

## 10. Millets' Recipes (Sorghum/Jowar)

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### 10.1 Jwar Khichadi:

**Ingredients:**

Jwar Rava-100 gm  
Mung Daal- 25 gm  
Green Leafy Vegetables-25 gm  
Carrot- 15 gm  
Garlic- 4 kali  
Green Chilli- 1 n  
Oil – 5 gm  
Salt- To taste



**Preparation Method:**

Soak Jwar Rava and Mung dal with appropriate water for half an hour. After cleaning, drain the water, add sufficient water, green leafy vegetables, carrots, and salt, and cook in a pressure cooker at low flame till two vissile. After releasing the pressure, heat oil and condiment with garlic and green chilies and serve hot.

## 10.2 Jwar Idali:

### **Ingredients:**

Jwar flour-3 cups

Udad Dal-1 cup



### **Preparation Method:**

With sufficient water soak the udad dal for 3 hours. Grind it well with adding water. Transfer the fine paste of udad dal into a bowl, add Jwar flour and mix it well with water to make a flowy liquid batter for idali, add salt to taste. Cover with a thick lid and leave the batter for 4-6 hours in summer and 9-10 hours in winter for natural fermentation. Check the consistency, greese idali moulds with oil/ghee, fill with idali batter. Cook for 20 minutes in medium flame. Soak Jwar Rava and Mung dal with appropriate water for half

**Bajara/Pearl Millet**

**10.3 Bajra Khichadi:**

**Ingredients:**

Bajara -1/2 cup  
Mung dal 1/2 cup  
Carrot- 50 g  
Ghee-1table spoon  
Cumin seeds-1 teaspoon  
Asafoetida-1/2 teaspoon  
Turmeric powder 1/4  
teaspoon



**Preparation Method:**

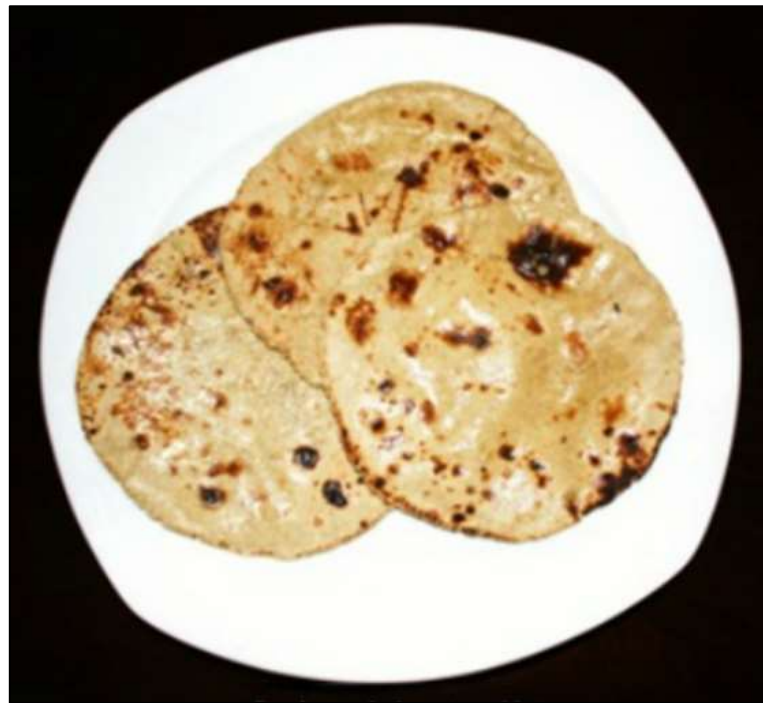
Cook the millet with moong dal, chopped carrot, turmeric powder, and salt with 2 cups of water in a pressure cooker for 4 whistles. Open the pressure cooker lid after the steam comes out. Now heat ghee in the pan, add cumin seed, when cumin seeds start chirping add asafetida, after mixing well, mix it into the cooked millet khichdi.

#### **10.4 Bajara Roti:**

**Ingredients:**

Bajara flour-1 cup.

Salt-1/2 teaspoon



**Preparation Method:**

Knead the bajra flour by adding water in batches, knead it for 3-4 minutes, make loi in equal size. With the help of wheat flour roll it properly, with the help of fingertips correct the edges of roti and cook it on the heated tawa. Greasing ghee onto the roti and serve it with jaggery/chatney

**Mandua/Ragi/Finger Millet**

**10.5 Ragi Chilla:**

**Ingredients:**

Ragi flour-1 cup.

Gram flour 1/2 cup

Curd/Yoghurt-1/2 cuop

Chopped onion-1 medium size.

Chopped tomatoes-1 medium size.

Chopped coriander-1 Tablespoon.

Chopped green chilies-2N.

Grated ginger-1 inch

Salt-1 tsp

Black pepper powder 1/2 tsp

Ghee-1 Tsp



**Preparation Method:**

Mix ragi flour, and gram flour and make a batter with curd, leave for ½ an hour. Mix chopped onion, coriander leaves, green chilies, grated ginger, tomatoes, grated ginger and salt. Into a heated greased with ghee pan pour the batter and cover the pan. With medium flame cook both sides appropriately and sprinkle black pepper powder onto the cooked chilla..

### 10.6 Ragi Laddu:

**Ingredients:**

Ragi flour-1 cup.  
Ghee-5Tsp  
Jaggery-50 g  
Cardamum powder  
1/2 tsp



**Preparation Method:**

Heat ghee in a pan, add ragi flour and roast for 5 to 6 minutes. Roast until flour turns in golden color and then remove from flame, add crushed jaggery and cardamom powder mix well and make an equal size of laddus.

**Katuki/Little millet**

**10.7 Katuki Halwa:**

**Ingredients:**

Katuki flour-1.50 cup

Sugar-1/2 cup

Ghee-1/4 cup

Chopped almonds- 10 N.

Cardamom powder 1/2 tsp



**Preparation Method:**

Heat ghee in a pan and roast the katuki flour on low flame for 15 minutes. Once it is roasted well, add sugar and keep adding water while stirring. Keep stirring with a ladle until the sugar dissolves well. Now take it off the heat and mix chopped almonds and cardamom powder well.

### 10.8 Katuki Puri:

**Ingredients:**

Katuki flour-1 cup.

Black pepper powder-1 tsp

Boiled and mashed Potatoes- 2 medium size

Salt - to taste

Oil- to deep fry

**Preparation Method:**

**In a bowl, mix katuki flour, black pepper powder, chopped coriander leaves, salt, and boiled potatoes well. With the required amount of water knead it well. Make small balls and roll them in a puri shape, deep fry in heated oil.**



**China/Barre/Proso Millet**

**10.9 China Veg Rice:**

**Ingredients:**

China Rice- 1 cup.  
Grated Carrot-1 Tsp  
Green Peas-1/4 cup  
Chopped potatoes- ¼ cup.  
Ghee- 1 Tsp  
Salt- to taste



**Preparation Method:**

**Soak the china rice for 2 hours, clean 2 times, and put it in a pressure cooker with sufficient water, add grated carrot, green peas, chopped potatoes, salt, and ghee and cook till 2 whistles on medium flame. Now remove the pressure and serve it hot.**

**10.10 Instant Madha (China) Dahi:**

**Ingredients:**

China Rice- 1/2 cup.

Yoghurt/curd 1/2 cup

Jaggery/Gud- to taste



**Preparation Method:**

**In a bowl add china, curd and jaggery. Ready to eat.**