

# Saaral<sup>®</sup>

— YOURS NATURALLY —

# Recipe Book





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## Our **Belief**

We truly believe that health is the biggest form of wealth. In today's fast paced world, health is something that's almost forgotten. At Saaral, we have taken the onus upon us to reverse this trend and introduce people to a more healthier and nutritious lifestyle



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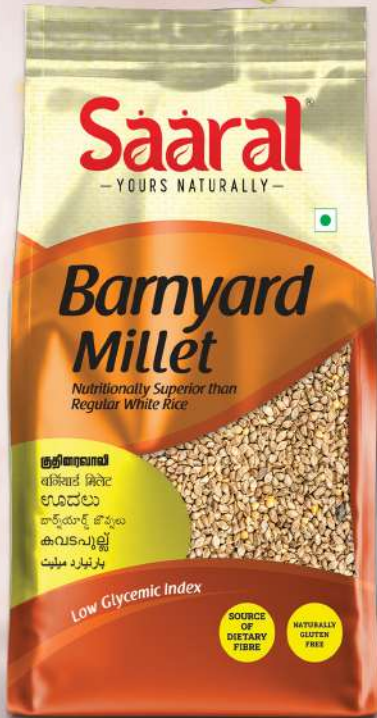




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# Barnyard Millet Recipes



## 1. Barnyard Millet Cutlet

### Ingredients:

- Barnyard Millet 100 g
- Potatoes 20 g
- Carrots 20 g
- Beans 20 g
- Salt 5 g
- Pepper 5 g
- Chat Masala 5 g
- Bread Crumbs 20 g
- Chana Dal 30 g
- Green Chillies 5 g
- Water (as Required)
- Oil (for shallow or deep frying)

### Preparation Method:

- Cook barnyard millet in boiling water and fluff it with a fork and keep it aside.



- Mix chhana dal flour powder with curd, boil the vegetables and sauté finely chopped onions, green chilli, garlic, ginger and sauté until onions turns transparent in oil.
- Add salt, pepper powder, turmeric powder to the cooked vegetables and add cooked barnyard millet, finely chopped coriander leaves and mix well. Cook for a further few seconds.
- Leave it to cool. Divide the mixture equally and shape into cutlet and shallow fry the cutlets both sides until golden brown or deep fry them in oil.
- Serve with sauce.



## 2. Barnyard Kheer

### Ingredients:

- Barnyard Millet      150 g
- Sugar                      250g
- Milk                        250ml
- Saffron                    4-5 threads
- Dry fruits (cashew, almond and pista)      50g
- Ghee                        30ml

## Preparation Method:

- Cook together barnyard millet, saffron and milk on slow heat until the millet gets mashed.
- Add sugar and stir gently to cook kheer.
- Heat ghee in a pan add all dry fruits and roast until golden colour and add to the cooked kheer.
- It can be served hot or cold.



## 3. Barnyard Mushroom Biryani

### Ingredients:

- 1-1/2 Cup Barnyard Millet
- Washed And Soaked In Water
- 2 Tablespoon Oil
- 1 Bay Leaf
- 1 Cardamom Pods/seeds
- 2 Cloves
- 1 Inch Cinnamon Stick
- 1 Star Anise
- 2 Sprig Curry Leaves

- 2 Green Chillies (slit)
- 6 Cloves Garlic
- Finely Chopped
- 2 Inch Ginger
- Finely Chopped
- 2 Onions, Sliced
- 300 Grams Button Mushrooms  
(Cut Into Halves)
- 1 Teaspoon Coriander (Dhania) Powder
- 1 Teaspoon Black Pepper Powder
- 1 Teaspoon Garam Masala Powder
- 1/2 Cup Curd
- 1/4 Cup Coriander Leaves (Finely Chopped)
- 1/4 Cup Mint Leaves (Finely Chopped)
- Salt (To Taste)

### Preparation Method:

- To start with, heat a pressure cooker with oil on medium heat.
- Once hot, add all the whole spices, bay leaf, cardamom, cloves, cinnamon and star anise.

- Once hot, add all the whole spices, bay leaf, cardamom, cloves, cinnamon and star anise.
- When these spices begin to sizzle, add in the curry leaves, ginger, garlic, onion and slit green chillies. Sauté until the onions are on medium low heat until the onions turn slightly caramelised.
- Next add in the quartered mushrooms, salt, black pepper powder, garam masala powder. Sauté for about a minute.
- Reduce the heat; add in the curd, chopped coriander and mint leaves and the drained barnyard millet along with 1-1/2 cups of water.
- Pressure cook for 2 to 3 whistles, turn the heat to low and simmer for 2 minutes and turn off the heat. Allow the pressure to release naturally.
- Once the pressure has released, fluff the Barnyard Millet Mushroom Biryani with a fork and serve.
- Serve the Barnyard Millet Mushroom Biryani Recipe along with a spinach Raita to go along with your meal.



# Brown Top Millet Recipes



## 1. Browntop Millet Sweet Bread

### Ingredients:

- 1/2 Cup + 1 Tbsp Browntop millet
- 1/3 Cup Coconut scrapings
- 1/4 Cup Jaggery
- 1/4 Tsp Salt
- 5 – 6 Dried Dates (Raisins)
- 5 – 6 Almond (optional)
- 2 Tsp Chironji (Sara paruppu)
- 8 – 10 Dried grapes
- 2 – 3 Cardamom
- A small piece Nutmeg
- 1/4 Tsp Cinnamon powder (optional)
- 1 Tsp Fennel (Sounf )
- 1 Sachet Eno Fruit salt (5g)
- 1/2 Tsp of ghee to grease the steaming vessel /pan

## Preparation Method:

### Soaking and Grinding:

- Take 1/2 cup of Browntop millet in a vessel and wash it once with water and soak it in water for two hours
- Take 1 Tbsp of Browntop millet in a small bowl and rinse it with water once. Soak it with 2 Tbsp of water for 1 1/2 hours. After 1 1/2 hours pressure cook in a cooker for a whistle at HIGH and then reduce the flame to SIM and cook for 7 minutes.
- Take out the cooked Browntop millet after the pressure cooker ran out of steam. Let it cool down to room temperature.
- Heat 2 - 3 teaspoon of water in a vessel on slow flame and put in smashed jaggery and dissolve. Turn off once jaggery completely gets dissolved and Strain through a filter to remove impurities. Allow to cool down to normal temperature.
- Blend together adding jaggery dissolved water [Jaggery syrup].

- Grind into a coarse batter. Transfer into a big vessel. Add 1 - 2 Tsp of water into the mixie jar and clean to get the batter sticking on the inner surface of the jar. Add washed water also into the vessel containing batter. The batter should be of idlimaavu [Idli batter] consistency {There is no problem even if the batter becomes slightly watery also}.
- Add salt & Mix well.

### Preparation of Dough:

- Grease a flat bottomed shallow vessel / pan with ghee / oil and keep aside
- Finely chop dried dates and set aside
- Take 1 Tsp of sugar, cardamom and nutmeg in a mortar and pound into a smooth powder with pestle
- Now add fennel, cardamom-nutmeg powder, cinnamon powder (optional)
- Keep aside a small amount of chopped dried dates to decorate on top. Add rest of them into the batter
- Keep aside chironji & Almond pieces to sprinkle over the top of the dough



- Next put in coconut scraping and mix well
- The dough should be of Idly batter consistency
- Finally add Eno fruit salt and mix well. The fruit salt produces lots of air bubbles in the dough and the volume of the dough slightly increases.

### Steam cooking the Dough:

- Heat an idli pot with three cups of water on a stove over high flame. Place the steamer plate in the slot inside the idli pot.
- Pour the prepared dough into the greased vessel and tap gently to spread out evenly.
- Sprinkle chopped dates, broken pieces of Almond, kismis and chironji over the batter.
- Place the vessel/pan with dough over the steamer plate once the water starts boiling in the idli pot.
- Close the idli pot with its lid and cook for 15 minutes on HIGH flame.
- After 15 minutes open the lid and insert a clean and dry knife or toothpick into the bread. If it comes out clean then the bread is ready. You can remove the vessel from the idli pot.

- If not, steam cook for another 2 - 3 minutes.
- Remove the steamed bread from the idli pot.
- Keep over the kitchen platform or on a table to cool down. Allow to stand for ten minutes.
- After ten minutes slice the prepared bread with a clean and dry knife.
- Tasty and yummy browntop millet sweet bread is ready to relish. Enjoy!!
- The pieces can be stored in an airtight container after cooling down to room temperature.
- The bread remains good for a day.

### Note:

- Add only two tablespoon of cooked browntop millet while grinding batter in the mixie. Otherwise the bread would become sticky. If some left-over cooked browntop millet is there then consume it with sambar, rasam or curd.
- The bread can be prepared without adding coconut scrapings also. The same measurement of ingredients holds good.
- Steam cooking time depends on the volume of the dough.



## 2. Browntop Millet Khichdi

### Ingredients:

- 1 cup browntop millet
- ½ cup lentils or black-eyed peas (any lentils like green gram, red lentil, pigeon peas)
- 4 cups water
- 3 potatoes small sized
- 2 carrots
- 12 green beans
- 3 cloves optional
- 2 green cardamom
- ½ tsp red chili powder
- ½ tsp coriander seeds powder
- ¼ tsp turmeric powder
- salt to taste

### Ingredients for making tadka

- 1 tbsp oil, ¼ tsp mustard seeds, ¼ tsp cumin seeds, 2 whole red chili (optional), a pinch of hing (optional)

## Instructions

- Take a pressure cooker or an Instant pot inner pot and add soaked and washed lobia and millet
- Add chopped veggies of your choice (potato, carrot, beans, etc.)
- Add chopped amla, turmeric powder, red chili powder, coriander powder, salt, cloves and cardamom
- Add water and pressure cook for 2-3 whistles (approximately 15 minutes). If using an Instant pot, select pressure cook mode and cook for 8 minutes on high pressure. Make sure to close the VENT
- Let the pressure release naturally
- Make tadka with all mentioned tadka ingredients
- Add the tadka to the cooked browntop millet mixture, mix it well and adjust the salt
- Add the coriander leaves and the millet khichdi is ready to serve!



### 3. Browntop Millet Rava Upma

#### Ingredients:

- 1/2 cup browntop millet
- 1 cup water for soaking the millet rava
- 3 tbsp any cold-pressed oil (I used groundnut oil)
- 1/4 tsp jeera (cumin seeds)
- 1/4 tsp rai (mustard seeds)
- 1/4 tsp chana dal (split and skinned bengal gram)
- 1/4 tsp urad dal (split and skinned black gram)
- 1 medium onion, chopped small
- 2 green chillies, split in half
- 1/4 tsp turmeric powder  
15-20 kadi patta (curry leaves)
- 2 tbsp green peas
- 2 tbsp chopped carrot
- 2 tbsp chopped green bell pepper
- 1 medium tomato, chopped small
- 1/2 tsp sendhanamak (rock salt)

- 1 tbsp chopped hara dhania (cilantro)
- Cilantro for garnish 1 fresh red chilli split, for garnish

### Preparation Method

- To make the millet rava from millet, put the millet in a grinder jar and give 1-2 second pulses 5-6 times or until it is coarsely ground. Do not grind it too fine. Sieve out the ground millet and separate the fine rava from the bigger millet pieces.
- Dry-roast the millet rava on low heat. Stir constantly until you can smell its aroma and it is slightly brown. Transfer to a plate and let it cool down completely.
- Wash the millet rava once and drain out the water. Add 1 cup of water, cover it with a lid and let it soak overnight.
- The next morning, the rava will be ready to make upma. Keep a pan on low-medium heat and add 3 tbsp oil. Once the oil is hot, add the jeera and rai. Let them crackle.
- Reduce the heat to low and add the chana dal and urad dal. Sauté for 1-2 minutes until they just change in colour.
- Add the chopped onion, slit green chillies and turmeric powder, raise the heat to low-medium and saute for 1-2 minutes until the onions change a bit in colour

- Add the kadhhipatta and mix well. Add the green peas, chopped carrot, chopped bell pepper and chopped tomato. Mix well and saute for about 1 minute.
- Reduce the heat to low and cover with a lid. Cook for about 2 minutes.
- Add the water the millet rava has been soaked in and salt and mix well. Raise the heat to low-medium and let the water come to a boil.
- Add the soaked millet rava, a little at a time, mixing it in simultaneously. Add some hara dhania, mix well and reduce the heat to low. Cover with a lid and cook for about 2 minutes.
- Remove the lid and stir-cook the upma until all the water dries out, about 3-4 minutes.
- Millet rava upma is ready to serve.



## Foxtail Millet Recipes





## 1. Foxtail Millet Vegetable Biryani / Chicken Biryani

### Ingredients:

- Foxtail Millet - 1 1/2 cup
- Onion sliced - 2
- Carrots - 1/2 inch pieces (2)
- French beans - 1/2 inch pieces (15)
- Green peas shelled - 1 cup
- Salt - as desired, green cardamoms - 8
- Black cardamom - 1
- Cinnamon - 1/2 inch stick
- Bay leaf - 1
- Caraway seeds (shahi jeera) - 1/2 tsp
- Ginger-garlic paste - 1 1/2 tsp
- Turmeric powder - 1 tsp
- Turmeric powder - 1 tsp
- Red chilli powder - 1 tsp

- Coriander powder - 1 tsp
- Tomatoes - 1 cup
- Garam masala powder - 1 tsp
- Lemonjuice-1 tsp
- Green peas shelled - 1 cup
- Food colour-pinch (If desired)
- Fresh coriander leaves chopped - 2 tsp
- Fresh mint leaves chopped - 2 tsp

### Preparation Method

- Boil Foxtail millet in four cups of salted boiling water with cardamom, cloves and cinnamon, until three-fourth done. Drain excess water and set aside.
- Boil all the chopped vegetables and keep aside.
- Add green cardamoms, cloves, black cardamom and cinnamon along with bay leaf and caraway seeds and roast in a thick bottom pan.
- Add tomatoes, ginger-garlic paste, deep fried onions, carrot, French beans, and boiled green peas. Sprinkle salt, cover and cook on medium heat for two minutes.

- Add turmeric powder, red chilli powder, coriander powder, garam masala powder and mix well. Simmer for two minutes.
- Arrange a layer of millet at the top over that arrange half the cooked vegetables.
- Sprinkle fried onions, lemon juice, food colour mixed in milk garam masala powder, the coriander leaves and the mint leaves.
- Cover with a lid and cook. Let it stand for five minutes. Serve hot.
- **NOTE:** For chicken biryani in the place of vegetables chicken is to be substituted, remaining whole procedure is same.



## 2.Foxtail Millet Bisebellebaat

### Ingredients:

- For masala powder - coriander seeds
- Red dry chillies
- Chana dal
- Sambar - cooked toor dal - 1 cup
- Lemon - 1
- Tamarind - 1

- Small onion- 5-7
- Mixed vegetables - 2 cups (carrot, drumstick, beans and potato),
- oil - 2 tsp
- Curry leaves – 10
- Mustard seeds - 1/4 tsp
- Turmeric powder - 1/4 tsp
- Broken red chillies – 2
- Asafoetida- a generous pinch
- Salt to taste
- Coriander leaves - 1 tsp
- Foxtail millet - 1 cup
- Salt a pinch
- Coriander leaves - 2 tsp

### Preparation Method

- Add tamarind water, vegetables, salt and sambar spice powder in a pressure cooker and cook till two whistles.

- Cook the foxtail millet, toor dal, turmeric powder, salt and water in another pressure cooker until two whistles.
- For seasoning, sauté mustard seeds, cumin seeds, red chilli, curry leaves in ghee and keep aside.
- Add the spicy vegetable tamarind curry to the cooked millets and mix together till a mish mash.
- Add the seasoning and transfer the bisibellebaat to a serving bowl. Sprinkle the chopped coriander and serve hot.



### 3. Foxtail Millet Nipattu

#### Ingredients:

- 1 cup Foxtail Millet flour
- 1 cup Rice flour
- 1 cup Gram flour (besan)
- 2 Tablespoons Raw Peanuts (Moongphali) (roasted, skinned and lightly crushed),
- 2 Teaspoons Dry Red Chillies (finely crushed)
- 1 Teaspoon Dessicated Coconut
- 1 tablespoon Cumin seeds (Jeera)

- 1 tablespoon Sesame seeds (Til seeds)
- 1/2 cup Dill leaves (finely chopped)
- 1/4 teaspoon Asafoetida (hing)
- 1 tablespoon Butter (Salted)
- 1 tablespoon Butter (Salted) sizzling hot melted
- 1-2 cups Hot water
- Salt (to taste)
- 3 cups Oil (to deep fry)

### Preparation Method

- To begin making Foxtail Millet Nippattu, dry roast the flours until they turn aromatic for about 4 to 6 minutes on medium heat. Switch off the heat and cool it completely.
- Mix all the powders, chili flakes, cumin seeds, sesame seeds, dill leaves and salt together. Pour a tablespoon of sizzling hot melted butter in the mixture and mix thoroughly.
- Now add lukewarm water little by little and mix into a soft and pliable dough. Make little balls and roll them flat into little discs, about 2 inches in diameter.

- You can grease a plastic sheet as the surface, or use wax paper to pat down the nippattu.
- Heat oil in a deep fry pan on medium-high. When the oil starts to smoke, add a tiny ball of dough; if it sizzles and rises to the oil surface, the oil is hot enough.
- Reduce the heat to medium and gently peel away the nippattu from the wax paper and put them into the oil. They will sink, and foam at first, then come up to the surface quickly.
- Flip them over to the other side and let them turn into golden brown colour. Drain the savouries on a paper napkin or sieve over a bowl. When the savouries are completely cool, store them in airtight boxes in a cool dark place.
- Serve Foxtail Millet Nippattu with hot Masala Chai during your tea time break.



## Kodo Millet Recipes





## **1.Kodo Millet Adai**

### **Ingredients:**

- (To soak) kodo millet – 1/2 cup
- Toor dal–1/4 cup
- Channa dal – 1/4 cup
- Moong dal – 1 tsp and urad dal – 1 tsp;  
(For seasoning)
- Red chillies – 2
- Fennel seeds - 1 tsp(optional)
- Small onion - 1/4 cup chopped finely
- Curry leaves - few torn into pieces
- Coriander leaves - 1 tbsp
- Mint leaves - 1 tbsp finely chopped and  
salt - to taste

### **Preparation Method**

- Serve Foxtail Millet Nippattu with hot Masala Chai during your tea time break.

- Take red chillies and fennel seeds in a mixer, add little of mixed millet mixture and grind it to a coarse mixture.
- Add chopped onion, coriander leaves and required salt. The batter should be slightly runny in between idli and dosa batter consistency.
- Heat the adai (or dosa pan) pan, grease with little oil, make round adai and cook till golden brown and crisp at the edges and add onion and ginger garlic paste.
- Add the chopped veggies, mint leaves and salt.
- Serve hot garnish with coriander leaves.
- Serve hot with any chutney of your choice



## 2.Kodo Millet Pongal

### Ingredients:

- 1 cup kodo millet, washed and soaked for 15 mins
- 1/2 cup moong dal
- washed and soaked for 15 mins
- 4 cups water
- 1 tbsp ginger (grated)

- 2 tsp black peppercorns
- 2 green chillies
- 1 tbsp ghee
- 1 1/2 tsp cumin seeds
- 1/4 cup raw cashews
- Curry leaves few
- Salt (to taste)

### Preparation Method

- Wash and soak the millet and moong dal for 15 mins.
- In a pressure cooker, add the soaked millet, dal, ginger, green chillies, peppercorns and salt with 4 cups of water. Pressure cook for 3 whistles and allow to naturally release the pressure
- Once the millet and dal are cooked, they should have a slightly runny, creamy consistency. Stir with a ladle, mashing the millet and dal a bit, and add a little more water if needed to get to this consistency. If you add more water, do it over medium heat so the rice warms through.
- Make the tempering by heating the ghee in a skillet. Add the cumin seeds, curry leaves and stir for a minute. Add the nuts and stir until lightly golden.

- Add the tempering to the cooked millet and lentils. Mix well. Serve hot with coconut chutney and sambhar.



### **3.Kodo Millet Sev**

#### **Ingredients:**

- 1 Cup Kodo Millet flour
- 1/2 Cup Bengal gram flour
- 1 tbsp Carom seed
- 1/4 tsp Asafoetida
- Salt (to taste),
- 2 Cup oil (for deep fry)

#### **Preparation Method**

- First, soak carom seeds in hot water for 10 minutes. After it is soaked, remove seeds and use only the soaked water.
- Sieve Kodo Millet flour and Bengal gram flour separately and transfer to a wide bowl
- Add hing, salt to taste, carom water to the bowl and mix it well until all the ingredients are mixed properly. Now add water little by little and mix it to roti dough consistency.

- Grease the sev (murukku) press with oil and fill 3/4th with dough
- Now pour the oil in a pan and heat it. To check the heat, if you put a pinch of batter, it should rise immediately
- Now adjust the flame to medium-low and slowly press the sev press in a circular motion. Do not overlap, just make two rounds. Now gently stir the sev until golden brown till the bubble stops and flip to the other side and stir it until golden brown.
- Repeat the process for the entire dough. Once done remove it and place it on a kitchen towel. Let it cool and enjoy it



## Little Millet Recipes



## 1.Little Millet Adhirasam

### Ingredients:

- Little Millet Powder - 1/2 tsp
- Little Millet Rice - 1 Cup
- Jaggery - 1 Cup
- Cardamom - 1/2 tsp
- Cold-Pressed coconut Oil - 1/4 ltr for deep frying

### Batter Preparation:

- Soak the Little millet rice in water for 30mins. After 30 mins, rinse it and drain the water.
- Spread the Little millet rice in a towel for about 10 mins to absorb excess water content of the rice.
- When 3/4th dried, grind the little millet in a mixer to a very nice powder (Also, can sieve it to get a fine nice Powder).
- Add jaggery in a pan with 1/2 cup of water and when it dissolves strain the jaggery water to remove dirt & sand.

- Again, boil the jaggery water and keep stirring it until the jaggery comes to stone consistency.
- **Note**—to check for the right consistency, take a drop of jaggery juice and pour it in water, it should not dissolve rather we should be able to make a ball out of it. The consistency should be neither hard nor very smooth. You should be very careful at this stage
- Now remove the jaggery from the flame and add to the wet little millet rice powder and mix it well along with cardamom powder.
- Mix well, so that no lumps are formed till you get chapati dough consistency.
- Now the adhirasam mixture is ready for preparation.
- **Note** – You can also add one ladle of fresh curd. By adding this you will get a soft little millet adhirasam.
- Keep this little millet adhirasam mixture aside for at least one day.

### Batter Preparation:

- Next day, heat required oil in a heavy-bottomed pan.
- Make a small ball of the adhirasam mixture and place it in an oil greased plastic paper. Spread the mixture like vada and drop it in oil once the oil is hot.



- Deep fry the little millet adhirasam till it becomes golden color. Don't put more than two adhirasam in the oil.
- Repeat the above steps for the rest of the mixture. The delicious little millet Adhirasam is ready to serve.
- **Note:** If Little millet adhirasam is getting split while frying, then it's an indication that you have added more Jaggery. Add one or two more tablespoons of little millet rice flour and mix it and try again.



## 2. Little Millet Sevai or Semiya

### Ingredients:

- Little Millet Flour – 1 cup
- Salt to taste
- Sesame oil 1/2 tsp
- Palm Sugar as needed
- Grated Coconut – 1/4 cup

### Preparation Method

- Keep a pan add water and add salt and oil to it
- Keep the Little millet flour in a wide bowl.

- When you see small bubbles of water switch off the flame and add it slowly to the flour, when it is warm mix it nicely with a spoon and with your hands make it into equal portions to fit into the press.
  - Use the Sevai mould for this. Grease an idly plate and press medium sized circles.
  - Steam this for 5 minutes.
  - After cooling it down for a minute take it out from the idly plate and transfer it to a wide plate and cover it with a damp cloth to keep it moist.
  - Repeat the process for the rest of the dough.
  - If you are going to have it with coconut and palm sugar, just add the palm sugar to the mix and start mixing it gently.
  - Add coconut in the last and mix well. Now the little millet Sevai is ready to serve.
- Note:** If you like coconut milk you can serve it with coconut milk too.



### **3.Little Millet NeerDosa**

#### **Ingredients:**

- Little Millet rice-1 cup
- Soaked for 2 hours
- Grated Coconut- 1/2 cup
- Rock Salt – 1/2 tsp
- Water – 5 cups
- Cold-Pressed groundnut Oil

#### **Batter Preparation:**

- Wash and soak Little Millet in enough water for 2-3 hours.
- Drain all the water and grind it along with grated coconut and little salt.  
**Note:** This dosa batter takes less salt so add it carefully.
- First grind little millet rice and coconut to a coarse paste without adding water and then add 1 cup of water to make a smooth paste.
- Check the batter and grind it again adding required water to get a very smooth paste without any grits. Totally 5 cups of water can be used.

## Batter Preparation:

- Heat the dosa pan well. Keep the flame high.
- Pour enough batter to cover the pan and turn the pan around quickly so the mixture coats the bottom well without any holes.
- Now simmer the flame completely and close the dosa with a lid. Let it cook for 30 seconds.
- Then remove the lid and again cook in an open pan for another 30 seconds.
- When the edges start lifting, dribble a few drops of oil around and ease the dosa out of the pan.
- Now serve the little millet neerdosa along with chutney.



## Black Rice Recipes



# 1.Black Rice Paniyaram

## Ingredients:

- 1 cup Black Rice
- 6 tablespoons Palm jaggery powdered
- 2 tablespoons Whole Wheat Flour
- Health Mix (optional)
- Oil as required for frying in Paniyaram pan

## Preparation Method

- Wash and soak the Black rice in enough water for about 4 hours. Once done, drain the rice from water and add it to a mixer
- Add 1/2 a cup or required amount of drained water to the rice and grind into a smooth batter
- Transfer the batter into a mixing bowl. Add wheat flour, powdered palm and powered palm jaggery to it.
- You can also add 2-3 tablespoons of health mix or sathumaavu to the mixture (This step is optional)
- Mix everything together into dosa batter consistency

- Heat the paniyaram pan adding required amount of oil. Once the pan is hot, ladle the batter into all holes and cook in medium flame until golden colour. Put the lid of the pan on so that the paniyarams cook/steam.
- Open the lid in intervals of a 30 seconds to check if the paniyarams are cooked. Now, flip to the other side using a spoon and cook for 2-3 minutes until golden on all sides. Remove from pan and repeat for remaining batter
- The healthy and tasty Black Rice Palm Jaggery Paniyaram is ready to serve



## 2.Black Rice Halwa

### Ingredients:

- Black Rice – 1 cup
- Freshly grated coconut – 2 cups
- Powdered Jaggery – 1 cup
- Ghee – 1/4 cup

### Preparation Method

- Wash and soak black rice overnight. Add the soaked rice to mixer along with little water and grind it into paste. You can also use black rice flour, if its available.

- In a separate mixer jar add grated coconut along with a little water and extract thick coconut milk from this pulp. Add the coconut back to the mixer and add some more water. Grind for a minute and now extract the thin coconut milk. Keep aside.
- Heat a heavy bottomed pan, add the powdered jaggery and thin coconut milk to it. Mix until jaggery dissolves.
- Once it starts boiling, reduce the flame and add black rice paste. Keep stirring until it thickens like a porridge.
- Once it thickens, add the thick coconut milk and cook on a medium flame stirring continuously until it starts coming together like halwa.
- Add ghee little by little and keep cooking until the ghee incorporates into the halwa and comes out leaving sides of the pan. The halwa becomes darker as it gets thicker.
- Once the halwa comes together like a whole mass, remove the pan from the flame and pour into greased plate.
- Allow it to cool and cut into squares





### 3.Black Rice Tangy Salad

#### Ingredients:

- 1/4 cup black rice
- 1 cup diced Vegetables: red & yellow capsicum (as needed)
- Par boiled carrot and french beans, Spring onions (as needed)
- Blanch tomatoes, corn kernels)
- 3 tbs chopped mint
- 3 tbs chopped basil
- Mozzarella cheese (optional) - as required

#### For salad dressing:

- 2 tbsp olive oil
- 1/4 tsp chopped garlic,
- 1/4 tsp black pepper powder
- Salt (to taste)
- 2-3 tbsp lemon juice
- 2 tbsp tomato ketchup (optional)

## Steps:

- Soak black rice for 5 to 10 minutes and cook it for 15 to 20 minutes in open vessel. Prepare Vegetables for the salad.
- Prepare dressing by mixing all the ingredients.
- Mix all the Vegetables n cooked rice with salad dressing, add salt if needed. Mix well.



# Brown Rice Recipes



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**Brown Rice**

*Nutritionally Superior than Regular White Rice*

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Low Glycemic Index

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## 1. Brown Rice Dumplings

### Ingredients:

- Brown Rice - 1 cup
- Freshly grated coconut - 1 cup
- Salt - 1 tsp

### Ingredients For Seasoning

- Mustard seeds - 1 tsp
- White Urad Dal (Split) - 2 tsp
- Dry Red Chillies - 3 nos
- Curry leaves - 3-4 nos
- Oil - 2 tsp

### Preparation Method

- Cook the brown rice like how upma is made
- Heat a teaspoon of oil in the pressure cooker; add in the brown rice, salt and 1-1/2 cups of water. Cover the pressure cooker and cook the brown rice for a couple of whistles and turn off the heat. Allow the pressure to release naturally.

- Once the pressure is released, transfer the cooked brown rice into a large bowl. Stir in the grated coconut and check the salt levels.
- Now steam the brown rice along with the coconut, this process of double cooking, makes the brown rice fluffy and soft. Prepare a steamer and line the steamer plates with oil.
- Make balls (about 1 inch in diameter) of the coconut-rice mixture and place it on the steamer plate. Steam for about 10 minutes on high heat and turn off the heat. Remove Brown Rice dumplings from the steamer and keep aside
- Next step is to season the Brown Rice Dumplings. Heat a tablespoon of oil in a wok or a heavy bottomed pan; add mustard seeds and split urad dal and allow them to crackle. Add red chillies and curry leaves and stir until the red chillies are well roasted.
- Add the cooked Brown Rice Dumplings into the above seasoning and stir fry for a about 3 to 4 minutes. Remove from heat and serve hot



## 2. Brown Rice Dumplings

### Ingredients:

- Brown Rice - 1 cup
- Ghee - 2 Tbsp, Cumin seeds - 1 Tbsp
- Finely chopped Green Chilli - 1 no
- Finely chopped onion - 1 no
- Finely chopped tomato - 1 no
- Finely chopped carrot - 1 no
- Green peas steamed - 1/4 cup
- Sweet corn steamed - 1/4 cup
- Red Chilli powder - 1/2 Tbsp
- Pav bhaji masala - 1 Tbsp
- Coriander leaves - a small bunch
- Coriander leaves - a small bunch, finely chopped
- Salt (to taste)

## Preparation Method

- To begin making the Dhaba Style Tawa Pulao recipe, first cook the brown rice in 1-1/2 cups of water in a pressure cooker for 3 to 4 whistles. Turn off the heat and allow the pressure to release naturally.
- Once the pressure has released, open the cooker and allow the rice to cool completely, before adding it to the Tawa Masala.
- To make the Tawa Masala, heat ghee in a heavy bottomed pan. Once the ghee is hot, add cumin seeds and let them crackle. Add chopped green chillies, onions and cook them till the onions are soft and translucent.
- Once the onions are soft, add chopped carrot, green peas and corn. Cook for about a minute or two until slightly tender.
- Add salt to taste, red chilli powder and pav bhaji masala
- After a minute, add the cooked brown rice and mix everything well. Cover the pan with a lid and let Dhaba Style Tawa Pulao cook for 2 to 3 minutes more. Open the lid and give the Tawa Pulao a good stir.
- Once done, switch off the gas and garnish the Dhaba Style Tawa Pulao with chopped coriander leaves and serve hot.

### 3. Brown Rice Dhokla

#### Ingredients:

- 1 cup brown rice
- 1/2 cup splits grams
- 1/3 cup splits green gram (skinned)
- 2 tsp salt
- 1 cup sour curd/ glass of sour buttermilk
- 1/4 tsp baking soda
- 3-4 tsp garlic paste
- 1/2 cup spinach puree
- 1/2 cup carrot puree
- 1/2 cup beetroot puree
- As needed oil to grease

#### Preparation Method

- Soak Brown rice, and both splits' grams for at least 3 hours
- Then crush them in a mixture with adding buttermilk/curd. Make a thick paste-like batter as we will mix purée to it later. Cover the mixture and keep it in a warm place for 3 hours to get fermented.



- Later add salt, garlic paste, baking soda and mix it well.
- Meanwhile, make purée of all three vegetables
- Mix the batter with three vegetables puree separately and keep one part of the batter as plain. Now, you will have four colors batter.
- Pre heat a steam cooker. In the steam cooker, grease the plate with oil and fill batter up to shallow level go even.
- Let it boil for the time it rises to double. To check whether it's cooked properly, use a spatula or knife and poke it. If the batter is cooked well, it will not be sticking. Let it cool down and then remove it with a knife to get a nice shape.



## Red Rice Recipes

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## Red Rice

*Nutritionally Superior than  
Regular White Rice*

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## 1.Red Rice Cake

### Ingredients:

- 1 cup red rice
- 1/2 cup wheat flour
- 3/4 cup Jaggery powder
- 3/4 cup Jaggery powder
- 1/6 tsp salt
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 cup melted ghee
- 1 cup milk (as required),
- 1/6 tsp cardamom powder
- Ghee for brushing the mould (as needed)
- **For garnishing:** 8-10 cashew nuts,  
5-6 almonds, 5-6 pistachios,  
1 tsp sugar powder

## Preparation Method

- Wash and soak the red rice in water overnight. Then strain them and spread them on a paper and allow it to dry completely.
- Once It's dry, grind them well and make a powder of it
- Add wheat flour, jaggery powder along with baking powder, baking soda and salt in it and mix it well. Then add milk, ghee and cardamom powder in it and mix it well.
- Grease a cake tin with ghee and pour the prepared batter in it and garnish it with chopped dry fruits.
- Bake it in a preheated oven for 45 minutes in 150degree Celsius. After that, check it with the help of a toothpick whether it is perfectly baked or not. If it comes out clearly then it is perfectly baked
- After cooling down demould the cake. Now your red rice cake is ready.
- Sprinkle some sugar powder over it. Cut into pieces and serve.
- You can store it in an airtight container for 2 days.



## 2.Red Rice Appam

### Ingredients:

- 1 cup Red Rice
- 1 cup Jaggery
- 1/2 grated coconut
- 1 Ripe banana
- 1/4 tsp Cardamom powder
- 1 pinch baking powder (optional)
- Ghee for seasoning (as required)

### Preparation Method

- Rinse the red rice and soak it for about 2 hours. Meanwhile, grate the coconut and keep the remaining ingredients ready.
- After 2 hours, grind the rice to fine paste without adding water.
- Now add banana, grated coconut and cardamon powder and grind it to a fine paste.
- Finally, add jaggery and give a quick pulse to get a smooth batter.

- Now keep the pan in stove. Add ghee. When pan is hot, add the appam batter.
- When appam turns golden brown. Turn upside down and cook on both sides
- Red Rice appam is ready to serve



### 3.Red Rice, Jaggery Anarse

#### Ingredients:

- 1 cup red rice flour
- 75-gram jaggery
- Ghee, 3-4 tbs Poppy seeds
- Milk (if required)
- Ghee for frying

#### Preparation Method

- Soak red rice for 6-7 hours. Drain and spread on an absorbent cloth to dry for 15-20 minutes
- Put the dry rice in a grinder jar and grind it to a smooth powder.
- Shift the powder into a bowl through a fine sieve.

- Add grated jaggery and 1 tablespoon ghee and knead into a semi-soft dough without using water. If required, use milk. Cover and rest the dough for 5-6 hours.
- Divide dough into equal portions and shape them into small round balls.
- Make the anarsa by flatten the balls into a ½ cm thick round and coat it evenly with poppy seeds. Do the same activity for rest of the dough
- Pour 6 tbsp of ghee in a non-stick pan. Place anarsa and shallow-fry brown on very low flame. Keep on pouring hot ghee from the sides in the pan on to the anarsa. Do not flip the anarsa. Drain on absorbent paper.
- Cool it at room temperature, store in air tight container



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## Recipe Book





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## Pearl Millet

*Nutritionally Superior than  
Regular White Rice*

**கம்பு**

बाजरा

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# 1. Bajra Khichdi (Pearl Millet Porridge)

## Ingredients:

- 1 cup pearl millet (bajra), washed and soaked for a few hours
- 1/2 cup split yellow moong dal (lentils)
- 1 onion, finely chopped
- 1 tomato, chopped
- 1 carrot, diced
- 1/2 cup peas
- 1-inch ginger, grated
- 2-3 cloves garlic, minced
- 1 tsp cumin seeds
- 1 tsp turmeric powder
- 1 tsp garam masala
- Salt to taste
- 2 tbsp ghee (clarified butter)
- Fresh coriander leaves for garnish

## Preparation Method

1. Heat ghee in a pressure cooker. Add cumin seeds and let them splutter.
2. Add chopped onions, ginger, and garlic. Sauté until onions are golden brown.
3. Add chopped tomatoes, carrots, peas, and cook for a few minutes.
4. Drain water from soaked pearl millet and lentils, and add them to the cooker.
5. Add turmeric powder, garam masala, and salt. Mix well.
6. Pour in enough water and close the lid. Pressure cook for 3-4 whistles or until everything is cooked.
7. Once done, garnish with fresh coriander leaves and serve hot.

## **2. Bajra Khichda**

### **Ingredients:**

- 1 cup pearl millet (bajra), soaked overnight
- 1/2 cup split green gram (moong dal), soaked
- 1 onion, finely chopped
- 1 tomato, chopped
- 1/2 cup mixed vegetables (carrots, peas, beans)
- 1 tsp ginger-garlic paste
- 1/2 tsp turmeric powder
- 1 tsp garam masala
- Salt to taste
- 2 tbsp ghee
- Fresh coriander leaves for garnish

### **Preparation Method**

1. Cook soaked pearl millet and moong dal in a pressure cooker until soft.
2. In a pan, heat ghee and sauté onions until golden brown.
3. Add ginger-garlic paste, chopped tomatoes, and cook until tomatoes are soft.
4. Add turmeric powder, garam masala, and mixed vegetables. Cook for a few minutes.
5. Mix in the cooked pearl millet and moong dal. Add salt and stir well.
6. Garnish with fresh coriander leaves and serve hot.

### **3. Bajra Methi Paratha**

#### **Ingredients:**

- 1 cup pearl millet flour (bajra atta)
- 1/2 cup fresh fenugreek leaves (methi), finely chopped
- 1/2 cup whole wheat flour
- 1 green chili, finely chopped
- 1/2 tsp cumin seeds
- Salt to taste
- Water (as needed)
- Ghee or oil for cooking

#### **Preparation Method**

1. In a bowl, mix pearl millet flour, whole wheat flour, chopped fenugreek leaves, chopped green chili, cumin seeds, and salt.
2. Gradually add water and knead the mixture into a soft dough.
3. Divide the dough into small balls and roll each ball into a flat disc (paratha).
4. Heat a tawa (flat griddle) and cook the paratha on both sides using ghee or oil until golden brown.
5. Serve hot with yogurt, pickle, or any side dish of your choice.

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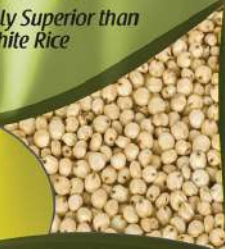


## Jowar

*Nutritionally Superior than  
Regular White Rice*

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# 1. Jowar Upma

## Ingredients:

- 1 cup jowar grains (soaked for a few hours)
- 1 onion, finely chopped
- 1 tomato, chopped
- 1/2 cup mixed vegetables (carrots, peas, beans)
- 1 green chili, finely chopped
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 1/2 tsp turmeric powder
- Salt to taste
- Fresh coriander leaves for garnish
- Lemon wedges for serving

## Preparation Method

1. Cook the soaked jowar grains in water until they become tender. Drain any excess water and set aside.
2. In a pan, heat oil and add mustard seeds and cumin seeds. Let them splutter.
3. Add chopped onions and green chili. Sauté until the onions become translucent.
4. Add mixed vegetables and cook until they are slightly tender.
5. Add turmeric powder, salt, and chopped tomatoes. Cook until the tomatoes are soft.
6. Stir in the cooked jowar grains and mix everything well.
7. Garnish with fresh coriander leaves.
8. Serve the jowar upma hot with lemon wedges.

## 2. Jowar and Vegetable Biryani

### Ingredients:

- 1 cup jowar grains (soaked for a few hours)
- 1 cup mixed vegetables (peas, carrots, beans, potatoes), diced
- 1 onion, thinly sliced
- 1 tomato, chopped
- 1/4 cup plain yogurt
- 1/4 cup mint leaves, chopped
- 1/4 cup coriander leaves, chopped
- 2 tbsp biryani masala
- 1 tsp ginger-garlic paste
- 1/2 tsp turmeric powder
- 1/2 tsp red chili powder
- 2 cups water
- 2 tbsp ghee
- Salt to taste
- Basmati rice (optional, for layering)

### Preparation Method

1. In a pot, heat ghee and sauté sliced onions until golden brown.
2. Add ginger-garlic paste, chopped tomatoes, and cook until tomatoes are soft.
3. Add mixed vegetables, biryani masala, turmeric powder, red chili powder, and cook for a few minutes.
4. Stir in soaked jowar grains, yogurt, mint leaves, coriander leaves, and salt.
5. Add water and bring it to a boil. If you prefer, you can also layer the biryani with partially cooked basmati rice.
6. Cover and simmer until the jowar grains and vegetables are fully cooked.
7. Fluff the biryani with a fork, garnish with additional mint and coriander leaves.
8. Serve the jowar and vegetable biryani hot with raita.

### **3. Jowar Chocolate Mug Cake**

#### **Ingredients:**

- 4 tbsp jowar flour
- 2 tbsp cocoa powder
- 2 tbsp sugar
- 1/4 tsp baking powder
- A pinch of salt
- 3 tbsp milk
- 2 tbsp vegetable oil
- 1/4 tsp vanilla extract
- Chocolate chips (optional)

#### **Preparation Method**

1. In a microwave-safe mug, whisk together jowar flour, cocoa powder, sugar, baking powder, and a pinch of salt.
2. Add milk, vegetable oil, and vanilla extract. Mix until smooth.
3. If desired, fold in chocolate chips.
4. Microwave the mug on high for 1-2 minutes until the cake rises and is set in the middle.
5. Allow it to cool for a minute before indulging in your quick and delicious jowar chocolate mug cake.



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No. 244, Raajali Industrial House,  
10<sup>th</sup> Street Ambattur Industrial  
Estate NP, Chennai - 600 098



+91-7358768885



info@saaralfoods.com



www.saaralfoods.com

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