



Embark on a journey for a healthier tomorrow

MILLETS

Recipe Book



100%
Premium Quality
Barnyard Millet
Kodo Millet
Foxtail Millet
Little Millet
Total Fat
Sodium
Total Carbohydrate
Dietary Fiber
Sugars
Protein

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SHASTHA BARNYARD MILLET

Barnyard millet known as kuthiravali in Tamil, Oodalu in Kannada, odalu in Telugu, Jhangora in Hindi and Kavadapullu in Malayalam. Like other millets, barnyard millets are gluten free and vegan cereals.

Barnyard Millet are tiny white, round grains belonging to the millet family. The tiny grain packs a variety of essential nutrients like Iron, Calcium, Fiber, Proteins and Minerals and is among the top Indian millets. Its high calorie content releases slowly providing sustained energy levels for the body.

Barnyard millet is one of the hardiest millets, which thrives well under adverse agro-climatic conditions. Nutritionally barnyard millet is a superior grain with good amounts of macronutrients and dietary fiber. It is an important grain, which possesses good cooking and sensory qualities.



Barnyard IDLI AND DOSA



PREPARATION

Soak both millet and urad dal (with methi seeds) separately for 3 hrs, kept urad dal in fridge for an hour after 2 hrs of soaking. This prevents the mixer jar getting heated. Also more volume of batter. First grind urad dal, adding water little by little. The consistency should be like a thick cream, it need not be stiff but light and airy. You can see the bubbles in the picture below, use ice cold water to grind urad dal. Grind millet draining water almost completely.

It may not need water so add carefully otherwise will become watery. You can add salt along with millet while grinding. Mix both the ground batter and keep overnight for fermentation. You can see the consistency below, just like regular idli dosa batter. Spoon to idli moulds to make idli. Or mix with little water and make dosa. Since we grind in mixie, the batter will be runny before fermentation than the regular batter, but next day it should be okay. Careful while adding water to millets while grinding. It may not need much. Add water generously while grinding urad dal, the urad dal batter should not be stiff. Then, add methi seeds. Still it was okay. But adding methi will help in better fermentation. You can grind the same in grinder.

INGREDIENTS

Shastha Barnyard Millet - 2 cups
Lentil (Urad dal) - ½ cup
Fenugreek Seeds (Optional) - ¼ tsp
Salt - As needed

Barnyard PONGAL



PREPARATION

Wash Barnyard Millet and Moongdal together and soak for minimum 10 minutes. Pressure cook, barnyard millet and Moongdal with 4 cups of water and needed salt for 1 whistle and keep in sim mode for 5 minutes, then switch off the flame. When the pressure subsides, mash the pongal well with ladle. Heat the Ghee in kadai, add Peppercorns, Cumin Seeds, Ginger, and Hing. Saute for few seconds till you get nice aroma, and add this tadka over mashed Pongal. Serve hot. It Goes well with Coconut Chutney.

INGREDIENTS

Shastha Barnyard Millet - 1 cup
Moongdal - ½ cup
Water - 4 cups
Ghee - 4 tsp
Pepper Corns - 1 tsp
Cumin seeds - 1 tsp
Ginger - 1 inch (finely Chopped)
Hing - Generous Pinch



Barnyard UPMA

PREPARATION

Take barnyard and (Lentil) thuvardal in a vessel. Wash and drain water completely. Keep aside. Now keep a kadai with oil on the stove over medium flame. Crackle mustard and then add asafoetida & Gram Dal. Add curry leaves and green chilly when Dal becomes golden color. Then add ginger and onion. Saute onion until it gives out aroma and changes to slightly pink color. Now add 2 cups of water and salt. Mix well to dissolve salt. Add washed barnyard and dal when water starts boiling. Reduce flame to SIM position and close with a lid. Keep stirring in between. Kuthiraivaali takes approximately 10 minutes to cook. When it is done mix well with ladle and keep it closed for 2 more minutes. Serve hot with coconut chutney or any chutney of your choice.



INGREDIENTS

Shastha Barnyard millet - 1 cup
Lentil, (Thuvardal) - 1/8 tsp
Onion, chop nicely - 1 big size
Green chilly, split lengthwise - 3
Curry leaves - 10 to 15
Ginger, chop nicely & crush lightly - 1/2 inch piece
Salt - 3/4 tsp
Water - 2 cups
Mustard - 1 tsp
Gram dal [channa dal] - 3 tsp
Asafoetida - 1/4 tsp
Oil, gingelly oil [sesame oil] - 3 tsp

Barnyard PULI UPMA

PREPARATION

Soak tamarind in warm water for 10 minutes and take the extract using 3 cups of water as mentioned above. Its not necessary to use all the 3 cups for taking tamarind extract. You can use 2 cups of water for extract and add the remaining 1 cup of water directly to the cooker. To this tamarind juice, add curry leaves, turmeric powder, salt and hing. Set aside. In a kadai, heat a tsp of oil & roast the toor dal. Remove in a plate. In the same kadai, roast the millet/kuthiraivali till it changes to white & puffy. Remove it in toor dal plate. Heat a pressure cooker base with oil and temper all the ingredients given above in the same order. Now add the tamarind extract taken using 3 cups of water. When the water comes to boil, simmer the flame and add the roasted dal & millet. Mix well without lumps. Pressure cook in low flame for one whistle or 3-4 whistles if high flame. It takes 10-12 minutes. After the steam is released, open the lid and fluff it with a fork. It will look mushy when it is hot but it becomes grainy & separate as it cools down. Don't forget to add a tsp of gingelly oil while serving. Enjoy this upma with small onions as side dish.



INGREDIENTS

Shastha Barnyard millet - 1 cup
Toor dal - 2 tbsps
Water - 3 cups
Tamarind - Big gooseberry size
Turmeric powder - 1/4 tsp
Hing/Asfetida - 1/8 tsp
Curry leaves - few
Salt - as needed
To temper
Cooking oil or gingely oil - 2 tsp
Mustard seeds - 1 tsp
Lentil, (Urad dal) - 2 tsp
Red chillies - 4 to 6 nos
Curry leaves - few
Hing/Asafetida - 1/8 tsp



Barnyard UPMA KOZHUKATTAI

PREPARATION

To begin making the Kuthiraivali Upma Kozhukattai Recipe, we will first cook the barnyard millet (Kuthiraivali) into an upma like consistency. Heat oil in a heavy bottomed pan; add the mustard seeds, urad dal and allow them to crackle. Allow the urad dal to get roasted and lightly browned. Stir in the curry leaves, ginger, green chillies, asafoetida and the barnyard millet (Kuthiraivali). Stir fry for about 3-4 minutes until lightly roasted. Stir in the coconut and about 1 cup of water and salt to taste. Stir the mixture continuously and allow the mixture to come to a boil. Once the upma mixture comes to a boil, turn the heat to low, cover the pan. The mixture will begin to thicken in about 10 minutes and leave the sides of the pan. Make sure to keep stirring to avoid lump formation. Once

INGREDIENTS

Shastha Barnyard Millet - 1 cups
Freshly grated Coconut - ½ cup
Mustard seeds - ½ tsp
Broken Urad Dal - 1 tsp
Green Chillies, finely chopped - 3
Curry Leaves, finely chopped - 3 to 5
Asafoetida - ¼
Sesame Oil - 2 tsp
Salt to taste



cooked, turn off the heat and spread the mixture on a plate and allow it to cool. Prepare a steamer filled with water and with steamer plates or idli plates greased with a little oil. Divide the cooled rice upma mixture into 20 portions and shape them into oval dumplings. While making the dumplings, keep a small bowl by the side with a little oil. Rub our hands with a little oil before you make each dumpling, this will prevent the Upma Kozhukattai from sticking to the palm of your hands. Arrange the Upma Kozhukattai in the steamer plates and place into the steamer. Steam for about 10 minutes on high heat. Turn off heat, remove the plates from the steamer and allow it to rest for a few minutes before you can serve them.



Barnyard PANIYARAM

PREPARATION

Soak the Shasha Barnyard millet, Brown rice and dhal for 4 hrs. Remove water and grind to coarse paste by adding little water, add green chillies, ginger, salt mix well and let the batter ferment for 3 hrs. Heat the kuzhi paniyaram pan in medium heat add few drops of oil pour the batter and cook on both sides. Serve with onion tomato chutney and a glass of filter coffee.



INGREDIENTS

Shasha Barnyard Millet - 1 cup
Shasha Brown Rice - ½ cup
Black Uradh dhal - ½ cup
Green chillies, chopped - 3 nos
Ginger, grated - ½ tsp
Asafoetida - small pinch
Salt as reqd

Barnyard VEGETABLES ADAI

PREPARATION

Soak the Shasha Barnyard millet, Bengal Gram, Red Gram, Green Gram, Black Gram and Dry Red Chilli with enough water for about two hours. Drain the water. Then grind the soaked ingredients, fennel seeds, asafoetida and required salt into little coarsely with required water and keep aside. Heat a tablespoon of oil in kadhai, add the onion, carrot and beans, saute for an minute. Add the cabbage and required salt, mix well. Then add quarter cup of water and cook fully. Remove from the flame. Add the coconut and coriander leaves, mix well and cool the vegetables mixture. Mix the vegetables mixture into the ground kuthiraivali batter and the adai mixture is ready. To make the adai, heat the iron tawa, pour a large laddie full of batter (or required) in the center. Spread into circle with ½ cm thickness. Make some holes using spoon. Add a teaspoon of oil or butter. Cover and cook over simmer. Cook till the slightly brown spots appear on both sides. Do the same for the remaining batter and serve hot. Serving Suggestion: Serve the Shasha Barnyard Millet Adai with the jaggery or coconut chutney.



INGREDIENTS

Shasha Barnyard Millet - ½ cup
Bengal Gram - ¼ cup
Red Gram - ¼ cup
Green Gram - ¼ cup
Black Gram - 1/8 cup
Dry Red chillies - 2 nos
Asafoetida - ¼ tsp
Onion - 1 no (Chopped)
Carrot - ¼ cup (Chopped)
Beans - ¼ cup (Chopped)
Grate Coconut - ¼ cup
Coriander Leaves - 2 tsp
Oil or Butter - 1 tsp
Salt to Taste



Barnyard PULAV



PREPARATION

Soak the Shastha Barnyard millet for 15 mins or so, Heat oil in a cooker. Add in all the whole spices and let them sizzle. Add in onions, chillies and cook till golden. Add in carrots, beans and capsicum and saute for a min. Add in the drained millet and toss well in the oil. Add in water, salt and rniix well. Cover and simmer. Pressure cook on a very low heat for 10 mins. Turn off the heat and let the steam go all by itself. Open the cooker and fluff the rice. Serve.

INGREDIENTS

Shastha Barnyard Millet - 1 cup
Oil or Ghee - 2 tsp
Bay Leaf - 1
Cumin Seeds - ½ tsp
Cinnamon - 1 small piece
Cardamom - 1
Onion - 1 (sliced thinly)
Green Chillies - 2 chopped
Ginger Garlic Paste - 1 tsp
Mint Leaves - ¼ cup
Coriander Leaves - ¼ cup
Carrot - 1 (Cubed)
Beans - 5 chopped
Capsicum - ½ chopped
Water - 1.5 cup
Salt to taste

Barnyard TOMATO PULAO



PREPARATION

First wash and soak millet with enough water and keep aside. Chop onion, tomato, garlic, cilantro, mint leaves and keep ready. Heat oil in a pan/skillet, when it is hot add the tempering ingredients one by one and allow to splutter. Then add garlic, curry leaves fry well and add sliced onions and saute until onion turns soft and translucent. After that add chilli powder, turmeric powder and saute for a minute. Then add finely chopped tomato and saute until it turns soft and mushy. And then add garam masala powder and stir fry for 12 minutes. Now add soaked and drained millet, gently stir fry for 12 minutes. Then add 2 or 2.5 cups of water, enough salt, finely chopped mint and cilantro, give a gentle stir and cook covered until done. Once the millet is cooked gently fluff it with fork and serve hot with raita or any vegetable stir fry.

INGREDIENTS

Shastha Barnyard Millet - 1 cup
Onion - 1 medium (Chopped)
Tomato - 2 no (Chopped)
Garlic - 2 to 3
Chilli Powder - 1/2 tsp
Turmeric Powder - 1/4 tsp
Garam Masala Powder - 1 /2 tsp
Salt to taste
Mint Leaves - 2 tsp (chopped)
Cilantro - 12 tbsps (chopped)
Curry leaves - few
Oil - 1/2 tsp
Mustard seeds - 1/4 tsp
Fennel seeds - 1/4 tsp
Clove - 2 or 3 no. Cinnamon - 1" stick



Barnyard BISI BELE BATH

PREPARATION

To begin making the Barnyard Millet Bisi Bele Bath Recipe, in a large pressure cooker, we will add the tamarind water, jaggery, the drumsticks, pearl onions, beans, carrots, bell peppers, tomatoes, salt and finally the Bisi Bele Bath Spice Powder. Stir all the ingredients well. Cover the pressure cooker, place the weight and allow the vegetables to cook until you hear at least 2 whistles and turn off the heat. Since the vegetables cook very quickly, we will release the pressure by running cold water over the pressure cooker. This process helps to bring the pressure down immediately. Open the pressure cooker and keep the vegetable curry aside. The next step is to cook the barnyard millet and the dal. To the pressure cooker add in the barnyard millet, the toor dal, the turmeric powder, salt and 5 cups of water. Cover the cooker & place the weight on the pressure cooker. Turn the heat to high and allow the rice to cook until you hear two whistles. After you hear the whistles,

INGREDIENTS

Shastha Barnyard Millet - 1 cup
Red gram - 1 cup
Onions - 7 to 8, peeled
Green Capsicum - 1 no, diced
Carrots - 2 nos, diced
Potato - 1 no, peeled and diced
Peas - 1/4 cup
Beans - 1/2 cup, diced
Drumstick - 1 no, cut
Tomatoes - 1 no, chopped
Tamarind water - 1 cup
Turmeric powder - 1/2 tsp
Jaggery - 1 tsp
Ghee - 1 tsp
Mustard seeds - 1 tsp
Cumin seeds - 1/2 tsp
Dry Red chilli - 1 or 2
Curry leaves - 8 to 10
Salt to taste



turn the heat to low and simmer for five minutes. After 5 minutes have passed, turn off the heat and allow the pressure to release naturally. The millets & the rice continue to cook in this resting period, hence wait for the pressure to release completely. While we are waiting for the pressure to release, let's proceed to make the seasoning. Heat a small pan on medium heat. Add in a tablespoon of ghee and allow it to melt. Add in the mustard seeds, the cumin seeds. Allow it to crackle. Then add in the red chilli, curry leaves and roast them until the red chillies are browned lightly. Stir to roast the ingredients well. Once roasted keep this aside. Once the pressure is released, add in the spicy vegetable tamarind curry. Stir all the ingredients together until well combined and the mixture looks like a mish mash. At this stage add in the prepared seasoning and two more tablespoons of ghee. Once again give the mixture a good stir. Check the salt and adjust to suit your taste. Transfer the Barnyard Millet Bisi Bele Bath to a serving bowl. Sprinkle the chopped coriander leaves and the fried boondi on top. Serve delicious Barnyard Millet Bisi Bele Bath from southern India along with Shastha Appalam and Potato Chips.



Barnyard CORIANDER RICE



PREPARATION

Take Barnyard millet in a pressure cooker and wash twice, Add 1 cup of water and close the lid with weight on. Pressure cook at HIGH flame for 3 whistles. Reduce the flame and cook for 3 minutes. Turn off the stove and wait until pressure subsides completely. Then transfer cooked barnyard millet into a basin or wide mouthed vessel. Add 1 Tsp of gingelly oil and cool down under a fan. Stir with a spoon at regular intervals to avoid cooked grains sticking together. Heat a kadai with ghee/oil on a stove over a medium flame. Splutter cumin seeds and then add garlic and saute for a minute. Then add onion and saute until it gives out smell and becomes rosy. Then add coriander leaves and saute until the leaves are half done. At this stage add pepper-cumin powder and salt. Saute for few seconds and then add cooled cooked barnyard millet. Mix well and adjust salt. To make it more spicy can add some more pepper-cumin powder. Turn off the stove and transfer into a serving bowl. It has to be cooled down to room temperature to pack it in lunch box. Relish with Curd salad or kuruma or any dry curry.

INGREDIENTS

Shastha Barnyard millet - ½ cup
Onion, chop nicely - 11 Small
6 cloves Garlic, chop nicely
Coriander leaves chopped - ½ cup
Pepper Cumin powder - ½ tsp
Salt - ½ tsp
Cumin seeds - ½ tsp
Ghee - 2 tsp
Sesame oil - 2 tsp

Barnyard BAGALA BATH



PREPARATION

Take millet in a bowl and wash well. Add it to pressure cooker and cover with water. Pressure cook for 2 whistle: simmer for 5 mins. Turn off the heat and let the steam go all by itself. Open the cooker and mix well. Allow this to cool. Now add curd, milk, salt and mix well. Make seasoning by heating oil and adding all the seasoning ingredients and saute for a min. Add that to the curd rice and mix well. Serve. Take millet in a cooker. Wash it well. Cover with water. Pressure cook. Now rice is done. Mix well and leave it to cool down completely. Add in salt and milk keep mixing. Now take seasoning ingredients. Heat oil or ghee in a pan. Add in mustard and Black gram. Add in asafoetida mix well add in ginger, chillies and curry leaves mix that around add in coriander leaves mix well, added some more milk to adjust the consistency of the rice add in seasoning mix well serve Enjoy with pickle.

INGREDIENTS

Shastha Barnyard Millet - 1 cup
Water - 3 cup
Yogurt - ½ Cup
Milk - 2 cup
Salt to taste
Oil - 1 tsp
Mustard Seeds - 1 tsp
Black gram - 1 tsp
Asafoetida - ¼ tsp
Green Chillies - 2 tsp
Ginger grated - 1 tsp
Curry leaves
Coriander leaves - finely chopped



Barnyard CAKE

PREPARATION

Soak Shastha Barnyard Millet in water for about an hour. Take a pan, add the barnyard millet and 1.5 cups of water and cooking on low flame. When done and the water is absorbed remove from fire. Let cool for some time. Now add boiled mashed potatoes to the cooked chawal along with all the spices, green chillies and chopped coriander leaves and mix well to form tikki dough. Heat oil in a kadai for deep frying. Divide the tikki mixture in small portions and make round balls of these portions and flatten it a little. Fry till golden brown in colour on medium flame. Deep fry till both the sides are golden brown in colour, serve.



INGREDIENTS

Shastha Barnyard Millet - 1 cup
Boiled Potatoes - 2
Cumin seeds powder - ½ tsp
Green chillies, chopped - 1
Crushed Peanuts - ¼ cup
Chopped, coriander a little
Water - 1.5 cups
Salt as per taste

Barnyard DHOKLA

PREPARATION

Grease a steaming tray with oil. Grind the millet to a smooth powder in a mixer. Combine the millet powder, besan and all the other ingredients except fruit salt and ingredients for tempering. Mix well. Add water gradually stirring the mixture simultaneously. The consistency should be like that of an idli batter. Add the fruit salt and stir quickly. Pour the mixture on the greased tray and keep it immediately for steaming. Steam for 10-15 minutes. Insert a tooth pick in the center of the batter to check if it is done. Allow it to cool and invert the dhokla on the plate. Heat a small pan. Pour the oil. Add the ingredients for tempering in it. When it crackles, pour the seasoning on it. Slice with a sharp knife into squares. Serve with tamarind chutney and green chutney.



INGREDIENTS

Shastha Barnyard Millet - 1 cup
Besan - 1/2 cup
Ginger garlic paste - 1 tsp
Green chilly paste - 1 tsp
Turmeric powder - 1 tsp
Lemon juice - 1 tsp
Sugar - 1/2 tsp
Salt or to taste - 1 tsp
Cumin pepper powder - 1 tsp
Eno/fruit salt - 1 tsp
Oil - 1 tsp
Mustard seeds - 1 tsp
Cumin seeds - 1 tsp
Curry leaves - few
Green chillies - 1 chopped
Coriander leaves - chopped
Asafoetida - small pinch



Barnyard THENKUZHAL

PREPARATION

In a mixing bowl, add all the ingredients and mix well. Add enough water little by little till you knead to a soft dough. To make the murukku, take some murukku dough, fill the dough in the murukku maker with the plate of your choice. Press the handle directly onto a hot oil in a circular motion or make murukku on small plates and drop them in oil one by one. Cook on both sides till golden brown. Make the remaining murukku's. Allow it to cool and store in an air tight container.



INGREDIENTS

Shastha Barnyard Millet - 1 cup
Raw Rice Flour - ½ cup
Split Roasted Gram Flour - ½ cup
Ajwain/ Omam - 1 tsp
Butter - ½ tbsp
Salt - to taste
Water - required to knead a soft dough

Barnyard and Ragi KHICHDI

PREPARATION

Once soaked, place it in a pressure cooker. Add 3-1/2 cups of water, turmeric powder, ginger, salt and cinnamon and cook until you hear three to four whistles. Turn off the heat and allow the pressure to release naturally. Once the pressure releases, open the cooker and stir the Khichdi to combine all the ingredients and we will proceed to make the tadka. If you are planning to cook the Khichdi in a saucepan, then place the millet and dal in the saucepan, add the water, turmeric powder, ginger, salt and cinnamon and cook until the Khichdi is mushy. Once done, check the salt and adjust to suit your taste. For the seasoning of the Barnyard Millet and Ragi Khichdi, heat ghee a small tadka pan. Add the cumin seeds, crushed peppercorns and asafoetida. Stir for a few seconds and add it to the khichdi. Serve the Barnyard Millet and Ragi Khichdi along with Sambar.



INGREDIENTS

Shastha Barnyard Millet - 1 cup
Green Gram - ¼ cup
Ragi seeds - ¼ cup
Ginger, grated - 1" pee
Turmeric powder - 1 tsp
Cinnamon - 1" pee
Ghee - 1 tsp
Asafoetida powder - ¼ tsp
Crushed black peppercorns - 1 tsp
Cumin seeds - 1 tsp



Barnyard MILK PAYASAM

PREPARATION

Wash the millet and soak in ½ cup milk for 15 minutes. Pressure cook it with the milk for 2 whistles. Add sugar, saffron, mix and let it cook for another 5 minutes on low flame. Switch off the flame. Heat 1 tsp ghee, roast cashew nuts, add it to the payasam and mix. Serve hot. Enjoy



INGREDIENTS

Shastha Barnyard Millet - 1 ½ cup
Milk - 2 cups
Sugar - 2 cups
Cardamom powder
Saffron
Ghee
Cashewnuts / almonds

Barnyard PAAL KOZHUKATTAI

PREPARATION

Soak the Barnyard Millet rice for minimum two hours. or Ji the water completely and grind it with salt, into a fine paste. If you need more water just add little water and grind. We cannot grind it into very thick paste like chapathi dough. So spread the paste on the kitchen cloth and remove the excess water from it. Now the mixture becomes thick like kozhukattai dough. Now make small balls like naphthalene balls from the above dough. Keep it aside. Heat 2 cups of water in a pan, and bring it into boil. Then add the small balls into the boiling water and keep the flame at simmer. Retain 2 balls with you. Cook for 10 - 12 mins or till the balls turns glassy. Then add the jaggery powder and cardamom powder. Mix them gently and cook for 5 mins. Then dissolve the 2 uncooked balls in ½ cup of water. Mix them well and pour this mixture into the jaggery balls mixture. Stir them gently and cook for 2 more mins or until the syrup becomes thick (like porridge consistency). Switch off the flame and allow it to cool down completely. Serve it either hot or warm. Healthy and yummy barnyard millet paal kozhukattai is ready.



INGREDIENTS

Shastha Barnyard Millet - ½ cup
Shastha Jaggery Powder -
½ cup
Cardamom - 2
Salt a pinch



Barnyard SWEET PONGAL

PREPARATION

Dry roast the barnyard millet, mung dal together. Wash pressure cook it with 3 cups of water upto 4 whistles and put off the stove. Meanwhile take the jaggery in half a cup of water, bring it to boil. Strain it and keep aside. Once the steam get released, add the jaggery to the cooked millet and dal mixture, mash it and cook for few minutes. Finally add the cardamom powder, edible camphor and put off the stove. Heat the ghee, fry the cashews until they turns golden brown, add immediately to the sweet pongal and give a stir. Serve.



INGREDIENTS

Shastha Barnyard Millet - ¾ cup
Green Gram - 2 tsp
Shastha Jaggery - 1 ¼ cup
Cardamom powder - ¼ tsp
Ghee - 3 tsp
Few cashews
A pinch Edible camphor (pacha karpooram)

Barnyard LADDOO

PREPARATION

Dry roast the Shastha Barnyard Millet until a nice aroma comes from. Grind roasted gram, roasted barnyard millet, 1 sugar as fine powder, sieve both the roasted gram flour and barnyard millet. In a mixing bowl, take the flours-sugar mixture and cardamom powder. Fry the chopped cashew nuts in one tablespoon of ghee until golden brown. Add the cashew nuts to the flour mixture in the mixing bowl. Heat the remaining ghee in low flame, slowly add the ghee to the flour mixture. When the mixture is warm enough, start making small lemon round balls. Finish the remaining flour by making the laddoos and place a cashews in each Laddoos. Serve. laddoos. Serve.



INGREDIENTS

Shastha Barnyard Millet - ½ cup
Roasted gram/Pottukadalai - ½ cup
Sugar - ¼ cup (can increase if needed)
Ghee - ¼ cup
Cardamom powder - ½ tsp
Cashew nuts (chopped) - 6 to 7 nos
Cashew or Almond



SHASTHA FOXTAIL MILLET

Foxtail Millet, known as Thinai in Tamil, is a gluten free, vegan food.

Foxtail Millet is rich in proteins and low in fat. It contains good amount of fiber, calcium, iron, potassium, magnesium, essential for the body. This Millet has higher carbohydrate content but it gets released in a slow and steady manner without affecting metabolism.

This means, sustained energy levels for a longer period of time. Absence of any form of sugar in this millet is a significant point in its favor. Numerous studies have shown the health benefits of foxtail millet but we would like to leave the choice to the consumers through their experience.

Foxtail millets are available in the form of rice, semolina (like rava) or as flour. This can be cooked as a substitute for rice, used in preparing snacks or breakfast items.



Foxtail PONGAL

PREPARATION

To prepare Shastha Foxtail Millet Pongal Recipe, first dry roast foxtail millet and moong dal in a hot kadai. This will bring nice aroma to the Pongal. Wash & soak roasted foxtail, millet and moong dal together for about 1 hour. Soaking helps in faster cooking. In a pressure cooker, add the soaked millet, dal, 4 cups of water, whole green chillies and pressure cook for 3-4 whistles or until soft. Once pressure is released, remove the cooker lid and mash the mixture using a ladle. In a deep bottom pan, add ghee and roast cashews in hot ghee until they turn golden brown. Remove cashews and keep them aside.

Into the same pan, add oil, once hot, add cumin seeds, peppercorns, asafoetida, salt, chopped ginger and curry leaves. Saute for a minute or two. Now add cooked foxtail millet - dal and mix it well making sure no lumps are formed. Reduce the flame and cook it for 5 minutes. Serve hot with red chilli coconut chutney and Mixed Vegetable Sambar or even spicy lemon pickle goes well with Pongal.



INGREDIENTS

Shastha Foxtail Millet - ½ cup
Green gram - ½ cup
Green Chillies - 1 to 2
Cumin seeds - 1 ½ tsp
whole pepper corns - 2 tsp
Curry leaved - 1 sprig
Cashew Nuts - 8 to 10
Asafoetida - ¼ tsp
Ginger - 1 tsp
Ghee - 3 tsp
oil - 1 tsp
salt to taste

Foxtail ADAI

PREPARATION

Soak the Shastha Foxtail Millet, Shastha Brown Rice along with all dals for atleast 4 hours. Grind the millet,dal mixture 1 with dry red chillies, fennel seeds, grated ginger with enough water and salt as bit coarse paste. Finally add the spring onions and give a stir. Heat a nonstick pan,pour a ladle of this adai batter, drizzle the oil and cook on both sides until the adai get well cooked. Serve hot with spicy coconut chutney.



INGREDIENTS

Shastha Foxtail Millet - 1 cup
Shastha Brown Rice - ¼ cup
Bengal Gram - ½ cup
Red Gram - ½ cup
Green Gram - ½ cup
Black Gram - ½ cup
Dry Red Chillies - 4 nos
Fennel seeds - 1 tsp
Ginger (grated) - 1 tsp
Chopped spring onions - ½ cup
Salt



Foxtail KHICHDI

PREPARATION

Chop all the vegetable into medium sized pieces. Wash and soak millets along with Green gram in 1 ½ cup of hot water for 2 to 2½ hours. Heat oil in a pressure pan, add mustard seeds, when it splutters, add Red gram, cumin seeds, red chillies, hing black pepper and curry leaves. Add chopped onions, ginger, green chillies and saute until onions turn pink. Then add all the vegetables, drumstick leaves, turmeric powder, salt needed and saute for 2 to 3 minutes. Add the soaked millet along with the water. Check for salt by tasting the water. Close the cooker and cook for 2 whistles on medium flame, then simmer for another 5 minutes and switch it off. Once the pressure subsides, open the cooker, add a tsp of ghee and mix the kichadi well. Serve hot with any raita of your choice. Believe me, the kichadi tasted delicious.



INGREDIENTS

Shastha Foxtail Millet - ½ cup
Onion - 1, Ghee - 1 tsp
Green chilli - 1 to 2
Ginger - 1 inch (chopped)
Green Gram - 1 tsp (optional)
Turmeric powder - 1 tsp
Carrot - 1 medium size
Beans - 3-4
Potato - ½ cup, Tomato - ½
Drumstick leaves - fistful
Oil - 1 tbsp
Mustard seeds - ½ tsp
Red gra. - ½ tsp
Cumin seeds - ½ tsp
Black pepper - 2 to 3
Red chilli - 1
Hing - a pinch
Curry leaves

Foxtail POORI

PREPARATION

Add Wheat flour, Shastha Foxtail Millet Flour and salt in wide bowl. Mix them well with your finger or spoon. Add water little by little and knead into a soft dough. Keep aside for 5 mins. Divide the dough into equal lemon size balls. Roll it into a medium size circles or press them using the pressing machine. Heat the oil in a frying pan and slide the poori. After few seconds, press it with the help of the ladle with holes. When it puffs up, turn over it carefully and fry the poori till it turns into golden on both sides. Then take it out from the oil and drain the oil using the tissue paper. Serve it with potato masala.



INGREDIENTS

Shastha Foxtail Millet Flour -
1 cup
Wheat Flour - 1 cup
Salt - As Required
Water - As Required
Oil - for Deep fry only



Foxtail SEMIA UPMA

PREPARATION

Keep the thinai semiya immersed in enough water for 3 mins. Drain water completely in a metal strainer. Steam cook in an idli pot for 5 minutes. Once done, invert in a plate and fluff. Keep covered. Heat a pan with oil and temper with the items given under 'To temper' table. Add ginger, onion, green chilli and fry till transparent. Add the finely chopped vegetables. Add little salt needed for veggies and cook covered in low flame for 2-3 mins until the veggies are done. Add required salt, the cooked sevai, and mix well for a minute. You can sprinkle with little coconut oil.



INGREDIENTS

Shastha Foxtail Sevai - 1 cup
Onion - 1
Green chilli - 2
Carrot, beans, peas -
chopped - ½ cup
Ginger, finely chopped - 1 tsp
Salt - As needed
Oil - 2 tsp
Mustard - ¾ tsp
Urad dal - 2 tsp
Channa dal - 1 tsp
Curry leaves - 1 sprig

Foxtail IDIYAPPAM

PREPARATION

Take Shastha Foxtail Sevai, keep it inside the idly cooker plate, then close the cooker lid, keep it in steam for 3 to 10 minutes. Once it is done; remove from the plate and serve hot with vegetable Kuruma or Coconut Milk.



INGREDIENTS

Shastha Foxtail Sevai



Foxtail PUTTU

PREPARATION

Take the Foxtail Millet in a pan and dry roast it in a slow flame. It will flower up well and become crisp. Take care of the flame, keep it medium and keep stirring. Do not burn the millet, it will spoil the taste. Add salt to the water, mix well and keep it aside. Once it is roasted, transfer it to a flat plate, let it cool for sometime. Take this in to the small mixer mate jar and grind it to a fine powder. Roasted millet will end up into a fine powder, so the key is to dry roast it well. Take two small bowls/ silicon moulds or a flat earthen ware will also do good. I used three steel katori's/ bowl, grease the bowls, fill the bowls with the millet flour mixture. I filled till half their capacity. Cover the bowls with a piece of parchment paper, to avoid water dripping into the bowl while steaming. Steam cook for 8-10 minutes. Remove from the steamer, let it cool for 2 minutes, the carefully unmoild it on to a serving plate. Add toasted nuts & raisins. Serve Warm.



INGREDIENTS

Shastha Foxtail millet - ¼ Cup
Shastha Jaggery Powder - 2 tsp
Freshly Grated Coconut - 2 tsp
Salt - ¼ tsp
Water - ¼ cup
Assorted Roasted Nuts - 2 tsp
(Badam, Pista and Cashewnuts and few Raisins)

Foxtail LEMON RICE

PREPARATION

Boil Foxtail millet & spread over the plate to cool. Heat p1n pour oil add mustard seed & let it splutter. Then add Beng tl gram, Black Gram, cashew nuts, ground nuts, green chilli, dry red chilli, ginger, turmeric powder, asafetida and curry leaves saute. Add cooked foxtail millet, salt & mix well. Then add lemon juice mix well. Pour Gingely oil mix well & cut off heat, serve hot with chutney or pickle.



INGREDIENTS

Shastha Foxtail millet - 1 cup
Water - 1 ¼ to 1 ½ cup
Green chilli - 1 [Slit]
Dry red chilli - 1
Curry leaves - 1 spring
Cashew nuts - 6
Ground nut - 2 tsp [roasted, peeled]
Turmeric powder - ¼ tsp
Lemon juice - 3 tsp
Mustard seeds - 1 tsp
Bengal gram - 1 tsp
Black Gram - 1 tsp
Asafetida a pinch
Salt to taste
Oil - 1 tsp
Gingely oil - 1 tsp



Foxtail TOMATO RICE

PREPARATION

Dry roast foxtail millet until it is hot to touch. Cook covered with 1 ½ cup of water. Once cooked, let it cool. As it cools, it will become a little fluffy. Wash and puree tomatoes. Heat oil in a pan, add mustard seeds, when it splutters, add curry leaves. Add onions, green chilli and saute until onions turn transparent. Then add tomato juice, sambar powder, turmeric powder, salt needed and cook well on medium flame until the raw flavor of the tomato goes and oil oozes out. Add the cooked foxtail millet, mix well and cook for a few more seconds until everything gets blended well. Serve hot with raita or pachadi of your choice. This is a wholesome, nutritious, quick, filling and a satisfying meal.



INGREDIENTS

Shastha Foxtail millet - ½ cup
Finely chopped onions - ½ cup
Tomato puree - ¾ cup
Green chilli - 1
Sam bar Powder - 1 ½ tsp
Turmeric powder - ¼ tsp
Oil - 1 tbsp
Mustard seeds - ½ tsp
Curry leaves - few

Foxtail SOUP

PREPARATION

Rinse the millet well, drain water and set aside. Chop the vegetables and make it ready. In a pressure cooker heat oil - add onion, garlic and saute till slightly browned. Then add the vegetables and saute for 5mins in low flame till raw smell leaves. Now add required salt, pepper and oregano and saute for 2mins. Pressure cook for 5 whistles in low medium flame. Once pressure releases open and cool down completely. Then add water. Then add milk. Mash it well with a laddie. I used my electric blender to blend it. Serve hot with a generous sprinkle of pepper powder.



INGREDIENTS

Shastha Foxtail Flour - ½ Cup
Water - 2 cup
Beetroot, Carrot and Beans - ¼ cup
chopped Big Onion - 2 tbsp
roughly chopped
Garlic - 2 roughly chopped
Pepper powder - 1 tsp
Oregano / Mixed Herbs - ¼ tsp
Milk - ½ cup
Oil - 2 tsp
Salt - to taste



Foxtail BRINJAL RICE

PREPARATION

Slice off the stems of the eggplant. Cut into quarters and keep in a bowl filled with salted water, until ready to use. Heat the oil in a heavy bottomed pan / kadai. Squeeze out the cut eggplant and add to kadai. Stir on high flame for a minute or so. Add the finely sliced spring onions. Add ½ tsp salt, ¼ tsp turmeric powder, sprinkle some water and cover and cook until the eggplants are cooked. This will take around 8-10 minutes depending on the variety of eggplant. How to cook foxtail millets: Heat water in a pressure cooker. In a utensil that fits in the cooker, place the millets, wash once, add double the quantity of water, ½ tsp salt, few drops of oil and pressure cook for two whistles. Remove the vessel when the cooker is cool enough to be opened. Transfer cooked millets to a large dish and spread it out, allowing it to cool a

INGREDIENTS

Shastha Foxtail millet scant - ¾ cup
Small sized eggplants - 250 to 300 grams
Cooking oil - 2 tsp
Finely sliced spring onions, - ½ cup
Salt - 1 tsp
Turmeric powder - ¼ tsp
Vaangi baath masala - 2 tsp
Tamarind paste - 1 tsp
Oil - 2 tsp
Curry leaves - 1 sprig
Raw peanuts - 2 tbsps
Dried red chillies
Asafoetida - 1 pinch



bit. This ensures that each grain is separate. Coming back to the eggplant, add 1 tsp ready tamarind paste to the nearly cooked eggplants and 3-4 tsp of water, stir on medium flame to combine well. To this add the vaangi baath masala and stir to combine. Add the cooked millets to this and stir gently to combine everything together. Adjust seasoning if required. For the tempering, heat the oil in a small tempering ladle or pan. Add the peanut and allow them to turn golden brown and crisp. Add the mustard seeds, curry leaves, dried red chilli and asafoetida. Once mustard splutters, add it over the millets.



Foxtail BISI BELE BATH

PREPARATION

Soak tamarind in water for sometime and extract juice by adding water thrice. Wash and soak the Lentil for an hour. In a pan add two tea spoons of oil and fry the items given under the heading 'Masala' and grind to a smooth paste adding little water. In a pressure cooker, add quarter cup oil and when it is ready, temper mustard seeds, asafoetida powder, bay and curry leaves. Saute the cut shallots in the oil for 2 minutes. Add the other veggies and saute for another 3 minutes. Add the lentil/dal along with the soaked water and allow to cook for 5 minutes. Add the millet, tamarind water, ground masala paste, salt and add enough water and mix everything thoroughly. Close the lid and cook on medium flame and cook for 3 whistles. When the pressure comes down, open the cooker and mix properly. Add the ghee and garnish with roasted cashews and serve hot with potato chips or pappadams.



INGREDIENTS

Shastha Foxtail Millet - 1 ½ cups
Coriander - 3 tsp
Bengal gram - 2 tsp
Red Chillies - 8 nos
Fenugreek - 1 tsp
Oil - 2 tsps
Shredded coconut - 3 tsp
Cloves - 2 Nos
Cinnamon - 2 small pieces
Tamarind - Small lemon size
Toor dal - ½ cup
Vegetables - Chopped 2 cups
(Potato, Pumpkin, Drumstick, Beans, Peas, Carrot, Raddish and Sambar Shallots are generally used)

Foxtail BAGALA BATH

PREPARATION

Take millet in a bowl and wash well. Add it to pressure cooker and cover with water. Pressure cook for 2 whistle, simmer for 5 mins. Turn off the heat and let the steam go all by itself. Open the cooker and mix well. Allow this to cool. Now add curd, milk, salt and mix well. Make seasoning by heating oil and adding all the seasoning ingredients and saute for a min. Add that to the curd rice and mix well. Serve. Take millet in a cooker. Wash it well. Cover with water. Pressure cook. Now rice is done. Mix well and leave it to cool down completely. Add in salt and milk keep mixing. Now take seasoning ingredients. Heat oil or ghee in a pan. Add in mustard and Black gram. Add in asafoetida mix well add in ginger, chillies and curry leaves mix that around add in coriander leaves mix well, added some more milk to adjust the consistency of the rice add in seasoning mix well serve Enjoy with pickle.



INGREDIENTS

Shastha Foxtail Millet - 1 Cup
Water - 3 cup
Yogurt - ½ Cup
Milk - 2 cup
Salt to taste
Oil - 1 tsp
Mustard Seeds - 1 tsp
Black gram - 1 tsp
Asafoetida - ¼ tsp
Green Chillies - 2 tsp
Ginger grated - 1 tsp
Curry leaves
Coriander leaves - finely chopped



Foxtail MULLU MURUKKU



PREPARATION

In a vessel add the thinai and Black gram flour, Salt, Hing; Softened butter and cumin seeds. Mix well with your finger' l so that the butter is incorporated well with the flour. Add water little by little to make a dough. The dough should be soft and loose. Meanwhile heat oil in a frying pan. Take out a small portion of the dough and fill it in the murukku press. For convenience you can make murukku's on back of a ladle. If you can manage the heat you can simply shape out the murukku's directly in frying oil. Flip the sides of the murukkus to get fried in the other side too. Take out once fried or golden in color. Keep the flame in medium only. Do not keep it either in low or high flame.

INGREDIENTS

Shastha Foxtail Flour - 1 Cup
Black Gram - 3 tsp
Jeera Seeds - ½ tsp
Hing - a pinch
Butter - 1 tsp (softened)
Salt - as needed
Water - as needed
Oil - for frying

Foxtail CHOCOLATE



PREPARATION

Shastha Foxtail Millet Flour until they are well roasted, set it aside. Do not burn it. Melt the chocolate using double boiler method. Just place chocolate pieces in a clear non-plastic bowl over a pot of sirmnering water such that the bowl doesn't touch the water. The steam will slowly rnel the chocolate above as shown in the picture. Irrnmediately add butter and rnix well. Cool down to little bit and then add roasted foxtail millet flour and rnix well without lumps. Followed by chopped almonds and rnix well. Take a chocolate mould, it should be clean and dry. Fill the mould with melted chocolate and wipe up any spills. Place it in the refrigerator for about 1 to 2 hours or until it is firrn. Once done, unrnould chocolates and hornernade thinai chocolate is ready to eat.

INGREDIENTS

Shastha Foxtail Flour - 3 tsp
Dark chocolate (75% cocoa) -
100 grn Butter - 2 tsp
Almonds - 2 tsp



Foxtail KESARI

PREPARATION

Heat a table spoon of ghee and saute the cashew until golden. Add the raisins and saute for 15 more seconds. Remove them and set aside In the same pan, saute the thinaï ravai until it slightly changes color. Not much though. Remove the ravai to a plate In the same pan, add 1½ cups water, pineapple chunks and bring it to boil. Boil for 5 minutes, until the pineapple are soft. Add ½ more cup of water and bring it to boil When it comes to boil, add the roasted ravai and stir continuously with the other hand to avoid lumps. If the ravai was roasted well, then lumps will not come. Even if it comes, it will be easy to break it down. Reduce the flame to low and cook until the ravai absorbs a lot of the moisture. Add panam kalkandu and mix well. The mixture will become watery again with the addition of sweet, Add a table spoon of ghee and mix well, Cook until all the moisture is absorbed again and the kesari starts to leave the sides of the pan, Add another table spoon of ghee and remove when the kesari no longer sticks to the pan, Garnish with the cashews and raisins and saffron. Serve warm!!



INGREDIENTS

Ravai (Shastha's Foxtail Millet) - ½ cup
Pineapple Chunks - 2/3 cup
Warm Water - 1 ½ cups to 2 cups
Saffron - A pinch
Ghee - 3 table spoons
Cashew - 5 to 7
Raisins - 5 to 7
Shastha's Panam Kalkandu /
Palm Sugar - ¾ cup

Foxtail SWEET PANIYARAM

PREPARATION

Wash once and soak the millet for 2 hrs. Place it in a blender with very little water, as it gets water after grinding easily if water is more. Grind smoothly and transfer to a container. Add powdered jaggery, rice flour, wheat flour, coconut, salt and powdered cardamom seeds. Mix well and set aside for 2 hrs. After 2 hrs mix well, heat the panyaram pan, pour ¼ tsp oil in each shallow and pour this batter. Cook covered in medium flame for 2 minutes. Flip and add more oil or ghee and cook until it turns golden brown.



INGREDIENTS

Shastha Foxtail Millet - ½ cup
Rice flour - 3 tblsp
Wheat flour - 3 tblsp
Jaggery - ¼ cup heaped
Grated coconut - ¼ cup
Salt - A generous pinch
Sesame oil and ghee - As needed
Cardamom - 1



Foxtail VARATTIYATHU

PREPARATION

Heat 1 tsp oil in a pressure cooker, add the thina and roast for a min. Add in water and pressure cook for 6 whistle. Simmer the flame and cook for 10 mins. Turn off the heat and let the steam go all by itself. Now take karupatti in a sauce pan, add in ¼ cup of water and heat it till melted. Now strain it and set aside. Heat 1 tblspn ghee in a pan, add in the nuts and saute till it turns light golden. Remove it to a plate. Now in the same pan. Take the cooked thina in a pan, add in the karupatti liquid mix well. Heat this and cook till the mix gets thick. Add in cardamom powder, nuts and remaining ghee. Mix well. Serve warm.



INGREDIENTS

Shastha Foxtail Millet - ½ cup
Water - 3¼ cup
Shastha Karupatti / Palm
Sugar - ¾ cup grated
Water - ¼ cup
Ghee - 2 tblspn
Cashews - 1 tsp
Kishmish / Sultanas - 1 tsp
Cardamom Powder/ Yelakai -
1 tsp

Foxtail THATAI

PREPARATION

To begin making Foxtail Millet thattai, 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 thattai. 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 thattai with hot Masala Chai during your tea time break.



INGREDIENTS

Shastha Foxtail millet flour -
1 cup
Rice Flour - 1 cup
Kadale Hittu/Besan - 1 cup
Peanuts, Roasted, Skinned and
Lightly Crushed - 2 tsp
Sun Dried Chilies finely crushed
- 2 tsp
Coconut powder - 1 tsp
Jeera/Cumin seeds - 1 tsp
Sesame seeds - 1 tsp
Dill/Sabsige Soppu leaves,
finely chopped - ½ cup Hing/
Asafoedita - ¼ tsp
Sizzling Hot Melted Butter - 1 tsp
Warm Water - 1 to 2 cups
Salt to taste
Vegetable oil, to deep fry -
3 cups



Foxtail MILK MADE BALLS

PREPARATION

Dry roast the thinnai flour till a nice smell comes be careful not to burn it. If using store brought rice flour roast that too (I skipped it since I used homemade). In a bowl add both flours, salt and mix. Slow add hot water and make a soft non sticky dough .Make small gooseberry sized balls out of it. Place it in the steamer and steam it.Mean while make a syrup with jaggery and heat it when it has dissolved well filter to remove the impurities. In a pan add jaggery syrup and coconut milk and allow to boil, then slowly drop the cooked millet balls and cardamon powder. Let it boil for some time then switch off. Healthy thinnai paal kozhukkatai with jaggery with ready to serve.



INGREDIENTS

Shastha Foxtail millet flour - ½ cup
Rice flour - 2 tbsp
Jaggery - 1/3 cup
Coconut milk - 1 cup
cardamon powder - ½ tsp
hot water
salt - ¼ tsp

Foxtail BANANA HALWA

PREPARATION

Fry millet semolina in ghee for 2 to 3 minutes. Pour boiling water into the millet semolina and stir till thickened. Mash banana to a smooth paste and add it with sugar to the pan. Keep stirring it till it forms a non-sticky lump. Add the fried cashews and serve.



INGREDIENTS

Foxtail millet semolina - ½ cup
Banana (Morris variety) - 1 ripe
Sugar (adjust to taste) - ½ cup
Ghee - ¼ cup
water - ½ cup
Cashews, Fried in ghee/oil



Foxtail ATHIRASAM

PREPARATION

Soak 1 cup Shastha Foxtail Millet for 1 hour, Dry on a and powder after it is dry. Syrup is on palm jaggery. Add 1 tsp white sesame seeds, a pinch cardamom powder to the flour, mix well with in the syrup keep aside for a day, next add a little ghee and mix well each ball on a leaf and deep fry in oil..



INGREDIENTS

Shastha Foxtail Millet Flour - 250 gms
Shastha Jaggery lumps - 250 gms
Sesame seeds - 1 tsp
Cardamom - 1 tsp
Ghee, Oil

Foxtail MANGO BASIL SEED PUDDING

PREPARATION

Peel and chop the mangoes and puree them. Soak the basil seeds in 100 ml milk for 15 minutes. Soak the foxtail millet for 2 hours and cook it with the remaining milk. Add vanilla essence to the foxtail millet once it cools down. Set the glasses or jars for the dessert. First spoon in some mango puree, followed by some foxtail millet. Add a little condensed milk on top of the foxtail millet and then spoon in some basil seeds. Repeat this process of 4 layers till the top of the bottle or dessert bowl. Top the bowl with some basil seeds and chopped mangoes. Chill the dessert for 1 hour before serving.



INGREDIENTS

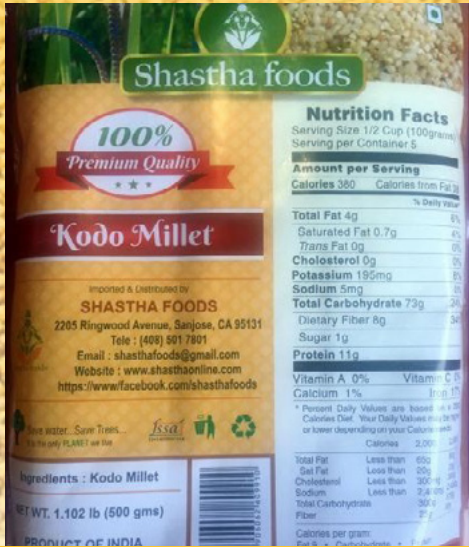
Shastha Foxtail Millet - ½ cup
Mango - 600 g (Alphonso)
Milk - 1 liter
Basil seeds - 4 tsp
Vanilla essence - 1 tsp
Condensed milk - 125 ml



SHASTHA KODO MILLET

Kodo millet (Tamil: Varagu), is an annual grain that is grown primarily in India. Kodo is a gluten free and vegan cereal.

Kodo millet is among the ancient grains of India. Like all other millets, Kodo millet comes with a package of beneficial minerals and has niacin and thiamin as bonus contents. It takes shorter time to cook and can absorb flavors from other ingredients easily. There are numerous studies on the health benefits of Kodo Millet. This can be used to prepare roti, pulav, a variety of snacks and short eats to ensure that every food intake is beneficial with this millet.



Kodo KANJI

PREPARATION

Wash the millet once and in a small pressure cooker, add it with milk, water and peeled garlic. Pressure cook in medium flame for 4 whistles. Once done, mash it well. Add more water or milk and salt. Bring to boil and continue until you get the desired consistency. Keep stirring in between now and then. Add pepper lastly.



INGREDIENTS

Shastha Varagu / Koda millet - ½ cup
Milk - 1 cup
Water - ½ cup
Garlic - 4 flakes
Pepper powder - ¼ tsp
Salt - As needed
Curry leaves - few

Kodo PESARATTU

PREPARATION

Soak moong dal (green gram) and koda/varagu for 3 to 4 hours or over night and rinse 3-4 times in water, grind with green chili, ginger, curry leaves, cumin seeds, methi seeds to smooth paste using little water to get dosa batter like consistency or pouring consistency, mix salt. Finely chop peeled onion and mix together with fresh cumin powder (you can also add 1 finely chopped green chili), keep aside. To prepare pesarattu, heat a lava and pour 1 ladle or ½ cup of batter, spread in circular motion to make like dosa. Drizzle oil or ghee over edges, cover dosa and cook for 1 minute in high to medium flame. Remove cover and check if pesarattu is cooked if not, cover and cook again for 30 secs to a minute. Sprinkle ½ tbsp to 1 tbsp of onion mix in center and fold it. You can also apply ghee or oil on top and cook for 30 seconds to a minute to make pesarattu more crispy. Serve hot with allam pachadi or other chutney.



INGREDIENTS

Shastha Koda Millet - ½ Cup
Green Gram/Moong Dal - ½ Cup
Fenugreek Seeds/Methi - ¼ tsp
Green Chilies - 4
Curry Leaves (optical) - 2 Sprigs
Cumin Seeds - 1 tsp
Chopped Ginger - ½ tsp
Water (add more if required) - ½ Cup
Salt - To Taste
Onion - 1 Medium
Cumin Powder - 1 tsp
Oil/Ghee



Kodo PULAO

PREPARATION

Wash the millet in running water 2-3 times. Soak the millet/ varagarisi in water before starting to cook. Set aside Heat ghee or vegetable oil in a pan and add in the cinnamon, cardamom and cloves. Add in the sliced onions and fry till soft. Add in the slit green chillies and ginger garlic paste. Fry till the ginger garlic paste is fully cooked and dry. It will take about 3-4 minutes in medium flame. Add in the chopped veggies, mint leaves and salt. Fry for a minute. Add in the water and let the water come to a boil. I used one cup of varagu rice / millet for the pulao. So I need 2 cups of water. Once the water is boiling, add in the varagu rice / millet and mix well to combine. Cover the the pressure cooker using pressure cooker, switch off the flame after 3 whistles and wait for the whistle to release naturally. Varagu Pulao is ready. and cook for 3 whistles. You can cook the pulao in rice cooker too. The water ratio remains the same for rice cooker too. If using pressure cooker, switch off the flame after 3 whistles and wait for the whistle to release naturally. Varagu Pulao is ready.



INGREDIENTS

Shastha Varagu Arisi /
Koda Millet - 1 cup
Water - 2 cups
Ghee or Vegetable Oil 3 tsp
Cinnamon - 2 inch piece
Cardamom - 3
Cloves - 3
Onion, sliced - 1
Green chillies - 4
Ginger Garlic Paste - 2 tsp Mint
Leaves - 3 to 4 springs Salt -
1 tsp
Potato, diced - 1
Carrots, diced - 2
Fresh peas - ½ cup

Kodo MUSHROOM PULAO

PREPARATION

Chop/Dice vegetables. Fresh Ginger-Garlic paste gives better aroma and taste than ready to use. Kalpasi or Paithar ka Phool (Parmotrema perlatum) should be finely ground. Wash and cook Kodo Millet rice with 1 :2 water. Cooking in a pressure cooker: 1 whistle in medium flame and 1 whistle in low flame. After the second whistle take the cooker off flame. Do not remove the steam. Let the rice cook in its own steam. When all the steam is gone, cool the rice in a plate. Heat 2 tsp oil/ghee in a pan. Add the whole spices - Clove, Cardmom, Cinnamon & Kalpasi. Let the spices release their aroma into the oil. Add Cashew kernels and fry till they are golden brown. Add the diced onion and fry till onion becomes translucent Add Ginger- Garlic paste and fry for a few minutes. Add chilli powder, turmeric powder and garam masala powder and stir for a few minutes. Add finely chopped Tomatoes and salt Mix well. Close the lid and let the tomatoes sweat out in low flame for 5 minutes. No need to add water. Tomatoes should cook and release all their juices. Add diced Capsicum to this and cook for 3-4 minutes. Add diced Mushrooms at the end. Cook the mushroom for 5 minutes. Add the cooked Kodo Millet rice into this and mix thoroughly. Add 1 tsp of Ghee on top for additional aroma. Serve with some raitha.



INGREDIENTS

Shastha Koda Millet - 1 ½ cup
Water - 3 cups
Bay Leaf - 3 nos
Button Mushrooms Diced -
300 gms
Finely chopped
Tomatoes - 1 ½ cups
Diced Capsicum
Medium size - 1½ nos
Diced onion - 1 ½ nos
Ginger Garlic Paste - 4½ tsp
Clove - 1 ½ nos



Kodo CARROT RICE

PREPARATION

Cook millet and keep it aside. Chop onions and grate carrots using the blade with bigger hole. Heat ¼ tsp of oil and fry cumin seeds, coriander seeds and red chillies on medium flame until you get a nice aroma. Leave it to cool. Then powder it slightly coarse and keep it ready. This gives a nice flavor to the dish. This is the spice powder we are going to use in this dish. Heat oil, add mustard seeds, when it splutters, add urad dal and curry leaves. When dal turns golden brown, add chopped onions and saute until it turns transparent. When onions turn transparent, add grated carrots and mix well. Add the spice powder, salt needed, turmeric powder, sprinkle water and cook covered. As we have grated the carrots, it needs very less time to get cooked. Once the carrot is soft, fluff the millets with a fork and add to the carrot mixture. Mix well. Heat ½ tsp of oil, fry the peanuts and add to the rice. Since I did not have peanuts at home, I have used cashew nuts. This is optional. You can also add this at the time of seasoning. Garnish with coriander leaves and serve hot with any vegetable curry or pachadi/raitha. I made cauliflower potato dry curry as a side dish for this.



INGREDIENTS

Shastha Koda Millet - ½ cup
Grated carrot - 1 cup
Onion - 1 cup finely chopped
Turmeric powder - ¼ tsp
Roasted Peanuts - 2 tsp
Coriander seeds - 2 tsp
Cumin seeds - 2 tsp
Red Chillies - 3 to 4
Oil - 2 tsp
Mustard seeds - 1 tsp
Urad dal - ¾ tsp
Curry leaves - a sprig
Coriander leaves - 2 tsp

Kodo TAMARIND RICE

PREPARATION

Dry roast all ingredients and grind to fine powder or coarsely grind. Wash & soak varagu arisi for 15 min. Then boil in a l pressure cooker for 3 whistles. Then spread over the plate to cool. Heat oil in a pan then add mustard seeds. Once it's spluttered add Bengal gram, urad dal and roasted peanuts saute gently. Add dry red chilli, curry leaves, asafetida, fenugreek & turmeric powder mix well. Then add salt, coriander and pepper powder mix well & add tamarind puree mix well leave it for boil. When boiling then add jaggery mix well & let it thicken. Then add varagu rice mix well. Finally add sesame powder, gingelly oil mix well & cut off heat serve hot.



INGREDIENTS

Shastha Koda Millet - 2 cups
Water - 3 cups
Tamarind puree - ¼ cup
[Soak gooseberry size tamarind in hot water and extract]
Roasted peanuts - ¼ cup
Dry red chilli - 1
Curry leaves - 1 spring
Turmeric powder - ¼ tsp
Mustard seeds - 1 tsp
Bengal gram - ½ tsp
Urad dal - ½ tsp
Asafetida a pinch
Oil - 1 tsp
Salt to taste
Gingelly oil - 1 tsp
Roasting & grinding ingredients
Fenugreek - ½ tsp
Coriander seeds - 1 tsp
Peppercorns - 5
Sesame seeds - 1 tsp



Kodo VEG BURGER

PREPARATION

Soak the watermelon seeds and millet separately for about an hour in advance. Grind the millet and watermelon seeds in a fine paste. To this add coriander and mustard paste. Now add cumin powder. Add chopped basil, parsley and spring onion leaves to this mix. Add salt to taste. Give this mixture the form of a patty and cook it on a non-stick pan till brown on both sides. In a bowl add chopped tomato, onion, spring onion, coriander. Now add olive oil, black pepper and salt to taste. Your salsa is ready. Boil the chickpeas and mash it into a fine paste. To it add olive oil, coriander, chilli powder, lemon juice and salt to taste. Spread humus over the bun. Now place the patty with slices of tomato, onion and iceberg lettuce. Serve with the salsa on the side.



INGREDIENTS

Shastha Koda Millet - 30 gm
Watermelon seeds - 30 gm
Coriander - 3 leaves
Spring Onion leaves - 3 leaves
Basil - 3 leaves
Parsley - 3 leaves
Mustard paste - 2 gm
tomato - 1
Coriander leaves - 1 tsp
Salt - A pinch, Onion - 1
Olive oil - 20 ml
black pepper - A pinch
Spring onion - 1 small leaf
Chickpeas - 50 gm,
Lemon juice - 1 tsp,
Chilli powder - A pinch
Chopped coriander - 1 tsp
Iceberg lettuce - 20 gm
Tomato slices - 2
Onion slices - 2 pieces
1 piece bun

Kodo BONDA

PREPARATION

Mix all the ingredients with a little water, mixing it to a consistency of Bonda without lumps. Heat oil in a kadai (pan), when hot make small balls of the mixture and fry in the oil till golden brown.



INGREDIENTS

Shastha Koda Millet Flour - 300 gms
Channa dal Flour or Besan - 200 gms
Chilli powder - 2 tsp
Onions (small) - 100 gms
Ginger paste - 1 tsp
Garlic paste - 1 tsp
Jeera - 1 tsp
Coriander leaves, Curry Leaves,
Hing and Salt to taste



SHASTHA LITTLE MILLET

Little millet is known as Samai in Tamil. Like other millets, Samai is a gluten free vegan food.

The name belies its properties. It is a rich source of B-vitamins, minerals like calcium, iron, zinc, potassium among others. It also provides essential fats and fiber to the body, the kind that helps in weight loss.

Little Millet, that was a part of common man's dietary habits, has slowly lost out to the fast changing world and food habits. However, the revival efforts have brought forth a wide selection of recipes from breakfast dishes to dinner and in between foods.



Little Millet **CUTLET**

PREPARATION

½ cup Shastha Little millet add 1.25 cups of water and pressure cook for 2-3 whistles. Then add 3 Boiled and mashed potatoes, mix well all the ingredients. Make patties out of this mixture. Heat the pan with 2 tsp oil then shallow Fry culet till they are golden brown and crispy.



INGREDIENTS

Shastha Little Millet - ½ cup
Potatoes - 3 nos
Green Chillies - 2 nos
Ginger finely chopped - 1 tsp
Pepper powder - 1 tsp
Salt

Little Millet **UPMA ADAI**

PREPARATION

Pulse the toor dal, pepper and cumin in the mixer. In a pan add oil and throw in the mustard seeds and curry leaves. Add grated carrot (if adding) and add 1 and 1/2 cup water. Add salt and allow the water to boil. When it boils add the samai millet and the pulsed toor dal mixture. Keep the flame medium and allow this to cook. Once the millet is cooked and the water is completely absorbed, allow this to cool completely. Take small portions and make into round balls. Flatten these balls like tikkis. In a tawa place the patties and cook on both sides till slightly golden spots appear. Drizzle little oil while cooking the adais. Repeat this for the rest of the patties. Serve hot with any chutney of your choice.



INGREDIENTS

Shastha Little Millet - ½ cup
Toor dal - 2 tsp
Whole pepper - ¾ tsp
Cumin seeds | jeera - ¼ tsp
Salt as needed
Grated Carrot - few tsp (optional)
Oil - 2 tsp + to cook the adai
Curry leaves - few



Little Millet VEG BRIYANI



PREPARATION

Chop the vegetables and keep aside. Heat a cooker bas with oil and temper cinnamon, cloves, cardamom, bayleaf and marathi moggu. Add fennel seeds and immediately pu the onions and saute until transparent. Add Ginger paste. Saute until raw smell goes off. Add half of the mint leaves and mix well. Add the chopped vegetables, red chilli powder, Garam masala powder and salt. Saute for a minute. Add water, remaining mint leaves, curd and washed Little millet. Mix well and pressure cook in low flame for one whistle. Remove after the steam is released. Check if its cooked well else add ¼ cup of water, mix well and cook for one whistle in high flame. Do not add more water for samai as it may become mushy quickly. So take care. Veg Briyani Ready!

INGREDIENTS

1 cup= 200ml
Shastha Little millet - 1 cup
Mixed vegetables (1 carrot, 1 big potato, a handful of peas)
Water - 1½ cups
To saute
Cooking oil or ghee - 2 tbsp
Whole garam masala -1
cinnamon, 2 cloves,
1 cardamom, bayleaf, Star Anise
Fennel seeds - ½ tsp
Big onion - 1 no
Ginger paste - ½ tsp
Mint leaves - a handful
Turmeric powder - ¼ tsp
Red chilli powder - 1 tsp
Garam masala powder - ½ tsp
Salt - as needed, Curd - 1 tsp

Little Millet KOZHUKATTAI



PREPARATION

Heat oil in a pan - add the items under 'to temper', let it splutter. Then add chopped carrot and saute for 2mins until raw smell leaves. Then add water and allow it to boil for 3 mins so that carrots get half-cooked. Add required salt. Rinse the millet, drain water from it. When water boils, add the millet. Cook covered until the millet is cooked and all the water is absorbed. Add coconut give a quick mix and switch off. Switch off and allow it to cool for few minutes. Once it is hand bearable hot grease your hands with oil and start making kozhukattai shapes or even as simply balls. Continue doing it till the entire mixture gets over. If its too dry then sprinkle little water to hold them together. Grease idli plates / steaming plate with little oil and carefully transfer the kozhukattais to the plate and steam it for 5-7mins. Switch off.

INGREDIENTS

Shastha Little Millet - ½ cup
Carrot - 1 small finely chopped
Coconut - 2 tsp grated
Water - 1 cup
Salt - to taste
Oil - 1 tsp
Mustard seeds - 1 tsp
Urad dal - ½ tsp
Curry Leaves - few torn into pieces
Green chillies - 1 finely chopped



Little Millet POHA LADOO

PREPARATION

Dry roast Little millet/samo, poha, dalia and grind it to a fine powder. If you are using sugar grind it to a fine powder as well. We used jaggery, so I made a syrup and heated it. Heat ghee in another pan, roast cashews. Add ghee, jaggery syrup to the powder and mix. Heat milk and mix with the above. Form round balls when hot. If needed add more ghee. As we are adding milk, this needs to be refrigerated. Stays good for a week.



INGREDIENTS

Shastha Little Millet - 1 cup
Poha/aval/Beaten Rice : ½ cup
Dalia/Pottukadalai - ½ cup
Shastha Sugar/Jaggery - according to your taste
Ghee - ¼ tsp
Cashews 10 to 15 numbers
Milk 2 to 3 tablespoons

Multi Millet KESARI

PREPARATION

Heat 2 tsp in pan, add the millets and roast it till aroma comes and cool it completely. Blend it in mixer grinder into coarse powder, like rava consistency and keep it aside. Boil 3 cups of water with food color. Then, add remaining 2 tsp ghee in the pan, roast the cashew nuts into golden brown and take it out and keep it aside. Now add the millet rava into the ghee and mix it once then pour the boiling water to the rava and keep stirring with laddie to avoid lumps. If you see the lumps, break it with laddie and add salt and cardamom powder. When the rava mixture gets thicker, add sugar and stir it well for 3 minutes. Then add the oil to the mixture and keep stirring on low-medium flame, till the mixture leaves side of the pan. Switch off the flame, add the roasted cashew nuts



INGREDIENTS

Shastha Varagu/Kodo millet - ¼ Cup
Shastha Samai/Little millet - ¼ Cup
Shastha Thinai/Foxtail millet - ¼ Cup
Sugar - ¾ Cup
Ghee - 2 tsp + 2 tsp
Cashew nuts - 10 to 12
Oil - 3 tsp
Salt - A pinch
Water- 3 Cup
Food color - 1 /8 tsp



INDIAN MILLETS

by Shastha Foods



BARNYARD MILLET FLOUR



PROSO MILLET FLOUR



PEARL MILLET FLOUR



RED RICE FLOUR



KODO MILLET FLOUR



LITTLE MILLET FLOUR



MULTI MILLET DOSA MIX



MULTI MILLET BIRYANI MIX

INDIAN MILLETS

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MULTI MILLET PONGAL MIX



MULTI MILLET HEALTH MIX



MULTI MILLET PANIYARAM MIX



MULTI MILLET ADAI MIX

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SORGHUM MILLET



MULTI MILLET



MULTI MILLET FLAKES MIXTURE



MILLETS COOKIES

by Shastha Foods



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