in the ground masala. Turn off the flame and serve the Pearl millet ball hot!

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
1203.2	116.9	42.6	81.0



# CHICKEN VEGETABLE STEW *WITH PEARL MILLET*



## Ingredients

Pearl Millet	:	1 cup
Boneless Chicken	:	500 gm
Chicken broth	:	2 cups
Salt	:	¼ teaspoon
Ground black pepper	:	¼ teaspoon
Olive oil	:	3 tablespoons
Onion	:	2
Carrots	:	2
Dried thyme	:	½ teaspoon
Paprika	:	¼ teaspoon
Cumin Seed	:	¼ teaspoon
Water	:	As required

## Preparation:

- Add the oil to a pan and heat it up. Salt and pepper the chicken pieces. About 4 to 5 minutes should be enough time to brown the chicken on all sides. return all chicken to saute pan and add the vegetables. Season chicken with thyme, paprika, and cumin and simmer for an additional minute. To brown the vegetables, heat for about 3 minutes after stirring to incorporate. Taste and adjust the seasoning if necessary. Add the chicken broth, stir, and simmer for 15 minutes, or until the chicken juices run clear and the veggies are soft. Taste, and season again if necessary.
- Put the millet in a medium sauce pan with the sea salt, water, and a tight-fitting lid while the stew is cooking.
- Place in a medium-sized pan, bring to a simmer after one quick stir, and then remove from the heat. Simmer until all water is absorbed, about 25 to 30 minutes. With a fork, uncover and fluff and combined with stew.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
1817.2	155.8	89.0	94.5

# *Pearl Millet*

## *(Pennisetum typhoideum)*

India is the largest producer of Bajra. Along with human consumption, it is used for fodder purposes, its stalk are used to feed animals. Major Pearl millet growing areas in India are Punjab, Rajasthan, Maharashtra, Gujarat, UP, Haryana, MP, Karnataka, AP and Tamil Nadu.

Pearl millet has been attributed to having several health-promoting abilities due to its chemical composition, It helps Anaemia due to its high iron content which is useful in increasing Hb, Anti-cancer property Inhibit tumour development, Due to its low glycaemic index it is used to manage Diabetes. Pearl millet is recommended for curing stomach ulcers. The most common cause of stomach ulcers is excess acidity in the stomach after food intake. Pearl millet is one of the very few foods that turn the stomach alkaline and prevents the formation of stomach ulcers or reduce the effect of ulcers. The lignin and phytonutrients in millet act as strong antioxidants thus preventing heart-related diseases. This is why pearl millet is considered good for heart health. High amounts of magnesium present in pearl millet have been shown to control blood pressure and relieve heart stress. Pearl millet can aid the process of weight loss as it is high in fibre content. Owing to its fibre content it takes longer for the grain to move from the stomach to the intestines. This way, pearl millet satiates the hunger for a long period of time and thus helps in lowering the overall consumption of food.

## Nutritional composition of pearl millet in comparison to rice and wheat

Nutrients	Pearl millet	Rice	Wheat
<b>Proximate composition (per 100 g grain)</b>			
Moisture (%)	12.4	13.7	12.2
protein (g)	11.6	6.8	12.1
Fat(g)	05.0	0.5	1.7
Minerals(g)	02.3	0.6	2.7
Crude Fibre(g)	1.2	0.2	1.9
Carbohydrates (g)	67.5	78.2	69.4
Energy (Kcal)	361	345	341
<b>Minerals and trace elements (mg/per 100g edible portion)</b>			
Calcium	42	10	48
Phosphorus	296	160	355
Iron	8.0	0.7	4.9
Magnesium	137	90	132
Potassium	307	-	315
Zinc	3.1	1.4	2.2
<b>Essential amino acids (mg per gm N)</b>			
Lysine	190	230	110
Tryptophan	110	080	060
Methionine	150	150	090
Leucine	750	500	400
<b>Vitamins (mg/100 g edible portion)</b>			
Carotene( µg)	132	-	29
Thiamine (mg)	0.33	0.06	0.49
Riboflavin(mg)	0.25	0.06	0.17
Niacin(mg)	2.3	1.9	4.3
Folic acid(mg)	44.5	8.0	35.8

Source: Gopalan et.al 2021. Nutritive value of Indian foods, NIN, Hyderabad

SOUP  
*SALAD*

# PEARL MILLET

## *NOODLE SALAD WITH SESAME DRESSING*



### Ingredients

Pearl millet noodles	100 g
Sliced onion	20 g
Carrot	20 g
Bell pepper (Yellow)	20 g
Spring onion	10 g
Ginger	10 g
Sesame seeds	10 g
Sesame oil	20 g
Malt vinegar	20 ml
Coriander leaves	30 g
Parsley	5 g
Thyme	5 g
Salt	to taste

### Preparation:

- Boil pearl millet noodles in salted water until done.
- Drain, Refresh and keep aside.
- Cut carrot, onion, bell pepper, and ginger into slices.
- Make a dressing by mixing sesame oil malt vinegar and salt.
- Mix chopped herbs (Parsley, thyme,) into the crushed millets.
- Combine the dressing with boiled finger millet noodles, and prepared vegetables and toss well until the dressing coats all ingredients.
- Garnish with toasted sesame seeds and chopped coriander leaves and serve.

### Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
659.5	16.7	30.2	83.1

# BAJRA MIX VEG SOUP



## Ingredients

Bajra flour	2-3 tbsp
Water	2-3 cups
Green peas	¼ cup
Carrot	1 large
Capsicum	½
Cauliflower	¼ cup
French beans	¼ cup
Tomato	2 cups
Garlic cloves	4-5
Salt	Pinch
Chilli flakes	to taste
Spiced mixed herbs	½ tsp
Black pepper powder	to taste
Olive oil	1 tbsp

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
132.1	6.2	1.3	26.9

## Preparation:

- Add some water to bajra flour and make a lump-free paste. In a bowl, add 1.5 cup water and heat it. Once it starts to boil, add the bajra paste and mix it. Cook bajra flour on low heat for 5-6 minutes and stir it continuously.
- In another pan, add some olive oil. Add the chopped garlic and cook it until it turns brown.
- Add all veggies and cook on low heat.
- Once the bajra is cooked, add the mixture to the veggies. Don't overcook the veggies, keep them crunchy.
- Add more water as per requirement. Add tomatoes, in the end, to ensure they retain their texture. Add chilli flakes and salt and mix well
- Cook until the mixture comes to a boil. Add the mixed herbs and black pepper.
- Transfer the soup to a serving bowl.



# BROCCOLI *BAJRA SALAD*



## Ingredients

Whole bajra soaked for 8 hours	120 gm
Broccoli	200 gm
Salt	to taste
Olive oil	2 tsp
Finely chopped garlic	2 tsp
Finely chopped onions	1/2 cup
Dry red chilli flakes (paprika)	1/2 cup

## Preparation:

- To make broccoli bajra salad, combine the bajra and salt with 2 cups of water in a pressure cooker, mix well and pressure cook for 5 whistles.
- Allow the steam to escape before opening the lid. Drain the water and keep it aside.
- Heat the olive oil in a non-stick pan, add the garlic and sauté on medium flame for 30 seconds.
- Add the onions and sauté on a medium flame for 1 minute.
- Add the broccoli, mix well and cook on a medium flame for 3 to 4 minutes.
- Add the cooked whole bajra, salt, and chilli flakes, mix well and cook on a medium flame for another 1 to 2 minutes while stirring occasionally.
- Serve the broccoli bajra salad hot or cold.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
548.2	14.7	15.8	95.4

# PEARL MILLET *DRINK*



## Ingredients

Pearl Millet	1.5 cup
Water	7 cups
Salt	1 tbsp
Curd/Yogurt	1/2 cup
Chopped onions	1 tbsp
Chopped Curry leaves	1 tbsp
Chopped cucumber	1 tbsp
Chopped ginger	1 tsp
Salt	1 tsp
Chopped Raw Mango	2 tbsp

## Preparation:

- Wash the Pearl Millet and soak for 2 hours. Drain the water completely using a strainer. Leave the Pearl Millet in the strainer for 30 minutes.
- Grind the pearl millet in a mixer to make it into a coarse powder. Now heat a pressure cooker add water 4.5 cups let it boil. Add Salt 1 Tbsp when water started to roll boil add coarsely powdered pearl millet. Mix thoroughly and cook for 3 whistles.
- Mix the cooked pearl millet and mix well. Let it cool completely and make Small balls of cooked pearl Millet, Transfer them into the container then add 2 cups of water. Keep aside overnight or at least 8 hours.
- Next morning take a small pearl Millet ball in a bowl. Add pearl Millet soaked water 1/2 cup mix well. Add yoghurt and mash well. Add chopped onions, cucumber, curry leaves, coriander leaves, and Raw Mango. Mix well. Add water according to your drink consistency. Pearl Millet Drink is ready to serve.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
571.50	18.95	9.50	102.75

**BREAK**  
*FAST*

# PEARL MILLET

## IDLI



### Ingredients

Pearl millet	1 ½ cups
Idli rice	½ cup
Whole urad dal (white)	½ cup
Poha	1 tbsp
Water	as per grinding and soaking

### Preparation:

- Add urad dal and poha together in a bowl and pearl millet and idli rice in another, and leave for 5 to 6 hours for soaking it.
- After 6 hours, grind soaked urad dal and pour into a thick batter. When the batter increases in quantity and fluffs up add soaked pearl millet and idli rice gradually. Add water in regular intervals when needed. When the batter is thick and fluffy transfer the mixture to a bowl, add the required amount of salt and mix well. Allow the batter to ferment for 8 hours.
- Heat water in an idli pot. Grease idli plates with a few drops of oil. Pour a ladle of batter into each idli mould and place in steam it for 10 to 12 minutes.
- When done remove the idli plate from the steamer and keep it aside for a minute and scoop the idli from the idli plate.
- Serve it hot with coconut chutney and sambhar.

### Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
888.00	32.60	8.40	170.55

**SNACKS**

# PEARL MILLET

# *CHEESE COOKIES*



## Ingredients

Pearl Millet flour	50 g
Refined wheat flour	50 g
Salted butter	60 g
Mozzarella Cheese	40 g
Salt	a pinch
Red chilli powder	5 g
Baking powder	1 tbsp

## Preparation:

- In a blender, add buttercream, and cheese and blend it.
  - Add salt, red chilli powder, and baking powder and mix well.
  - Add flour and blend the mixture till the dough forms a smooth texture.
  - Chill the dough for at least 15 minutes in a refrigerator.
  - Place the dough on a lined sheet and cut with cookie cutters.
  - Preheat the oven for 180 °C for 10 minutes and bake them at 180 °C for 20 minutes.
  - Allow them to cool at room temperature.
- Pearl Millet cheese cookies are ready to serve.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
967.98	23.03	64.03	74.04

# PEARL MILLET

## *VEGGIE BOX PUFF*



### Ingredients

Pearl Millet flour	50 g
Finger Millet semolina	20 g
Wheat flour	50 g
Onions	2 in no
Cumin seeds	1 tsp
Boiled Carrot	1 in no
Boiled Potato	1 in no
Chat masala	1/2 tsp
Coriander powder	1 tsp
Garam masala powder	1/2 tsp
Coriander leaves	1/2 bunch
Salt	to taste
Oil	As required

### Preparation:

- Take pearl millet flour, finger millet semolina, refined wheat flour, salt, and oil into a mixing bowl. Crumble them well enough.
- Knead it to form a smooth and soft dough by adding adequate water to it . Cover with a moist cloth and rest it for 30 minutes.
- In the meantime, add refined wheat flour, salt and water in another bowl and make a slurry.
- Sprinkle some flour on the dough and roll it evenly to get a thick base.
- Now cut into rectangular-shaped slices.
- Place the curry stuff into the above slices.
- Join the edges, slightly press the sides of the slice, and give a coating of slurry.
- Pearl Millet veggie box puff is ready to be fried.
- Heat a wide heavy bottomed vessel with enough oil, and once the oil is sufficiently heated, put Pearl Millet veggie box puff to it and fry until it becomes golden brown.
- Serve with tomato or chilli sauce as a tasty snack.

### Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
674.68	13.69	23.29	101.89



# PEARL MILLET *RUSK*



## Ingredients

Pearl Millet flour	100 g
Butter	50 g
Baking powder	1 tsp
Eggs	2
Castor Sugar	50 g
Vanilla Essence	1 tsp
Yellow Colour	1 pinch
Baking Soda	1/2tsp

## Preparation:

- Add butter & castor sugar in a planetary mixer or beat with a hand beater, add eggs to this mixture until it becomes fluff.
- Add pearl millet flour, baking powder, baking soda, vanilla essence, and yellow colour & mix thoroughly.
- Simultaneously preheat the oven to 180 °C for 10 minutes.
- Pour the above batter on a greased cake pan & bake at 180 °C for 20 minutes .
- After cooling cut into square pieces (like bread slices) and bake in an oven at 180 °C, for 20 min (on the side) one after another for 20 min (back side), till it gets crisp in nature.

Serve as a millet bakery snack.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
1635.00	38.25	112.60	117.20

# PEARL MILLET *FRITTERS*



## Preparation:

- In a wide bowl, combine the Pearl millet flour and whole wheat flour along with all the ingredients.
- Mix well and knead into a stiff dough adding water gradually. Do not add too much water at once, otherwise, the dough will get sticky. Check the seasoning and adjust salt.
- Set the dough aside for 15-20 minutes. Divide the dough into small balls. Flatten each ball with your fingers into a small disc shape.
- Heat oil in a deep bottom pan for deep frying Pearl millet fritters. When the oil is hot enough, reduce the flame to medium and add fritters.
- Deep fry till they turn golden brown in colour from both sides. Transfer them to a plate lined with a paper napkin to absorb excess oil.
- Serve hot with green chutney or tomato sauce.

## Ingredients

Pearl Millet flour	1 cup
Whole wheat flour	1/4 cup
Red chilli powder	1/2 teaspoon
Turmeric powder	a pinch
Cumin seeds powder	1/4 teaspoon
Coriander powder	1/4 teaspoon
Jaggery	1 tablespoon
Garam masala powder	1/2 teaspoon
Curd	1/4 cup
Oil	as required
Green chilli finely chopped	1
Carom seeds	1/4 teaspoon
Salt	to taste
Water	as required

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
552.60	17.74	7.43	103.85

# PEARL MILLET *PANCAKES*



## Ingredients

Pearl millet ground	1 cup
Yoghurt- hung whisked-	1/2 cup
Fresh green fenugreek	1/2 cup
Green garlic	1/4 cup
Chopped coriander	1/4 cup
Turmeric powder	1/2 tsp
Salt	2 tsp
White sesame seeds	1 tsp
Carom seeds	1/2 tsp
Asafetida	1 tsp
Ginger garlic paste	1 tsp
Baking soda	1 tsp
Chopped garlic	1 tsp

## Preparation:

- In a pan add millet flour and mix with yoghurt.
- Add chopped green fenugreek, coriander and all spices along with ginger garlic paste and baking soda.
- Heat the pan, add little olive oil and pour the batter, sprinkling sesame seeds.
- Cook for 3-4 minutes on each side.
- Serve with pickle or tomato sauce.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
436.00	13.15	12.00	69.00

# PEARL MILLET *SNICKERS*



## Ingredients

Roasted pearl millet	50 g
Peanuts	100 g
Peanut butter	50 g
Powdered sugar	50 g
Honey	20 g
Melted butter	20 g
Vanilla essence	1 tsp

## Preparation:

- Roast and grind the peanuts and transfer them into a big bowl.
- In a bowl, add pearl millet flour, peanut butter, powdered sugar, honey, butter, and vanilla essence.
- In a chocolate mould place butter paper and pour the above mixture into it.
- Spread it evenly to get uniform thickness.
- Garnish with peanuts and freeze it for 130 minutes.
- Caramelize the sugar and butter to this and heat until it gets thickened.
- Spread this caramelized mixture over the frozen mix and freeze it again for one hour.
- After removing them from the freezer, cut them into bar shapes.
- Place them on butter paper and cool the chocolate sets.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
953.6	5.9	59.2	99.4

# PEARL MILLET

## *ANZAC COOKIES*



### Ingredients

Pearl millet flour	30 g
Refined wheat flour	30 g
Oats	45 g
Brown sugar	100 g
Salted butter	50 g
Baking soda	1 tsp
Water	10 ml

### Preparation:

- Melt the butter and add water, baking soda, and brown sugar. Mix them well.
- Add Pearl millet flour, refined flour, and oats to the above mixture.
- Stir gently to incorporate the dry ingredients.
- Prepare the dough and make balls out of the dough and place them on a buttered baking sheet.
- Bake them at 180oC for 20 minutes until golden.
- Transfer to a wire rack to cool.
- Enjoy the cookies.

### Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
1120.1	12.1	45.4	165.2

# PEARL MILLET

## *CONDENSED*

## *MILK COOKIES*



### Ingredients

Pearl millet flour	30 g
Wheat flour	25 g
Condensed milk	30 ml
Butter (room temperature)	50 g
Vanilla essence	1 tsp

### Preparation:

- In a bowl, add butter, pearl millet flour, and refined wheat flour and mix well.
- Now prepare the dough by adding condensed milk and vanilla essence to the mixture.
- Dust the pearl millet flour onto the kitchen platform and make thick chapati.
- Cut into a round shape with a cookie cutter.
- Make another round sheet, a cookie with a hole in the middle (like a doughnut shape).
- Bake all the cookies at 180°C for 20 minutes.
- After it cools, pour condensed milk on the lower cookie and place the doughnut-like cookie over it.
- Serve condensed milk cookies with smoothies or masala chai.

### Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
631.1	8.4	45.5	47.0

# PEARL MILLET

## *RAFAELLO CANDY*



### Ingredients

Pearl millet flour	25 g
Coconut Powder	25 g
Butter	50 g
Whipping cream	50 g
White chocolate	75 g
Condensed milk	50 g
Almonds	10

### Preparation:

- Whip the butter in a bowl and add pearl millet flour, coconut powder, and condensed milk and mix it thoroughly to form a dough.
- Keep the dough in the refrigerator.
- Melt the white chocolate and add whipped cream, mix thoroughly and keep it in the refrigerator until it becomes solid consistency.
- Now remove the mix from the refrigerator and put the almond in middle.
- Coat the candy with whipped cream & white chocolate mixture & then coat with coconut powder
- Store in a cool place.

### Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
1842.0	22.1	134.4	139.4



# PEARL MILLET

## *MEXICAN TACO*



### Ingredients

Pearl millet flour	250 g
Cheese	100 g
Vegetables (cabbage, capsicum, onion)	150g 50 g
Salt	to taste
Coriander leaves	for garnishing
Pepper powder	a pinch
Chilli powder	a pinch

### Preparation:

- Prepare dough with pearl millet flour, salt, and water.
- Chop the onion cabbage and capsicum.
- Slightly saute the vegetables adding pepper, salt, and chilli powder.
- Roll the dough into a roti shape.
- Heat the pan and cook the tacos.
- Spread the vegetables on the pearl millet roti with more shredded cheese.
- Serve the taco with sprinkled coriander leaves.

### Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
1346.5	58.1	38.4	195.2

# PEARL MILLET

## *PEANUT BUTTER*

## *COOKIES*



### Ingredients

Pearl millet flour	100 g
Refined wheat flour	50 g
Peanut butter	50 g
Sugar	50 g
Eggs	1 no
Salt	1 g
Baking powder	1 tsp
Vanilla essence	1 tsp
Crushed peanuts	30 g

### Preparation:

- Combine the pearl millet flour, refined wheat flour, sugar, salt, and peanut butter and mix well.
- Whisk the eggs separately and add to the above flour mixture.
- Add baking powder, and vanilla essence and mix well to form the cookie dough.
- Roll out the dough and cut it with a cookie cutter.
- Coat them with crushed peanuts.
- Bake them at 180°C for 25-30 minutes.
- Serve the cookies.

### Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
1313.9	27.7	61.2	162.2

# PEARL MILLET *YOGURT COOKIES*



## Ingredients

Pearl millet flour	150 g
Refined wheat flour	50 g
Sugar	30 g
Unsalted butter	100 g
Plain yogurt	100 g
Salt	a pinch
Vanilla essence	1 tsp
Sugar powder	for coating

## Preparation:

- Combine the flour with sugar and salt.
- Add the butter to the flour mixture and mix well.
- Now add the plain yoghurt and mix in the dough well.
- Rest the dough in the refrigerator for 1-2 hours.
- Roll out the dough and cut it with a cookie cutter.
- Coat them with sugar powder.
- Bake them at 180°C for 25-30 minutes.
- Enjoy the yoghurt cookies.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
1626.0	25.7	13.1	171.2

# PEARL MILLET *OAT MEAL* *COOKIES*



## Ingredients

Pearl millet flour	100 g
Refined wheat flour	25 g
Oats	50 g
Butter	25 g
Brown Sugar	20 g
Jaggery powder	15 g
Baking powder	3 g
Vanilla essence	1 tsp
Milk	20ml

## Preparation:

- Take butter and cream and mix it well along with brown sugar and jaggery until it becomes fluffy.
- Now add baking powder, and vanilla essence followed by milk and mix well.
- Add pearl millet flour, refined wheat flour and oats and mix it well until the desired dough consistency is reached.
- Cover and rest for 15 -20 minutes.
- Now take a handful of the dough and roll it with a rolling pin to ¼ inch thickness cut out your desired shapes using a cookie cutter and place them on a lined baking sheet.
- Repeat the above steps for the remaining dough and place them in the oven and bake for 20 min at 180°C.
- Later place them on a cooling rack to cool down to room temperature.
- Store them in an air-tight glass container.
- Pearl millet oatmeal cookies are ready to serve.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
702.1	13.0	26.5	101.7

# PEARL MILLET *MILK COOKIES*



## Ingredients

Pearl millet flour	30 g
Wheat flour	30 g
Butter	40 g
Sugar powder	5 ml
Vanilla essence	10 g
Corn flour	15 g
Baking powder	2 g
Milk	10 ml

## Preparation:

- Pre-heat the oven at 180 °C for 10 minutes .
- Line the cooking tray with parchment paper and set it aside.
- Take a mixing bowl, add butter and sugar powder, and mix it well until it becomes fluffy.
- Now add corn flour, milk powder baking powder, milk and vanilla essence and mix everything well.
- Add pearl millet flour, and refined wheat flour and mix it well to bind everything together into a dough.
- Make small lemon-sized balls out of the dough. Pat each dough ball gently between your palms and place it on the cookie tray.
- Bake in oven at 180 °C for 15 minutes.
- Take the baked cookies and set them aside to cool off completely.
- Store the cookies in an airtight container.
- Enjoy the homemade healthy cookies.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
664.0	11.8	34.4	75.3

# PEARL MILLET *POTATO PANCAKES*



## Ingredients

Pearl millet flour:	25g
Potato:	2
Chopped onion:	1
Chopped coriander leaves:	3 tbsp
Salt:	to taste
Green chillipaste:	1 tsp
Cumin seeds:	1 tsp
Vegetable oil:	2 tbsp

## Preparation:

- To prepare pancakes, peel and grate the potatoes in a bowl. In the same bowl, add Pearl millet flour, onions, chilli paste, coriander, and cumin seeds into it. Mix them all together.
- Take a mini pan and grease it and heat it on a medium flame. Pour the batter into the pan to make medium-sized pancakes.
- Cook them on slow flame till the pancakes turn golden brown in colour from both sides.
- Serve hot.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
190.0	3.1	11.3	19.1



# PEARL MILLET *COFFEE MEXICAN* *BUNS*



## Ingredients

Pearl millet flour	25 g
Refined wheat flour	50 g
Coffee	1 tbsp
Sugar	10 g
Salt	20 g
Dry yeast	1 g
Warm water	1 g
Warm water	60 ml
Butter	20 g

## Preparation:

### Prepare the topping:

- Cream the powdered sugar and butter till it is soft and fluffy. Add the coffee syrup (1 tbsp coffee mixed with 10 ml hot water) and incorporate well.
- Add the flour and make a smooth mixture.
- Pour the mixture into the piping bag and keep it in the fridge.

### Preparation of bun

- Add the sugar, salt and yeast to the flour and mix well.
- Pour the milk and knead for 10 minutes till you get a soft and smooth dough.
- Place the dough in a bowl and cover the bowl with a clean cling wrap and keep it in a warm and dry place till it doubles in size.
- Take the dough from the bowl and knock out the gases and knead again for a minute.
- Divide the dough into equal big and small pieces.
- Fatten each small piece in your palm and stuff a piece of the butter cube and seal it well.
- Now take a bigger piece and flatten it and stuff the butter- filled dough inside and seal it properly.



- Roll it tightly and make smooth buns.
- Keep these buns on a tray lined with parchment paper and allow it to rise for 30 – 35 minutes.
- When the bun has risen take the piping bag and pipe out rounds in a spiral starting from the centre to the edges.
- Meanwhile preheat the oven to 180 C for at least 10 minutes.
- Bake these buns for 20-22 minutes or till the crust is nice brown in colour
- Remove from the oven and allow it to cool on a wire rack.
- Serve it warm with a cup of hot tea or coffee.

**Nutritive value (in gm)**

Calories	Protein	Fat	Carbohydrate
396.9	9.9	9.7	66.5

# BAJRA MOMOS



## Ingredients

Bajra	120 g
Wheat flour	60 g
Oil	1 tbsp
Chopped fenugreek	1/4 cup
Salt	to taste

### For Filling

Carrot grated	1/4 cup
Cabbage grated	1/4 cup
Green peas	1/4 cup
Paneer crumbled	1/4 cup
Salt	to taste
Black pepper powder	to taste
Chat masala	to taste
Garlic finely chopped	1 tsp
Ginger paste	1 tsp
Chilli paste	1/2 tsp (optional)
Mix dry fruit powder	optional

## Preparation:

- Mix bajra, wheat flour, oil, methi leaves, and salt and knead a soft dough using enough water.
- Rest the dough for 15 minutes. Divide the dough into 8 equal parts and keep aside.
- Mix the ingredients for stuffing and keep aside. Roll out the dough into small circles.
- Add 1 portion of the filling, gather the side, and press to make the momos.  
Steam the momos for 15 minutes or till it is done.
- Serve with tomato garlic chutney.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
851.5	27.1	21.1	139.3

# METHI BAJRA *APPE*

## Ingredients

Pearl millet flour	120 g
Yogurt whisked	50 g
Fresh fenugreek leaves chopped	25 g
Fresh coriander leaves	1
Ginger peeled and grated	1 inch chopped
Green chili finely chopped	1
Fennel seeds	1 tsp
Coriander seeds lightly crushed	1 tsp
Black sesame seed	1/2 tsp
Cumin powders	1 tsp
Garam masala powder	1/2 tsp
Fruit Salt like Eno	1 tsp
Oil	2 tbsp
Salt	As required
Water	As required



## Preparation:

- In a bowl, mix together bajra flour, yoghurt salt, and water to make a thick and smooth batter.
- Cover and keep it aside for at least an hour, preferably in a warm place.
- After an hour, add fenugreek leaves, coriander leaves, ginger, green chilli and all the spices to the batter. Mix well.
- Put the appe pan on medium heat and add a drop of oil in each of the cavities.
- Add eno to the bajra methi batter, mix once and drop a spoonful of the batter into the prepared appe pan.
- Cover and cook for 3-4 minutes on one side. Open and add a drop of oil on the top of each of the appe and flip to cook the other side. Cover and cook the other side also for another 3-4 mins.
- Cook till both sides are golden brown.
- Serve hot with ketchup or chutney.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
508.2	15.5	13.0	82.5

# PEARL MILLET

## *CANAPES WITH CHINESE TWIST*



### Ingredients

#### For canapes

Pearl Millet flour	30 g
Whole wheat flour	25 g
Salt	1/2 tsp
Water	as required to knead the dough

#### For Chinese twist

Carrots	2 tbsp finely chopped
Beans	2 tbsp finely chopped
Cabbage	1/4 cup finely chopped
Green chili sauce	1/2 tsp
Red chili sauce	1/2 tsp
Soya sauce	1/2 tsp
Salt	1/2 tsp
Oil	as required

### Preparation:

#### For the canapes:

- Bake for 8-9 minutes at 180° C in a preheated oven.
- Grease the spoons with a little oil.
- knead dough by mixing wheat flour, millet flour, and salt.
- Roll the dough out and cut it into spoon shapes.
- Prick these cuttings with a fork after pressing them on the spoon.
- Bake at 200° C until golden brown.
- Remove from spoons and set aside to cool.

#### For the Chinese twist:

- Heat a little oil in a pan and sauté all of the vegetables until they are soft.
- Combine the three sauces and salt in a mixing bowl.
- Place spoon-shaped canapes on a serving plate and top with a spoonful of the prepared mixture.
- Spoon-shaped canapes with Chinese twist are ready to be enjoyed.

### Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
182.2	6.8	1.6	36.2

# MAIN COURSE

## *DISH*

# PEARL MILLET

## ONION

## KHICHIDI

### Ingredients

Pearl Millet	1 cup
Moong Dal	1 cup
Potato	1 in no
Carrot	1 No
Beans	4 in no
Green Peas	5 tsp
Onion	1 in no
Green Chillies	4 in no
Tomato	1 in no
Cumin Seeds	1 tsp
Mustard Seeds	1 tsp
Ginger Garlic Paste	2 tsp
Red Chili Powder	1 tsp
Coriander Powder	1 tsp
Turmeric Powder	1/2 tsp
Chopped Coriander Leaves	2 tsp
Lemon Juice	1 tsp
Salt	to taste
Oil	As required



### Preparation:

- Take a bowl, soak pearl millet grains and moong dal for overnight.
- In a pressure cooker, add 3 tsp of oil, mustard seeds, cumin, green chillies, ginger garlic paste, veggies and saute it for about 5-10 minutes. Add all powders and saute it for 2 minutes.
- Now add soaked, washed pearl millet grain, moong dal, 5 cups water and cook for 4-5 whistles. Further, season with coriander leaves and lemon juice.
- Serve hot as millet healthy dish.

### Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
870.00	41.03	6.82	163.46

# PROTEIN-RICH *PEARL MILLET DOSA*



## Ingredients

Urad dal	1/2 cup
Pearl millet flour	2 cup
Salt	1 teaspoon
Fenugreek powder (optional)	1/2 table- spoon

## Preparation:

- Soak the urad dal in water (about 3 cups) for about half an hour.
- Grind the dal in a grinder preferably. You can add the fenugreek powder if using it. You can grind it in a mixer too but the urad dal will not yield as much batter if done in a wet grinder. If you choose to use whole fenugreek seeds, soak it well before at least for an hour or two in hot water so that grinding is easy. Add it along with the urad dal.
- Once the dal is ground into a smooth batter, add the flour little by little while the grinder is on. Add little water to keep the grinder running. If grinding the dal in a mixer, you can transfer the batter to a big bowl and then add the flour and mix well with a ladle. Add salt too. Either way mix well.
- Close the bowl with a lid and leave it on the counter overnight or 5-6 hours to ferment. Store the batter in the fridge until you are ready to make the dosa is, otherwise, it will become too sour.
- Prepare dosas as usual. Add water to the batter if necessary to get the right consistency. This batter yields both thin and crispy or thick and sponge-like dosas.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
1076.00	41.00	13.20	198.55



# VEGETABLE *QUICHE*

## Ingredients

Pearl Millet flour	80 g
Refined Flour	20 g
Cold water	1-2 tbsp
Chilled butter	50 g

## For filling

Onion	30 g
French beans	25 g
Carrot	20 g
Sweet Corn	15 g
Capsicum	15 g
Butter	20 g
Cream	50 ml
Tomato Puree	20 g
Oregano	5 g
Corn flour	10 g
Salt	To taste
Pepper	To taste
Cheese	For Sprinkle



## Preparation:

- Sift the pearl millet flour, add butter and rub well. Add enough water to make combine the dry ingredients together and make a dough. Do not over-knead.
- Cover and keep aside for 15 minutes in fridge.
- Spread and level the dough in a buttered quiche/ flan tin. Prick with a fork all over. Bake at 160°C for 25 minutes, Keep aside to cool.
- In a non-stick pan heat the butter, add onions and saute, add French beans, carrots, capsicum, and corn. Stir and mix well, add salt and panceer. Remove from fire.
- Add cream, tomato puree, corn flour, salt, pepper, and oregano. Mix well.
- Spread vegetable mixture evenly on the cooled shells, Sprinkle remaining cheese.
- Bake in a preheated oven at 150°C for 20 minutes. Cool and serve.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
1106.0	15.7	79.9	83.8

# PEARL MILLET *METHI PURI*



## Ingredients

Pearl Millet	120 g
Wheat flour	60 g
Oil	10 g
Coriander powder	2 tsp
Turmeric	1 tsp
Fenugreek leaves (methi)	25 g
Carom seeds	1 1/2 tsp
Red chili powder	1 tsp
Cumin seeds	1 tsp
Ginger	1 1/4 tsp
Salt	As required

## Preparation:

- To prepare this puri recipe, take a dough kneading plate and mix together whole wheat flour, fenugreek leaves, pearl millet (bajra), cumin seeds, coriander powder, turmeric, red chili powder, ginger, carom seeds, and salt. Now, add water and knead it to make a thick dough and keep aside for 15-20 minutes.
- Take a small ball from the dough and roll it to make a medium size puri. Repeat the process to make more such puris.
- Place a kadhai over a low flame and heat oil in it. Once the oil is hot enough, carefully place the puri in the kadhai and deep fry them till they turn golden brown in colour.
- Finally, transfer the poori to tissue paper and drain the excess oil. Serve hot.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
740.6	21.8	17.1	125.3

# BAJRA GARLIC ROTI



## Ingredients

Pearl Millet:	60g
Wheat flour:	20g
Garlic:	4 cloves finely chopped
Black pepper powder:	2 tsp
Salt:	As per your taste
Water:	for kneading the dough

## Preparation:

- To begin making Bajra Garlic Roti, in a bowl take bajra flour.
- Add garlic, pepper powder, and salt to it. Mix all the ingredients well.
- Add water little by little and knead into a soft dough.
- Divide into small balls and roll them flat with a rolling pin dusting some flour if required.
- Heat a roti tawa and place the rolled-out Bajra Garlic Roti.
- Cook the Bajra Garlic Roti on a medium flame turning both sides until brown spots appear. Take it off the griddle, and add a teaspoon of ghee on top of the roti.
- Finish the rest of the rotis and your Garlic Roti is ready to be served.
- Serve Bajra Garlic Roti along with dal .

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
284.8	9.4	3.3	54.4

# BAJRA *THEPLA*



## Ingredients

Pearl Millet	120 g
Wheat flour	60 g
Turmeric powder	1/2 tsp
Black pepper powder	1/2 tsp
Ginger grated	1 inch
Green Chilli	1 no
Coriander Leaves	Finely chopped
Oil	as required

## Preparation:

- Combine the bajra flour, whole wheat flour, turmeric powder, black pepper powder, ginger, green chilli, and coriander leaves, in a mixing bowl.
- Add little water at a time and knead to make a smooth and firm dough. Drizzle some oil on the top and knead for a few more minutes until smooth. Cover the thepla dough and allow it to rest for half an hour.
- Preheat the iron skillet to medium heat. Divide the dough into 6 to 8 portions.
- Roll the thepla portions into balls, flatten them with the palm of your hand. Toss the thepla dough on the flour and roll them out into thin circles approximately 6 inches in diameter.
- Tossing the dough in dry flour to prevent sticking when rolling them out, with the skillet on high heat, place the rolled-out Bajra thepla on the skillet. After a few seconds, small air pockets popping out.
- At this point flip the Bajra thepla and smear about half a teaspoon of oil using a flat spatula and do a light pressing and turning motion to cook to thepla.
- Flip to the other side and press and turn similarly. You will notice brown spots around the cooked Bajra thepla. Remove from heat and place the thepla on a flat plate.
- Stacking them maintains softness and prevents the theplas from drying out, preserving moisture.
- Serve the Bajra Thepla with Bangain Bharta and Jaggery.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
673.0	22.2	7.1	130.1

# BAJRI-TIL *BHAKRI*



## Ingredients

Pearl Millet flour	120 g
Sesame seeds	25 g
Salt	to taste
Lukewarm Water	as required

## Preparation:

- To begin making the Bajri-Til Bhakri, first sift the bajra flour and salt together in a deep mixing bowl.
- Knead the dough well with 1/4 cup of lukewarm water at a time, until it comes together in a smooth ball. The dough will be similar to what we prepare for Makke Ki Roti.
- Grease the dough with ghee, cover it with a muslin cloth, and let rest for 10 minutes.
- Meanwhile heat tawa over medium heat. Dust your rolling surface with little whole wheat flour.
- Divide the dough into 6 - 8 equal portions and roll out a portion of the dough into a round and thick roti using your hands. You can shape the roti by pressing out a circle with your fingers as well. Place the roti over the pre-heated skillet and spread a little water on the surface of the bhakri.
- Now sprinkle some sesame seeds on the surface and press lightly with a flat spatula, so that the seeds stick to the upper part of the roti.
- Turn over the roti and cook the other side for a few more seconds. Lift the roti tongs and roast over the direct flame till brown spots appear on both sides.
- Similarly, prepare the remaining Bajri-til Bhakri and serve it with a dollop of ghee and curry.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
569.5	18.4	17.8	86.4

# BAJRA DAL *DHOKLI*

## Ingredients

### For the dhokli

Bajra flour	½ cup
Whole wheat flour	1 tbsp
Garlic	½ tsp (finely chopped)
Coriander	1 tbsp
Oil	1 tsp
Salt	to taste

### For dal

Chana dal	½ cup
Split Green moong dal	½ cup
Turmeric	½ cup
Salt	to taste

### For tempering

Ghee	2 tsp
Asafoetida (hing)	pinch
Jeera	½ tsp
Red chilli powder	to taste



## Preparation:

- Mix all the ingredients and knead the dough by using warm water.
- Divide the dough into 20 equal portions and make a ball out of it. Press it and flatten it with your hand and keep it aside.
- Heat water in another vessel and put these dhoklies in water to cook once done. Keep it aside.
- Boil dal in a cooker by adding turmeric powder and salt to it.
- Make a tadka separately by heating ghee and adding hing, jeera, and red chilli powder in it.
- Take a big bowl, put dhoklies into it and pour dal on it, and add tadka on top of it.
- Serve hot.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
738.6	34.1	17.1	112.3



# PEARL MILLET *SPAGHETTI*



## Ingredients

Pearl Millet Spaghetti	120 gm
Carrots	50 g
Beans	50 g
Cabbage	50 g
Sprouts	50 g
Cauliflower	50 g
Garlic minced finely	2
Onions chopped finely	1 no
Tomatoes cubed	1 no
Turmeric Masala	1 tsp
Red chili Coriander	1 tsp
Garam masala	1 tsp
Chat masala	1 tsp
Green chillies	1 no
Lemon juice	as per taste
Salt	to taste

## Preparation:

- Boil five times the water ratio to that of the spaghetti quantity roughly with a pinch of salt.
- Add the spaghetti and boil for 8 mins. Drain the noodles and keep them aside to cool. In a kadai, add a tsp of oil & saute garlic followed by onions and green chillies. Add salt to taste.
- Add the veggies one by one and add water & cook. Don't make it too soft. Let the veggies retain the crunchiness.
- Once the water is absorbed, add the spice powder mix, and diced tomatoes and give quick stir.
- Add the noodles and mix well. Check salt. Top it off with a dash of lemon juice.
- Serve it hot sprinkled with red chilli powder & lemon juice for added flavours.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
529.2	18.9	6.8	101.2



# MILLET *SEEKH KEBAB*



## Ingredients

Pearl millet flour	60 gm
Wheat flour	60 gm
Chopped tomato	1 tbsp
Chopped capsicum	1 tbsp
Chopped carrot	1 tbsp
Chopped onion	2 tbsp
Chopped ginger	1 tsp
Turmeric powder	1/2tsp
Red chilli powder	1 tsp
Cumin powder	1 tsp
Barbeque masala	1 tsp
powder	1 tsp
Curd	1 tbsp
Ghee	1 tbsp
Lemon juice	1 tbsp

## Preparation:

- Dry roast both flours on low flame for 5 minutes. Take out in a bowl.
- Add all the ingredients mentioned above. Mix for 2-3 minutes. Make a hard dough. Cover and leave for 10 minutes.
- Divide the dough into 4 equal portions. Give a cylindrical shape to each portion.
- Pierce skewers into each cylinder, making seekh kebab.
- Heat a non-stick pan. Arrange the skewers. Cover and cook on low flame for 20 minutes. Apply some ghee in between on kebabs.
- Flip the skewers. Roast till golden brown.
- Serve hot with chutney.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
438.8	14.7	4.1	85.9

*DESSERT*

# PEARL MILLET

## CARAMEL SLICE



### Ingredients

#### For cake slice:

Pearl Millet flour	: 50 g
Wheat flour	: 50 g
Coconut powder	: 10 g
Castor Sugar	: 50 g
Melted butter	: 50 g.

#### For Making Filling:

Butter	: 30 g
Condensed Milk	: 300 g
Honey	: 10 g
Dark Chocolate	: 80 g

### Preparation:

- In a saucepan over medium heat, combine all of the cake slice ingredients.
- Cook and stir the above liquid mixture until it turns golden. Fill a bread mold halfway with the above pearl millet mixture.
- Preheat the oven to 180 degrees Celsius for 15 minutes. Bake for 20 minutes at 180 °C.
- Allow to cool completely at room temperature. Melt the dark chocolate using the double steaming method, then stir in the filling ingredients.
- Pour the aforementioned mixture over the caramel slices. Refrigerate for three hours.
- Cut into cubes, these millet snacks are ready to serve.

### Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
2833.38	39.67	140.98	354.73

# PEARL MILLET *JALEBI*



## Ingredients

Pearl Millet flour	50 g
Wheat flour	50 g
Baking powder	3 g
Sugar	150 g
Orange food colour	a pinch
Curd	25 g
Water	as required

## Preparation:

- Firstly add Sugar and water (1:1 ratio) to a vessel.
- Boil on a medium flame, until it gives thin string consistency and then off the flame.
- Cool it and keep it aside.
- In a separate large bowl, add wheat flour, Pearl Millet flour, baking powder, and food colour.
- Mix it well until it becomes uniform.
- Next, add curd and make a thick lump free batter.
- The batter has to be thick, but it should have flowing consistency. Heat oil on medium heat to fry Pearl Millet jalebi.
- Squeeze in the batter gently in circular motions starting from the centre and moving outside, using a cone-shaped cloth, which is having a hole.
- When the Pearl Millet jalebi is visually crispy, remove it with a skewer.
- Add the above Pearl Millet jalebi to the warm sugar syrup directly. Allow it to rest for 2 minutes and put it on a serving plate. Serve Pearl Millet jalebi as delicious sweets.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
968.58	11.91	3.88	220.74

# PEARL MILLET

## *BESAN LADDU*



### Ingredients

Pearl millet flour	100 g
Besan	50 g
Wheat rawa	50 g
Cardamom powder	1 tsp
Ghee	50 g
Dry fruits	20 g (Pista, almonds and cashew nuts) to taste
Sugar	100 g

### Preparation:

- Separately roast pearl millet flour, besan, and wheat rawa with ghee and thoroughly mix in a pan.
- Fry dry fruits in a separate pan with a little ghee.
- In a large mixing bowl, combine the ghee-roasted flour and dry fruits.
- To the above mixture, add sugar and cardamom powder.
- Use ghee to make small laddus.
- Pearl millet besan laddus are ready to serve.

### Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
1663.41	32.77	67.89	229.42

# PEARL MILLET *FLOUR BARFI*



## Ingredients

Pearl Millet flour	200 grams
Sesame Seeds	100 grams
Ghee	50 grams
Cardamom	7-8
Jaggery	150 grams
Almond Flakes	for garnishing

## Preparation:

- Heat sesame seeds in a saucepan over medium heat, minutes, stirring constantly, until it turns light brown colour. After roasting, place it in a bowl to cool. When it has cooled, add half of the sesame seeds and 7-8 peeled cardamom pods to the mixer jar. Grind them into a powder. In the same pan, melt ghee and add pearl millet flour.
- Roast it on a low-medium heat, stirring constantly. Fry it for 10 minutes, or until the ghee separates, then remove it. In a saucepan, combine 1 tablespoon ghee, 1.5 cups jaggery, and 2 tablespoons water. Cook it on low flame till the jaggery melts.
- Keep in mind that the flame will remain low. Cook until the jaggery dissolves and foams.
- Once the jaggery has been thoroughly cooked, add the roasted millet flour and cook on a low flame, stirring constantly, until well combined. Then stir in the ground sesame and whole sesame seeds until well combined. When it is completely mixed, turn off the heat.
- Grease the tray, then pour in the mixture and spread it evenly. Spread almond flakes on top and flatten with a spoon. Allow it to solidify for 30 minutes. cut it into the pieces. Bajra Barfi is ready, serve it and enjoy the flavour.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
2383.5	45.2	128.5	276.2

# PEARL MILLET

## LADOO



### Ingredients

Pearl millet flour	1 cup
Grated jaggery	3/4 cup
Cardamom powder	1/2 tsp
Cashewnut chopped	3 tbsp
Ghee	1/2 cup

### Preparation:

- Cook pearl millet flour on low medium heat for 10 minutes, or until a nice aroma emerges, turn off the heat and transfer the flour to a mixing bowl to cool for 10 minutes, fry chopped cashews in a tsp of ghee until lightly browned, set aside
- Mix grated jaggery, cardamom powder, and fried cashews into the roasted pearl millet flour.
- Melt the ghee and add little by little and mix into the flour from the bowl and shape it into a small round ball, adding a little extra ghee for a perfect round shape.
- Press the ladoo tightly so that it stays intact, repeat with the remaining flour.
- Healthy and tasty pearl millet ladoo is ready to serve.

### Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
1824.50	17.80	107.60	196.25



# PEARL MILLET

## CHOCOLATE

## SWISS ROLL



### Ingredients

Pearl Millet flour	30 g
Refined wheat flour	30 g
Oil	30 ml
Milk	60 ml
Vanilla powder	5 g
Cocoa Powder	10 g
Sugar powder	30 g
Baking powder	3 g
Baking soda	1 g
Salt	a pinch
Whipping cream	50 g
Sugar powder	50 g
Vanilla essence	5 ml

### Preparation:

- In a mixing bowl, combine 40 ml milk, oil, vanilla extract, and vinegar.
- In the same mixing bowl, combine pearl millet flour, sugar powder, cocoa powder, baking powder, baking soda, and salt. Add the remaining 20 ml of milk and thoroughly combine.
- Pour the batter into the cake mould. Bake for 20 minutes at 180o C in a preheated oven. When it is slightly warm from baking, roll it.
- Spread whipping cream on top, roll it up and wrap it in butter paper. Refrigerate for 30 minutes.
- Remove from the refrigerator after 30 minutes and cut into slices.

### Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
981.8	8.9	53.5	113.5

# PEARL MILLET

## *CHOCOLATE TARTS*



### Ingredients

Pearl millet flour :	50 g
Refined flour :	50 g
Butter :	60 g
Sugar :	25 g
Vanilla essence :	5 ml
Egg yolk :	1 No
Dark chocolate :	100 g
Whipping cream :	150 g

### Preparation:

- Melt the dark chocolate, then add the whipping cream and set aside.
- Combine Pearl millet flour, refined flour, butter, sugar, vanilla essence, and egg yolk to make the dough.
- Place the dough in the freezer for 15 minutes to rest.
- Take a small amount of dough and shape it into a muffin mould.
- Bake for 20 minutes at 180 degrees Celsius.
- Once it has cooled, remove it from the mould and top with whipping cream and chocolate mix.
- Place them in the freezer for 1 hour.
- Garnish with chopped nuts and serve.

### Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
1957.0	19.0	138.0	161.2

# PEARL MILLET *PORRIDGE:*



## Ingredients

Pearl millet	100 g
Cashew	5 g
Raisins	5 g
Milk	250 ml
Jaggery	30 g
Ghee	2 tsp
Cardamom	2 Nos.

## Preparation:

- Soak the Pearl millet in water for 30 minutes.
- Remove the water.
- Cook the Pearl millet in the milk for 5 minutes over medium heat.
- Remove from heat once cooked. Garnish with fried cashew nuts and raisins in ghee.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
858.4	22.7	31.3	108.5

# PEARL MILLET

## *KHAJOOR SHELLS*



### Ingredients

Pearl millet flour	50 g
Wheat flour	50 g
Pearl millet semolina	25 g
Sugar	50 g
Baking soda	1 g
Baking powder	2 g
Ghee	10 g
Egg white	1 No.

### Preparation:

- Combine Pearl millet flour, Pearl millet semolina, wheat flour, baking soda, baking powder, ghee, milk powder, and egg white in a mixing bowl.
- Make dough with a little water.
- Cut a thick chapati into diamond shapes.
- Deep fry them in oil over low heat.
- Place them on a serving plate and serve the dish.

### Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
753.1	15.3	15.5	137.5

# PEARL MILLET

# *STRAWBERRY CAKE*



## Ingredients

Pearl millet flour	150 g
Cocoa Powder	2 tablespoons
Baking powder	1 teaspoon
Honey	20 gm
Sesame seeds	1 tablespoon
Strawberries	for garnishing

## Preparation:

- To begin, add baking powder to bajra flour and sieve it twice.
- The batter is now ready to be baked the cake in the microwave.
- Now, place it in a preheated microwave at 180 degrees Celsius for 10 minutes. Then review it with a toothpick.
- Remove the cake from the mould. Then sprinkle with sugar powder and top with strawberries.

## Nutritive value (in gm)

Calories	Protein	Fat	Carbohydrate
529.0	14.7	6.3	104.6