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Rural Culinary Heritage

Rediscovering millet and forgotten foods



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Message



Shri N. Chaluvaryaswamy

Hon'ble Agriculture Minister,
Govt. of Karnataka

Celebrating Tradition and Resilience

In a world that is rapidly modernizing, it is easy to lose sight of the rich culinary traditions that sustained our ancestors. This recipe book offers an opportunity to rediscover that legacy. Compiled from the inspiring recipes of rural women who participated in district-level culinary competitions, this collection highlights the humble yet powerful millets and forgotten foods.

These dishes are more than mere recipes; they reflect a way of life, a connection to the land, and a respect for nature's abundance. The women behind these recipes have not only preserved ancient grains and ingredients but have also nurtured culinary techniques that are sustainable and healthy.

May this book remind us all that sometimes, the future of our health and sustainability lies in the wisdom of the past. As you cook and savor these recipes, know that you are part of a journey to keep this culinary heritage alive.

N. Chaluvaryaswamy

Hon'ble Agriculture Minister,
Govt. of Karnataka

Message

A Culinary Rediscovery



Dr. J. Ravishankar , IAS
Secretary to Government,
Dept. of Agriculture, Govt. of Karnataka

This recipe book is more than just a collection of dishes; it is a celebration of the wisdom, resilience, and creativity of rural women from across Karnataka. The recipes featured here, centered around millets and forgotten foods, emerge from culinary competitions that honored their knowledge and skills.

Millets, once staple in Indian households, are now enjoying a well-deserved resurgence for their nutritional benefits and adaptability to the climate. These grains symbolize both tradition and sustainability, while "forgotten foods" represent a treasure trove of indigenous knowledge passed down through generations.

Through these pages, we not only reconnect with these wholesome ingredients but also honor the women who have preserved these culinary traditions against the tides of modernization. May this book inspire you to explore these dishes, savor their flavors, and appreciate the invaluable heritage of our rural kitchens.

Dr. J. Ravishankar , IAS
Secretary to Government,
Dept. of Agriculture, Govt. of Karnataka

Foreword

From Rural Hearts to Modern Kitchens



Shri Y. S. Patil, IAS
Commissioner for Agriculture,
Dept. of Agriculture, Govt. of Karnataka

Millets, often dubbed as "supergrains," are resilient, nutritious, and ecologically sustainable. Similarly, the "forgotten foods" featured in this collection remind us of flavors and ingredients that modern life has largely overlooked. These recipes tell stories — of heritage, of survival, and of women's enduring contributions to our collective culinary wealth.

This recipe book is a bridge connecting the kitchens of rural Karnataka to homes across the world. The recipes contained here are the result of passion, knowledge, and a profound connection to the land, expressed through culinary competitions where rural women showcased their talents using millets and forgotten foods.

We hope that these dishes, though rooted in tradition, find a cherished place in your modern kitchen and remind you that great food has no boundaries — only stories and hearts behind it.

Y. S. Patil, IAS
Commissioner for Agriculture,
Dept. of Agriculture, Govt. of Karnataka

Foreword

A Tribute to the Guardians of Culinary Heritage



Dr. G.T. Puthra

Director of Agriculture,
Dept. of Agriculture, Govt. of Karnataka

This book stands as a tribute to the rural women of Karnataka — the silent custodians of our culinary heritage. Through district-level competitions, these remarkable women showcased their knowledge of millets and forgotten foods, which form the backbone of this unique recipe collection.

In their hands, these ancient ingredients transform into dishes that nourish the body and soul, demonstrating that true culinary artistry lies in simplicity and respect for the land. Millets, once pushed aside, are making a comeback as climate-friendly and nutritious staples, while forgotten foods offer untapped potential for our well-being.

As you explore these pages, remember that each recipe carries the heartbeats of generations who cooked with love, respect, and resourcefulness. By embracing these recipes, we not only celebrate these women but ensure that their knowledge endures and inspires future generations.

Dr. G.T. Puthra

Director of Agriculture,
Dept. of Agriculture, Govt. of Karnataka



Introduction

Rediscovering Tradition: A Culinary Journey Through Millets and Forgotten Foods

In the heartlands of Karnataka, rural kitchens hold secrets passed down through generations. Here, traditional wisdom meets culinary creativity, where millets and forgotten foods form the foundation of nourishment and sustainability. This recipe book is a celebration of those timeless ingredients and the women who cherish them.

Through culinary competitions held across all the 31 districts of the State rural women have shared their knowledge, skills, and love for heritage foods. These competitions uncovered recipes that combine health, tradition, and innovation, giving us a glimpse into a way of life that respects both the land and the body.

Millets — once the mainstay of our ancestors — are making a strong comeback as superfoods for the modern era. Alongside them are forgotten foods that quietly sustain local communities, offering a world of flavour and nutrition. This collection of recipes honours these ingredients and the rural women who have kept them alive.

Each recipe is a story of resilience, community, and creativity. These dishes reflect a deep connection to the soil, the seasons, and the simple joys of mindful eating. From savoury delights to wholesome sweets, every preparation celebrates the diversity of Karnataka's rural culinary heritage.





Millet Sweet Dishes

Ragi Pheni Shirawale with Coconut Milk

Ingredients for Shirawale

- Ragi (Finger millet) flour- 250 g
- Jaggery -150 g
- Ghee-1 ½ tbsp
- Hot water-250 ml
- Salt – a pinch

Shirawale preparation method

- Boil a cup of water in a vessel, add a pinch of salt & ghee then add ragi flour. Mix the flour without lumps and knead it to soft dough.
- In chakali maker insert dough and make into Shirawale (string hoppers/shavige) and steam it in idli cooker for 10 minutes. Then remove it & sprinkle jaggery.

Ingredients for Coconut milk

- Thick coconut milk- 150ml (1 Big coconut)
- Jaggery- 2 ½ tsp
- Cardamom powder, nutmeg powder, saffron

Coconut milk preparation method

- Grate coconut & extract milk by grinding in mixer. Strain all thick milk, then add jaggery powder, cardmom, nutmug powder, saffron to it.
- Serve Ragi Pheni Shirawale (string hoppers/shavige) with coconut milk.



Anita Mahesh Jodatti,
Belagavi

Navane (Foxtail Millet) Goli Payasa

Ingredients

- ◆ Goli made from navane flour-250 g.
- ◆ Milk-500 ml
- ◆ Sugar/jaggery -200 g
- ◆ Cardamom powder -a pinch
- ◆ Cashews & Other Dry Fruits -20 g
- ◆ Raisin(Kishmish)-20 g
- ◆ Whipped cream -little
- ◆ Saffron- a pinch

Method of Preparation

- ◆ Prepare dough by kneading the navane flour by using milk or water
- ◆ Make small balls from the dough and dry them in the shade.
- ◆ Fry the balls in desi cow ghee till golden brown colour.
- ◆ Make sugar/jaggery solution and add milk, cardamom powder, whipped cream and ghee roasted raisins, cashews and other dry fruits after add saffron leaves.
- ◆ Boil for 5 minutes and later add shallow fried balls and cook slowly on low flame till it turns into semi solid fluid
- ◆ This cereal-sweet dish is ready to serve. It can be served as a drink/ice cream by refrigerating it.



Premalatha.B.M.
Shivamogga

Ragi (Finger Millet) Manni

Ingredients

- Red Ragi – 500 g
- Jaggery – 500 g
- Ghee – 100 g
- Coconut milk – 500 ml.
- Cardamom powder – ½ spoon
- Sugar – 2 T.spoon
- pinch of salt

Method of Preparation

- Wash and soak the red ragi overnight.
- Grind soaked ragi with coconut and strain to get the milk.
- Put water and jaggery to vessel for boiling. To this add extracted ragi & coconut milk and keep stirring it.
- Add ghee, sugar and cardamom powder and stir it until it reaches the semi solid consistency then pour the mixture to the ghee greased wide steel plate and spread it evenly.
- After 6 hours of cooling, cut the ragi manni in to desirable shapes and serve to taste.



G.R. Shruthi
Chikkamagaluru

Ragi cake

Ingredients

- Ragi flour-1kg
- Wheat flour-250g
- Coco powder-100g
- Jaggery powder-1kg
- Milk-500ml
- Curd-250ml
- Cooking Oil-100ml
- baking powder-4 table spoon
- baking soda- 2 table spoon
- Salt-2 table spoon
- Vanilla extract-50ml
- Choco Chips-50g
- Kaju-50g
- badam-50g
- Hershey's Chocolate syrup-100ml
- Butter-100g.

Method of Preparation

- Mix curds and vanilla essence in a bowl stir it well, then add ragi flour, wheat flour, jaggery powder and mix it well,
- For the mixture add cooking oil, salt, baking powder, baking soda, coco powder mix it well
- Add milk to the mixture and mix it to form right consistency, then add cashew and almonds to the mixture.
- Transfer the mixture to a butter greased cake mould, bake it at 180C for 30-35 minutes in oven
- Serve the cake with toppings Hershey's chocolate syrup and Choco chips



Millet ball

Ingredients

- Sajje/bajra (pearl millet), same(little millet), navaṇe (foxtail millet), haraka (kodo millet), oodalu (barnyard millet), baragu (proso millet), korale (browntop millet) – (1 kg fried flour)
- Corn, wheat, red rice -(1 kg fried flour)
- Redgram dal ,bengalgram dal,blackgram dal, greengram cowpea, peas, soya avare-(250 g fried flour each)
- Fenugreek-150 g
- Horse gram leaves, tulasi, drumstick leaves, amruthballi (Tinospora) leaves, neem leaves, curry leaves-(100g fried flour each)
- Jaggery-1 kg
- Cashew, dry grapes-250g
- Ghee – 200 g
- Grated Coconut- 150 g
- Milk-250 ml

Method of Preparation

- Heat the ghee in a pan and fry the cashew nuts and dry grapes.
- Mix all millet, cereal, dhal flours. Add jaggery, roasted cashew, grapes, grated coconut, fenugreek, horse gram leaves, tulasi, drumstick leaves, amruthballi leaves, neem leaves, curry leaves, ghee to flour mixture and mix well. Add luke warm milk continue to mix until the laddoo mixture comes together.
- Then roll it into laddus. Millet balls is ready to eat.



Omkaramma
Chitradurga

Bajra Halwa (Burfi)

Ingredients

- Bajra (Pearl millet)- 250g
- Ragi(Finger millet) – 50g
- Greengram – 25g
- Mothbean – 25g
- Wheat –50g
- Bengalgram-25g
- Foxtail millet-100g
- Little millet-25g
- Jaggery – 250g
- Ghee-100g
- Cashew nut -50g
- Almond-50g
- Poppy seeds-25g

Method of Preparation

- Soak bajra, ragi, greengram, mothbean, wheat, pengal gram, foxtail millet, pearl millet in water for 8 hrs.
- Grind soaked grains in mixer grinder, add water to the grinded mixture and strain using cloth to get the milk.
- Add little water and jaggery to vessel for boiling, add extracted milk and pinch of salt and stir slowly until it forms thick consistency.
- Pour the mixture to the ghee greased wide plate and spread it evenly.
- Decorate with poppy seeds, cashew and almond.
- After cooling, cut in to desirable shapes and serve to taste.



Indramma C
Davanagere

Millet Laddu

Ingredients

- Navane (Fox tail millet)-100 g
- Saame (Little millet)-100 g
- Haraka (Kodo millet)-100 g
- Baragu (Proso millet)-100 g
- Korale (Browntop millet)-100 g
- Bajra (Pearl millet)-100 g
- Oodalu (Barnyard millet)-100 g
- Jaggery powder-500 g
- Copra- 2
- Pista-100g
- Cardamom-5
- Sesame-100 g
- Ghee- 250 g
- Seeds-100g
- Watermelon seeds-100 g
- Badami-100 g
- Cashew-100g

Method of Preparation

- Soak navane, saave, haraka, baragu, korale, bajra and oodalu grains for 8 hrs in water. Keep the soaked grains to sprout, dry the sprouted grains in shade for 3-4 days. Slightly roast and powder it in mixer
- Transfer this powdered mixture into the bowl, add ghee, jaggery powder, grated copra, sesame and cardamom, mix well. Add watermelon seeds, badam, cashew and pista and make into laddus.
- Millet laddu is ready to eat..



R M Nagarathna
Hassan

Navane (Foxtail Millet) Jamun

Ingredients

- Navane (Foxtail Millet) – 100 g
- Khova-150 g
- Jaggery -150 g
- Cardamom- 4
- Ghee -250 g

Method of Preparation

- Dry roast foxtail millet and grind into a fine powder. In a bowl add foxmillet powder, khova and knead into dough. Rest the dough for 5 minutes. Make small balls and deep fry in ghee with medium flame until they turn golden brown.

Jaggery syrup preparation

- Add 4 glasses of water and jaggery into pot and boil it, when it forms a syrup of single string consistency, add cardamom powder and stir well. transfer fried hot navane jamuns to this syrup and leave it for 10 minutes. Serve hot or cold



Soumya Patil
Koppal

Ragi (Finger millet) Jamoon

Ingredients

- Milk powder-250 g
- Ragi (Finger millet) flour-250 g
- Jaggery powder-250 g
- dry coconut powder-2 cups
- cardamom-3
- Oil for frying

Method of Preparation

- Mix milk Kova with Ragi flour and make soft dough.
- Knead the dough, make small sizes balls and then fry in oil.
- Add jaggery to little water, to make concentrated syrup
- Dip the fried ragi balls in to the jaggery syrup and soak it for three minutes.
- Sprinkle dry coconut powder on the soaked balls, then delicious ragi jamun is ready to taste..



Varuna H.R.
Mandya

Ragudas Ladoo/ Tachani Ladoo

Ingredients

- ◆ Haraka (Kodo Millet) flour-20 g
- ◆ Same (Little Millet) flour-20 g
- ◆ Navane (Foxtail Millet) flour-20g
- ◆ Besan (bengal gram) Flour-2 tbsp
- ◆ Jaggery-30g
- ◆ Ghee-200g
- ◆ Desiccated Coconut Powder-2 tbsp
- ◆ Cashew-10 No.
- ◆ Cardamom-4 No.
- ◆ Salt-as per taste

Method of Preparation

- ◆ Mix all the three millets flour, add 2tbsp besan flour, ghee and keep the mixture for 30mins. Spread the mixture on bread and roll it, then fry it on pan on low flame. Then cut the rolls into pieces and grind it in mixer grinder along with jaggery, salt and cardamom.
- ◆ Transfer mixture into the bowl, add 2-3 table spoon ghee and cashew and roll them in your palm to make the laddus.



Preeti Nizamkari
Raichur

Millet Laddu

Ingredients

- Same (Little millet)- 100 g
- Navane (Foxtail millet)- 100 g
- Groundnut seeds-350 g
- Jaggery-350 g
- Milk powder-90 g
- Coconut powder-180 g
- Cardamom-5 g

Method of Preparation

- Fry Same and Navane until it becomes light brown colour and grind into a fine powder in mixer grinder.
- Add groundnut seeds, jaggery, milk powder, coconut powder, cardamom to the same and navane mixture and mix well. Make small laddus from this mixture. Millet laddu is ready to serve



Poornima
Ramanagara

Navane (foxtail millet) Halwa

Ingredients

- Navane (foxtail) Flour -200 g
- Milk Powder-100 g
- Sugar- 150 g
- Jaggary-150 g
- Ghee -50 g
- Dry Fruits-20 g

Method of Preparation

- Dry roast navane and make a fine powder.
- Take pan add sugar and water in equal proportion and boil to get single string consistency.
- Slowly add navane flour, milk powder and ghee, mix well finally add dry fruits
- Navane Halwa is ready to serve.



B Thulasi
Tumkur

Foxtail millet Jamunu

Ingredients

- Foxtail millet flour-500g
- Cashews-100 g
- Sugar-500g
- Almonds-50 g
- Desi cow ghee-400 g
- Cardamom powder –a pinch

Method of Preparation

- Prepare sugar syrup , by adding equal quantity of water and sugar anf add pinch of cardamom powder
- Fry navane rice and make flour, add jamun powder, almonds, cashew nuts and ghee to the flour, then prepare laddu and fry in oil.
- Then dip the laddu in sugar syrup. Navane jamun is ready to eat.




Ankita Bheemangowda Patil
Vijayapura

Millet Holige

Ingredients

- Millet(Navane, Same, oodalu, Korale, Harka)-200 g
- Wheat Powder-50 g
- Grated Coconut-50g
- Jaggery-100 g
- Salt as per taste
- Cardamom- 2 No
- Ghee-50 g
- Oil-50 ml
- Water-200 ml

Method of Preparation

- In a bowl add wheat flour, 2 tea spoon cooking oil, required quantity of water, mix well and prepare the dough. Make sure the dough is slightly sticky and smooth-soft dough. Add 3 tsp cooking oil, allow the dough (kanaka) to rest for atleast 2 hours.
- Coarse grind the foxtail millet, little millet, browntop millet, barnyard millet, and kodo millet and grated coconut in mixer grinder separately. Fry the coarse ground millets and coconut with ghee in a pan.
- Prepare jaggery syrup in low flame to a required consistency. Add the above mixture to jaggery syrup, make sure there are no lumps, add cardamom and stir well till the mixture thickens and allow to cool. Stuffing (hurana) is ready.
- After the dough has rested for 2 hours, knead the dough slightly and pinch a small ball sized dough and flatten. Place a medium sized ball prepared stuffing in center, bring the edges together and pinch off the excess dough securing tight, flatten with hand. Roll in one direction making sure the holige / obbattu is thin. Put the rolled holige over hot tawa. Roast on medium flame for a minute or till bubbles appear. Serve hot millet holige with ghee.



Hema Acharya,
Udupi

Little Millet Halwa

Ingredients for Shirawale

- ◆ Jaggery- 500 g
- ◆ Little millet flour -250 g
- ◆ Corn flour- 1 tsp
- ◆ Ghee- 2 tsp
- ◆ Watermelon juice -50 ml
- ◆ Poppy seeds- 5g
- ◆ Cashew and watermelon seeds - 2 g

Method of preparation

- ◆ Take a pan and add two tea spoon of ghee. Add watermelon seeds and cashew nuts to it and fry till it turns golden brown. Then add jaggery powder and cook well.
- ◆ Take half cup of little millet flour in another pan, add watermelon juice and cornflour to it. Stir the mixture well with a spoon without letting it to get lumps. Later transfer this to hot jaggery with continuous stirring until colour changes.
- ◆ Pour the mixture to the ghee greased wide plate and spread it evenly .
- ◆ Decorate with poppy seeds and cardamom.
- ◆ After cooling, cut in to desired shapes and serve to taste.




Jayashree Sadanand Teggi
Bagalkote

Ragi aralu Laddu

Ingredients

- Ragi (finger millet) - 200 g
- Dates- 15
- Almond -15
- Cashew-15
- Dry grapes-10
- Aliv seeds-5g
- Granular edible gum-5g

Method of Preparation

- Soak ragi in water for 10 min, strain the water, dry under shade, then roast till it pops. Grind it in a mixer grinder.
- Then roast dates, almond, cashew, dry grapes, aliv seeds and edible gum each separately in ghee. Grind all these in a mixer grinder.
- Mix ground finger millet and above dry fruit mixture, add ghee and mix thoroughly, then make small laddus. ragi aralu laddu is ready to serve.



Manjula K.T
Ballari

Bajra (Pearl millet) Laddu

Ingredients

- Pearl millet- 250 g
- Jaggery- 150 g
- Grated coconut -50 g
- Finely sliced dry grapes and cashew nut- 50 g
- Finely sliced almonds- 30 g
- Cardamom -10 g
- Boiled desi breed milk- 50 ml
- Ghee-50 g

Method of Preparation

- Fry pearl millet for 5-6 minutes, allow to cool and powder it in mixer grinder.
- Take a spoon of ghee in a pan and fry the dry fruits well, then add pearl millet powder and add 3 spoons of ghee to it and fry for 4 minutes. Add jaggery powder, grated coconut, cardamom powder and mix well. Add a little milk to this mixture and make small round balls using your palm. Pearl millet laddu is ready to eat.




Shwetha
Chamarajanagara

Korale (Browntop millet)-Rose Phirni

Ingredients

- Korale rice-250g
- Rose Petal-20
- Milk-500ml
- Rose Water-10ml
- Jaggery syrup-125g
- Almond & Pista-25g
- Pinch of Cardamom Powder.

Method of Preparation

- Soak the Browntop millet and rose petals in warm water for about 3 hours.
- Grind the soaked Browntop millet and rose petals in a mixer grinder into a fine paste.
- To the fine paste of korale and rose petals. Then while continuously stirring add milk, jaggery syrup slowly. Cook till it hardens. Add pinch of cardamom powder and rose water, garnish with almonds and pistachios..




Anita Raju Phirni,
Dharwad

Foxtail millet holige

Ingredients

- Foxtail millet (Navane)-500 g
- Wheat flour- 500g
- Jaggery-750 g
- Fried gram flour-100 g
- Wheat-100 g
- Oil-1000 ml
- Cardmom-10

Method of Preparation

Preparation of Holige dough:

- In a bowl add wheat flour, 2 tea spoon cooking oil, required quantity of water, mix well and prepare the dough. Allow the dough (kanaka) to rest for 15 minutes.

Preparation of Holige stuffing (hurana):

- Powder the foxtail millet, wheat and fried gram in mixer grinder.
- Prepare jaggery syrup in low flame to a required consistency. Add the above ground mixture to jaggery syrup, make sure there are no lumps, add cardamom and stir well till the mixture thickens and allow to cool. Stuffing (hurana) is ready.
- After the dough has rested 15 minutes, knead the dough slightly and pinch a small ball sized dough and flatten. Place a medium sized ball prepared stuffing in center, bring the edges together and pinch off the excess dough securing tight, flatten with hand. Deep fry the flatten holige in oil under medium flame. Serve hot millet holige with ghee.



Basavarajeshwari B Samshimat,
Haveri

Foxtail (Navane) laddu

Ingredients

- Foxtail Millet – 500g
- Jaggery – 500g
- Ghee – 500g
- Wheat – 50g
- Gram dal – 50g
- Rice-50g
- Sesame -50 g
- Copra – 50g
- Dry fruits -50 g
- Cardomum-5
- Edible gum

Method of preparation

- Wash foxtail millet and soak in water for 2 hrs. Drain the water and dry in shade for 2 hrs. In a pan dry fry foxtail millet, gram dal, rice, wheat untill they turn into golden brown and grind in mixer into a fine powdered flour. Again dry fry the flour.
- Roast the edible gum in ghee and keep it aside.
Fry sesame seeds and grated copra separately, keep aside.
- Heat the ghee in pan and add jaggery in equal proportion, stir well till the liquid consistency is formed. To this add the above dry fried flour, sesame, grated copra, cardamom, edible gum & mix well. Transfer the mixture into a bowl, add 2-3 tbsp ghee & dry fruits, make the foxtail millet laddus.



Veena
Kalaburagi

Same Payasa (Little millet payasa)

Ingredients

- Same(Little millet) - 500 g
- Jaggery - 500 g
- Ghee - 50 g
- Resins and Cashew nuts - 50 g
- Coconut milk - 1 cup
- Cardamom - 5
- Sugars - 3 Spoons
- Salt - 1 pinch

Method of Preparation

- Wash and soak the little millet (Same) for about 8 hours or overnight.
- Drain out the water and fry the little millet with ghee and cook by adding water.
- Add sugar and jaggery to cooked same and cook on low flame.
- Add ghee fried resins and Cashew, coconut milk ,Cardamom powder and salt to taste. Same Payasa is ready to eat.



Varalakshmi
Kolar

Millets unde

Ingredients

- Sajje (bajra) flour – 1000 g
- Jaggery-500 g
- Sesamum-250 g
- Ground nut – 100 g
- Copra-1
- Cashew-50 g
- Ghee-50 g

Method of Preparation

- Roast bajra flour, groundnut, sesame and grated copra separately.
- Add jaggery and $\frac{1}{2}$ ltr water in a vessel and prepare jaggery syrup in low flame in required consistency.
- Add roasted bajra flour, ground nut, sesame and grated copra to the jaggery syrup and mix well.
- Transfer the mixture into a bowl, add 2-3 tbsp ghee and cashew, roll it on palm to make the millet unde.




Mahadevamma
Mysore

Ragi Killa

- 1 Ragi millet-250 g
- Jaggery -150 g
- Grated Coconut-50 g
- dry coconut Shreds

Ingredients

- Raisins, Cashews-50 g
- poppy seeds-2 tsp
- Ghee- 3 tsp

Method of Preparation

- Take cleaned ragi and soak in water for 6-8 hours, then, grind and extract ragi milk.
- Extract milk from raw coconut.
- Prepare Jaggery syrup by dissolving jaggery in boiling water, it should be thawed and strained.
- Take a pan add extract millet milk, coconut milk and 2 cups of jaggery syrup and cook on low flame continuously stirring with a spoon until it becomes semi solid
- Add ghee to the batter so that it does not stick to the bottom and again stir it. Pour this mixture to a wide ghee greased plate and leave it for 15 minutes to set. Garnish it with roasted poppy seeds, raisins, cashews and dry coconut shreds and cut it like a barfi to eat.



Bajra/Sajje (Pearl millet) Madali

Ingredients

- Pearl millet-250 g
- Rice -100 g
- Black gram- 50 g
- Fenugreek , Sesame- 20g
- Putani- 10 g
- Sompu -Pinch of it
- Jiggery- 200g
- Cardamom - Pinch
- poppy seeds - Pinch
- Nutmeg - 5g
- Coconut- 100g

Method of Preparation

- Mix pearl millet, fenugreek, blackgram, rice and grind in to flour.

Add cold water to the ground flour and

- prepare dough. Knead the dough slightly and pinch small ball sized dough and flatten. Roll in one direction making sure the
- roti is thin. Put the rolled roti over hot tawa and roast on medium flame on both sides. After the roti get cooled, break it into small
- pieces or grind it with mixer grinder.
- To this roti mixture add grated jaggery, roasted sesame, coconut powder, fried gram, fennel seeds, poppy seeds, cardamom, nutmeg and mix well. Bajra madali is ready to serve.



Foxtail millet (Navane) payasa

Ingredients

- Foxtail millet – 250 g
- Coconut- 3
- Rice flour – 10 g
- Cow's milk – 200 ml
- Jaggery – 250 g
- Wheat flour – 5 g
- Ragi flour – 5 g
- Cashew – 20 g
- Raisins – 20 g
- Cardamom – 1 no
- Ghee – 2 tbsps
- Salt

Method of preparation

- Washed navane is to be soaked in water over night. The next day, add water to the soaked navane and cook on a low flame. Divide the cooked navane into two equal parts. Grind one portion of the cooked navane and keep the other part aside
- Grind the coconut in a mixer grinder by adding little water, strain the mix to get coconut milk.
- To the coconut milk, add rice flour, wheat flour and ragi flour to it. Mix well so that lumps are not formed.
- Mix together cooked navane and churned navane, this add jaggery & allow to boil. Stir continuously so that it does not stick to the bottom. While its boiling, add cow's milk and coconut milk & flour mixture. Remove from flame, add salt to taste, cardamom powder and garnish with ghee roasted raisins, cashew nuts. Tasty payasa is ready.



Navane (Foxtail millet) Holige

Ingredients

- Foxtail flour- 500 g
- Jaggery - 500 g
- All purpose flour- 250g
- Oil – 1 ltr.

Method of Preparation

- Roast and powder the foxtail millet in mixer grinder.

Prepare jaggery syrup in low flame to a required consistency. Add the above ground mixture to jaggery syrup, make sure there are no lumps, add cardamom, ginger and stir well till the mixture thickens and allow to cool. Stuffing (hurana) is ready.

- After the dough has rested for 15 minutes, knead the dough slightly and pinch a small ball sized dough and flatten. Place a medium sized ball prepared stuffing in center, bring the edges together and pinch off the excess dough securing tight, flatten with hand. Deep fry the flatten holige in oil under medium flame. Serve hot navane millet holige with ghee.



Jayamma Benni,
Gadag

Navane halbai (foxtail millet pudding)

Ingredients

- Navane – 250 g
- Ghee – 4 tbsp
- Jaggery – 80 g
- Cardamom powder – 10g
- Grated coconut - 150 g
- Water- 1.5 l
- Pinch of salt.

Method of Preparation

- Wash and soak the foxtail millet (navane) for 2-3 hours, then grind it smoothly in mixer grinder.
- Add water to grated coconut and grind it, then pour on a white cloth and strain out the milk. Add coconut milk, water, jaggery and salt to the ground navane.
- Cook this mixture in a thick based vessel, on a low flame. Add ghee by stirring continuously to avoid lumps, stir for 15-20 minute, then add cardamom powder.
- When the mixture starts coming out from the vessel base, transfer the mixture on ghee greased plate, allow it to cool and slice into the desired shape. Navane halbai (foxtail millet pudding) is ready to serve.



Millet toda dev

Ingredients

- Little millet (same) rice-250 g
- Foxtail millet (navane) rice- 250g
- Rice- 500g
- Suji – 100 g
- Jaggery-1.50kg
- Powdered cardamom-10g
- Grated coconut -2 tbsp
- Ghee-250 g
- Milk -1.5L
- Mud Pot-1
- White Cloth-1/4 meter
- Cashew nuts chopped-2 tbsp
- Salt

Method of Preparation

- Soak same, navane and rice for 4 hours, drain out the water and shade dry. To this add grated coconut and jaggery. Ground this mixture to flour in a mixer grinder.
- To the flour, add suji, salt and required amount of water to make dosa batter consistency.
- Dip white cloth in this batter and apply it on hot pot. Leave it for few minutes, fold it into a triangle shape and serve with milk and ghee.



Prema. Shivaram .Joshi
Uttar kannada

Millets Cookies

Ingredients

- Navane (Foxtail millet) -100 g
- Bajra/Sajje (Pearl millet)- 100 g
- Same (Little millet) -100 g
- Haaraka (Kodo millet)- 100 g
- Ragi - 100 g
- Sesame -25 g
- Cardamom-12
- Fennel seeds- 1 tsp
- Almond – 20 g
- Butter -100 g
- Milk -100 ml
- Groundnut – 20 g
- Organic Jaggery -400 g

Method of Preparation

- Roast navane (foxtail millet), sajje/bajra (pearl millet), same (little millet), haaraka (kodo millet) and ragi. Grind them all in to powder in a mixer grinder.
- Add sesame, cardamom, fennel seeds, almonds, groundnut, butter, milk and organic jaggery to the ground mix and prepare the dough.
- Then make different shapes from the dough, fry in oil under with low flame.



N.V.Ambujakshi reddy
Chikkaballapura

Ragi and flax seed laddu

Ingredients

- Ragi (finger millet)flour: 250 g
- Flax seeds: 30g
- Almonds: 10 No.
- Walnut: 5 No.
- Peanuts: 100 g
- Cardamom powder : 1 tbsp
- Jaggery: 250 g
- Dates: 5 No.
- Ghee: 5 tbsp

Method of Preparation

- Roast the ragi flour with ghee till leaves nice aroma.
- Fry almond, walnut, flaxseeds and peanut, allow it to cool and grind into coarse powder. Add this mixture to roasted ragi flour, sprinkle cardamom powder and mix it well.
- Make a jaggery syrup with single string consistency, add in to the mixture and mix well (Optional- instead of jaggery soft dates can be used).
- Make balls using ghee greased palm. Healthy Ragi flax seed laddu is ready to serve.




Padmini Gowda
Bengaluru



Millet Spicy Savouries

Multi millet nippattu /vegetable sticks

Ingredients

- Kodomillet (haraka)-100 g
- Foxtail millet (Navane)-100 g
- Little millet(same)-100 g
- Barnyard millet(udalu)-100 g
- Brown top millet(korale)-100 g
- Sesame seeds -50 g
- Cumin seeds-50 g
- Ajwain seeds-g
- Garam masala-10 g
- Grated Carrot-1
- Beans- 10
- Chilli Powder 2 table
- Fenugreek leaves -1/2bunch
- Salt
- Oil-1000ml
- Chilli Powder 2 tbsp

Method of Preparation

- Mix the five millets and roast them in a low flame, prepare flour. To the flour add chilli powder, sesame seeds, cumin seeds, ajwain seeds, turmeric powder, garam masala, grated carrot, beans and fenugreek leaves, salt to taste, prepare dough using hot water
- Take a small portion of the dough, roll it on the dusted wheat flour and cut it into circular and elongated shape and deep fry in oil. Nippattu /vegetable sticks are ready to serve



Jowar Bhakarwadi

Ingredients

- Jowar Flour- 170g
- Bengal gram flour - 40 g
- Wheat flour- 40 g
- Coriander seeds- 5 tsp
- Fennel seeds -3 tsp
- Dry coconut powder -10g,
- Red chilli powder- 2 tsp
- Salt to taste
- Sugar to taste
- Ajwain 1 tsp
- Oil
- Black pepper 1 tsp
- Poppy seed- 4 tsp
- White sesame-4 tsp

Method of Preparation

- **Preparation of dough:** In a bowl mix jowar flour, bengal gram flour, wheat flour, salt and mix well. Now pour 2 tbsp hot oil and mix well. Add water as required and knead to a smooth and tight dough. Grease the dough with a tsp of oil, cover and rest for 20 minutes.
- **Masala stuffing preparation:** Roast coriander seeds, fennel seeds, dry coconut powder, red chilli powder, sugar, ajwain, black pepper, poppy seed, white sesame and blend to slightly coarse powder. Keep aside.

- **Preparing Bhakarwadi:** Knead the dough slightly and pinch a large ball of dough, flatten them as chapati ball. Grease the rolling base and rolling pin with oil. Roll them into round / square shape making slightly thick. Spread the masala stuffing leaving the sides. Apply water on sides to seal the ends while rolling. Slowly roll the dough very tightly, making sure there are no gaps. Cut the roll as in to small pieces, press and flatten slightly. Heat the oil on medium flame in a pan and deep fry the small pieces of rolls on low flame till they turn golden brown and crisp. Serve bhakarwadi or store in an airtight container once cooled completely



Latha Halemani,
Gadag

Haraka (Kodo millet) puliyogare

Ingredients

- Kodo millet rice -250g
- Oil- 50ml
- Tamarind juice-100ml
- Groundnut - 20g
- Channa dhal -10g
- Puliogare powder- 100g
- Grated coconut -100g
- Cashew nuts-30 g
- Coriander & curry leaves
- Salt

Method of Preparation

- To prepare kodomillet rice, wash and cook kodo millet with water in a vessel.
- Prepare puliyogare gojju : In a pan heat oil, season with ground nut, channa dhal, curry leaves, tamarind juice and fry for 2-3 min. Then add puliyogare powder, salt and mix well.
- Add kodomillet rice and coconut to the puliyogare gojju, mix well. Garnish with coriander leaves and serve Haraka (Kodo millet) puliyogare.



Sheela S
Chamarajanagara

Ragi (Finger millet) Dhokla

Ingredients

- Sprouted Ragi flour-100 g
- Suji rava-20 g
- Curd-100 ml
- Sugar-3 g
- Ginger-half inches
- Garlic - 4-5 cloves
- Green chillies-2-3
- Grated coconut – half cup
- Pinch of asafoetida
- Mustard & cumin-5 g
- Curry leaf- 4-5
- Salt & a pinch of ENO

Method of Preparation

- Soak the washed finger millet for about 5-6 hours.
- Drain the water and allow it to sprout in muslin cloth. Dry the sprouted grains and make flour.
- In a bowl add ragi flour, suji rava, salt, sugar, green chillies, ginger-garlic paste, curd, water and mix well. Allow this batter to rest for 20 minutes. Then add pinch ENO and mix well.
- Place oil greased turmeric leaf on a steel plate. Pour the batter on it and steam it in a cooker for 15 minutes.
- Pour tempering mixture evenly on the cooled dhokla, cut it into desired shape, Garnish with grated coconut and chopped coriander. Spongy and healthy dhokla is ready to serve.



Vijiya Aravind Kulakarni,
Dharwad

Foxtail millet (Navane) dal kichadi

Ingredients

- Fox tail millet rice-100 g
- Mung Dal-100g
- Tur dal-100g
- Vegetables(Beans, Carrot, Peas)-250g
- Oil -50 ml
- Mustard-5g
- Peper-5 g
- Jeera-5g
- Coriander powder-25 g
- Curry leaf-20 leaves
- water -5 glass
- Salt- As per taste

Method of Preparation

- Cook washed foxtail millet, greengram dal, tur dal and vegetables in cooker until it gets soft.
- In pan for seasoning add oil, mustard, Jeera, pepper, curry leaves. To this add mixture of cooked foxtail millet rice, dal and vegetables. mix well, add water.
- To this add coriander powder and cook for about 5 minutes. Hot foxtail millet dal kichadi is ready to serve.




Iranna Shekhappa Hurigejje,
Haveri

Siridhanya Momos

Ingredients

- Foxtail Millet (Navane) flour -40g
- Proso Millet (Baragu) flour -35g
- Wheat flour -25g
- Sprouted Moth bean(Matagi)-50g
- Sprouted Green gram -50g
- Peanut-50g
- Cucumber-2
- Onion-2
- Fresh Coconut-1
- Mustard-10g
- Cumin seeds-10g
- Turmeric-1Tsp
- Coriander powder-1 Tsp
- Coriander seeds-20g
- Green chillies-4
- Ginger-Small piece
- Curry leaves
- Garlic
- Oil
- Salt

Method of preparation

- In bowl add foxtail millet (navane) flour, proso millet (Baragu) flour, wheat flour, pinch of salt and little water. Mix well and make dough. Chop cucumber, carrot, tomato, onion and green chilli.
- In a pan heat oil and season with mustard, cumin, coriander, turmeric powder, green chillies, curry leaves, tomato and sauté for few minutes. Then add sprouted moth bean, sprouted green gram, peanut, cucumber, carrot, fresh coconut, coriander powder and mix well to form stuffing mixture.
- Make dough in to small balls, make it into small chapattis, place the stuffing mixture and cover to form a shape of modaka. Steam it for 15 minutes and serve Siridhanya Momos hot.




Annapurna R. Sangolagi,
Kalaburagi

Haraka Mudde, Mixed Green Leaves and Horse Gram bassaru, Haraka Curd Rice, Haraka Chakkuli, Haraka Nippattu

Ingredients

- Haraka flour-250 g
- salt to taste
- Horse gram-250g
- mixed green leaves
- onion-1
- Garlic-1
- Dried red chillies
- powder- 2 table spoon
- Sesame-1 Table spoon
- Groundnut oil-500 g
- salt to taste
- Tomato-1
- Tamarind-lemon size
- sambar Powder-2 Table spoon
- salt to taste
- Cooked Haraka rice -1 cup
- Curd-250ml
- For seasoning-Groundnut oil-2
- Tablespoon
- Mustard seeds-1 table spoon
- Salt to taste
- Haraka flour-1 cup
- Gram flour- 2 table spoon
- Maida-2 table spoon
- Sompvu-1 table spoon
- Jeera- 1 table spoon

Method of Preparation

Haraka mudde: Add haraka flour to boiled water, cook well and make haraka balls from this.

Horse gram and mixed green leaves bassaru: Cook horse gram and mixed green leaf vegetables. Separate the water. Grind and add onion, garlic, tomato, tamarind, sambar powder, little cooked horsegram and soppu in mixer grinder the drained water to make bassaru. Add salt to taste and boil. To this add tempered mixture of mustard and curry leaves. In a pan add oil, mustard, Onion fry it. To this add cooked horsegram, soppu and mix well. **Haraka curd rice:** Mix cooked haraka rice and curd, to this pour tempering mixture of mustard and curry leaves. **Haraka chakkuli:** Grind haraka rice and soaked black gram, to this add sompvu, fried gram, gram flour, maida, chilly powder, jeera, salt to taste, mix well. Fry chakkuli in heated oil. **Haraka nippattu:** Make dough by adding harak flour, maida, Ground nut seeds, Bengal gram, sesame, curry leaves, chilly powder, salt to taste. Take small balls from this dough, flatten it, fry in heated oil.



Rajamma
Kolar

Green Apple millets Parota

Ingredients

- Bajra flour -1 kg
- Green apple- 4
- Garam masala-1 spoon
- Chilli powder-1 spoon
- Cumin, Ajwain-1 spoon
- Kalonji-1 spoon
- Asafoetida-1 spoon
- Salt to taste

Method of Preparation

- Wash green apples in water, peel out and grate all apples.
- Add garam masala, chilli powder, cumin, ajwain, kalonji, asafoetida, salt to taste and bajra flour to the grated apple. Mix well and make dough. Cover the dough with cotton cloth and keep it for 10 minutes.
- Make dough in to small balls and make it into chapattis using ruler.
- Roast these chapattis on tawa with low flame using little oil.
- Millet parota is ready to taste with chutney or butter.



Geetha Rao,
Mysore

Navane (Foxtail millet)& Mushroom Pallav

Ingredients

- Navane (Foxtail millet)-500 g
- Mushroom-200 g
- Onion -6 (small size)
- Tomato-4
- Green chillies-6-7
- Coriander leaves, Mint leaves, Fenugreek leaves-a handful,
- Ginger-garlic-10 g each,
- Curd-1/2 cup
- Green peas-a cup
- Turmeric-a pinch
- Clove -5-6
- Cinnamon-2-3 pieces
- Cashew nuts-25 g
- Cardamom-4-5
- Bay leaves-2 to 2
- For seasoning-groundnut oil and ghee
- Salt to taste

Method of Preparation

- Soak the Navane in water.
- Add oil and ghee in a pan, then add cardamom, clove, cinnamon flakes, bay leaves, cashew nuts, onion, green chilli, mint, fenugreek, coriander leaves , ginger garlic paste, tomato, turmeric powder and fry them.
- Add mushrooms and stir to fry it, add soaked navane, add salt to taste and cook for 20 minutes.



Parinita
Mandya

Korale (Browntop millet) Khichadi

Ingredients

- Korale-200 g
- Green gram dhal-50 g
- Carrot-2
- Beans-1/2 cup
- Peas-1/2 cup
- Capsicum-2
- Onion-2
- Tomato-2
- Garlic - 1
- Ginger- 1 inch
- Green chillies -2
- Coriander leaves
- Curry leaves-little
- Coriander powder –tsp
- Turmeric powder-a pinch,
- Cumin -1tsp
- Salt as per taste
- Asafoetida -a pinch
- Pulav leaves -2to 3
- Cloves -5
- Cardamom -1
- Black pepper -5 g
- Cooking oil-2 tsp
- Ghee-1tsp

Method of Preparation

- Wash the Korale rice and soak it in water for 4-5 hours and soak green gram dhal for 2 hours.
- Add 2 spoons of oil and 1 spoon of ghee in a pan, add cumin seeds, pulav leaves, cloves, cardamom, asafoetida, curry leaves and fry them.
- Add ginger, garlic, chillies and cook for a while, add chopped onion and chillies, fry till they turn brown. Add coriander, cumin powder, chili powder and mix well.
- Add chopped tomato and fry them, add the soaked Korale rice and green gram dhal, add 5 cups of water, salt to taste and cook. Garnish with lemon juice and coriander leaves. Serve hot Korale Khichadi



Triveni Patil ,
Raichur

Navane (Foxtail millet) Bisbele Bath

Ingredients

- Navane(Foxtail millet)-250 g
- Tur Dal-200 g
- Togari Kalu-50 g
- Carrot-100 g
- Beans-50 g
- Potato-50 g
- Tomato-250 g
- Onion-100 g
- Curry leaves-10 g
- Coriander leaves-10 g
- Ghee-10 ml
- Oil-10 ml
- Cashew nuts-50 g
- Groundnut seed-25 g
- Bisibele Bath Powder-100 g
- Turmeric-5 g
- Salt-10 g
- Dry Chillies -5 g
- Asafoetida, – 2 g

Method of Preparation

- Bisibele bath powder: Fry bengalgram dal (2 spoon), urad dal (1spoon), cumin (2 spoon), fenugreek (1/2 spoon), pepper (1/2 spoon), asafoetida (1/4 spoon), byadagi chillies-5-6, chillies-20, dhania (1spoon), cinnamon-2 piece,cloves-4, cardamom-1, curry leaves-2 stick in a low flame by adding little oil. Powder all fried ingredients in mixer grinder into a fine powder.

- Soak navane in water for about 10 minutes. Cook soaked navane, tur dal, fresh redgram seeds, carrot,beans, potato, turmeric, salt.
- For seasoning add ghee, oil, mustard, curry leaves, onions, tomatoes, dry chillies, asafoetida, 2-3 spoon of bisibele bath powder. Add cooked navane, tur dal and vegetables to it. Add ghee fried groundnut seeds, cashews & curry leaves.
- Garnish with kharaboondi, coriander leaves and hot navane bisi bele bath is ready.



Same (Little Millet) Palak Paneer rice

Ingredients

- Soaked Same (Littele millet) rice – 200g
- Palak -1 bunch
- Paneer -100 g
- Onion -1 (medium Size) ,
- Green chilly-5
- Ginger garlic paste -10 g.
- Garam masal powder- 1 tsp
- Oil -50 ml
- Salt to taste

Method of Preparation

- Make a paste of blanched palak and keep aside.
- In a cooker add oil, chilli, onion, ginger garlic paste, palak & panner, fry all the ingredients.
- Add 3 cups of water, garam masala powder, salt and soaked same. Close the lid and whistle for two times.
- Same Palak Paneer rice is ready to serve.



K J Nagarathna
Tumkur

Foxtail millet (Navane) noodles

Ingredients

- Foxtail Millet -500 g
- Sabudana- 150 g
- Onion -1
- Ginger- 1inch
- Curry leaves -little
- Coriander leaves -little
- Cumin seeds -1tbsp
- Garlic-1
- Mustard -1 tbsp
- Rock salt – for taste

Method of Preparation

- Soak navane rice and sabudani in water for 8 hours and grind them well in mixer and prepare the paste.
- Boil the paste till get semi solid consistency, Using the shavige maker prepare the noodles and dry them in sunlight for 2 days.
- Put noodles in boiling water for 2 minutes, after that drain the water.
- In a pan put safflower oil, cumin, mustard, garlic, onion, ginger and curry leaves fry them well. Add noodles to the pan and mix them well Then add salt according to taste, serve hot.



Millet Palav

Ingredients

- Millets-250 g
- Beans-50 g
- Carrots-50 g
- Potato-1
- Tomato-1
- Onion-2
- Garlic-5 chops
- Ginger-5 gram
- Green chilies-1
- Peas & Greengram-1 tsp
- Uraddal- $\frac{1}{4}$ tsp
- Fennel seeds- $\frac{1}{4}$ tsp,
- Coriander seeds- $\frac{1}{4}$ tsp
- Jeera- $\frac{1}{4}$ tsp,
- Coriander & mint leaves chopped-1 tsp
- Garam Masala-5 g
- Turmeric powder- $\frac{1}{2}$ tsp
- Grapes, cashew, almond, dates-100 g,
- Curd- 2tsp
- Mustard- $\frac{1}{4}$ tsp
- Curry leaves-2
- Oil or Ghee- 100 g
- Salt for taste,
- Water-500ml

Method of Preparation

- ◆ Grind coriander leaves, mint, onion, garlic, ginger, green chilies, sounf, coriander seeds, jeera and garam masala in a mixer grinder.
- ◆ Add 2 spoons of oil and 1 spoon of ghee in a pan, add onion and fry until it turns brown. Add vegetables and fry, then add ground mixture and fry.
- ◆ Add the millets and fry for while and then add water, turmeric powder and salt to taste and cook.
- ◆ Garnish with dry grapes, cashew, almond, dates and serve hot.



Hema Jaganath ,
Udupi

Fried Siridhanya Roti

Ingredients

- Jowar Roti -28 g
- Bajra (Pearl millet) Roti -28 g
- Ragi Roti- 28 g
- Onion -10 g
- Cucumber- 5g
- Carrot- 5 g
- Sprouted Greengram- 10g
- Masala - (Black salt – 2.5g, cumin-5 g, coriander seeds-5g, salt and chilli powder-2.5g)
- Sweet Chutney- (tamarind, red chilli powder, salt, dry dates-4)
- Green Chutney- (mint & coriander leaves, green chilli, black pepper, black salt)
- Oil

Method of preparation

- Take a bowl, add sprouted green gram, chopped onions and cucumber, grated carrot, green chutney along with sweet chutney and mixed well.
- To this add the fried roti pieces and mix well, put this in a plate and garnish it with coriander leaves to serve Fried Millets Roti Mix.
- Green Chutney: Mix mint leaves, coriander leaves, grinded green chilli paste, black pepper, black salt with some water and make a chutney.
- Sweet chutney: tamarind, red chilli powder, salt, dry dates(4). Mix it in a mixer and add some water to it and boil it for 5 minutes. Cool it and use it.



Geetha L.N
Bagalkote

Millet Flower Basket

Ingredients

- All millets flour - 50g each
- Black Til - 3 g
- White til - 3 g
- Water melon seeds- 3 g
- Green chillies – 2
- Cumin seeds- 1 tsp
- Oil -1/2 ltr
- Wheat flour - 4 tsp
- Bael fruit – 1
- Bajra – 50 g
- Pepper – 3
- Ghee- 1 tbsp
- Lemon Juice- 1tsp
- Ground nut seeds -50g
- Roasted gram-50 g
- Asafoetida
- Curry leaves- 4
- Coriander & Mint leaves
- Salt

Method of Preparation

- Add salt and oil to millet flour, mix well and make it into a flower shape and fry in oil. Prepare millet malt (soup) and then add cumin seeds, sesame seeds, water melon seeds, pepper powder, green chillies and boil it, add ghee at the end. Sajje Kichdi: Boil overnight soaked bajra, then garnish with oil, cumin seeds, mustard seeds, asafoetida, sesame seeds, green chillies, lemon juice, curry leaves, coriander leaves and salt to taste).
- Bael fruit chutney: Take bael fruit pulp, add jaggery, cumin seeds, red salt, dry chilli powder and pepper powder.
- Coriander-mint chutney: Grind coriander, mint, salt, lemon juice, green chillies, groundnut seeds and roasted gram dhal.
- Millet flower basket is served with sajje kichdi with bael and coriander-mint chutney.





Navane (Foxtail) Bisibele Bath

Ingredients

- ◆ Foxtail millet- 200 g
- ◆ Chickpeas -10 g
- ◆ coriander- half bunch
- ◆ curry powder- little bit
- ◆ greengram -200 g
- ◆ Cucumber- 10 g
- ◆ mustard seeds- 50 g
- ◆ asafoetida - little bit
- ◆ redgram - 200 g
- ◆ Beans- 10g
- ◆ cumin seeds-50 g
- ◆ cashewnut, dehydrated
- ◆ peas -100 g
- ◆ Potatoes-10 g
- ◆ oil -100 ml
- ◆ grapes - little bit
- ◆ Jaggery-10g
- ◆ Radish- 10 g
- ◆ pepper- 50 g
- ◆ ghee- 10 g
- ◆ tamarind juice-10g
- ◆ Peas – 10 g
- ◆ cardamom- 20 g
- ◆ green chillies (3)
- ◆ ginger, garlic -10 g
- ◆ Bisi Bele Bath powder-50g

Method of Preparation

- ◆ Transfer washed foxtail millet, greengram and redgram into cooker. Add water in the ratio of 3:1 ratio, soaked peas, chopped radish, salt and cook for four whistles.
- ◆ In a pan heat oil add mustard, cumin seeds, curry leaves, asafoetida, chillies and sauté. Add chopped onion and fry, when it turns brown add chopped capsicum, beans and peas and fry well. Then add turmeric, salt, red chilli powder, bisi bele bath powder to it and boil it well for five minutes.
- ◆ Then add tamarind juice, jaggery, cooked foxtail millet, stir well and cook it to the required consistency. Garnish with roasted cashew nut, dry grapes, coriander leaves and serve hot.



Nirupa S.Patil,
Yadgir

Ragi (finger millet) sprouts soup

Ingredients

- Sprouted Ragi or Ragi flour – 100 g
- Corn – 10 g
- Groundnuts – 10 g
- Peas – 10 g
- Butter or ghee – 25 g
- Garlic – 2 cloves
- Onion -1
- Cumin – 5 g
- Finely chopped carrot, Beans, cabbage, broccoli, baby corn – 5 gms each
- Pepper powder
- Green chilly paste
- Lemon grass, coriander leaves
- Lemon juice and salt to taste.

Method of preparation

- We can use milk extracted from ragi sprouts or ragi sprouts powder mixed in water.
- Pressure cook corn, groundnut & peas by adding salt to 1 1/2 L of water.
- Take butter or ghee in a pan, add cumin, few garlic cloves and chopped onion, sauté it, then add chopped carrot, beans, cabbage, broccoli and baby corn. Add pepper powder and salt. Cover with lid and cook in low flame.
- Add the pressure-cooked corn, groundnuts, peas along with water used for boiling the vegetable. When brought to boil, add extracted ragi sprout milk to the boiling vegetable, when it comes to a soupy consistency, add pepper powder and salt. Add lemon grass for flavour, boil a little, after removing from flame add lemon juice and garnish with coriander leaves. Healthy soup is ready to serve.




Jayashree
Dakshina Kannada

Navane Pulao and Navane Buttermilk

Ingredients required to make Navane Pulav

- Navane (foxtail millet)-100 g
- Onion-1
- Potato-1
- Carrot
- Beans- 50 g
- Green Chili-2
- Green peas
- Ginger garlic paste
- Cashew
- Mustard, cumin, curry leaves, coriander leaves
- Asafoetida, Salt and Cooking oil

Preparation of Navane Pulav

Soak Navane for 2 hours. Chop the onion, beans, potato, carrot, chillies and coriander leaves. To a pan add cooking oil, mustard, cumin, curry leaves, ginger garlic paste, asafoetida and fry. Later add onion, chopped vegetables and cashew nuts and fry it for some time, add salt to taste and boil with water. To the boiling water, add soaked navane rice, mix well and cook for 10 minutes. Delicious hot navane pulav is ready to serve.

Ingredients required to make navane buttermilk

- Navane- 100 g
- Buttermilk- 2 glass
- Red chillies-2
- Coriander, Curry leaves
- Asafoetida, Mustard, Cumin, salt to taste

Method of making navane buttermilk

- Soak navane for 6 hours in water. Drain the water and grind the soaked navane in a mixer grinder and extract the milk.
- Add red chillies and coriander leaves to the extracted milk and keep it for 6 hours. Then remove red chillies and coriander leaves.
- Season with mustard, cumin, asafoetida, curry leaves and add to extracted navane milk. Add salt to taste and garnish with coriander leaves



Shobha Erappa Demannavara,
Belagavi

Saame Parota

Ingredients

- Little Millet flour -250 g
- Wheat flour-100 g
- Desi Ghee-3 tsp
- Carom seeds (ajwain)
- Fenugreek leaves (KasuriMethi)
- Cumin 1/4 tsp
- carrot-2
- potato-2
- onion-1
- chat masala- little
- salt - for taste

Method of Preparation

Dough preparation

- Mix 1 cup of each same flour and wheat flour in a mixing bowl add 1 table spoon of each ghee, Carom seeds (ajwain), kasurimethi, cumin seeds to the flour and mix all the ingredient with required quantity of water to make chapatti dough and keep the dough for half an hour.

Preparation of Vegetable filling

- Grate the carrot and smash the boiled potato, keep it aside, then take pan add 1 table spoon of oil and add cumin, sesamum seeds then add chopped onions, grated carrot, smashed potatoes and other ingredients used for seasoning then cook for 5 minutes
- Take small size of chapathi dough roll and place the vegetable filling & close it and roll like parota then cook it on both the sides using ghee. Spicy parota is ready to serve with any chutney/pickle



Navane (Foxtail Millet) Khichdi

Ingredients

- Navane-100 g
- Moong dal-100 g
- Green peas -50 g
- Beans - 50 g
- Carrots - 50 g
- Onions -2
- Tomatoes -2
- Green chilli -2
- Ginger garlic paste
- Cumin powder
- Coriander powder
- Ghee- 1 spoon
- Curry leaves, Coriander leaves
- Salt to taste

Method of Preparation

- Wash and soak the navane for 2 hours then add moong dal, little salt, turmeric powder and water, and pressure cook for 3 whistles
- Add ghee and oil for seasoning in pan. To this add jeera, green chilly, curry leaves, chopped onion, tomato and ginger garlic paste and shallow fry it
- Now add all chopped vegetables and cook well. To this add already cooked navane and dhal, to this add coriander powder and salt to taste.
- Garnish with coriander leaves and serve hot.



Pushpavathi CP
Chikkamagaluru

Bajra (Pearl Millet) khichdi

Ingredients

- Bajra Rice-500g
- Beans-50g
- Carrot-50g
- Green chilli-8
- capsicum-1 (big)
- Shahajeera-1 tea spoon
- Salt to taste
- Mustard-1 tea spoon
- Cumin seeds-1 tea spoon
- Palav leaves-2
- Cardamom-4
- Oil-4 table spoon

Method of Preparation

- Sprinkle little water on the bajra and lightly pound to remove the husk. Then soak the grains in water overnight.
- Take pan and add oil, season with mustard, cumin, shahajeera, bay leaf, cardamom, green chilli. Add vegetables and fry for 3-4 minutes.
- Then add water (water and bajra in the ratio of 1:3) , to the boiling water add soaked bajra and salt as per taste. Cook for 15-20 minutes and serve hot.




Surekha
Bidar

Ragi (Finger Millet) Roti

Ingredients

- ◆ Ragi flour: 250 g
- ◆ Onion- 4 large sized finely chopped
- ◆ Carrot-1cup grated
- ◆ Green Chillies- 10 finely chopped
- ◆ Curry leaves- 1 string
- ◆ Coriander-1/2 cup
- ◆ Dill leaves- ½ bunch
- ◆ Cumin seeds-1tsp
- ◆ Ghee – 3 tsp
- ◆ Oil
- ◆ Salt

Method of Preparation

- ◆ Mix ragi flour, chopped onion, grated carrot, coriander leaves, cumin seeds, green chillies, dill leaves, curry leaves, salt. Knead into soft dough by adding required water.
- ◆ Portion the dough into small balls, pat it on a oil greased banana leaf into round shape.
- ◆ Transfer the rolled roti on hot tawa and roast both the sides. Hot roti's are ready to serve with ghee.



Navane(Foxtail) Bisibele Bath

Ingredients

- Navane (Foxtail millet)-250g
- Tur dal-150g
- Green gram dal-100g
- Groundnut-100g
- Vegetable Redgram-100g
- Tomato-150g
- Potato-50g
- Onion-100g
- Seeme badane-100g
- Carrot-100g
- Beans-80g
- Bottle gourd-100g
- Red Chillies – 4 no
- Bisibelaebath powder-20 g
- Tamarind-25g
- Jaggery-15 g
- Asafoetida-5 g
- Coconut oil- 100ml
- Ghee-50ml
- Salt, Turmeric powder, chopped coriander leaves as per taste

Method of Preparation

- Soak navane, tur dhal and green gram dhal in water for an hour and drain the water.
- Cook the soaked navane, tur dhal and green gram dhal along with chopped vegetables onion and tomato, for cooking 750 ml water .
- Transfer cooked navane, tur dhal and green gram dhal and vegetables into a pan, add bisibele bath powder, chilli powder, tamarind juice, jaggery, salt as per taste and mix well, cook in low flame
- Add ghee and oil to the pan and season it with jeera, mustard, curry leaves, red chilli, groundnut, onion and asafoetida. Add and mix this to cooked navane, tur dhal and greengram dhal and vegetables prepared earlier. Garnish with coriander leaves and ghee, serve hot to taste..



Komala V.O.
Davanagere

Haraka (Kodo millet) Oyster mushroom cutlet

Ingredients

- Oyster mushroom 500 g
- Kodo millet- 250 g
- Millet flakes-100 g
- Ground nut 250 g
- Corn flour-100 g
- Onion-2,
- Carrot-3
- Green chilli-2
- Coriander leaf- 1/2 bunch,
- Ginger garlic paste -50 g
- Red chilli powder-2 T-spoon
- Garam masala-1 T-spoon
- Turmeric powder pinch
- Jeera- ½ T-spoon
- Oil-500 ml
- Salt as per taste

Method of Preparation

- Soak kodo millet for 3-4 hrs and cook in pressure cooker for 20 minutes while adding 500 ml water
- Cut the oyster mushroom into small pieces, add jeera, ginger garlic paste, green chilli, onion, grated carrot, potato, garam masala, turmeric powder, red chilli powder, roasted powdered groundnut, salt and mix it with cooked kodo millet.
- Make the corn flour into semi solid consistent paste.
- Make small balls from oyster mushroom and other ingredients mixed with kodo millet mixture. Then press these balls into round cutlet shape .
- Then dip the round cutlet shapes in corn flour paste and millet flakes, shallow fry it with cooking oil on tawa.
- Kodo millet and oyster mushroom cutlet is ready to taste



Foxtail Millet Pizza

Ingredients

Pizza base

- Navane (Foxtail millet)- 150 g
- Baking soda- $\frac{1}{4}$ tsp
- Salt- $\frac{1}{4}$ tsp

Pizza Toppings

- Capsicum
- Tomato
- Onion
- Paneer
- Mushroom,
- Corn
- Tomato sauce
- Cheese
- Chilli flakes
- Oregano flakes

Method of Preparation

- Roast foxtail millet and grind into a fine powder. Add salt, baking powder, water in required quantity and knead into dough. Rest the dough for 15 minutes.
- Heat a flat pan, spread dough in circular base and mix well . Spread the tomato sauce on base.
- Chop the vegetables into small pieces and shallow fry it and spread it on base. Spread the cheese on top of it and heat it for 15mins. Serve hot Foxtail Millet Pizza with Chilli flakes and Oregano flakes..



Sukhirani Patil
Koppal

Barnyard Millet Mixed Veg Cutlet

Ingredients

- Barnyard millet - 250 g
- Mixed vegetables-1/2 kg, (Carrot, Capsicum, Potato, Beans)
- Corn flour- 2-3 table spoon
- Ginger Garlic paste-1/2 spoon
- Chilli powder-1 tea spoon
- Garam masala-1 table spoon
- Sambar powder- 1 tea spoon
- Green Chillies – 5 nos
- Sweet Corn – 200 g
- Onion- 2 no
- Lemon juice
- Bread crumbs -50 g
- Curry leaves
- Coriander leaves
- Oil
- Salt to taste

Method of Preparation

- Soak barnyard millet in water for an hour and boil it.
- Chop all the vegetables, onion, green chillies.
- In pan heat oil, add chopped vegetables and saute with a pinch of salt, add boiled barnyard millet. Add chopped onion, green chillies, curry leaves, ginger garlic paste, chilly powder, sambar powder, coriander leaves, sweet corn, lemon juice, salt and mix well.
- Make slurry of corn flour in required consistency.
- Make small balls of mixture and flatten it. Dip them in corn flour slurry, roll them in bread crumbs and deep fry in oil. Barnyard Millet Mixed Veg Cutlet is ready to serve.



Millet Pulav (foxtail millet)

Ingredients

- Foxtail millet-200g
- Ragi-50g
- Beans-10
- Potato-1
- Carrot-2
- Peas-50g
- Cabbage-50 g
- Onion-2
- Oil-50ml
- Green Chilly-12
- Curry – little
- Coriander leaves-Little
- Grated ginger -1 tsp
- Garlic paste -1 tsp
- Cashew nuts-10g
- Raisins-10g
- Salt
- Mustard & cumin seeds-1/2tsp
- Split urad and Bengal gram-1tsp



Method of Preparation

- Cook washed foxtail millet and keep it aside.
- Take a pan, add oil, mustard seeds, split urad, bengal gram, curry leaves, chopped onion, ginger garlic paste, carrot, beans, peas, and coriander. Mix it and fry all these, add salt to taste.
- To this add cooked foxtail millet rice, mix well and garnish with cashew nuts and raisins

Instant Ragi Tengol

Ingredients

- Ragi flour – 250 g
- Black Gram (Urd) dal-250 g
- Sesame seeds -20 g
- Asafoetida -pinch
- Chilli powder – 10g
- Salt as per taste

Method of Preparation

- Roast the black gram dal under low flame and grind it into powder in mixer grinder.
- Add sesame seeds, asafoetida, chilli powder and salt to the roasted black gram powder and ragi flour. Mix well and knead with oil to make consistent dough. Put the dough in chakkuli maker and press it on a white cloth and allow to dry. In pan heat the oil, deep fry it under medium flame. Ragi Tengol is ready to eat.ready to serve.




Leela Lakshmi Narayana
Chikkaballapura

Baragu (Proso millet) Chakuli

Ingredients

- Baragu flour -300g
- Navane flour - 100g
- Butter- 5 tsp
- Ground nut Oil-500 ml
- Chilli Powder- As per taste
- Sesame, Salt - As per taste

Method of Preparation

- Add baragu flour, navane flour, salt, chilli powder, butter, sesame in a mixing bowl. Mix well to combine. Warm the cooking oil and add to mixture. Slowly add required water and keep mixing to form dough. knead the dough until it is soft and pliable.
- In a chakali maker insert dough and make chakali, fry them in oil till it turns golden brown. Crispy Baragu Chakuli is ready to serve.




Savitha P
Chitradurga



Forgotten Food Recipes

Black Pepper Gravy (Kaalu Menasu Gojju)

Ingredients

- Black Pepper -20-25
- Grated coconut -1 cup
- Turmeric -1 tbsp
- Dry red chillis 4-5
- Garlic- 4-5 pieces
- Mustard -1 tbsp
- curry leaves
- Desi ghee -1/4 cup
- Salt for taste

Method of Preparation

- Roast black pepper, dry red chillies, turmeric and salt in coconut oil / ghee.
- Grind them into fine paste.
- Take another pan with ghee add curry leaves, mustard, crushed garlic fry until it turns brown
- Later add finely ground paste along with 4-5 cups of water and cook it well for 5 minutes.
- Garnish with coriander leaves and serve with rice roti / jowar roti /ragi roti etc.



Alikal Payasa

Ingredients

- Wheat - 1000 g
- Jaggery-200 g
- Cashew-10
- Almond- 10
- Cardamom -1/2 tsp
- Dry Ginger powder- ½ tsp
- Cloves -3
- Poppy seeds – 1tsp
- Dry coconut powder-100g
- Ghee- 4 tsp
- Milk - 200 ml

Method of Preparation

- Wash and soak the wheat in water for 40 hrs. Grind soaked wheat with water in mixer grinder and strain to get wheat milk.
- Take the vessel containing holes at the bottom, insert dried straight kari jali (Acacia Nilotica) thorns in to holes upside down. Pour the wheat milk over the kari jali thorns, so that the milk flows through the thorns and milk droplets will be like hail-stone, collect these milk droplets and dry under sunlight.
- Roast the collected milk droplets in ghee and put them in hot water for 5 minutes. Then add jaggery, cashew, almond, dry coconut powder, poppy seeds, cardamom, cloves, dry ginger powder and hot milk. Serve fresh and hot alikal payasa.



Horsegram Roti and Field bean Thalada

Ingredients

- Horsegram-200 g
- Garlic-5 g
- Ginger-5 g
- Green chillies-10 g
- Cumin seeds-3 g
- Rice flour-50 g
- Semolina-50 g
- Field bean-100 g
- Hucchellu-30 g
- Potato-50 g
- Brinjal-50 g
- Grated Coconut – 50 g
- Tomato-50 g
- Red Chili powder-5 g
- Tamarind - 10 g

Method of Preparation Horsegram Roti

- Soak horse gram in water for about 3 hours.
- Grind soaked Horsegram, garlic, ginger, green chillies, cumin seeds, salt to taste into coarse paste.
- To this add rice flour and Suji/ semolina to the mixture and make a dough.
- Prepare roti from dough and roast it on iron pan on stove, grease it with ghee and cook it well.

Avarekalu Thalada

- Soak dry avarekalu in water for about 6 hours.
- Cook soaked avarekalu with chopped potato, brinjal and salt. To this add grinded coconut and tomatoes and cook for few minutes.
- Add fried coarsely powdered niger, little tamarind juice and mix well. Avare kalu talada is ready to serve..



Foxtail millet and Safflower milk Payasa

Ingredients

- Foxtail millet-500g
- Milk extracted from 750g of Safflower seeds
- Jaggery-750g
- cashew-50g
- Raisins -50g
- Chironji seeds-50 g
- Cardamom-10
- Ghee-4 table spoon
- Dry Coconut powder-1 cup

Method of Preparation

- Soak foxtail millet for 8 hours and safflower seeds for 6 hours in water.
- In mixer grinder grind the soaked safflower seeds, then transfer it to the cloth, squeeze and strain out safflower seeds milk.
- Cook the soaked foxtail millet, then add safflower milk and cook until required consistency. Add jaggery, coconut powder, cardamom and boil by stirring slowly.
- Garnish with ghee roasted cashew, raisins and chironji seeds and serve hot.



Bael fruit burfi

Ingredients

- Bale fruit- 4
- Jaggery: 250 g
- Cardamom: 1 tbsp
- Raisins: 10 Nos
- Pepper: ½ tsp
- Cashew nut: 5 Nos
- Almond: 5 Nos
- Dry coconut powder : 50 g
- Ghee: 7 spoon

Method of Preparation

- In a bowl add Bale fruit pulp, jaggery, cardamom, raisins, cashews, almonds, dry coconut powder, pepper powder and grind in mixer grinder.
- Grease the plate with ghee, spread the mixture on plate evenly and cut it into pieces. Keep it for eight hours.
- Serve tasty burfi.



Pumpkin Turmeric Kadabu

Ingredients

- Desi Pumpkin – 1 kg
- Jaggery – 750g
- Rajmudi (Desi) rice rawa -200g
- Wheat rawa (chirotirawa)-200g
- Dry ginger powder-5g
- Cardamom powder-5g
- Organic turmeric leaf – 15
- Banana leaf-2
- Ghee-50gm
- Pinch of salt

Method of Preparation

- Grate the desi pumpkin, roast the desi rice rava and wheat rava in a pan separately over medium flame until aromatic flavour comes.
- In a mixing bowl, add roasted rava of desi rice and wheat, grated pumpkin, jaggery, dry ginger powder, pinch of salt. Mix all ingredients well and keep it aside for 15 minutes.
- Take a small portion of the mixture and shape it into a ball. Place each ball on a turmeric leaf, wrap it gently, and then roll it in a banana leaf to seal.
- Arrange the wrapped dumplings in a steamer or idli cooker. Steam for about 20-25 minutes or until the dumplings are cooked thoroughly and firm to touch.
- Unwrap the steamed dumplings and serve hot with ghee.



Colocasia Vada

Ingredients

- Colocasia leaves- 10
- Organic rajamudi rice-1 kg
- Sprouted Bengal gram-100 g
- Sprouted Cowpea-100 g
- Sprouted Horse gram-100 g
- Coconut- ½ part,
- Tamarind as per taste
- Salt as per taste

Method of Preparation

- Slightly fry the organic rajamudi rice and prepare rice rava.
- Cook the sprouted bengal gram, cowpea and horse gram
- Chop the colocasia leaves into small size and cook it. To this add cooked sprouted bengal gram, cowpea, horse gram and mix well
- For this mixture add small pieces of coconut, rice rava, salt, tamarind juice and mix well.
- Shape the mixture into required shape, keep it in jack fruit leaves and steam it for 20 minutes. Serve hot with chutney.



Divya
Hasan

Horse gram Holige

Ingredients

- Horse gram-150 g
- All purpose flour – 200 g
- Jaggery -100 g
- Cardamom- 4
- Ginger -1inch
- Cooking Oil- 2 t sp
- Salt -pinch

Method of Preparation

- Wash the horsegram and boil with required water in cooker. After cooking drain the water and for boiled horsegram add jaggery, cardamom powder, ginger and mix it well. Allow the mixture to cool down and prepare the stuffing mixture (Hoorna).
- Firstly, prepare the dough with all purpose flour and filling with horsegram. After the dough has rested for 3 hours, knead the dough slightly and pinch a small ball sized dough and flatten. Place a ball sized prepared stuffing in center. Bring the edges together and pinch off the excess dough securing tight.
- Furthermore, dust the ball with all purpose flour and roll gently. Roll in one direction making sure the holige / obbattu is thin. Now put this rolled holige / obbattu / over hot tawa. Allow to roast on medium flame for a minute or till bubbles appear. Flip over and cook both sides pressing slightly. Finally, Horsegram holige is ready to serve



Jagadi Soppu palya

Ingredients

- ◆ Jagadi leafy vegetable (*Coccollus hirsutus*) -two bundles
- ◆ Horse gram-200g
- ◆ Onion-3
- ◆ Niger powder-50g
- ◆ Chili powder-20g
- ◆ Grated coconut-1 cup
- ◆ For Seasoning ghee and musturd
- ◆ Salt to taste

Method of Preparation

- ◆ Cook Jagadi Soppu and horse gram, drain the water and separate the leafy vegetable and horse gram.
- ◆ In a pan for seasoning add ghee, mustard seeds, onion, mix them well. Add niger powder, chilli powder, grated coconut , salt for taste and separated leafy vegetable and grams.
- ◆ Jagadi soppu playa is ready to taste.



H.R. Veena
Mandya

Multi Grains Steamed Dish

Ingredients

- Red gram dhal coarsely ground -100 g
- Green gram dhal coarsely ground -100 g
- Bengal gram coarsely ground -100 g
- Groundnut -100 g
- Green chillies-8-10
- Ginger-2 inches
- Onion-1/2 cup
- Coriander leaves-4
- Curry leaves- 5
- Grated coconut-1/2 cup
- Salt to taste

Method of Preparation

- Soak coarsely ground redgram, green-gram, bengalgram and groundnut in water for 3 hours.
- Add ginger, green chillies to the soaked dhal mixture and grind it in mixer grinder, add grated coconut, finely chopped onion, coriander leaves, curry leaves, salt to taste to the mixture and mix.
- Mould the mixture into required shapes and place it on banana leaf or white cloth, steam it for 20 minutes. Serve hot with coconut chutney



Bharati K N
Raichur

Millet (Kodo Millet) Papad Tikki Chat

Papad preparation method

Mix sorghum flour, rice flour, besan flour, ginger garlic paste, fenugreek leaves, cooking oil, salt & water. Make dough and keep it for 30mins. Then prepare roti and cut into round shape. Deep fry the papad in cooking oil and keep it aside.

Ingredients for Papad

- Sorghum flour (Jowar atta)- 150 g
- Rice flour -30 g
- Besan flour -30 g
- Ginger garlic paste -5 g
- Fenugreek leaves -1 g
- Roasted jeera powder-2.5 g
- Cooking oil • Salt • Water

Ingredients for Kodo Millet Tikka

- Kodo millet -250 g
- Boiled potato-150g
- Coriander leaves-10 g
- Ginger garlic green chilli paste-5g
- Dhania powder-2.5 g
- Jeera powder-2.5 g
- Turmeric powder-1 g
- Red chilli powder-1.5 g
- Carrot-1
- Beet root-1
- Wheat flour-100 g
- Corn flour-100 g
- Rice flour/ Bread crumbs -100 g
- Chat masala
- Salt
- Cooking oil

Kodo Millet tikka preparation

- Soak the kodo millet for 8 hours and cook in a pressure cooker for 10 mins. Heat the oil in pan add potato, carrot, beetroot, ginger garlic paste, salt, turmeric powder, red chili powder, chat masala and mix well with cooked kodo millet. Prepare the slurry of wheat flour and corn flour. Make small balls of the kodo millet mixture and flatten it, dip in the slurry and bind using the rice flour/ bread crumbs. Make a shallow fry until it turns brown. Kodo millet tikka is ready



Rupanjali N. Bhosle
Tilakawadi, Belagavi

Horsegram Sweet Thokku

Ingredients

- Horsegram-200 g
- Coconut-1/2 cup
- Jaggery-100 g
- Salt- a pinch
- Poppy seeds-20 g

Method of Preparation

- Boil horsegram till it become soft, grind the boiled horsegram with pinch of salt and keep aside
- For ground horsegram add coconut, poppy seeds & jaggery.
- Horsegram Sweet Thokku is ready to serve.




K Nalina
Tumkur

Sorghum seeds (milk grains -Shitani)-Ghargi

Ingredients

- Sorghum flour (Shitani flour)-500 g
- Jaggery-500 g
- Sesamum -50 g
- Poppy seeds -50 g
- Fennel Seeds -20g
- Garden Cress Seeds/Halim seeds
- Ghee -50g
- Milk -100 ml
- Cardamom powder -1/2 tbsp
- Salt- little

Method of Preparation

- Take milk stage sorghum panicle and burn them in fire, then remove the grains from the panicle by hand, dry them and powder it.
- Add jaggery to 500 ml water, boil for 10 minutes on low flame and add milk and sorghum flour slowly by mixing well.
- Add cardamom powder, sesame, fennel seeds, poppy seeds, garden cress seeds/halim seeds, ghee and salt
- Then roll it like chapathi and fry them in oil. Gharagi is ready to eat.



Kesuvina Kadubu/ Colocasia Masala Cake

Ingredients

- Red rice-200 g
- Colocasia leaves- 5 to 6
- Urad dal-1tsp
- Bengalgram dhal-1tsp
- Green gram-100 g
- Grated coconut-1cup
- Jaggery-100 g
- Salt
- Tamarind-1 tsp
- Turmeric Powder-¼ tsp
- Black pepper-3 to 5
- Coriander seeds-½ tsp
- Jeera-½ tsp
- Curryleaf-2
- Redchillies-8 to10
- Asafoetida-1 pinch

Method of Preparation

- Soak the red rice in water for 8 hours.
- Chop the colocasia leaves in small size
- Dry fry jeera, black pepper, coriander seeds, curry leaves, red chillies and asafoetida. Add all these, grated coconut to the soaked rice and course grind it in mixer grinder.
- Add chopped colocasia leaves, salt as per taste, jaggery and tamarind juice to course grinded mixture and mix well.
- Then shape the mixture into required shapes and steam it for 20 minutes and serve hot.



Horsegram Malt Drink

Ingredients

- Horsegram flour- 200 g
- Jaggery -600 g
- Cardmom -100 g
- Cashew nut-100 g
- Almond- 50 g
- Poppy Seeds -100 g
- Shredded Dry Coconut -100 g
- Salt – To taste

Method of preparation

- Roast the horse gram until there is good aroma and see to it that, the outer coat is not burnt. Make powder of it after cooling.
- Take 4 glass of water, add the jaggery and stir it until all is dissolved.
- Add horsegram flour along with almond, cashew, poppy seeds, cardamom powder and add pinch of salt. Mix it thoroughly by stirring, add shredded coconut to this mixture and boil it for another 5 minutes on medium flame.
- Serve as hot or cold drink.




Shobha C Billur
Bagalkote

Ragi (Finger Millet) shavige

Ingredients:

- Ragi flour -250 g
- Jaggery -250 g
- Avare kalu-250 g
- Sesame powder -25 g
- Fried gram powder -25 g
- Coconut -1/2
- Oil -2 table spoons

Method of Preparation Ragi Shavige

- Pour water in vessel and add little salt, tea spoon of cooking oil then add ragi flour slowly, mix well without lumps and cook well on medium flame until the mixture becomes a soft dough.
- Knead the above soft ragi dough with oil greased hands. Take portion of dough put it in shavige mould and press it. Cook it in an idli stand or steamer for 10 minutes. Now shavige is ready to serve hot.

Coconut milk

- Prepare coconut milk by grinding grated coconut with little amount of water.
- Take jaggery in a vessel, add required amount water bring it to boil until jaggery dissolves. To the cooled filtered jaggery solution add coconut milk..

Fried gram and Sesame powder

- Powder fried gram and roasted sesame seeds and make it a mixture.

Avare dhal tove

- To the cooked avare dhal add seasoned mixture of mustard, cumin, pepper powder, hing pinch of turmeric and salt to taste. Avare dhal tove is ready to serve with shavige.



Mangala H M
Chikkamagaluru

Bamboo Rice Payasa

Ingredients

- Bamboo rice - 500g
- Powdered Jaggery - 400g
- Coconut Milk- 250 ml
- Ghee - 50g
- Cashew nuts - 50g
- Raisins- 30g
- Almonds - 30g\
- Grated coconut - 250g

Method of Preparation

- Soak the bamboo rice for two days and wash it well and cook it by adding two cups of water to one cup of rice.
- Add jaggery powder to cooked rice and boil for 20 minutes until it turns thick. And then add coconut milk and continue boiling. Fry cashew, raisins, almond in ghee in a separate pan.
- To the boiled mix, add fried grapes, cashew nuts, almond, coconut milk and ghee. Continue boiling for few minutes till thick consistency is got. Bamboo rice payasa is ready to taste.



Sabbassige Undagadabu, Pundi Pallya, Kuchidakhara

Ingredients

- Jowar Flour-250 g
- Dill greens -1 bunch (100 g)
- Cooking Oil -2 to 3 spoon (10-15 g)
- Green Chillies 2 to 3 (10 g)
- Garlic- 20 g
- Mustard & Cumin- 5 g
- Turmeric Powder
- Jaggery
- Curry leaves
- Tamarind
- Fenugreek
- Salt
- Water-800 ml

Method of Preparation

● **Sabbassige Undagadabu:** In a pan, add water, cumin, cooking oil, bring it to boil. To the boiling water add jowar flour until it becomes thick, dough consistency. Knead the dough, take small portion of dough and make small sized balls, flatten it and place them in the steamer and cook it. Pour tempered mixture of mustard, cumin, onion and dill leaves on to the cooked Jowar balls..

● **Pundi palya:** Boil the pundi soppu in water. To this add ground nut seeds, garlic, turmeric, chilly powder, salt to taste, little oil , add wheat rava to this mixture and cook. Pundi palya is ready to taste.

● **Kucchid khara:** Roast green chillies with little oil, to this add cumin, salt, garlic, curry leaves, tamarind juice extract, little jaggery and grind it. Cook well the ground spice in a pan.



Shobha Adagimath,
Dharwad

Sambur buthi

Ingredients

- Rice-100 g
- Ground nut oil -50 ml
- Garlic- 3 cloves
- Onion -1
- Coriander leaves
- Curry leaves-10 leaves
- Salt
- Sambar powder -1 tsp
- Niger powder-1 tsp
- Tamarind -20g

Method of Preparation

- Prepare rice from washed rice and allow it to cool.
- Soak tamarind in water, squeeze and separate the juice.
- In a pan, for seasoning add oil, curry leaves, chopped onion, garlic. tamarind juice and saute. To this add cooled rice, sambar powder and niger powder and mix well. Garnish with coriander leaves. Sambara butti is ready to serve. .




Nandini M Channagoudra,
Haveri

Banana peel palya (Bharta)

Ingredients:

- Banana Peel - 4
- Channa dal/Tur dal rava – 50g
- Mustard – 10 g
- Cumin Seeds- 10g
- Coriander leaves – 20 g
- Urd dal- 20 g
- Ginger Garlic Paste- 20g
- Turmeric powder
- Chilli Powder
- Ground nut powder- 50 g
- Curry leaves - 10
- Curd- ½ cup
- Salt
- Oil

Method of Preparation

- Heat oil in pan and add mustard, cumin, urd dhal, ginger garlic paste, curry leaves turmeric powder, dry chilli powder, ground nut powder and fry them for few minutes. Then add banana peels, mix well and fry for 2 minutes. Also vegetables can be added if required. Add required amount of curds, channa dal/tur dal rava and boil. Banana peel palya (Bharta) is ready to serve.



Rashmi Ranjolkar,
Kalaburagi

Ragi (Finger millet) Puttu

Ingredients

- Ragi flour 250g
- Grated coconut 100 g
- Jaggery 100 g
- Ghee- 2 tsp

Method of Preparation

- Dry roast ragi flour in a pan allow to cool. Sprinkle water till the flour becomes moist and lumps are formed.
- Transfer the moist ragi flour into white cotton cloth, tie it and steam it in idli cooker. After cooling, sieve and then add grated coconut, jaggery and ghee. Mix well, mould in a container as per the desired shape and serve hot



Shilpa
Kolar

Millets namada alage

Ingredients

- Millets flour-1000 g
- Jaggery -500 g
- Ghee-250 ml
- Dry grapes-100 g
- Cashews-100 g
- Badami-100 g
- Poppy seeds-100 g
- Ground nut-100 g
- Fried gram-100g
- Copra

Method of Preparation

Fry the millet flour with ghee in a pan and allow to cool. Prepare jaggery syrup in low flame in required consistency. Add millet flour slowly to jaggery syrup and stir well. Then add ground nut, fried gram, copra, poppy seeds and stir well without forming clumps. Pour the mixture to the ghee greased wide plate and spread it evenly. Decorate with poppy seeds, dry grapes, cashew and almond. After cooling, cut in to desirable shapes and serve millets namada alage to taste.



Sajje Kadubu, Pundi Palya Chutney & Garden cress seeds payasa

Ingredients

- Bajra/sajje flour 500 g
- Gongura (sorrel) leaves -1 bunch
- Green chillies -2
- Garlic -10 cloves
- Cumin seeds -1 tsp

- Groundnuts-50g
- Jaggery -100g
- Garden cress (aliv) seeds -25g
- Ghee-25g
- Milk-250ml
- Jaggery
- Salt

Method of Preparation

In a large kadai, take water add salt, get the water to rolling boil. Add bajra flour and mix well. Steam it. Make into a small balls. Sajje kadabu is ready To a pan add oil, fry gongura (sorrel) leaves, green chillies and groundnuts. Grind this mixture with garlic, cumin, salt and a piece of jaggery in mixer grinder. Pundi palya is ready. Boil over night soaked aliv seeds for half an hour, to this add jaggery and boil for 5 minutes. Add milk and ghee boil it for another 2 minutes. The hot payasa is ready to serve.



Bajra/Sajje (Pearl millet) Jalebi

Ingredients

- Bajra flour -500 g
- maida flour-100 g
- jaggery -1 kg
- safflower oil-10 ml
- water



Method of Preparation

- Mix bajra and all purpose flour, sieve the mixed flour for uniform blending. Transfer the sieved flour to the bowl, add water, mix well and make a batter. Keep batter for half an hour.
- Take jaggery in a vessel, add required amount of water bring it to boil until jaggery dissolves and becomes thick jaggery syrup
- Heat oil in a pan over a medium flame for deep frying, fill the batter in to a small pot with a hole and make small jalebis and fry. Pick the fried jalebi and dunk it inside the jaggery syrup for few minutes. Bajra jalebis are ready to serve..



Geeta
Yadgir

Malenada Kadubu with chutney and kosambari

Ingredients

- Washed and dried white rice rava – 250 g
- Water – 250 ml
- Grated coconut – 100 g
- Salt
- Grated coconut – 100 g
- Onion – 1
- Green chilly – 3
- Tamarind and salt to taste
- Fried gram dhal – 10 g
- Coriander leaves – a handful
- Coconut oil, mustard, curry leaves for tempering
- Soaked green gram – 250 g
- Grated carrot – 100 g
- Pomegranate – 100 g
- Green chilly – 2
- Grated coconut – 100 g
- Lemon juice and salt to taste
- Coconut oil, mustard, curry leaves for tempering

Method of Preparation

- Boil 250 ml of water, add grated coconut and salt to taste. When it starts boiling, add rice rava and stir continuously without any lumps. When it is ready to form into balls, take off from stove and allow it to cool. Prepare small balls and cook it in steam (like idli). The kadabu is ready.

Chutney: Add grated coconut, green chillies, salt to taste, little tamarind juice, fried gram, some coriander leaves to the mixer grinder and grind it. Use coconut oil for seasoning with mustard, curry leaves and mix well. The chutney is ready. **Kosambari (salad):** Take 4 hours-soaked moongdal, add grated carrot, pomegranate, finely chopped green chillies, grated coconut, salt & lemon juice as per taste and mix well. Use coconut oil for seasoning with mustard, curry leaves and mix well. The salad is ready.



Gulladiki Laddu

Ingredients

- Wheat - 1 kg
- Sooji rava- 50 g
- Roasted gram flour - 50 g
- Grated coconut -little
- Cardamom powder little
- Oil – 500 ml.
- Jaggery- 250 g
- Ghee -5 tsp

Method of Preparation

- Wash and soak wheat in water for a day. Drain the water and grind it in mixer grinder.
- Add roasted sooji rava, ghee to the mix and prepare dough. Knead the dough to soft consistency.
- Prepare jaggery syrup in low flame to a single string consistency.
- Roll the dough into very small balls, deep fry them in oil and mix in jaggery syrup. When the mixture is slightly warm, shape the mixture into laddus. Gulladiki laddu is ready to eat.



Yalagadha tree bark Ginnu

Ingredients

- Yalagadha (local cinamon) tree bark- 250 g
- Jaggery – 250 g
- Rice – 50 g
- Coconut milk - 50 ml
- Ghee – 3 tsp
- Water – 1 liter

Method of Preparation

- Soak yalagadha tree bark in water for 3 hours, squeeze to extract juice and strain it. Soak rice in water for 3 hours and grind it in mixer grinder.
- Add jaggery to water and allow to dissolve, strain the jaggery water.
- In a pan add yalagadha juice, ground rice, jaggery water, coconut milk, keep stirring the mixture in a low flame. When the mixture becomes sticky, add ghee to avoid clumps.
- Transfer the mixture on ghee greased plate, allow it to cool in open air overnight. Cut into desirable shape and serve. to taste.



Jaan Sakkare

Ingredients:

- Blackgram (Urad) dal- 500 g
- Rice flour- 125 g
- Oil- 500 ml
- Jaggery- 500 g
- White sesamum seeds-250g
- Cardamom- 6

Method of Preparation

- Soak urad dal for 4 hours and grind to paste, to this add rice flour, salt and mix well.
- Place the batter inside the clean cloth, gather the edges and tie it to form a piping bag. Pipe the batter into hot oil in flower shape. Fry until it turns golden brown.
- Prepare jaggery syrup, add cardamom powder. Now dip hot fried jaan sakkare in to syrup, soak for a minute
- Remove out jaan sakkare from the syrup and serve by garnishing with white sesamum seeds..



Asha Shripad Hegde
Uttar Kannad

Millet Halva

Ingredients

- Millets- Saame (Little millet), Navane (foxtail millet), Haraka (Kodo millet)-100 g
- Ragi- 400g
- Dry grapes -50g
- Cashews -50g
- Dry coconut -150g
- Ghee – 300 ml
- Milk – 200 ml
- Jaggery -400 g
- Ghee -300 ml
- Jaggery-400g

Method of Preparation

- Roast ragi, saame, navane, haraka with low flame separately and grind into powder.
- Boil the Jaggery with little quantity of water. To this add mixed millet powder, ghee and dried coconut powder, stir well and cook for few minutes
- Garnish with ghee roasted raisins & cashew.




Manjula
Chikkaballapura

Sunflower Seed ball

Ingredients

- Sunflower seeds-200g
- Jaggery-150g
- Ghee-20g
- Cashew -8
- Alvi- 1tsp
- Poppy Seeds-1tsn
- Edible gum-20 g
- White sesamum-20 g
- Cardamum -4
- Grated dry cococnut- 50g
- Dates – 4 pieces
- Badam -6 pieces
- Jakai-2 g
- Salt

Method of Preparation

- Roast the dehusked sunflower seeds and grind them coarsely in a mixer grinder.
- Fry cashew, dates, badam in ghee.
- Prepare jaggery paste. To this add sunflower seeds course powder, cashew, alvi, poppy seeds, edible gum, white sesamum, cardamom, grated dry cococnut, dates, badam, jakai, salt and mix well. Add ghee, continue to mix until the laddoo mixture comes together and make small balls. Sunflower seed ball is ready to eat.








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