

Let's talk Millets

Eat Smart, Eat Right



Welthungerhilfe 2020 Calendar brings to its readers 12 scrumptious millet recipes specially selected by Welthungerhilfe's Bhoomi Ka network partners and ecopreneurs Aruna Tirkey (Ajam Emba), Centre for World Solidarity and Millets for Health. We are also thankful to the Indian Institute of Millets Research (IIMR) for their valuable contribution towards this calendar.

These easy-to-cook recipes laden with vitamins, nutrients and antioxidants will give its readers a taste of the best food from the length and breadth of India. Bhoomi Ka is a network of smallholder farmers, ecopreneurs, producer organisations, certification bodies and consumers promoting local food systems.

Bring back millets onto your plates with these simple recipes.

www.bhoomika.com



Our contributors -



The tiny grains which enriched the ancient South Asian kitchen for ages disappeared in the last few decades. The nutrient-rich millet was replaced by wheat, rice and refined flour. What was once a part of the staple diet became a thing of the past. And now, at a time when South Asia is trying to break free from the claws of malnutrition and also deal with impacts of climate change, reviving 'the forgotten millet' might just be the answer.

Milletts are not only tiny power-packed nutrient foods but are also famous for being climate-resilient. They are gluten-free, work as an important catalyst in addressing malnutrition and prevent several lifestyle diseases. Millets also play an important role in reducing greenhouse gas emissions and help in conserving the biodiversity of the region.

Due to its multifaceted goodness, millets hold a vital place in Welthungerhilfe's strategy of promoting food and nutrition security for all. We consciously promote the production and consumption of every millet that is soaked in the goodness of nutrition and health. And to help the smallholder farmers switch to production of these nutrition powerhouses, we promote responsible consumption in both urban and rural areas. Together, we can truly create a nutrition-smart world.

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Paniyaram



Pearl Millet

Hindi: Bajra | Bengali: Bajra |

Gujarati: Bajri | Kannada: Sajje |

Marathi: Bajri | Oriya: Bajra |

Punjabi: Bajra | Tamil: Kambu |

Telugu: Sajja

Ingredients:

- 3 cups of bajra
- 1 cup of urad dal
- 1 tbsp methi seeds
- 1 tbsp of salt
- Finely chopped vegetables like onions, carrots, green chillies, coriander leaves



Preparation:

- Wash and soak bajra, dal and methi seeds, except salt, separately for 5-6 hours.
- Drain the water and grind the urad dal and methi together into a coarse paste. Do not make it too watery.
- Grind the bajra into a smooth paste consistency. Take care not to make it too watery.
- Mix these together, add some salt and ferment for 5-6 hours. In the summer months the fermentation time is less. Winter fermentation might need 12 hours or more.
- Once fermented, mix the batter properly.
- Grease a paniyaram pan/chatti and heat it. Traditional cast iron ones are best recommended for this.
- Once hot, pour batter upto $\frac{3}{4}$ in each mold and cover with a lid.
- When the base is golden fried, flip them with a fork.
- You may poke a paniyaram with a fork or skewer to check if it is cooked from inside.

MILLET OF THE MONTH

January

Pearl Millet

- oldest cultivated grain of India.

- packed with the goodness of iron, protein, fibre & minerals.

- to be relished in winter.



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1 - New Year
26 - Republic Day

Barnyard Millet Pulao



Barnyard Millet

Hindi: sanwa | Bengali: Shyama |

Kannada: Oodalu | Oriya: Khira |




Punjabi: Swank | Tamil: Kuthiraivolly

Telugu: Udalu

Ingredients:

- 1 cup barnyard millet
- 1 tsp cumin seeds 
- 2-3 cloves and 3-4 whole black peppers 
- Ginger (finely chopped)
- Green chillies (finely chopped) as per taste 
- 2 medium diced onions (can omit if

making for fasting purposes)

- 1 tbsps roughly ground peanuts 
- 1 tbsps oil or ghee
- 2.5 cups of water
- 1 tbsps chopped coriander 
- Regular salt or rock salt, if fasting (as per taste) 

Preparation:

- Wash the millet and drain it in a fine sieve.
- Dry roast the peanuts and grind them coarsely.
- Heat oil or ghee in a pressure cooker.
- Add the cumin, cloves and black pepper to the oil/ghee and wait for it to crackle.
- Add the finely chopped ginger and green chillies to this and sauté.
- Add the chopped onions and sauté.
- Once the onions turn translucent, add the roasted and ground peanuts.
- Add the millet and add salt as per taste.
- Finally add 2 cups of water and close the lid of the pressure cooker and cook for 4-5 whistles.
- Garnish with chopped coriander and serve.

MILLET OF THE MONTH

- significant amount of dietary fibre
- high level of calcium
- low glycemic index helps to fight diabetes.

let's make tasty barnyard pulao



February

Barnyard Millet

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21 - Maha Shivratri



For a world without hunger

Kangni Salad



For the dressing:

- 2 tbsps lemon juice
- 2 tbsps olive oil
- ½ tbsp honey (Or more  according to your taste)
- 2 tsps oregano flakes
- 2 tsps fresh black pepper (ground)
- Salt as per taste 

Preparation:

- Wash the foxtail millet and drain it using a fine sieve.

Put the water to boil in a vessel. Reduce heat once the water is boiled. Add the washed millet to the water, cover with a lid till it is cooked.

- Once it is cooked, let it cool down.
- Mix all the salad ingredients, except the peanuts, along with the foxtail rice.
- In a small bowl, put the lemon juice and the olive oil together and mix well. Add honey and other dressing ingredients to this and mix. Do not add the salt right now.
- Gently mix the dressing in the salad.
- Add the peanuts and salt just before serving the salad, to avoid wilting of the greens and keep the crunchiness of the peanuts.
- The cool summer salad is ready.

Foxtail Millet

Hindi: Kakum | Bengali: Kaon |
Gujarati: Kang | Kannada: Navane |
Marathi: Kang | Oriya: Kanghu |
Punjabi: Kangni | Tamil: Tenai |
Telugu: Korra

Ingredients:

- 1 cup Foxtail millet
- 3 cups water 
- 1 small onion (diced)
- 7-8 cherry tomatoes (halved) 
- Red/Yellow bell pepper (diced)
- 8-10 baby spinach leaves 
- 5-6 lettuce leaves 
- Handful of roasted peanuts 

MILLET OF THE MONTH

March



For a world without hunger

- yellowish millet is a high-caliber millet.

- scores highest in minerals, phosphorus & carbohydrates

- can regulate & lower sugar levels in the body

so many benefits in one!

Foxtail Millet

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10 - Holi



Sakam Pitha

- 1 tbsp ginger garlic paste
- 3-4 Sal leaves
- Mustard oil 
- Water and salt as per taste

Preparation:

- Heat 2-3 tbsp of mustard oil in an earthen pot.
- Add chillies, onion and let it cook.
- Add all the finely chopped vegetables.
- Add salt, stir well and cover the lid.
- After 5 to 7 mins, add turmeric, cumin and coriander powder, stir and cover.
- Add water and let it cook for 10 minutes.
- Once the vegetables are cooked, remove the pot from fire.
- Add rice flour in the cooked vegetables and mix well.
- Pour this mixture on a Sal leaf and spread well. Cover it with another leaf and secure it with small twigs. Heat a vessel and put the leaves in it.
- Cook for 5-10 mins or till the leaf gets burnt from both sides.
- Serve hot and crisp 'Sakam Pitha' with coriander chutney.

Finger Millet

Hindi: Ragi | Bengali: Marwa |

Gujarati: Nagli | Kannada: Ragi |

Marathi: Nagli | Oriya: Mandia |

Punjabi: Mandhuka | Tamil: Keppai, Ragi |

Telugu: Ragi, Chod

Ingredients:

- 150g Ragi flour and 250g rice flour
- 4 - 5 beans (chopped)
- ¼ bottle gourd (chopped) 
- 1 potato (chopped)
- 1 carrot (chopped)
- 2 green chillies, 1 onion 
- 1 tbsp cumin powder
- 1 tbsp coriander powder
- 1 tbsp turmeric powder 

MILLET OF THE MONTH

April

- highest amount of calcium & potassium
- malnutrition, premature aging & degenerative diseases are kept at bay
- has 30 times more calcium than rice.

have you tried sakam pitha yet?

Finger Millet

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2 - Ram Navami
6 - Mahavir Jayanti

10 - Good Friday



Jowar Namak Pare



Sorghum Millet

Hindi: Jowari | Bengali: Jowar |
Gujarati: Jowari | Kannada: Jola |
Marathi: Jwari | Oriya: Juara |
Punjabi: Jowar | Tamil: Cholam |
Telugu: Jonna

Ingredients:

- 100g Jowar flour 
- 50g whole wheat flour
- 1 tbsp Ajwain 
- 1 tbsp oil 
- Water to knead the dough
- Oil for frying / Air fryer
- Salt as per taste 

Preparation:

- Sieve the Jowar and wheat flour together.
- Add Ajwain and salt to this mix.
- Add oil and slowly add water, then knead the dough into a firm consistency.
- Cover the dough with a soft cloth and let it sit for 10-15 minutes.
- Roll the dough on a flat surface. It should not be too thick or too thin.
- Cut the namak pare from the dough in diamond shapes.
- Fry them in oil and put on a paper napkin to remove excess oil.
- For a healthier version, you may prefer to use an air fryer. For this, preheat the air fryer for 5 minutes on 180 degrees.
- Gently put all the cut pieces of the namak pare in the air fryer and cook for 20 minutes till browned. Shake the bowl once midway to ensure even cooking.
- The delicious and healthy Jowar Namak pare is now ready!

MILLET OF THE MONTH

May

Sorghum Millet

- one of the best flours for people with diabetes.

- loaded with fibre, essential vitamins, antioxidants, minerals

jowar namak
pare for
snacks



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7 - Buddha Purnima

25 - Eid - Ul - Fitar (holiday depends on moon's position)

Kholgo Pitha



Little Millet

- Hindi: Kutki | Bengali: Sama | Gujarati: Gajro | Kannada: Sava | Marathi: Sava | Oriya: Suan | Punjabi: Swank | Tamil: Samai | Telugu: Samalu

Ingredients:

- 250g Gondli
- 1 tsp ginger paste
- 1 tsp green chilli paste 
- 1 tbspp jaggery
- Fresh Sal leaves as per requirement 
- Salt as per taste 

Preparing the batter:

- Clean the Gondli thoroughly and soak overnight.
- Strain it well and prepare a thick batter.
- Add ginger, green chili paste, jaggery and salt to the batter. Mix the batter well & keep aside for at least two hours.

Preparing the Pitha:

- Make small cones of Sal leaf by stitching them with bamboo sticks.
- Put 2 tbspp of batter inside the cone and seal it securely using strings.
- Steam for 20 minutes.
- Savour the hot pitha with the wrap on accompanied with chutney.

MILLET OF THE MONTH

- smallest of the millets but is nevertheless powerful
- excellent antioxidant
- contains a lot of fibre & is rich in minerals like iron & copper
- 6.3x more iron & 1.8x more fibre than wheat.



antioxidants all the way!



June

Little Millet

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Peanut Rice



Kodo Millet

Hindi: Kodon | Bengali: Kodo |
Gujarati: Kodra | Kannada: Harka |
Marathi: Kodra | Oriya: Koḍua |
Punjabi: Kodra | Tamil: Varagu |
Telugu: Arikelu

Ingredients:

- 1 cup Kodo millet
- 3 cups water
- ¾ cup roasted and ground peanuts 
- ¼ cup coconut (grated) 
- ½ tsp turmeric
- 1 tbsp oil 
- 1 tsp mustard seeds
- Curry Leaves 
- 1 tsp whole Urad

- 1 tsp roasted Chana daal
- 2-3 dry red chillies
- Salt as per taste

Preparation:

- Wash the Kodo millet and drain the water.
- Boil 3 cups water. Add the Kodo millet in the hot water, reduce flame and cover.
- Cook until the rice absorbs all the water and then let it cool down.
- In a separate wok, add 1 tbs oil.
- Add the mustard seeds and wait for them to crackle. Then add the daals, curry leaves, red chillies and turmeric.
- Add the peanut powder and coconut powder to this and salt as per taste.
- Cook for 5 minutes, mixing everything together.
- Once done, add this delicious mix to the cooked and cooled Kodo Rice and mix it evenly.
- Pack this delicious rice for an easy and yummy lunch box option or serve as a light dinner along with papad and raita.

MILLET OF THE MONTH

July

Kodo Millet

- hero in preventing diabetes
- supports women in their post menopausal phase when their body shows high levels of cholesterol & high blood pressure.
- this millet is also planted to keep soil erosion away.


so many benefits!



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Chicken Ragi Momos



- 2 tbsps vegetable oil
- 1 tbsps coriander leaves chopped 
- 1 tbsps white vinegar (optional)

Preparing the dough:

- Boil water in a pan. Gradually put the Ragi flour in the boiling water and stir it for 3-4 minutes as it binds up.
- While the mixture is hot knead it to a firm dough. Keep it covered.

Preparing the stuffing:

- Heat oil in a frying pan. Add onions and sauté until light brown. Add salt to taste.
- Add white vinegar (optional).
- Add minced meat and stir for 3 min.
- Add ginger and stir for another 2 min.
- As the mixture turns thick, add chopped green chillies and coriander leaves.

Preparing the momos:

- Divide the dough into small balls and roll each ball into a thin circle.
- Place 1 tsp of the stuffing at the centre and gently spread. Lift one side of the edge of the circle and start pleating.
- Grease a steamer pot with oil and steam the momos for 10 mins.
- Juicy, healthy momos are ready to be served!

Finger Millet

Hindi: Ragi | Bengali: Marwa |

Gujarati: Nagli | Kannada: Ragi |



Marathi: Nagli | Oriya: Mandia |

Punjabi: Mandhuka | Tamil: Keppai, Ragi |



Telugu: Ragi, Chod

Ingredients:

For the dough:

- 200g Ragi flour
- 1 cup water 
- Salt as per taste 

For the stuffing:

- 200g of chicken (minced)
- 1 tbsps ginger (finely grated)
- 2 large onions (chopped) 
- 5-6 green chillies (chopped) 

Recipe Courtesy: Aruna Tirkey

MILLET OF THE MONTH

August finger millet

- has 30 times more calcium than rice.
- lowers blood pressure & strengthens bones
- power house of amino acids, carbohydrates, protein, iron & vitamin D

can i have ragi mmm of please!



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- 1 - Eid-ul-Zuha (holiday depends on moon's position)
- 12 - Janmashtmi
- 15 - Independence Day
- 30 - Muharram




Gondli Halwa



Little Millet

Hindi: Kutki | Bengali: Sama |
Gujarati: Gajro | Kannada: Sava |
Marathi: Sava | Oriya: Swan |
Punjabi: Swank | Tamil: Samai
Telugu: Samalu

Ingredients:

- 200g Gondli
- 100g sugar/jaggery
- 3 tbsp cow ghee 
- 5 cardamom sticks (ground)
- 4 cups water
- Dry fruits (optional)  

Preparation:

- Wash Gondli thoroughly and keep aside.
- Heat ghee in a frying pan.
- Add the cardamom powder followed by Gondli.
- Stir on high flame for 5 mins until the mix becomes sticky.
- Add jaggery or sugar and dry fruits and stir for a min.
- Add lukewarm water and allow the mix to simmer for 10 mins until it attains a thicker consistency.
- The halwa is ready and can be relished

MILLET OF THE MONTH

- excellent anti-oxidant

- helps reduce cholesterol & improves digestion

- helps prevent cardiovascular disease

September

Little Millet

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the way to
a healthier
heart

Crispy Proso Tikki







Preparation:

- Wash the Proso millet rice thoroughly and drain the water.
- Cook the millet rice in a pressure cooker. For 1 cup of the millet rice use 3 cups of water.
- Boil the vegetables of choice until just cooked.
- Mash the cooked Proso millet and boiled vegetables together in a mixing bowl. One can also choose to chop the boiled vegetables and add them to the rice.
- Add chopped coriander leaves, green chillies, salt and any other spices as per the taste preference.
- Divide the mixture into small or medium shaped patties or tikkis.
- Pan fry the tikkis in very little oil on a flat skillet. When one side of becomes golden and crisp, turn over and fry the other side of tikki.
- Gently flip for a couple of times until its ready.
- Serve it with fresh green mint chutney or sweet chutney.

Proso Millet

Hindi: Chena | Bengali: Cheena |
Gujarati: Cheno | Kannada: Baragu |
Marathi: vari | Oriya: China |
Punjabi: Cheena | Tamil: Pani varagu |
Telugu: Variga

Ingredients:

- 1 cup Proso millet rice (60 gms)
- 3 cups water (220 ml) 
- Assorted vegetable of choice such as beans and carrots 
- Coriander leaves (chopped) 
- Green Chillies (as per taste)
- Salt (as per taste) 

MILLET OF THE MONTH

October



For a world without hunger

- important minor millet of India
- significant amount of carbohydrates, fatty acids, essential vitamins & calcium
- beneficial for the nervous system

Proso Millet

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millet for a healthy brain



2 - Gandhi Jayanti
25 - Dussehra



Vegetable Biryani / Chicken Biryani

- Hindi: Kakum | Bengali: Kaon |
- Gujarati: Kang | Kannada: Navane |
- Marathi: Kang | Oriya: Kanghu |
- Punjabi: Kangni | Tamil: Tenai |
- Telugu: Korra

Ingredients

- 1 1/2 cup Foxtail Millet
- 2 onions (sliced) 
- 2 carrots (chopped into 1/2 inch pieces) 
- 15 french beans (chopped into 1/2 inch pieces)
- 1 cup green peas shelled 
- 8 green cardamoms, 1 black cardamom
- 15 cloves, 1/2 inch cinnamon stick
- 1 bay leaf, 1/2 tsp caraway seeds
- 1 1/2 tsp ginger-garlic paste
- 1 tsp turmeric powder
- 1 tsp red chilli powder 

- 1 tsp red chilli powder & 1 tsp coriander powder 
- 1 cup tomatoes
- 1 tsp garam masala powder & 1 tsp lemon juice
- 2 tsp coriander leaves & 2 tsp mint leaves (chopped) 
- Salt (as per taste) 

Preparation:

- Boil Foxtail millet in 4 cups of salted boiling water with cardamom, cloves and cinnamon, until 3/4th done. Drain excess water & set aside.
- Boil all chopped vegetables & 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 2 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.

MILLET OF THE MONTH

November

- longest history of cultivation among millets in India
- regular intake helps in healthy cardiac functions
- Presence of Vitamin B1 slows the development of alzheimer's disease
- iron found in the millet helps in brain growth

millet for heart & brain

Foxtail Millet

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13 & 14 - Diwali
30 - Gurm Nanak's Birthday





Mixed Millet Laddu

Ingredients:

- ½ cup Sorghum rawa
- ¼ cup pearl millet flour
- ¼ cup finger millet flour
- ¾ cup sugar
- Coconut powder, dryfruits, ghee, cardamom powder and milk - as required.



Preparation:

- Heat ghee in a pan and roast sorghum rawa, pearl millet flour and finger millet flour till nice aroma comes.
- Roast chopped dryfruits in ghee.
- Add cardamom powder and sugar powder to the roasted ingredients.
- Add warm milk or ghee and cook till all the mixture gathers.
- Make lemon size ball and laddus are ready to be served.

SUPER MILLET COMBO

Goodness of many millets in one recipe. This is how i make my super healthy & super tasty laddus!



December



For a world without hunger

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25 - Christmas

2021

January

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February

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March

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April

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May

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June

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July

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August

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September

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19	20	21	22	23	24	25
26	27	28	29	30		

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	