MULTI SMALL MILLETS BASED FOOD PRODUCTS

A Technical Manual

Prepared under
“Scaling up of small millet post harvest and nutritious food products”

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N. Suganya

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Tamil Nadu Agricultural University
Coimbatore, Tamil Nadu, India
2017
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**V. BAKERY PRODUCTS**

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**VI. EXTRUDED & FLAKED PRODUCTS**

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**VII. INSTANT MILLET MIXES**

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<td>Payasam mix</td>
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<td>Vadagam</td>
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</table>
BREAKFAST FOODS

IDLI

Ingredients

- kodo millet rice: 180 g
- little millet rice: 180 g
- Barnyard millet rice: 180 g
- Foxtail millet rice: 190 g
- Black gram dal: 250 g
- Fenugreek seeds: 20 g
- Salt: as required

Method

- Soak small millet rice and black gram dal separately for 4 hours and grind coarsely.
- Add salt, mix it evenly and allow it to ferment overnight.
- Pour batter into idli plates and steam cook for 10-15 minutes.
- Serve hot with chutney.
DOSA

Ingredients

- Finger millet rice - 140g
- Kodo millet rice - 140g
- Little millet rice - 150g
- Barnyard millet rice - 150g
- Foxtail millet rice - 150g
- Black gram dhal - 250 g
- Fenugreek seeds - 20 g
- Salt - as required

Method

- Soak small millets rice and black gram dhal separately for 4 hours and grind into fine batter.
- Add salt, mix it evenly and allow it to ferment overnight.
- Apply oil on the hot dosa tava, pour batter and spread evenly.
- Cook till crisp dosa is obtained.
- Serve hot with chutney.
IDIAPPAM

Ingredients

- kodo millet flour: 125g
- little millet flour: 125 g
- barnyard millet flour: 125g
- Foxtail millet flour: 125 g
- Sugar: 250 g
- Coconut milk: 250 ml
- Salt: as required
- Water: as required

Method

- Steam the millet flour for five minutes.
- Blend steamed flour with salt and water thoroughly and extrude in an idiappam machine.
- Steam the extruded dough for 20-25 minutes
- Serve hot with coconut milk and sugar.
PANIYARAM

Ingredients

- kodo millet rice: 150g
- little millet rice: 150g
- barnyard millet rice: 150g
- Foxtail millet rice: 150g
- Black gram dhal: 200g
- Onion (chopped): 150g
- Cumin seeds: 20g
- Curry leaves: 20g
- Fenugreek seeds: 20g
- Green chillies (chopped): 20g
- Oil: as required
- Salt: as required

Method

- Soak small millets rice, black gram dhal and fenugreek seed separately for 4 hours, drain the excess water and grind into the fine batter.
- Add salt and allow it to ferment overnight.
- Add all the ingredients (chopped onion, curry leaves and chillies) and mix thoroughly.
- Apply oil to the paniyarammould and pour the batter.
- Cook both sides and serve hot with chutney.
PITTU

Ingredients

- Finger millet flour: 120g
- Kodo millet flour: 120g
- Little millet flour: 120g
- Barnyard millet flour: 120g
- Foxtail millet flour: 120g
- Jaggery: 200g
- Shredded coconut: 200g

Method

- Add required amount of water and salt to millets flour and mix it thoroughly without lumps.
- Steam the flour for 20 -25 minutes.
- Add sugar and shredded coconut.
- Serve it hot.
ADAII

Ingredients

- Finger millet rice 80 g
- kodo millet rice 80g
- little millet rice 80g
- barnyard millet rice 80g
- foxtail millet rice 80g
- Red gram dhal 200g
- Green gram dhal 150 g
- Parboiled rice 150 g
- Chilli powder 30 g
- Cumin seeds 30 g
- Asafoetida 20 g
- Curry leaves 20 g
- Oil as required
- Salt as required

Method

- Soak millets rice, red gram dhal, black gram dhal and parboiled rice for 2 hours.
- Grind the soaked materials into coarse batter.
- Add red chilli powder, asafoetida, curry leaves, cumin seeds and salt to the batter and mix thoroughly.
- Apply oil on the dosa plate and spread the adai batter and cook.
- Serve hot with chutney.
## CHAPPATHI

### Ingredients

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<tr>
<td>Little millet flour</td>
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</tr>
<tr>
<td>Barnyard millet flour</td>
<td>-160g</td>
</tr>
<tr>
<td>Foxtail millet flour</td>
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<td>Wheat flour</td>
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</tr>
<tr>
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</tr>
<tr>
<td>Green chillies</td>
<td>- 20 g</td>
</tr>
<tr>
<td>Cumin seed</td>
<td>- 1 teaspoon</td>
</tr>
<tr>
<td>Salt</td>
<td>- as required</td>
</tr>
<tr>
<td>Oil</td>
<td>- as required</td>
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### Method

- Add salt and water to the flour and knead it into soft dough.
- Make round balls and roll to flat chappathi.
- Toast the chappathi on a preheated pan.
- Serve hot with any curry or gravy.
VENPONGAL MIX

Ingredients

- Kodo millet rice - 125g
- little milletrice - 125g
- barnyard millet rice - 125g
- foxtail millet rice - 125g
- Green gram dhal - 300g
- Cashew nut - 100g
- Curry leaves - 20g
- Cumin - 30g
- Pepper - 30g
- Ginger - 20g
- Salt - as required
- Oil - as required

Method of Preparation

- Fry all the ingredients except rice with ghee.
- Cook the millet rice with three parts of water.
- Cook one part of instant pongal mix
SWEET RECIPES

SWEET PONGAL

Ingredients

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<tbody>
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<tr>
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</tr>
<tr>
<td>banyard millet rice</td>
<td>100 g</td>
</tr>
<tr>
<td>fox tail millet rice</td>
<td>100 g</td>
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<tr>
<td>Green gram dhal</td>
<td>200 g</td>
</tr>
<tr>
<td>Jaggery/sugar</td>
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</tr>
<tr>
<td>Cashew</td>
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<tr>
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</tr>
<tr>
<td>Cardamom</td>
<td>as required</td>
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Method

- Boil water in a pressure cooker and dissolve jaggery in it.
- Add millet rice, dhal and allow it to cook well.
- Roast cashew nuts, cardamom and raisins in ghee and add to the cooked pongal.
- Sweet pongal is ready to serve.
HALWA

Ingredients

- Finger millet flour: 40 g
- Kodo millet flour: 40 g
- Little millet flour: 40 g
- Barnyard millet flour: 40 g
- Foxtail millet flour: 40 g
- Wheat flour: 100 g
- Powdered sugar: 350 g
- Ghee: 300 g
- Cashew nuts: 50 g
- Milk: as required
- Water: as required

Method

- Fry small millet flour and wheat flour with half the amount of ghee.
- Add fried flour to the boiled milk and water with continuous stirring to avoid lumps.
- When it solidifies, add sugar, ghee and cook to the required consistency.
- Add roasted cashew nuts and raisins when the solid mass leaves the sides of the pan.
- Spread on a greased tray and cut into pieces.
SWEET KOLUKATTAI

Ingredients

Finger millet flour - 120 g
kodo millet flour - 120 g
little millet flour - 120 g
barnyard millet flour - 120 g
foxtail millet flour - 120 g
Jaggery - 200 g
Shredded coconut - 100 g
Roasted bengal gram dhal - 50 g
Sesame seeds - 50 g
Cardamom - as required
Salt - as required

Method

- Add required amount of water and salt to the small millet flour and mix it thoroughly.
- Prepare the filling by mixing shredded coconut, jaggery and cardamom powder.
- Flatten the dough on a plantain leaf.
- Fill the mixture on the dough and fold it.
- Steam cook the filled dough in idli cooker for 15 minutes.
- Serve it hot.
# PAYASAM

## Ingredients

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<tr>
<td>Barnyard millet rice</td>
<td>100 g</td>
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<tr>
<td>Foxtail millet rice</td>
<td>100 g</td>
</tr>
<tr>
<td>Jaggery</td>
<td>300 g</td>
</tr>
<tr>
<td>Cardamom powder</td>
<td>20 g</td>
</tr>
<tr>
<td>Cashewnuts</td>
<td>50 g</td>
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<tr>
<td>Raisins</td>
<td>50 g</td>
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<td>Ghee</td>
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<tr>
<td>Milk</td>
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<td>Water</td>
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## Method

- Boil milk and water for 10 minutes.
- Add small millet rice, jaggery and cook for 10 - 15 minutes.
- Fry cashewnuts and raisins in ghee.
- Add cardamom powder, fried cashewnuts and raisins to the kheer.
- Kheer is ready –to-serve.
ADHIRASAM

Ingredients

- Kodo millet flour 60 g
- Little millet flour 60 g
- Barnyard millet flour 60 g
- Finger millet flour 60 g
- Foxtail millet flour 60 g
- Raw rice flour 250g
- Jaggery 500g
- Cardamom powder as required
- Dried ginger powder as required
- Water as required
- Oil for frying

Method

- Mix small millet flour and raw rice flour thoroughly.
- Sprinkle little water, mix it thoroughly and keep it for four hours.
- Mix jaggery with required water and heat to syrup consistency.
- Add jaggery syrup and stir the flour to make a smooth dough.
- Allow it to ferment overnight at room temperature.
- Flatten the fermented dough on a greased polythene sheet.
- Deep fry the flattened dough in hot oil for 2-3 minutes till it turns golden brown.
KESARI

Ingredients

Kodo millet rava - 60 g
Little millet rava - 60 g
Barnyard millet rava - 60 g
Finger millet rava - 60 g
Foxtail millet rava - 60 g
Sugar - 400 g
Milk - 100 ml
Ghee - 100 g
Cashew nuts - 50 g
Raisins - 50 g
Water - as required
Lemon yellow colour - as required

Method

- Heat ghee in a pan, add small millet rava and fry till it turns light brown.
- Add sugar, milk and a pinch of required colour to water and allow it to boil.
- Add small millet rava to the boiling water with continuous stirring and cook for 15 to 20 minutes.
- Decorate with cashew nuts and dry fruits and serve it hot.
LUNCH

TOMATO RICE

Ingredients

- Kodo millet rice - 125g
- little millet rice - 125g
- barnyard millet rice - 125g
- fox tail millet rice - 125g
- Tomato - 300g
- Onion - 100g
- Green chillies - 50g
- Curry leaves - 20g
- Ginger - 10g
- Garlic - 10g
- Turmeric powder - 20g
- Salt - as required
- Oil - as required

Method of preparation

- Fry all the ingredients except rice.
- Add rice slowly with continuous stirring and cook the millet rice.
- Serve hot.
MILLET METHI RICE

Ingredients

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<td>finger millet</td>
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<td>foxtail millet</td>
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<td>Mustard</td>
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<td>Bengal gram dhal</td>
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<td>Methi leaves</td>
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<tr>
<td>Salt</td>
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Method

- Fry all the ingredients except rice.
- Add water and boil the ingredients then, add rice slowly with continuous stirring and cook the millet rice for 20 min
- Serve hot.
**BISBELLABATH MIX**

**Ingredients**

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<td>150g</td>
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<tr>
<td>barnyard millet rice</td>
<td>150g</td>
</tr>
<tr>
<td>fox tail millet rice</td>
<td>150g</td>
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<tr>
<td>Red gram</td>
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<tr>
<td>Bengal gram</td>
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<td>Brinjal</td>
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<td>Onion</td>
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<td>Green chillies</td>
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<td>Oil</td>
<td>10ml</td>
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<tr>
<td>Salt</td>
<td>as required</td>
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</table>

**Method of preparation**

- Fry all the ingredients except rice.
- Add water and boil the ingredients then, add rice slowly with continuous stirring and cook the millet rice.
- Serve hot.
PULIYOTHARAI MIX

Ingredients

- Kodo millet rice: 150g
- little millet rice: 150g
- barnyard millet rice: 150g
- fox tail millet rice: 150g
- Tamarind water: 50g
- Dried chillies: 50g
- Bengal gram: 100g
- Black gram dhal: 100g
- Turmeric powder: 10g
- Asafoetida: a pinch
- Salt: as required
- Oil: as required

Method of preparation

- Seasoned the ingredients and add the tamarind water and continuously boil to make a puliyotharai paste.
- Cook the millets rice and add the puliyotharai paste with gingelly oil
BIRIYANI MIX

Ingredients

Kodo millet rice - 150g
little millet rice - 150g
barnyard millet rice - 150g
fox tail millet rice - 150g
Carrot - 50g
Beans - 50g
Peas - 50g
Onion - 50g
Tomato - 50g
Curry leaves - 20g
Chilly powder - 25g
Cloves - 5g
Garlic - 10g
Ginger - 20g
Turmeric powder - 10g
Mint leaves - 50g
Salt - as required
Oil - 10ml

Method of preparation

- Fry all the ingredients except rice.
- Add water and boil the ingredients then, add rice slowly with continuous stirring and cook the millet rice.
- Serve hot.
SNACKS

VADA

Ingredients

- Finger millet rice - 100 g
- kodo millet rice - 100 g
- little millet rice - 100 g
- barnyard millet rice - 100 g
- fox tail millet rice - 100 g
- Bengal gram dhal - 250 g
- Onion (chopped) - 150 g
- Green chillies (chopped) - 80 g
- Curry leaves - 20 g
- Salt - as required
- Oil - as required

Method

- Soak small millet rice and bengal gram dhal for 4 hours and grind coarsely to thick consistency.
- Mix all the ingredients into the batter.
- Form the mixture into round shapes.
- Deep fry the dough in hot oil till they turn to golden brown colour.
- Serve hot with chutney.
PAKODA

**Ingredients**

Finger millet flour - 150g  
kodo millet flour - 150g  
little millet flour - 150g  
barnyard millet flour - 150g  
fox tail millet flour - 150g  
Onion (chopped) - 150 g  
Green chillies (chopped) - 50 g  
Cumin seeds - 30 g  
Curry leaves - 20 g  
Salt - as required  
Water - as required  
Oil - for frying

**Method**

- Mix all the ingredients to the flour and make it into thick dough with required water.
- Deep fry the dough in hot oil in different shapes.
- Serve hot.
RIBBON PAKODA

Ingredients

<table>
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<th>Quantity</th>
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<tr>
<td>Little millet flour</td>
<td>180 g</td>
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<tr>
<td>Barnyard millet flour</td>
<td>180 g</td>
</tr>
<tr>
<td>Foxtail millet flour</td>
<td>180 g</td>
</tr>
<tr>
<td>Butter</td>
<td>50 g</td>
</tr>
<tr>
<td>Chilli powder</td>
<td>30 g</td>
</tr>
<tr>
<td>Sesame seeds</td>
<td>20 g</td>
</tr>
<tr>
<td>Salt</td>
<td>as required</td>
</tr>
<tr>
<td>Oil</td>
<td>for frying</td>
</tr>
</tbody>
</table>

Method

- Mix all the ingredients to the flour with required water and make it into thick dough.
- Extrude the dough in a hand extruder.
- Deep fry in hot oil till they turn into golden brown colour.
OMAPODI

Ingredients

- Finger millet flour - 160g
- Kodo millet flour - 160g
- Little millet flour - 160g
- Barnyard millet flour - 160g
- Foxtail millet flour - 160g
- Rice flour - 160g
- Chilli powder - 20g
- Pepper powder - 20g
- Salt - as required
- Water - as required

Method

- Mix together small millet flour rice flour and sieve.
- Add the remaining ingredients with water to get thick dough like consistency.
- Extrude the dough in a hand extruder through omapodi dye.
- Deep fry the extruded omapodi till they turn golden brown colour.
MURUKKU

Ingredients

Finger millet flour - 170 g
kodo millet flour - 170 g
little millet flour - 170 g
barnyard millet flour - 170 g
foxtail millet flour - 170 g
Chilli powder - 30 g
Sesame seeds - 30 g
Cumin seeds - 20 g
Asafoetida powder - 20 g
Butter - 50 g
Salt - as required
Water - as required
Oil - for frying

Method

- Add all the ingredients to the flour and mix uniformly.
- Prepare thick dough by adding required water.
- Extrude the dough in hot oil using a hand extruder.
- Deep fry in hot oil till it turns to golden brown colour.
THATTU VADAI

Ingredients

- Finger millet flour - 160 g
- Kodo millet flour - 160 g
- Little millet flour - 160 g
- Barnyard millet flour - 160 g
- Foxtail millet flour - 160 g
- Black gram flour - 100 g
- Roasted Bengal gram flour - 50 g
- Chilli powder - 30 g
- Butter - 10 g
- Curry leaves - 10 g
- Salt - as required
- Oil - as required

Method

- Add all the ingredients to the flour and mix thoroughly.
- Prepare thick dough by adding required water.
- Flatten the dough to thin round shapes on a polythene sheet.
- Deep fry it in hot oil till they turn golden brown.
- Allow it to cool and pack in air tight containers.
**SEEDAI**

**Ingredients**

- Kodo millet flour: 120g
- little millet flour: 120g
- barnyard millet flour: 120g
- finger millet flour: 120g
- fox tail millet flour: 120g
- Black gram dhal: 200g
- Jaggery: 200g
- Cardamom: as required
- Ghee: to fry
- Sesame: as required
- Water: as required

**Method**

- Roast the black gram dhal in hot pan and grind it.
- Mix the roasted millet rava with the black gram flour.
- Add powdered cardamom and sesame to the flour mix.
- Make sugar syrup and mix with the flour.
- Make small balls and fry it in hot oil or ghee.
Extruded and flaked products

VERMICELLI

Ingredients

Finger millet - 140g
kodo millet - 140g
little millet - 140g
barnyard millet - 140g
fox tail millet - 140g
Refined wheat flour - 300g
Water - 300 ml
Salt - as required

Method of preparation

- Refined wheat flour and millet flour blends were sieved in a BS60 mesh sieve, steamed for minutes, cooled and sieved again.
- Flour was filled in the mixing compartment of the pasta making machine and blended with water and salt for 30 minutes.
- The vermicelli was steamed for 5 minutes and dried in a cabinet drier at 60°C for 6 hours.
- The dried vermicelli was used in the preparation of variety of dishes.
FLAKED UPMA

Ingredients

- Flaked finger millet: 150g
- Kodo millet flakes: 150g
- Little millet flakes: 150g
- Barnyard millet flakes: 150g
- Foxtail millet flakes: 150g
- Onion: 25g
- Green chillies: 15g
- Bengal gram dhal: 3g
- Mustard seeds: 3g
- Curry leaves: 2g
- Oil: as required
- Salt: as required

Method

- Soak the millet flakes in water for 15 minutes and drain excess water.
- Season with mustard seeds, black gram dhal, curry leaves, onion and green chillies.
- Add the millet flakes and salt to it and cook for 5 minutes.
- Serve hot.
BAKERY PRODUCTS

BREAD

Ingredients

- Refined wheat flour: 800g
- Finger millet flour: 40g
- Kodo millet flour: 40g
- Little millet flour: 40g
- Barnyard millet flour: 40g
- Fox tail millet flour: 40g
- Sugar: 170g
- Fat: 20g
- Salt: 20g

Yeast liquid

- Sugar: 10g
- Warm water: 500ml
- Yeast: 30g

Method

- Prepare yeast liquid by dissolving sugar in water. Sprinkle the yeast. Leave for 10-15 minutes until fluffy.
- Rub fat into flour, add salt and yeast liquid. Prepare dough.
- Turn onto lightly floured board and knead till soft and elastic (20 minutes for kneading).
- Cover and leave to rise. Remove and knead lightly. Grease 2 bread tins.
- Divide dough into two. Stretch each piece as oblong, the same width as tin and fold over in three.
- With the seam underneath, smooth over top, tuck in ends and place in tin.
- Place in a covered vessel leave to rise (20 to 30 minutes).
- Bake in a very hot oven for 30 to 40 minutes at 200°C.
BREAD ROLL

Ingredients

Refined wheat flour - 800g
Finger millet flour - 40g
Kodo millet flour - 40g
Little millet flour - 40g
Barnyard millet flour - 40g
Fox tail millet flour - 40g
Dalda - 20 g
Salt - 15g

Yeast liquid

Sugar - 190 g
Warm water - 500ml
Yeast - 25 g

Method

- Prepare bread dough used for preparing rolls.
- Divide dough into 60g pieces.
- Roll into various shapes.
- Place on greased trays and leave to rise (30 minutes).
- Glaze and bake in hot oven for 15 to 20 minutes.
**BUN**

**Ingredients**

- Refined wheat flour: 800g
- Finger millet flour: 40g
- Kodo millet flour: 40g
- Little millet flour: 40g
- Barnyard millet flour: 40g
- Fox tail millet flour: 40g
- Water: 500ml
- Milk powder: 25g
- Yeast: 20g
- Sugar: 200g
- Salt: 15g
- Fat: 30g

**Method**

- Yeast liquid: yeast with little warm water and pinch of sugar.
- Mix sugar and salt in the remaining milk.
- Mix flour, milk powder and make a well in the centre.
- Add soften yeast froth and sugar and salt mixed water.
- Knead to soft dough. Incorporate fat while kneading.
- Leave the dough for proofing. Knock back and knead lightly.
- Divide into 60g balls and leave it for rising.
- Glaze it with egg and bake at 200°C for 10 to 15 minutes.
# COOKIES

## Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Finger millet flour</td>
<td>- 200g</td>
</tr>
<tr>
<td>kodo millet flour</td>
<td>- 200g</td>
</tr>
<tr>
<td>little millet flour</td>
<td>- 200g</td>
</tr>
<tr>
<td>barnyard millet flour</td>
<td>- 200g</td>
</tr>
<tr>
<td>fox tail millet flour</td>
<td>- 200g</td>
</tr>
<tr>
<td>Fat</td>
<td>- 400g</td>
</tr>
<tr>
<td>Sugar</td>
<td>- 250g</td>
</tr>
<tr>
<td>Baking powder</td>
<td>- ¼ teaspoon</td>
</tr>
</tbody>
</table>

## Method

- Sieve flour with baking powder.
- Cream fat and sugar till light and fluffy.
- Sieved flour is mixed to the above cream.
- Make smooth dough necessary.
- Sheet the dough and cut with the cookies cutter.
- Bake at 160°C for about 15 minutes.
CAKE

Ingredients

- Finger millet flour - 40g
- kodo millet flour - 40g
- little millet flour - 40g
- barnyard millet flour - 40g
- fox tail millet flour - 40g
- Refined wheat flour - 400g
- Sugar - 800g
- Fat - 800g
- Egg - 21 no.
- Vanilla essence - 50 ml
- Baking powder - ¼ teaspoon

Method

- Sieve flour and baking powder twice.
- Cream fat and flour till light and fluffy.
- Beat the egg and sugar with vanilla essence.
- Prepare cake batter.
- Pour it in the tins and bake at 190°C for 20 minutes.
DOUGH NUT

Ingredients

- Refined wheat flour - 300g
- Finger millet - 60g
- Kodo millet flour - 60g
- Little millet flour - 60g
- Barnyard millet flour - 60g
- Fox tail millet flour - 60g
- Sugar - 250g
- Dalda - 75g
- Milk - 70ml
- Egg - 1 No.
- Baking powder - 1 teaspoon
- Salt - ¼ teaspoon
- Nutmeg - ¼ teaspoon
- Cinnamon - ¼ teaspoon

Method

- Warm the water, add sugar and sprinkle yeast on the top.
- Allow it to rise for 10 minutes.
- Mix warm milk, sugar and salt. Sieve flour and make a hollow centre.
- Add egg, yeast liquid, sugar and salt.
- Add milk and prepare soft dough.
- Mix fat while kneading.
- Allow it to rise to a double volume for one hour.
- Roll out 1.3rd of an inch. Cut with a doughnut cutter.
- Fry in medium heated oil till golden brown in colour.
- Roll in powdered sugar.
INSTANT MILLET MIXES

Preparation of quick cooking millets
- Clean, wash and pearl the millets
- Dry the grains in a cabinet drier at 60°C for hours
- Pack the dried grains in airtight bags/containers

Preparation of dehydrated vegetables
- Select fresh and firm vegetables
- Wash the vegetables in running tap water
- Cut the vegetables into small pieces of uniform size
- Steam blanch all the vegetables for 3-5 minutes except onion and tomatoes
- Dry all the vegetables in a cabinet drier at 60°C for 6 hours separately
- Pack the dehydrated vegetables separately in air tight bags/containers
- Use as required for the recipe

Preparation of small millet flour
- Clean, wash the small millets.
- Dry the grains in a cabinet drier at 60°C for six hours.
- Pack the dried grains in airtight bags/containers.
- Grind the dried grains to powder in a pulverizer.
- Sieve the flour through BS36 sieve.
HALWA MIX

Ingredients

Finger millet flour - 70 g
kodo millet flour - 70 g
little millet flour - 70 g
barnyard millet flour - 70 g
fox tail millet flour - 70 g
Sugar - 400 g
Milk - 100ml

Orange colour - 1 pinch
Cashew nuts - 50 g
Ghee - 100 g

Instant mix

- Mix all the ingredients thoroughly except milk and ghee.
- Pack in airtight polythene bags/containers.

Preparation

- Add millet halwa mix in milk.
- Mix thoroughly without lumps.
- Melt butter in a hot tawa.
- Cook the mix in low flame by adding ghee with continuous stirring.
- Cook, till the mix does not stick to the sides of the pan.
- Spread on a greased tray, allow it to cool.
- Decorate with roasted cashew nuts.
PAYASAM MIX

Ingredients

kodo millet vermicelli - 100 g
little millet vermicelli - 100 g
barnyard millet - 100 g
vermicelli - 100 g
fox tail millet vermicelli
Sugar - 400 g
Milk - 100 ml
Cashewnut - 50 g
Raisins - 50 g
Ghee - as required
Cardamom - 10 no.

Instant mix

- Mix all the ingredients thoroughly, except milk and ghee.
- Pack in airtight bags/containers.

Method

- Add millet vermicelli and sugar to boiling milk.
- Cook for 10-15 minutes.
- Fry cashew nuts, raisins and powdered cardamom in ghee and decorate the payasam.
RIBBON PAKODA MIX

Ingredients

Finger millet flour - 150g
kodo millet flour - 150g
little millet flour - 150g
barnyard millet flour - 150g
fox tail millet flour - 150g

Bengal gram flour - 130 g
Chilli powder - 20 g
Sesame seeds - 50 g
Butter - 50 g
Salt - as required
Oil - as required

Instant mix

- Mix all the ingredients thoroughly.
- Pack in airtight bags/containers.

Method

- Mix the millet pakoda mix with hydrogenated fat and required amount of water.
- Press the dough in a hand extruder using ribbon pakoda shape dye.
- Deep fry in hot oil till they turn into golden brown colour.
OMAPODI MIX

**Ingredients**

Finger millet flour - 140g  
kodo millet flour - 140g  
little millet flour - 140g  
barnyard millet flour - 140g  
fox tail millet flour - 140g  
Bengal gram flour - 300 g  
Salt - as required  
Oil - as required

**Instant mix**

- Mix all the ingredients thoroughly.  
- Pack in airtight bags/containers.

**Method**

- Mix the millet omapodi mix with hydrogenated fat and required amount of water.  
- Press the dough in a hand extruder.  
- Fry in hot oil till they turn golden brown colour.
MURUKKU MIX

Ingredients

Finger millet flour - 150g
kodo millet flour - 150g
little millet flour - 150g
barnyard millet flour - 150g
fox tail millet flour - 150g
Bengal gram flour - 130 g
Chilli Powder - 20 g
Sesame seeds - 50g
Butter - 50 g
Salt - as required
Oil - as required

Instant mix

- Mix all the ingredients thoroughly.
- Pack in airtight bags/containers.

Method

- Mix the millet murukku mix with hydrogenated fat and required amount of water.
- Press the dough in a hand extruder using required murukku shape dyes in oil (180°C).
- Deep fry them in medium flame till they turn golden brown colour.
**VADA MIX**

**Ingredients**

- Finger millet flour - 120g
- Kodo millet flour - 120g
- Little millet flour - 120g
- Barnyard millet flour - 120g
- Fox tail millet flour - 120g
- Bengal gram flour - 300 gm
- Onion - 50 gm
- Green chillies - 20 gm
- Curry leaves - 30 gm
- Salt - as required
- Oil - as required

**Instant mix**

- Mix all the ingredients thoroughly.
- Pack in airtight bags / containers.

**Method**

- Mix the vada mix with required water to a thick dough consistency.
- Make small round balls; press to flatten on a greased polythene sheet.
- Remove and deep fry in oil, till they turn golden brown in colour.
VADAGAM

Ingredients

Finger millet flour - 180g
kodo millet flour - 180g
little millet flour - 180g
barnyard millet flour - 180g
fox tail millet flour - 180g
Chilli powder - 50 g
Cumin seeds - 50 g
Salt - 20 g
Water - 6000 ml

Method

- Add chilli powder, cumin seeds and salt to the flour.
- Mix with water to get thick batter.
- Drop the batter in greased plates using a spoon.
- Allow it to sun dry.
- Pack the dried vadagam in air tight bags or container.
- Deep fry the vadagam in hot oil when required.
HEALTH MIX

Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wheat</td>
<td>200g</td>
</tr>
<tr>
<td>Kodo millet</td>
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</tr>
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<td>200g</td>
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<tr>
<td>Foxtail millet</td>
<td>200g</td>
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<tr>
<td>Fingermillet</td>
<td>200g</td>
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<tr>
<td>Whole green gram</td>
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<tr>
<td>Whole soya beans</td>
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<td>Sugar</td>
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</tr>
</tbody>
</table>

Preparation of malt

- Soak different types of grains overnight separately
- Then wash the grains with tap water and pack loosely in a cloth and keep it for germination.
- The germinated grains are dried in sun light or cabinet drier at 60°C for 6 hours separately
- Remove the sprouts, roast and flour finally using pulverizer.
- Grind all the ingredients.
- Mix all different flours and add sugar, cardamom powder for taste.
- Add this mixture in warm water or milk.
- Mix well and make nutritious balls.