

Embracing Millets Back to Life

.....compilation of millet recipes of tribals of Mandla district, MP



For



Action for Social Advancement (ASA)



Bioversity International

Foreword

We were introduced to the subject of natural resource development through an enlightening internship programme with ASA, in the winter of 2012. This is when, we got familiar with 'minor millets', after we visited one of the Field Team's in Mandla district of Madhya Pradesh. During this course we were exposed to numerous minor millets that most of us are not familiar with, also with the interesting recipes that the tribal women of Mandla use on a regular basis.

Even though these minor millets have staggering health benefits, the market for them is negligible. Unfortunately, even in the last few years, the demand for these millets hasn't grown much.

In this book, we have tried to compile the local recipes, while the women were cooking at their homes. This book we hope shall serve as an informative tool to a new market about the presence, utility and benefits of minor millets like Kodo and Kutki, to expand the market for these farmers, so as to ensure the welfare of both, the consumers and the producers.

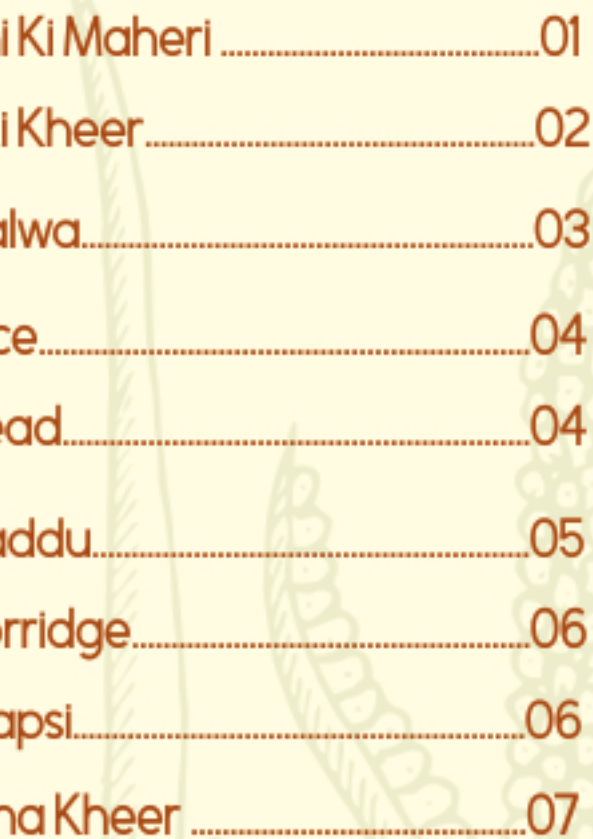
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Kangani Ki Maheri



Mhadho Bai

A spicy dish made from fox tail millets (kangni)

Preparation

Time: 30-45 minutes



Ingredients:

- 250g Foxtail Millets
- 250g Buttermilk
- 1 Liter Water
- 2 Tablespoons Cooking Oil
- 4-5 strands of Garlic

Recipies

1. Cut small pieces of garlic.
2. Put oil in the open utensil for about five minutes.
3. Put garlic pieces in the oil till they become rust colored.
4. Mix a liter of water and buttermilk add it in the garlic.
5. Wash the foxtail millets and put it in the boiling mixture.
6. Put spices like Red chili powder, Jeera seeds (Cumin seeds) and turmeric powder according to taste.
7. Let it cook at low heat till the water in the utensil evaporates leaving the cooked millets look like diluted Dal-rice mixture.

Sama Ki Kheer



Kammo Marwari

Preparation

Time: 30-45 minutes

Ingredients:

- 250g Sama white colored minor millet)
- 1 Liter Water
- 100g Jaggery or Sugar according to taste
- Half liter Milk



Recipies

1. Boil the water
2. Wash the Sawa-millet and put it in the boiling water
3. Cook at the low heat
4. Wait till the time the millet is completely cooked
5. Put half a litre of milk in it
6. Put jaggery or sugar according to taste
7. Stir till the time jaggery is completely dissolved.
8. Cook at medium heat till the time the material becomes thick yet diluted.

Kutki Halwa



Kammo Marwari

A sweet dish made using Kutki millet

Preparation

Time: 30 minutes



Ingredients:

- 250 g Kutki Millet
- 2 Tablespoons Ghee
- 100 g Milk
- Sugar according to taste

Recipes

1. Wash Kutki Millet and let it dry
2. After it is soaked, put it in an open utensil and roast it
3. After the millet is completely roasted and takes a light reddish color, mix water in it
4. Wait till the time millet is completely cooked
5. Put milk, sugar and Ghee and stir it till it gets mixed
6. Cook at low heat for about 20 minutes while covering the utensil

Kutka Rice



Maliya Warkade



Preparation

Time: 30 minutes

Ingredients:

- 200g Kutki Millet
- One and a half times water

Recipes

1. Cooked as normal rice is cooked.

Ragi Bread



Ingredients:

- Ragi Flour Water

Recipes

1. Grind the Ragi millet to get Ragi Flour
2. Knead the Ragi dough
3. Make the bread as it is done for wheat flour

Kodo Laddu



Parvati Bai

Sweet dish made using Kudu Millet
Preparation

Time: 30 minutes

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Ingredients:

- Kodo Millet
- Jaggery
- Water
- Dry Fruits like Coconut, Cashewnut etc.

Recipes

1. Wash Kodo Millet and let it dry.
2. After it is completely dried, grind it till it becomes powdery.
3. Roast the kodo powder till there is a slight change in color.
4. Put jaggery and water in a separate utensil and boil it till it becomes a thick liquid.
5. Mix the kodo powder in the jaggery liquid and add finely cut dry fruits at this stage.
6. Make small round Laddus of the mixture.

Kutka Porridge



Phoolwati



Preparation

Time: 30 minutes

Ingredients:

- 100g Kutki
- 1 liter Water

Recipes

1. Cooked like normal Porridge but without sugar

Rajgir Lapsi



Ingredients:

- 100 g Rajgir Millet
- Water
- Milk
- Coconut

Recipes

1. Grind the Rajgir millet to get Rajgir Flour
2. Boil water and put the Rajgir flour in it
3. After it is cooked put milk, sugar and coconut shreds according to taste
4. Cook at low heat.

Kardhana Kheer



Sampatiya

Sweet dish prepared from Kardhana Millet

Preparation

Time: 30-45 minutes

Ingredients:

- 250g Kardhana Millet
- 1 Liter Water
- 100g Jaggery or
- Sugar according to taste
- Half liter Milk

Recipes

1. Boil the water
2. Wash the Kardhana millet and put it in the boiling water
3. Cook at the low heat
4. Wait till the time the millet is completely cooked
5. Put half a litre of milk in it
6. Put jaggery or sugar according to taste
7. Stir till the time jaggery is completely dissolved.
8. Cook at medium heat till the time the material becomes thick yet diluted.

Nutritional Facts

Nutritional facts (100 g)	Kodo	Kutki	Kangni	Sama
Energy	353 K cal	330 K cal	350 K cal	300 k cal
Carbohydrates	67 g	61 g	63 g	55 g
Protein	9.8 g	9.7 g	11.2 g	11 g
Fat	3.6 g	5.2 g	4.9 g	4 g
Fiber	5.2 g	7.6 g	6.7 g	13 g
Iron	1.7 mg	9.3 mg	28 mg	18.6 mg
Calcium	35 mg	17 mg	31 mg	22 mg
Vitamin B 1	1.15 mg	0.3 mg	0.59 mg	0.1 mg
Vitamin B 3	2 mg	3.2 mg	32 mg	42 mg



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