

Millet Recipes

All six varieties of small millets can be a replacement for plain rice to make recipes such as tamarind or lemon rice or pulao. The millets can be ground to a flour to make plain and savory chapatis, or used to prepare dosas, idlis, and uttapam or used to make simple sweets.

Millet Rice Recipes

The first step is to cook plain millet rice and use these cooked millets to make different savory items. You may eat plain millet rice with lentil or vegetable preparation.

1. *Millet rice recipe:*

Ingredients:

- One cup of any of the five varieties of millets (for millet rice dishes, foxtail millet works the best)
- Two cups of water if pressure cooking and 3 cups if cooking by regular boiling.
- One to 2 of ghee or an unrefined oil such as sesame oil or coconut oil
- Salt to taste

Wash the millet several times with water until water runs clear. That may take 5-6 washes. Soak it in water for 2-3 hours. Drain the water. Add one spoon of ghee or oil and required amount of water.

If using a pressure cooker, cook to two whistles. If regular boiling, boil until water mostly evaporates but some remaining. Minimize the fire and let it simmer for 8-10 mins.

Will make up to 3 cups of cooked millet rice.

2. *Lemon millet rice*

Ingredients (serves 3-4 people) :

- Two cups cooked millet rice
- One or two teaspoons of ghee or oil-based on your preference
- Eight to 10 curry leaves.
- Fistful of Peanuts
- Green or red chilies to taste
- Quarter teaspoonful cumin seeds
- Quarter teaspoonful Mustard seeds.
- Two teaspoonful lemon juice.
- Half teaspoon of turmeric mixed with two tablespoons of water
- Salt to taste

Preparation of lemon rice

Take a heavy bottom skillet. Heat the oil. Add cumin and mustard seeds. Once mustard seeds begin to crackle, slow the fire, add curry leaves and peanuts, stir fry for 2-3 minutes, add turmeric water mix. Add cooked millets and mix well. Simmer on a slow flame for 5 minutes. Add lemon juice immediately before serving. Can garnish with fresh coriander and toasted sesame seeds.

One can switch lemon juice for tamarind paste to make tamarind millet rice.

3. Stir-fried millet rice Pulao Biriyani

Ingredients (Serves 3-4 people)

- Three cups of cooked millet rice
- Two teaspoons of ghee or a mix of two teaspoons of unrefined sesame and coconut oil
- One medium onion chopped fine (optional)
- Half teaspoon of cumin seeds
- Few fenugreek seeds
- Two green cardamoms
- Two-three bay leaves.
- One inch piece of cinnamon stick
- Two to 3 cloves
- Few peppercorns (kalimirich)
- Green chilies to taste
- One teaspoon grated ginger
- Salt to taste.
- Pinch of turmeric
- Vegetables: One packed cup of a mix of chopped green bean, potatoes, carrots, green peas, cauliflower.
- Eight – 10 curry leaves
- Few cashews and raisins preferably dark raisins
- Two teaspoons of lemon juice

Preparation—Heat the ghee or oil in a heavy bottom skillet. Add cumin and fenugreek seeds. As soon as these become little brown in 1-2 minutes, add onions, curry leaves, and chilies. When onions become pink in 2-3 minutes, add all the vegetables and spices. Mix well add cashews and raisins and cook on medium heat for few minutes until the vegetables are tender but firm inconsistency. Add the cooked millet rice. Simmer on low fire for 5-6 minutes and add lemon juice. Serve with pickles, and curds or buttermilk.

4. Plain and Savoury Millet Roti

Preparing the dough for making savoury roti--Any of the small millet flour can be used to make roti flour. The most common variety used for making rotis Pearl millet (bajra).

Ingredients (makes 5-6 roti) :

- Two cups millet flour (one or more varieties of millet flours can be mixed)
- One tablespoon besan (chana dal flour)
- Two tablespoons homemade curds
- One cup finely chopped spinach and Fenugreek leaves
- Cumin or ajwain seeds (optional)
- Chilies green or red to taste
- Salt to taste

Preparation of plain chapatti dough—Mix millet flour, besan, and curds. Add enough water to make the dough.

Preparation of Savoury chapatti dough—Mix all of the above ingredients, mix well and knead the dough with water to the desired consistency.

Toast the chapatis on heavy tava or skillet. Apply ghee after the chapatti is well cooked.

5. ***Millet Upma*** (sunny make it bold and italics)

Ingredients (serves 3-4 people):

- Two cups plain cooked millet rice (see plain millet rice recipe above)
- One cup finely chopped carrots, potatoes, capsicum (simla mirch), and peas (fresh matar)
- Two teaspoons of ghee or a mix of unrefined sesame and coconut oil
- Half teaspoons cumin
- One teaspoon chana dal
- Ten to 15 curry leaves.
- Chopped green chilies to taste
- One medium tomato chopped
- One medium onion chopped (optional)
- Few cashews or peanuts
- Few raisins
- Two teaspoons lemon juice
- Chopped fresh coriander to garnish

Preparation—Heat the oils or ghee in a heavy bottom skillet, put the cumin seeds and chana dal. Once these turn slightly brown, add curry leaves, green chilies, and chop onions. Stir fry until onion is pink. Add tomatoes, cashews/peanuts, and vegetables. Cover the lid for few minutes,

and turn the fire down to simmer until the vegetables soften. Add the cooked millet rice and lemon juice and mix well. Cover the lid for 3-5 minutes, so the flavors get to millet rice.

6. *Millet Dosa and uttapam*

Preparation of batter

- Take a half-cup each of Small millets (Sama millet), Foxtail millet, finger millet (Ragi), and Pearl millet. Wash these thoroughly running through 5 -6 water changes in a large pan. You may use only two kinds of millet, one cup each. Soak in clean water for 3- 4 hours.
- Half cup urad dal with a half teaspoon of fenugreek seeds --soak for 3-4 hours.
- Half cup Poha soaked for 15 mins or cooked rice

Preparation - Grind the soaked millets and urad dal in a high powered blender along with Poha/ cooked rice and water until the batter is creamy. Adjust the water content, so the mixture is of desired consistency for the preparation- dosa vs. uttapam vs. Idlis. Ferment the dough in a warm place for 12-14 hours in winter and 6-8 hours in hot summer months. Add the desired amount of salt to the fermented batter. The batter is ready for making dosa or Uttapam or Idlis. The batter mix can be stored in the refrigerator for 2-3 days.

Making Dosa - The batter of the dosa is thinnest. Use a nonstick skillet to prepare thin dosas in the usual manner using unrefined oil to grease the pan. Serve with a side of Potato bhaji, coconut chutney, and sambhar.

Making Uttapam - The batter for uttapam is slightly thicker. Use nonstick skillet, spread thick layer of batter for uttapam. Cover the batter layer with chopped vegetables of your choice. Cook both sides of uttapam for a crisp taste.

7. *Savoury Millet Idlis with Vegetables*

Ingredients (serves 5-6 people):

- Two to 3 cups of millets batter prepared by the above batter recipe.
- Two teaspoons of ghee or a mix of unrefined sesame, coconut oil.
- Ten to 15 curry leaves chopped fine.
- Green/red chilies to taste.
- One teaspoon chana dal.
- Half teaspoon cumin seeds
- Half teaspoon mustard seeds.
- Salt to taste
- One cup of finely chopped vegetables of your choice.

Preparation :

Take a small skillet for preparing garnish or tadka. Heat oil, add cumin and mustard seeds. Once these crackles, add chana dal. Stir fry for 2-3 minutes, add curry leaves and chilies. Add this garnish and vegetables to the batter. Add salt and immediately transfer to idli stand for steaming Idlis in the usual manner. Millet idlis take a little longer to cook. Make sure not to pre-mix salt, or the vegetables will water out, and the batter will become too thin and watery.

Serve the idlis with sambhar and coconut chutney.

8. Millet Khichari (savory porridge)**Ingredients (serves 5-6 people):**

- One cup foxtail millet or pearl or Codo millet. Wash thoroughly and soak for 3-4 hours.
Soaking millet is essential so that the grains will cook faster.
- One cup split green moong dal soaked for 3-4 hours.
- One teaspoon grated ginger
- One medium Onion sliced (optional)
- One tablespoon (three teaspoons) ghee or unrefined coconut oil
- Half teaspoon cumin seeds
- Half teaspoon mustard seeds.
- One cup chopped carrots, potatoes, green beans, broccoli, and green peas.
- Chopped green chilies to taste.
- Eight ten curry leaves finely chopped.
- Half teaspoon turmeric powder.
- Half teaspoons coriander powder.
- One tablespoon lemon juice.
- Salt to taste

Preparation - Heat the ghee or coconut oil. Add mustard seeds and cumin seeds. When the seeds crackle, add onions, green chilies, ginger, and curry leaves and stir fry for 4-5 minutes on medium fire. Add vegetables, turmeric powder, coriander powder, salt, moong dal and millets. Add four cups of water. Cover the pressure cooker lid and pressure cook for 2 -3 whistles. Once the steam settles, open the cooker lid, add lemon juice and serve hot with curds and pickle of choice.

9. Vegan carrot millet kheer**Ingredients (serves 3-4 people):**

- One cup small barnyard millet (Sama)- Soaked for 3-4 hours and drained
- Two tablespoon ghee

- One cup almond milk (soak 20-25 almonds overnight, remove skins, blend with one cup of water in a high powered blender)
- One cup grated carrots.
- One cup jaggery sugar
- Two cardamom seeds pounded
- Ten – 12 cashews
- Small fistful raisins
- Pinch of salt
- Two cups of water

Preparation - Make a syrup of Jaggery sugar with one cup of water and a pinch of salt. Boil the syrup for 8-10 minutes until it becomes a little thick.

Heat a heavy bottom skillet and add two tablespoon ghee. When ghee is hot, add soaked sama millet and fry until golden, add cashews, cardamom, and carrots, stir fry for 5 minutes. Add one cup almond milk and simmer on medium heat until millet is soft. Stir frequently to prevent sticking. Add jaggery syrup and stir the mixture until the syrup is used up. Garnish with few cashew and almond pieces and serve hot.

10. *Millet badam Sheera (Halwa)*

Ingredients (serves 3-4):

- Half cup foxtail millet washed and soaked for 3 -4 hours and then drained free of water and coarsely ground.
- Half cup of freshly grounded almond meal
- Two tablespoons ghee.
- One cup of water
- Few strands of saffron (optional)
- Two green cardamom seeds coarsely pounded
- Half cup jaggery sugar
- Pistachio or almond slivers for garnishing

Preparation - Make syrup by combining water, jaggery sugar, pounded cardamom, and saffron. Boil it for 5 minutes and keep it ready. Take a heavy bottom pan. Heat ghee in it. Saute grounded foxtail millet until golden and ghee separates. Add almond meal and saute for 3-5 minutes on a slow fire, so the almond meal does not darken, stays light brown. Add the syrup and stir continuously until the mixture thickens, oil separates, and the sheera stops sticking to the pan. Serve hot with a garnish of pistachio or almond slivers.