



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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| S.No | Items | Page No. |
|-------------|------------------------|-----------------|
| I. | BREAKFAST FOODS | |
| 1 | Idli | |
| 2 | Dosa | |
| 3 | Idiappam | |
| 4 | Paniyaram | |
| 5 | Pittu | |
| 6 | Adai | |
| 7 | Chappathi | |
| 8 | Venpongal mix | |
| II. | SWEET FOODS | |
| 9 | Sweet pongal | |
| 10 | Halwa | |
| 11 | Sweet kolukattai | |
| 12 | Payasam | |
| 13 | Adhirasam | |
| 14 | Kesari | |
| III. | LUNCH | |
| 15 | Tomato rice | |
| 16 | Millet methi rice | |
| 17 | Bisbellabath mix | |
| 18 | Puliyotharai mix | |
| 19 | Biriyani mix | |
| IV. | SNACKS | |
| 20 | Vada | |
| 21 | Pakoda | |
| 22 | Ribbon pakoda | |
| 23 | Omapodi | |

| | | |
|-------------|---------------------------------------|--|
| 24 | Murukku | |
| 25 | Thattu vadai | |
| 26 | Seedai | |
| V. | BAKERY PRODUCTS | |
| 27 | Bread | |
| 28 | Bread roll | |
| 29 | Bun | |
| 30 | Cookies | |
| 31 | Cake | |
| 32 | Dough nut | |
| VI. | EXTRUDED & FLAKED PRODUCTS | |
| 33 | Flaked upma | |
| 34 | Vermiceli | |
| VII. | INSTANT MILLET MIXES | |
| 35 | Halwa mix | |
| 36 | Payasam mix | |
| 37 | Ribbon pakoda mix | |
| 38 | Omapodi mix | |
| 39 | Murukku mix | |
| 40 | Vada mix | |
| 41 | Vadagam | |
| 42 | health mix | |

BREAKFAST FOODS

IDLI

Ingredients

| | |
|----------------------|---------------|
| kodo millet rice | 180 g |
| little millet rice | 1 80g |
| Barnyard millet rice | 180g |
| Foxtail millet rice | 1 90g |
| Black gram dhal | - 250 g |
| Fenugreek seeds | - 20 g |
| Salt | - as required |

Method

- Soak small millet rice and black gram dhal separately for 4 hours and grind coarsely.
- Add salt, mix it evenly and allow it to ferment overnight.
- Pour batter into idliplates 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 | - 200 g |
| Onion (chopped) | - 150 g |
| Cumin seeds | - 20 g |
| Curry leaves | - 20 g |
| Fenugreek seeds | - 20 g |
| Green chillies (chopped) | - 20 g |
| 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.

ADAI

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

| | |
|-----------------------|---------------|
| Finger millet flour | - 160g |
| kodo millet flour | -160g |
| little millet flour | -160g |
| barnyard millet flour | -160g |
| foxtail millet flour | -160g |
| Wheat flour | - 100 g |
| Onion | - 25 g |
| Drumstick leaves | - 20 g |
| Curry leaves | - 5 g |
| Coriander leaves | - 10 g |
| Green chillies | - 20 g |
| Cumin seed | - 1 teaspoon |
| Salt | - as required |
| Oil | - as required |

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 milletterice | - 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 RECIPIES

SWEET PONGAL

Ingredients

| | |
|----------------------|---------------|
| Kodo millet rice | - 100 g |
| Little millet rice | -100g |
| banyard millet rice | -100g |
| fox tail millet rice | -100g |
| Green gram dhal | - 200 g |
| Jaggery/sugar | - 300 g |
| Cashew | - 50 g |
| Raisins | - 50 g |
| Ghee | - as required |
| Cardamom | - as required |

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 | - 40g |
| little millet flour | - 40g |
| barnyard millet flour | - 40g |
| foxtail millet flour | - 40g |
| 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 *idlicooker* for 15 minutes.
- Serve it hot.

PAYASAM

Ingredients

| | |
|----------------------|---------------|
| Kodo millet rice | - 100 g |
| Little millet rice | - 100g |
| barnyard millet rice | - 100 g |
| foxtail millet rice | - 100 g |
| Jaggery | - 300 g |
| Cardamom powder | - 20 g |
| Cashewnuts | - 50 g |
| Raisins | - 50 g |
| Ghee | - 80 g |
| Milk | - 200 ml |
| Water | - as required |

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 |
| Cashewnuts | - 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

| | |
|------------------|---------------|
| Kodo millet | - 140g |
| little millet | -140g |
| barnyard millet | -140g |
| finger millet | -140g |
| foxtail millet | -140g |
| Oil | - 50g |
| Mustard | -10g |
| Black gram dhal | - 10g |
| Bengal gram dhal | - 10g |
| Methi leaves | - 120g |
| Onion | - 50g |
| Green chillies | - 20g |
| Lemon juice | - 10ml |
| Curry leaves | - as required |
| Turmeric | - a pinch |
| Salt | - as required |

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

| | |
|----------------------|------------------|
| Kodo millet rice | - 150g |
| little millet rice | - 150g |
| barnyard millet rice | - 150g |
| fox tail millet rice | - 150g |
| Red gram | - 50g |
| Bengal gram | - 50g |
| Coriander seeds | - 20g |
| Fenugreek | - 10g |
| Turmeric powder | - 10g |
| Brinjal | - 50g |
| Carrot | - 50g |
| Beans | - 50g |
| Potato | - 50g |
| Onion | - 50g |
| Green chillies | - 20g |
| Oil | - 10ml |
| Salt | - as required |

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

| | |
|-----------------------|---------------|
| Finger millet flour | - 180 g |
| kodo millet flour | - 180 g |
| little millet flour | - 180 g |
| barnyard millet flour | - 180 g |
| foxtail millet flour | - 180 g |
| Butter | - 50 g |
| Chilli powder | - 30 g |
| Sesame seeds | - 20 g |
| Salt | - as required |
| Oil | - for frying |

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 |
| fox tail 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 milletflour | - 160 g |
| kodo milletflour | - 160 g |
| little millet flour | - 160 g |
| barnyard millet flour | - 160 g |
| foxtail millet flour | - 160 g |
| Black gram flour | -100g |
| 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 | 150 |
| kodo millet flakes | 150 |
| little millet flakes | 150 |
| barnyard millet flakes | 150 |
| Foxtail millet flakes | 150 |
| Onion | -250g |
| 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 - 20 g

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

| | |
|-----------------------|--------------|
| Finger millet flour | - 200g |
| kodo millet flour | - 200g |
| little millet flour | - 200g |
| barnyard millet flour | - 200g |
| fox tail millet flour | - 200g |
| Fat | - 400g |
| Sugar | - 250g |
| Baking powder | - ¼ teaspoon |

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 hollowcentre.
- 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 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 vermicelli | - 100 g |
| fox tail millet vermicelli | - 100 g |
| 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 dies 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

| | |
|-------------------|--------|
| Wheat | - 200g |
| Kodo millet | - 200g |
| Little millet | - 200g |
| Foxtail millet | - 200g |
| Fingermillet | - 200g |
| Whole green gram | - 100g |
| Whole Bengal gram | - 20g |
| Whole soya beans | - 20g |
| Sugar | - 100g |
| Peas (dried) | - 20g |
| Groundnut | - 20g |
| Almonds | - 20g |
| Cashew | - 20g |
| Dried ginger | - 5 g |
| Cardamom | - 2 g |
| Milk powder | - 20g |

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.