



Millets International Recipes: A Culinary Journey of Tradition and Innovation



# Millets International Recipes: A Culinary Journey of Tradition and Innovation

NUTRIHUB, ICAR - Indian Institute of Millets Research  
Indian Federation of Culinary Associations  
IHM, Hyderabad & Avinashilingam University

Published by  
Department of Agriculture and Farmers Welfare  
Ministry of Agriculture and Farmers Welfare







# Millets

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<b>Printed On</b>	February 2022
<b>Published By</b>	Department of Agriculture and Farmers Welfare, Ministry of Agriculture and Farmers Welfare.
<b>Citation</b>	Dayakar Rao B, Manjit Singh Gill, Sanjay Thakur, Manjula D. Ghora, S. Kowsalya, Kamal Kant Pant and Vilas A. Tonapi 2022. Millets International Recipes: A Culinary Journey of Tradition and Innovation, ICAR – Indian Institute of Millets Research, Rajendranagar, Hyderabad, Telangana, India.
<b>ISBN</b>	978-81-946973-8-1
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<b>Designed By</b>	Zeeshan Ahmed, Nutrihub, ICAR - IIMR
<b>Printed By</b>	Balaji Scan Private Limited <a href="http://www.balajiscan.com">www.balajiscan.com</a>

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नरेन्द्र सिंह तोमर  
NARENDRA SINGH TOMAR

C.O. No. 97 JAL



कृषि एवं किसान कल्याण मंत्री  
भारत सरकार  
कृषि भवन, नई दिल्ली  
MINISTER OF AGRICULTURE & FARMERS WELFARE  
GOVERNMENT OF INDIA  
KRISHI BHAWAN, NEW DELHI



### **FOREWORD**

Millets are ancient grains that can offer food security and sustainability due to their ease of cultivation, adaptability to grow in arid soils, less water requirement and resistance to pests and droughts. They are also super foods rich in nutrients such as minerals, dietary fiber, proteins and phytonutrients. These grains have been part of traditional diets in tropical communities for many millennia. With changes in lifestyle and increased focus on other staples such as rice and wheat, consumption of millet grains has declined. However, the health crisis we faced during the Covid-19 pandemic, as well as the ongoing epidemic of lifestyle diseases, has reoriented our focus to healthy eating. Reviving the millet culture is a great move to a healthier future, as we prepare to embrace with grand vigor the International Year of Millets, 2023, declared by the United Nations General Assembly.

It is heartening to learn about the efforts taken by ICAR – Indian Institute of Millets Research (IIMR) along with institutions such as Indian Federation of Culinary Association, Institute of Hotel Management and others, for bringing forth a coffee table book entitled 'Millets International Recipes: A Culinary Journey of Tradition and Innovation'. This initiative provides a scope to popularize millet in various cuisines across the globe and increase the visibility of these forgotten grains at international level.

We must conserve these golden grains as an emblematic food for fighting hunger and malnutrition in the world. This cookbook being published by the Ministry of Agriculture & Farmers' Welfare illustrates the infinity of possibilities that millets offer to us to satisfy most of our tastes. I wish the publication all success.

(Narendera Singh Tomar)



**SANJAY AGARWAL  
SECRETARY**



सत्यमेव जयते



आजादी का  
अमृत महोत्सव

भारत सरकार  
कृषि एवं किसान कल्याण मंत्रालय  
कृषि एवं किसान कल्याण विभाग  
Government of India  
Ministry of Agriculture & Farmers Welfare  
Department of Agriculture & Farmers Welfare




### **FOREWORD**

The solutions to modern problems are often inspired by ancient products and practices. Millets were among the first staple food crops across large swathes of Asia and Africa, and have been validated by modern science as being highly nutritious and beneficial to health. Millets are ideal crops for our water-scarce future where environmental sustainability will be crucial in determining our continued existence as a civilization.

2023 has been marked as the International Year of Millets by the United Nations General Assembly. Consumers and food companies across the world are expressing significant interest in including millets in their daily diets and commercial offerings. Since millets were not traditionally consumed in some parts of the world, individuals may not be aware of how they can use millet ingredients in their kitchens. This publication by ICAR-IIMR and partnering institutions is an excellent step towards global popularization of millets. It includes recipes modelled on the traditional and common foods of various countries, that have been adapted with wholesome millet ingredients.

I am confident that this publication from IIMR will go a long way in engaging with people across the world and helping them achieve better health through inclusion of millets in their habitual diets. I wish the publication all success.

  
[Sanjay Agarwal]

February 3, 2022





त्रिलोचन महापात्र, पीएच.डी.  
सचिव, एवं महानिदेशक

**TRILOCHAN MOHAPATRA, Ph.D.**  
SECRETARY & DIRECTOR GENERAL



भारत सरकार  
कृषि अनुसंधान और शिक्षा विभाग एवं  
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## FOREWORD

Millets are traditional staple foods across all dryland regions of the world. Millet consumption confers several health benefits and helps in managing lifestyle diseases. Due to their high density of nutrients including vitamins, minerals, phytochemicals and dietary fiber, millets are also excellent grains to alleviate malnutrition and micronutrient deficiency. However, direct consumption of millets as food has significantly declined over the past few decades. As the world grapples with dual challenges of water scarcity and non-communicable diseases, it is time to turn to millets again and promote these grains to their rightful place in the global food basket.

The agricultural value chain of millets sustains livelihoods of marginal farmers, processors and traders of these hardy, drought-resistant and environmentally sustainable crops. The recipe book "Millets International Recipes: A Culinary Journey of Tradition and Innovation", developed by ICAR-IIMR in collaboration with other institutes, is a compilation of recipes across the world. The recipes would be made familiar to people from various countries, thereby enabling them to make their traditional foods healthier by incorporating millets. It is heartening to see IIMR is taking the lead in this effort to popularize millets among people across the world, 2023 being the International Year of Millets.

I congratulate IIMR for bringing out this publication to boost the international profile of these traditional grains, create global demand for millets and contribute to value creation for farmers in a sustainable manner. This book will serve as a one-stop solution for people across the globe looking for deriving more healthfulness from millet.

( T. MOHAPATRA )

**Dated the 9<sup>th</sup> February, 2022**  
**New Delhi**



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# PREFACE

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The highly nutritious and climate-compliant millet crops are vital for dry-land farmers. Over the years, the drudgery in preparation has led to a decline of millet consumption in the country. Therefore, innovative attempts of developing millet-based value-added products are required. ICAR-IIMR is working relentlessly with partnering institutions and stakeholders towards bringing back demand for millets in India.

In the current era, there exists a greater consumer preference for healthy foods with exceptional quality and shelf-life. The busy lives of people have also increased the demand for different varieties of convenient traditional foods. Including millets in the diet is an excellent option to satisfy all the consumer needs and demands. A millet-based diet is also recommended for prevention and management of diabetes, obesity, cardiovascular disease and other lifestyle diseases. These diseases, along with micronutrient deficiencies, are major public health issues across the world. Consumers across the world are becoming aware of the benefits of ancient grains, and are interested in incorporating millets in their daily diets. However, since millets have traditionally only been consumed in the arid and semi-arid tropics, there is a dearth of recipes that would be familiar and acceptable to people from other parts of the world.

As a run up to the International Year of Millets 2023, in order to introduce millets to the international community, we present this recipe book with millet recipes adapted to global cuisines. Each recipe builds upon existing traditional foods that have been adapted to use millet ingredients, in order to improve their nutritive profile. We are sure that this publication would serve as a great resource for individuals and food entrepreneurs as they attempt to include more of healthful and sustainable millets in their daily diets.

**- Authors**



# Acknowledgement

This book on "Millets International Recipes: A Culinary Journey of Tradition and Innovation", is an outcome of teamwork and contributions from several millet ambassadors of India, who joined forces together to provide the global fraternity a collection of delicious and nutritious recipes to fight against hunger and malnutrition. Without their valuable support and dedication, this book would not have taken shape. We would specifically like to acknowledge the following institutes - Indian Federation of Culinary Association (IFCA), Institute of Hotel Management (IHM) - Hyderabad, IHM - Pusa and Avinashilingam University, who have contributed to the diversity of recipes in this book along with the ICAR-Indian Institute of Millets Research.

We gratefully recognize and acknowledge the support received from the Prime Minister's Office who believed in the vision of millet promotion. Our heartfelt thanks to the Department of Agriculture & Farmers Welfare (DA&FW), Government of India, for graciously accepting to publish this book.

We are also thankful for the constant support received from Indian Council of Agricultural Research (ICAR), New Delhi, ICAR-Indian Institute of Millets Research, Hyderabad, and Nutrihub management and administration.

Our heartfelt appreciation goes to Chef Mrs. K. Vijaya Lakshmi, for her talent, passion and creativity in cooking and creating a variety of millet-based recipes. We are thankful to our other Chef A. Akash Reddy who assisted in preparing some of the millet based International recipes.

We also extend our heartiest gratitude to all the Chefs of IFCA, Chef Devender Kumar, Chef Rahul Wali, Chef Nitin Shinde, Chef Prabu Manickam, Chef Akash Khandelwal, Chef Madhu Krishnan, Chef Vijay Bhaskaran, Chef Madhusudan Gupta, Chef Rajas Singh, Chef Abhijeet Thakre, Chef Manisha Bhasin, Chefs and team of ITC Sheraton, Saket, for their unparalleled dedication and contribution towards this book. We are grateful to the Chefs from IHM-Shri Shakti, Hyderabad, Chef Vinay, Chef Mario Aigner, Chef James, Chef Dheeraj, Chef Raghu Mahendra and Chefs from IHM-Pusa for coming up with multiple millet-based recipes in a short span of time.



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We really appreciate the efforts undertaken by members of Avinashilingam Institute, Dr. Sylvia Subapriya, Dr. A. Thirumanidevi, Dr. C.A. Kalpana, Dr. P. Raajeshwari, Dr. S. Thilakavathy, Dr. K. Devi, Dr. R. Balasasirekha, Dr. K. Sujatha, and Dr. N. Deepa Satish, for carrying out research on millet and contributing several recipes in this book.

We wholeheartedly thank all the members of the COE Team, with a special mention of Dr. Barbhai Mrunal D., who spared no efforts in bringing this book into shape, Dr. Madhuvanti Kale and Mr. Israel Raj for reviewing the book and providing critical inputs for improvement.

The expertise and designing skills of our talented staff, Mr. Zeeshan Ahmed has elevated the outlook of this international recipe book. We are very grateful to him for the relentless efforts he put in to bring forth this unique publication. Our thanks also go to the photographer, Mr. Suraj Ghosh and his team for bringing alive these mouth-watering recipes through his excellent photography skills. Lastly, we extend our appreciation to all the individuals who have contributed directly or indirectly to the success of this book.

This book is published by DA&FW, Ministry of Agriculture, and printed by Balaji Scan Private Limited.





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# INTRODUCTION

In a world where health and wellness are becoming a prime focus, nutritious food items like millets are gaining increasing popularity. Millets are the species of small-seeded grasses in the family Poaceae. They are commonly grown around the world as a cereal grain. The term 'millet' is derived from the French word "mille" which means thousand, implying a handful of millet can hold up to thousand grains. Millets are grown in low-fertile, dry mountainous, and rain-fed areas. They are good for the soil, have shorter cultivation cycles, and their cultivation is cost-effective. These attributes make millets resilient to multiple agro-climatic conditions.

Millet's culture and consumption dates back to the Indian Bronze Age (1500 BC). The Indian Sanskrit text Yajurveda makes mention of foxtail millet (priyangava), proso millet (aanava) and Barnyard millet (shyaamaka), indicating it to be one of the oldest foods ever known to mankind. It has been consumed as staple cereals from prehistoric times in Asia, Africa, and Europe. Several traditional dishes like Jowar roti, Ragi Mudde, Bajre ki khichidi etc. made from millets were part of the daily menu of our forefathers which helped them to stay healthy and strong. Later on, it was eventually mixed with other food crops to create 'multi-crop' diversity, providing our ancestors with food security.

Millets can be categorised as major millets (Jowar, Bajra, and Ragi), which are the naked grains and minor millets (foxtail millet, kodo millet, barnyard millet, little millet, proso millet and, browntop millet), which are husked grains. The major millets do not require much processing after harvest. They can be used directly after being washed. While the minor millets have an indigestible seed coat which needs to be separated prior to consumption.

Millet grains are gluten-free, non-acid forming, consisting of a range of micronutrients. Since they take time to get digested, it does not lead to blood sugar spike, making it a relatively low GI food. These features make millets a good choice for people with celiac disease and diabetes.



**MILLETS**

**Major**



**Minor**





# Common Names for Millets Worldwide

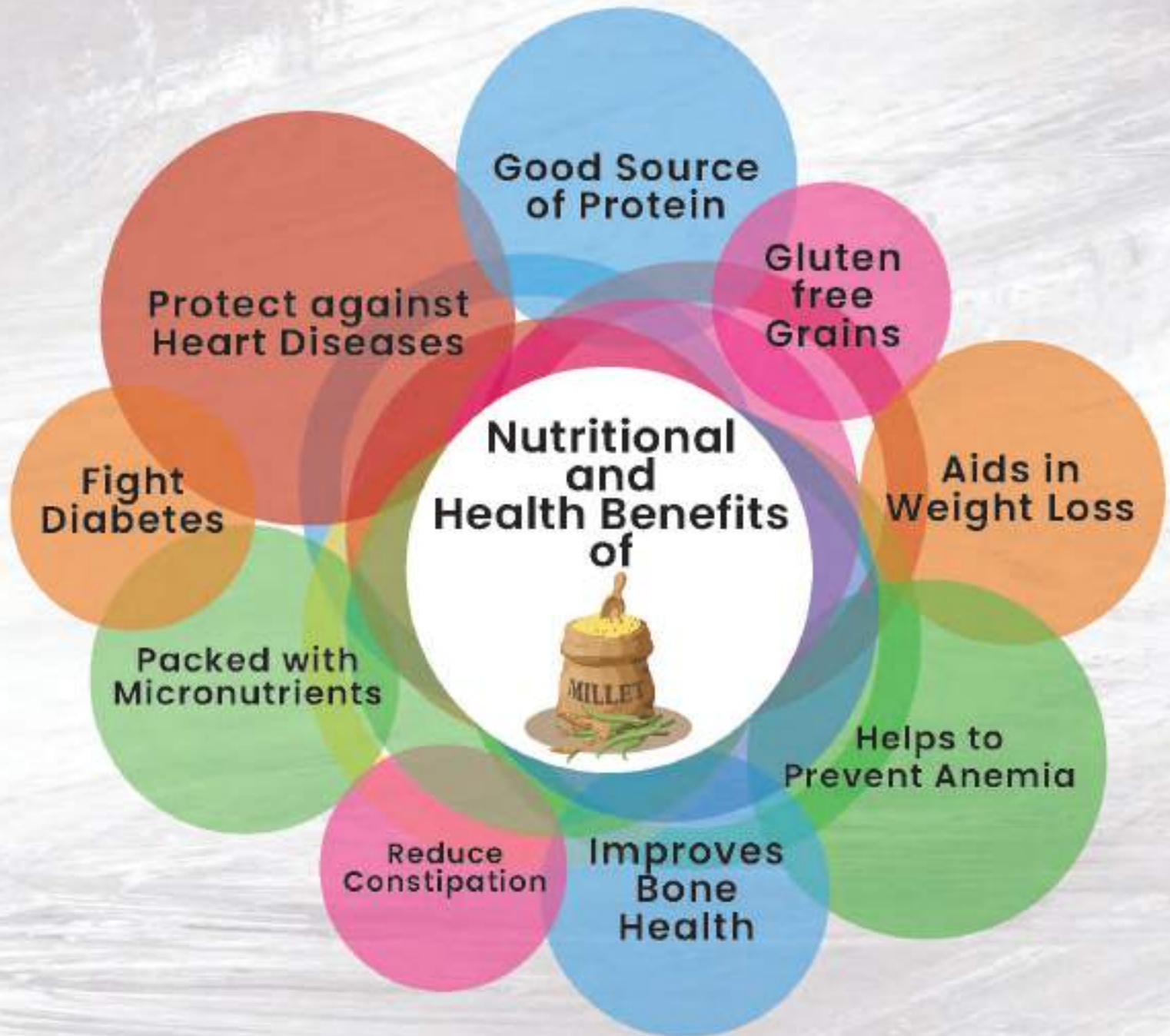


## Language

## Common Name

Language	Common Name
Spanish	Mijo comun, Mijo de pan
Italian	Miglio
Dutch	Gierst
Swedish	Hirs
Japan	Miretto
Swahili	Mtama
Russian	npoco
French	Millet commun
German	Rispenhirse
Norwegian	Norsk bokmal
Chinese	Xiǎomǐ (小米)
Arabic	Aldukhn
Polish	Proso
Turkish	Dari











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# INTRODUCTION



The diversity of American cuisine is attributed to the variety of ethnic cultures present across diverse geographical regions, along with the settlement history, and economic development of the place. From mainland Mexico, through central America, into the vast expanse of South America, and east to encompass the entire Caribbean region, this area has a great diversity of places, people and climates. This region also has some culinary influences of the European (predominantly Spanish), due to the colonisation that took place hundreds of years ago, which has imparted cohesion to the foundation laid by the native Latin American culinary traditions. The basic ingredients of the Latin American Cuisine include maize (corn), beans and salsas made from tomatoes and peppers. Rice, among many other foods, brought by Spanish conquistadors, has also become a large staple in much of Latin America. Two additional staples of Latin American cooking that are often served together are beans and rice. Aromatics, particularly garlic and onions, have always been a prime part of Latin American cuisine. Spicy peppers, hot sauce and salsas are also used.

Central Americans start their day with an early breakfast that always consists of strong coffee, beans and tortillas. Eggs and cheese will sometimes be included. Similar to South America, lunch is eaten around 1 p.m. and is considered the main meal of the day. The prevalence of maize (corn), tomatoes and bell peppers (red, green and yellow) in the Latin American cuisine is due in large part to the climate these vegetables require to thrive. Olive oil is widely used in this region, as well as green olives added to many dishes.

Regionalism is just as much a part of Mexican cuisine as it is a part of Central American cuisine. Central Mexico features a legacy of pastries influenced by the French who were present in that area in the 19th century. South Mexico is famous for its incredible variety of dried chilies. The western states produce the dishes most commonly associated with Mexican cuisine like enchiladas and tacos. As you might imagine, the coastal areas are known for incorporating fish into many dishes.



## Ingredients

Sorghum roti – 1 No., Chopped onion – 1 No., Red chillies – 5, Boiled potato – 1, Grated cheese – 50 g, Salt – as required, Red chili sauce – 10 ml, Oil – 10 ml, Coriander leaves – ½ bunch

## Preparation

- Heat oil in a pan; Add chopped onions and chillies; Fry until golden brown.
- In a bowl, take the boiled potatoes and mash them.
- Add the onion-chillies mixture, chopped coriander leaves to the boiled potato and mix until it becomes creamy, smooth and uniform.
- Take one sorghum roti and apply red chili sauce on it.
- On half side of the roti spread a layer of shredded cheese, followed by a layer of potato mixture and again a layer of shredded cheese.
- Now fold the roti and shallow fry it on a pan.
- Sorghum potato tacos are ready to serve.

# Sorghum Potato Tacos

MEXICO





# Foxtail Peanut Butter Blossoms

USA



## Ingredients

Foxtail millet flour – 45 g, Butter – 30 g, White sugar – 25 g, Brown Sugar – 25 g, Baking Soda – 2 g, Egg – 1 No., Vanilla essence – 2 ml, Salt – 1 g, Peanut butter – 45 g, Dark chocolate – as required, Sugar for sprinkling

## Preparation

- Mix brown sugar, white sugar, butter, peanut butter in a planetary mixer and beat until fluffy.
- Add egg and vanilla essence, and beat it for another 5 minutes.
- To the above mixture add sifted flour, baking soda and salt, and prepare dough.
- Keep the dough in refrigerator for 1 hour if it is very soft.
- Further, make small balls, coat them with sugar and bake in preheated oven at 180 °C for 10 mins.
- Press the chocolate cube in middle of cookie and continue baking at 180 °C for 5 more minutes.
- Once cooled, they are ready to serve.



## Ingredients

Pearl millet flour – 25 g, Almonds – 10 g, Cashew nuts – 10 g, Walnuts – 10 g, Oil – 10 ml, Butter – 10 g, Peanut butter – 25 g, Dark chocolate – 80 g

## Preparation

- Melt the dark chocolate; to this add peanut butter oil and mix thoroughly.
- Now bake almonds, cashew and walnuts in butter for 10 minutes at 150 °C.
- Let the nuts cool and crush them coarsely.
- Take a tray lined with butter paper, pour the chocolate mix, and decorate with coarse nuts.
- Freeze the above mixture in refrigerator for 15 minutes and cut into bar shape.
- Enjoy the sweet nutty bar.

## Pearl Millet Chocolate Nutty Bars

USA





# Pearl millet Snickers

USA



## Ingredients

Roasted pearl millet flour – 50 g, Peanuts – 100 g, Peanut butter – 50 g, Powdered sugar – 50 g, Honey – 20 g, Melted butter – 20 g, Vanilla essence – 5 ml

**For caramelization:** Sugar – 100 g, Butter – 15 g, whipping cream – 60 g

**For coating:** Melted dark chocolate – 100 g, Roasted peanuts – 40 g

## Preparation

- Roast and grind the peanuts and take into a big bowl.
- To that, add pearl millet flour, peanut butter, powdered sugar, honey, butter and essence.
- In a chocolate mould place butter paper and pour the above mix into it.
- Spread it evenly to get uniform thickness, garnish with peanuts and freeze it for 15 minutes.
- Caramelize the sugar and butter to this, add whipping cream and heat until it gets thickened.
- Spread this caramelized mixture over the frozen mix and freeze it again for one hour.
- After removing from freezer, cut them into bar shape.
- Dip the bars in chocolate; place them on butter paper and cool until the chocolate sets.



## Ingredients

Pearl millet flour – 30 g, Refined wheat flour – 30 g, Condensed milk – 50 g, Baking soda – 1 g, Salt – 1g, Egg – 1 No.

## Preparation

- Add egg into the condensed milk and mix well.
- To this, add pearl millet, refined wheat flour, baking soda and salt to knead into dough.
- Make them into round balls and deep fry them in oil.
- Enjoy the fried pearl millet balls.

## Pearl Millet Condensed Milk Balls

BRAZIL





# Finger Millet Candy

BRAZIL



## Ingredients

Finger millet flour - 30 g, Cocoa powder - 20 g, Condensed milk -100 g, Rainbow balls (or) Sugar balls - 2 g, Butter - 10 g

## Preparation

- Melt the condensed milk.
- Now add the finger millet flour, cocoa powder to the condensed milk and cook until it becomes solid consistency and kept aside for cooling.
- Grease your hands with butter.
- Make balls of above mixture with the help of spoon.
- Finally decorate the candies with sugar balls and keep them in muffin covers.
- Finger millet candy is ready to serve.



## Ingredients

Pearl millet flour – 30 g, Refined wheat flour – 15 g, Butter (softened) – 30 g, Cheese (Mozzarella) – 55 g.

## Preparation

- Take pearl millet flour, refined wheat flour, butter, cheese in a mixer.
- Mix the above mixture and make dough.
- Put the dough in thin film of square shape and keep in refrigerator for 30 minutes.
- Take dough from the refrigerator. Make sheets of chapatti and cut them as per the required shape
- Bake them in preheated oven at 180 °C for 15 minutes.
- After baking sprinkle peri-peri flavor (or) cheese flavor on the top.
- Pearl millet cheese crackers is ready to serve.

## Pearl Millet Cheese Crackers

USA





# Foxtail Millet Melt Away

USA



## Ingredients

Foxtail millet Flour – 83 g, Butter – 56 g, Condensed Milk – 132 g, Corn Flour – 83 g, Dark Chocolate – 30 g,

## Preparation

- Melt the butter; Add foxtail flour, condensed milk, corn flour and prepare a dough.
- Roll the dough into cylindrical shape; Wrap it in a thin film and refrigerate it for 4 hours.
- Now, Cut the dough into desired shape and bake in a pre-heated oven at 180 °C for 15 minutes.
- In a bowl, melt dark chocolate, dip half of the biscuit in it and let it dry at room temperature.
- Foxtail millet melt away is ready to eat.



## Ingredients

Finger millet flour - 40 g, Milk - 150 ml, Corn flour - 10 g, Chopped dark chocolate - 30 g, Sugar - 10 g, Cocoa powder - 10 g.

## Preparation

- Place the milk into saucepan over medium flame.
- Whisk in cocoa powder, coconut, sugar, corn flour, finger millet flour and stir continuously until the lumps disappear.
- Cook it on a low flame.
- Once the milk is warm, add dark chocolate and whisk for 10 minutes.
- Serve the finger millet hot chocolate in glasses, topped with your favorite garnishes.

# Finger Millet Hot Chocolate

USA





# Proso Millet Cream Cheese Cookies

NEW YORK



## Ingredients

Proso millet flour – 70 g, Wheat flour – 35 g, Salt – 1 g, Baking powder – 3 g, Cream cheese – 57 g, Sugar – 100 g, Vanilla essence – 5 ml, Egg – 1 No., Butter – 57 g.

## Preparation

- Take butter and cream cheese; mix it for 5 minutes in a planetary mixer at room temperature.
- Add sugar, vanilla essence, egg and whisk for 5 minutes, then add proso millet flour, wheat flour, salt, and baking powder; mix them thoroughly and knead to dough.
- Keep the prepared dough in a refrigerator for an hour.
- Divide the dough into round cookie shaped and sprinkle sugar over it, bake in a preheated oven at 190 °C for 18 minutes.
- Proso millet cream cheese cookies are ready to serve.



## Ingredients

Finger millet flakes – 25 g, Oats – 20 g, Pumpkin seed powder – 50 g, Peanut butter – 50 g, Maple syrup – 40 g, Dry coconut powder – 8 g, Cinnamon powder – 1 g, Ginger powder – 0.5 g, Nutmeg powder – 0.5 g, Cloves powder – 1 g, Flax seeds – 3 g, Chopped walnuts – 3 g, Choco-chips – 5 g, Raisins – 5 g, Vanilla essence – 2 ml, White sesame seeds – 5 g, Black sesame seeds – 5 g, Poppy seeds – 2 g.

## Preparation

- Add the above ingredients in a large bowl and mix it uniformly.
- Now, mould the mixture to evenly sized in desired shape.
- Bake the mixture in preheated oven at 120 °C for 20 minutes.
- Rest it to cool and it is ready to serve.

## Finger Millet Pumpkin Energy Bites

USA





# Sorghum Flakes Crackers

USA



## Ingredients

Sorghum flakes – 120 g, Salt- 3 g, Baking powder – 25 g, White and black sesame seeds – 15 g each, Water – 90 ml

## Preparation

- Blend the sorghum flakes into powder.
- In a bowl, add salt, baking powder, sesame seeds and the flakes powder.
- Pour hot water and mix into a dough.
- Now spread the dough and cut into desired shapes.
- Bake them in a preheated oven at 180 °C for 15 minutes.
- Enjoy the crackers.



## Ingredients

Onions – 2 Nos., Finger millet flour – 50 g, Corn flour – 20 g, Salt – to taste, Chilli flakes – 3 g, Milk – 30 ml, Oil – for frying, Black pepper powder – 3 g

## Preparation

- Select round medium size onions.
- Peel and cut into half cm roundels and make into ring.
- Combine finger millet flour, corn flour, salt, black pepper powder, chilli flakes, egg and milk to form a batter.
- Coat the onion rings in corn flour, dip in batter and deep fry in oil until crisp.
- Serve hot with a sauce of your choice.

# Finger Millet Onion Rings

USA





# Pearl Millet Cookies



## Ingredients

Pearl millet Flour – 120 g, Bengal – 80 g, Baking Powder –  $\frac{1}{4}$  tsp, Baking Soda –  $\frac{1}{8}$  tsp, Ghee – 120 g, Cardamom powder –  $\frac{1}{2}$  tsp, Fine Sugar – 100 g, Pista – For toppingt

## Preparation

- Preheat the oven at 200 °C.
- Melt the ghee and mix with sugar.
- Mix all the dry ingredients together.
- Incorporate dry ingredients into ghee mixture and make a soft dough.
- Divide it into small pieces of 12 – 15 g each.
- Roll over the chopped pistachio.
- Place them on the baking tray.
- Bake them for 15 min.



## Ingredients

### For Proso Millet Tart:

Proso millet flour – 100 g, Unsalted butter – 50 g, Milk – 10 g, Brown sugar – 10 g

### For Lemon Curd Filling:

Butter – 100 g, Egg yolk – 90 g, Lemon juice – 60 mL, Vanilla essence – 5 mL, Caster sugar – 100 g

### For Meringue:

Egg white – 1 No., Caster sugar – 30 g, Lemon juice – Few drops

## Preparation

### For Tart:

- Cream unsalted butter and powdered brown sugar together.
- Mix milk into the above mixture.
- Fold the proso millet flour into the mixture and make a dough.
- Rest the dough for 30 min.
- Sheet the dough into 6 mm thickness.
- Cut with a cookie cutter and line it on a tart mould.
- Blind bake at 160°C for 15 minutes.

### For lemon curd filling:

- Collect all the ingredients and cook over a double boiler until it thickens and resembles a jelly.
- Strain and cool the mixture.

### For Meringue:

- Place egg white in a clean and dry bowl and start whisking until stiff peaks.
- Gradually add caster sugar and whisk until the meringue is stiff.

### For Assembling:

- Pipe the lemon curd into the tart shell.
- Pipe meringue over the lemon curd.
- Brown the meringue under salamander / oven / blow torch.
- Serve it cold.



# Proso Millet Lemon Meringue Pie BRITAIN





## Ingredients

Pearl millet Flour – 60 g, White butter – 100 g, Dark chocolate – 50 g, Egg – 2 Nos., Cocoa powder – 40 g, Powder sugar – 250 g, Walnut – 50 g

## Preparation

- Preheat the oven at 170 °C
- Melt the chocolate with butter on the double boiler.
- Mix sugar, cocoa powder and egg together.
- Take the chocolate mixture off the boiler and allow it to cool.
- Mix it with egg mixture and fold in flour. Add chopped walnut (half quantity) into the batter.
- Pour the batter in the lined mould. Top with remaining walnut.
- Bake it for 40-45 minutes

# Pearl Millet Brownie





## Pearl Millet Chocolate Delights



### Ingredients

Pearl millet (powder) – 40 g, Sorghum (powder) – 30 g, Jaggery – 40 g, Almond – 10 g, Raisins – 10 g, Oats – 10 g, Chocolate compound – 40 g, Peanut butter – 30 g, Honey – 5 ml.

### Preparation

- Dry roast oats, almonds, and raisins and make them into a fine powder.
- In a saucepan add jaggery and water and let them boil.
- When the jaggery comes into the syrup stage.
- Add all the dry and wet ingredients into the jaggery syrup and mix well
- Pour the mixture into a greased plate, and allow them to cool
- When the Mixture is cool cut into the desired shape
- Melt the Chocolate compound in a bowl by the double boil method
- Dip the mixtures into the melted chocolate
- Leave them in refrigerator for 15mins, until it sets and then serve it.



## Ingredients

Finger millet – 150 g, Mushroom – 250 g, Oil – 3 tbsp., Cinnamon stick – 1 No., Cardamom – 3 Nos., Cumin seeds – ½ tsp, Onion – 1 whole, Turmeric powder – ½ tsp, Cumin Powder – 1 tsp, Garam masala powder – 1 tsp, Coriander powder – 2 tsp, Chilli powder – 2 tsp, Ginger and Garlic – To Taste Green chillies – 1 No., Tomato – 1 No., Coriander leaves – 5 g, Salt to taste, Water.

## Preparation

- Heat oil in a pan and add cinnamon stick, cardamom, and cumin seeds, after a few seconds add finely chopped onions, salt, and sauté until golden.
- Once the onions are golden add the masalas – Ginger garlic paste, turmeric powder, Cumin powder, garam masala, coriander powder, red chili powder, green chillies, and curry leaves. Mix all the ingredients well and then add chopped tomato or tomato puree, little bit of water and cook until everything turns soft (5 – 6 minutes).
- Once oil starts to separate, added finger millet flour and allowed it to boil.
- Then added the cleaned and sliced mushrooms; mix it well with the masala mixture and cook for 3 – 4 minutes.
- Then add required water and cook until the mushrooms are cooked.
- Finally garnish with chopped coriander leaves.
- Add a teaspoonful of ghee on the top to enhance the flavour.



## Finger Millet Mushroom Gravy





## Ingredients

Pearl millet flour – 300 g, Cheese – 100 g, Vegetables (cabbage, capsicum, onion) – 200 g, Salt – for taste, Coriander leaves – for garnishing, Pepper powder and chilli powder – a pinch

## Preparation

- Prepare dough with pearl millet flour, salt and water.
- Chop the onion, cabbage and capsicum.
- Slightly seasoning the vegetables added pepper, salt and chilly powder
- Roll the dough as roti shape
- Heat the pan and cook the dough
- Spread the vegetables on the pearl millet roti with more shredded cheese.
- Serve the taco with sprinkled coriander leaves.

# Pearl Millet Mexican Taco





## Little Millet Mexican Rice



### Ingredients

Little millets – 100 g, Chilli flakes – 1 tsp, Kashmiri chili powder – ½ tsp, Cumin powder – ½ tsp, Black pepper powder – ½ tsp, Tomato (Chopped) – 50 g, Onion (Chopped) – 50 g, Carrot – 50 g, Beans – 50 g, peas – 25 g, Capsicum – 50 g, Coriander leaves – 1 string, Spring onions – few, Olive oil – 25 ml

### Preparation

- Wash little millet and drain water
- Heat pressure cooker add olive oil and when it gets warm, add little millet and saute for few minutes over low flame.
- Add water, salt, mix well and cook the little millet in 1:2 ratio of millet and water.
- Heat a pan add oil, chopped tomatoes, Onion, chili flakes, Kashmiri chili powder, cumin, black pepper powder, sauté well and then add the chopped vegetables mix well and let it cook for 4 to 5 minutes over low flame.
- To the vegetable mix add the cooked millet and mix well.
- Garnish with coriander leaves and spring onions and serve with tomato sauce



## Ingredients

Finger millet flour - 2 cups, Besan - ½ cup, Baking powder - ½ tsp, Cumin, pounded - 1 tsp, Turmeric powder - ½ tsp, Hing powder - ¼ tsp, Rock salt - To taste, Coriander powder - 1 tsp, Fine chopped dil - ½ cup, Moong dal sprouts - 1 cup, Carrots cut into fine dices - ¼ cup, Ghee - 1 tablespoon, Ghee - For shallow frying

## Preparation

- Take finger millet flour, besan, and baking powder in a large bowl and sieve well.
- Add rock salt, cumin pounded, turmeric powder, hing powder, coriander powder, and ghee.
- Gradually add the water and beat well to form a thick pan cake like batter. Let it rest for five minutes.
- Beat it again well and let it rest for another five minutes. Repeat this twice or thrice until bubbles appear in the mixture.
- On a griddle, melt ghee on medium heat. Pour in a portion of batter and spread the batter to make four inches pancake.
- Cook for 30-40 seconds and evenly spread moong dal sprouts, and carrots.
- Sprinkle a few drops of ghee and cook for 2-3 minutes on one side.
- Then gently turn it upside down and again cook it for a minute.
- Turn it upside down and serve hot with coconut and tomato chutneys.



# Dilkash Finger Millet Pancakes

USA





## Ingredients

Foxtail Flour - ¼ cup, All-purpose flour - 1/3 cup, Sugar - 1 tsp, Yeast - 1 tsp, Milk powder - 2 tsp, Olive oil - 1 tbsp, Lukewarm milk (40°C / 104°F) - 4 tbsp, Beaten egg - For egg wash

### For Filling:

Butter - 1/8 cup, Fine chopped onions - ¼ cup, All-purpose flour - 1 ½ tbsp, Milk - ½ cup, Salt - 1 tsp, Black Pepper powder - 1 tsp, Boiled shredded chicken - 1 ¼ cups, Light soy sauce - 1 tsp, Grated cheese - ½ cup, Sesame seeds - 1 tsp, Sabja (Basil) seeds - 1 tsp

## Preparation

- Activate yeast by adding yeast to sugar and warm milk.
- Mix foxtail flour, refined wheat flour, milk powder, and activated yeast together in a bowl and knead it into a dough.
- Apply some olive oil to the dough and knead it again until smooth.
- Allow the dough to rest for about one hour.

### For the Stuffing:

- Heat olive oil in a pan, add butter, onions and sauté them for 1 minute on a medium flame or until onions are translucent.
- Add refined wheat flour, milk, salt, black pepper powder, light soy sauce, and shredded chicken and cook it for about 6-7 minutes or until the chicken is well done.
- Now, divide the dough in equal portions and flatten them into oval shape.
- Add the stuffing in middle of the oval sheet; cut the edges and fold them in a crisscross pattern (Note: Give slits only on edges; Do not cut the entire sheet).
- Coat the prepared bread with egg white and decorate it with sesame and basil seeds.
- Bake the bread in preheated oven at 180 °Celsius / 365°F Fahrenheit for about 35 minutes and coat it with butter and serve it.



# Foxtail Millet Cheese Bread

AMERICAN





## Ingredients

Finger millet – 200 g, Cashew nuts – 30 g, Milk – 50 ml, Beetroot – 100 g, Lemon juice – one Tbsp., Garlic – 1 clove

## Preparation

- Soak cashews in the milk and keep aside for 5 minutes
- Cut beetroot into pieces
- Boil/Bake the beetroot
- Boil finger millet
- Blend all the ingredients into a smooth paste
- Add salt and Pepper during serving

## Finger Millet Beetroot Bread Spread









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Foxtail Puffs Honey Sticks







# INTRODUCTION



What the African communities eat can be viewed in the context of the diverse socio-cultural and economic environments. The food consumed is not the same throughout, although there are some striking similarities. African cuisines are not simply the result of what outsiders brought, but the formative imperial experiences of political history in Mali, Ethiopia, and Asante. Each of these actions of cultural exchange, especially the ritual feast cycles within African societies and religious cultures, had implications for food and cooking. A dominant theme in these cases, as in many nonindustrial societies, was the idea that filling the belly and fulfilling the ritual requirements of a meal constituted the cook's primary goal, rather than food as an aesthetic pleasure.

The main staples include roots and tubers, bananas and cereal grains and legumes. The main legumes eaten include: bambara nuts, cowpeas, cluster beans, hyacinth beans, mung beans, lima beans, groundnuts, pigeon peas and soybeans. Grains form the bulk of food consumed in Africa. Apart from animal products, most of the ingredients used to prepare a relish in West African soups or other accompaniments are provided by a variety of vegetables such as beans, lentils or groundnuts with green leafy vegetables. With a few exceptions, all sub-Saharan ethnic groups' cuisine has the basic format that consists of a starchy food eaten with a sauce soup or dip, which may or may not be spicy. Main dishes are made from cereals (maize, millet, sorghum, teff), roots and tubers (cassava, cocoyam, yams), and green bananas or plantain.

**Sorghum and Finger Millet:** This is a traditional grain crop of most communities living in arid and semi-arid regions of Africa. The grain is pounded into flour for making ugali or porridge. In Kenya, it is used greatly by the Kamba, Luhya, Luo, Turkana, Tharaka, Taveta, Mijikenda, Kikuyu, Embu, Meru, Tharaka, Taveta, Turgen, Marakwet, Duruma, Dogi, Teso, Rabai, Ribe, Kambe, Jibana, and Kauma communities. The grain may be mixed with cassava and ground into flour. The flour may be mixed with maize or finger millet flour. The flour is also used for making traditional beer among the Kisii, Luo and Teso communities. The stems of some sorghum cultivars are sweet and chewed like sugarcane.



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These are often sold in markets in Southern Africa, especially in South-Western Zimbabwe. Finger millet has been cultivated in Africa since ancient times and it is the traditional food of many communities. The flour is used in the preparation of porridge or ugali (stiff porridge). Flour and grain are also used in local beer brewing. Most communities have evolved methods of dealing with health and nutrition problems and with seasonal food insecurities such that special nutrient rich foods are reserved for newly delivered babies and nursing mothers. Finger millet is the preferred cereal for lactating women in some Kenyan communities. Traditionally, germination and fermentation are used in preparation of cereal porridges. It is important to point out that African communities have developed diets that maximise the use of local foodstuffs, given their limitations of resources and access to different foods.



# Proso Millet Sesame Sticks

AFRICA



## Ingredients

Proso millet flour – 100 g, Baking powder – 3 g, Salt – 1 g, Sugar – 20 g, Oil – 10 ml, Egg – 1 No., Sesame seeds (black & white) – 10 g

## Preparation

- In a bowl, add proso flour, sugar, baking powder, salt, oil, and mix well.
- Add the eggs and mix into a dough.
- Divide the dough into small balls.
- Now roll the dough into rectangular (stick) shape
- Brush with little water and sprinkle the sesame seeds.
- Fry them in medium heated oil.
- Remove them onto a tissue paper and serve the sticks.





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## Ingredients

Kodo millet flour – 25 g, Refined wheat flour – 50 g, Castor sugar – 20 g, Salt – 1 g, Yeast – 4 g, Lukewarm milk – 60 ml, Unsalted butter – 8 g, Cocoa powder – 5 g

## Preparation

- Activate yeast by adding sugar and warm milk to it.
- Add kodo millet flour and refined wheat flour to the activated yeast and knead it into a dough; Coat the dough with butter; knead it until it becomes smooth; Make it into two portions.
- Mix one portion of dough with cocoa powder and keep another portion without cocoa.
- Keep the dough resting for one hour.
- Divided the dough into equal portions and press them into oval sheets.
- Stack the sheets (with and without cocoa) alternatively one above another.
- Roll the stack towards one side and cut it. Twist them into a flower shape.
- Place them in muffin tray and allow resting for one hour.
- Bake them in in a preheated oven at 180 °C for 18 minutes.
- The kodo millet chocolate sheet buns are ready to be served.



# Kodo Millet Chocolate Sheet Buns AFRICA





## Ingredients

Pearl millet flour – 40 g, Refined wheat flour – 60 g, Salt – 2 g, Brown Sugar – 30 g, Oil – 10 ml, Dry Yeast – 3 g.

## Preparation

- Take Pearl millet flour, refined wheat flour, salt, brown sugar, oil and yeast.
- Make dough by adding lukewarm water.
- Allow it to rest, until dough becomes double in size.
- Now make dough into balls and keep aside for 10 minutes.
- Now deep-fry them in low flame, until it becomes golden brown color.
- Pearl millet fat buns are ready to serve hot.

## Pearl Millet Fat Buns Amagwinaya

SOUTH AFRICA





# Finger Millet Crunchies

SOUTH AFRICA



## Ingredients

Finger millet flakes – 50 g, Pearl millet flour – 10 g, Refined wheat flour – 25 g, Sugar – 25 g, Desiccated coconut powder – 25 g, Rose syrup – 30 ml, Butter – 70 g.

## Preparation

- Mix sugar to the melted butter and keep it aside.
- Take finger millet flakes, refined wheat flour, coconut powder and rose syrup in a bowl.
- Add sugar and butter and mix it.
- Press the dough uniformly in a baking tray.
- Now bake them in oven at 190 °C for 20 minutes.
- After cooling cut them into square shape.



## Ingredients

Pearl millet flour – 60 g, Refined wheat flour – 80 g, Butter – 50 g, Milk – 20 mL, Baking powder – 4 g, Baking soda – 1 g, Milk powder – 10 g, Sugar – 25 g, Vanilla Essence – 1 mL, Eggs – 2 Nos.  
Yellow food color – as per required.

## Preparation

- Take butter, pearl millet flour and refined wheat flour in a bowl.
- Mix all together and kept aside.
- Take eggs in a bowl & beat them, add milk, milk powder, sugar, essence, baking soda, baking powder and food color.
- Now add blended flour to the mixture and mix to form dough.
- Make it into a thick sheet and cut them with round cutter.
- Grease oil to the pan and place the round shape scones.
- Coat the round shape scones with egg yolk and bake them in oven at 180 °C for 20 minutes.

# Pearl Millet Scones

SOUTH AFRICA





# Pearl Millet Baghrir

NORTH AFRICA



## Ingredients

Pearl millet idly rawa – 50 g, Refined wheat flour – 25 g, Dry Yeast – 0.5 g, Sugar – 5 g, Baking Powder – 2 g, Salt – 1 g, Lukewarm water – 150 ml.

## Preparation

- Take pearl millet rawa, yeast, sugar, salt, water and grind it.
- Add baking powder to the above batter mix.
- Heat a lightly oiled frying pan over medium heat. Pour the batter onto the frying pan like pan cake. Fry on both sides until it become brown.
- Now serve pearl millet baghrir with butter and honey.



## Ingredients

Finger millet flour - 60 g, Coffee powder - 3 g, Butter at room temperature - 30 g, Cornflour - 7 g, Powdered sugar - 40 g, Cocoa powder - 7 g, Water - 10 to 20 ml.

## Preparation

- Add coffee powder in normal water & mix it properly.
- Then, whisk butter and powdered sugar to a cream consistency and add coffee mixture, cocoa powder, cornflour, knead the mixture to dough.
- Rest the prepared dough for 30 minutes.
- Cover the cake pan with butter paper.
- Divide the dough into small equal parts and mould them into coffee bean shape.
- Bake them in a preheated oven at 180 °C for 25 minutes.
- Rest it to cool and serve it.

## Finger Millet Coffee Bean Cookies

AFRICA





# Foxtail Puffs Honey Sticks

AFRICA



## Ingredients

Foxtail puffs – 8 g, Honey – 65 g, Unsalted butter – 10 g, Sesame seeds – 10 g

## Preparation

- Roast the foxtail puffs on low flame for 5-6 minutes and add honey.
- Mix well until a thick consistency is obtained.
- Now grease a mould with butter.
- Spread the above mix into the mould and let it cool for 10 minutes
- Cut them into stick shape using a pizza cutter.
- Enjoy the sweet sticks.



proso millet barnyard millet  
sorghum kodo millet  
diabetes  
dietary fibers  
high protein iron fibers  
complex carbohydrates minerals  
teff millet  
**millet**  
gut health ancient millet  
nutrition bioactives polyphenols gluten free  
sustainability nutri-cereals  
agriculture pearl millet whole grains  
cardiovascular disease calcium foxtail millet  
protein little millet





# Asian Cuisines





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Little Millet Yogurt Rice  
Millet Broth Cumin Lavash  
Oriental Pearl Millet and Nuts Salad  
Crispy Fried Foxtail Vermicelli





# INTRODUCTION

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Asian cuisine is the regional style of cooking, being practised traditionally in Asian countries. Asian cuisine is divided into several regional cuisines including East Asian, Central Asian, Southeast Asian, West Asian, South Asian and North Asian cuisine. Asian countries include Japan, China, India, Indonesia, Singapore, Malaysia, Thailand, Philippines, Vietnam, Hongkong, Pakistan etc.

Rice is the most common staple in the Asian cuisine. The variety of rice used differ from region to region e.g., In Laos, glutinous rice is used traditionally and is the national identity, Basmati rice is often found in Indian subcontinent, Jasmine rice is famous in Southeast Asia, long-grain rice is popular in China, and short-grain rice in Korea and Japan. Common ingredients used in most parts of the Southeast and Eastern region include rice, ginger, fried onions, garlic, sesame seeds, chillies, soy, tofu.

Curry is used along with rice, originated from the Indian subcontinent and is also common in Southeast Asia, South Asia and East Asia. Generally, yogurt is used as a base for curry in North India, Bangladesh and Pakistan whereas coconut milk is used as base for Southern India, Sri-Lanka and Southeast Asia.

East Asian cuisine includes Chinese (rice, noodles, seafoods, mung beans, soy), Mongolian (mutton), Japanese (sea food), Korean, Tibetan, Taiwanese food. In Central Asian countries, horse meat and mutton are the most common meat used. North Asian cuisine is more of Russian cuisine as it comes under Russian federation. This includes some culture of Siberia e.g., Yakut and Yamal cuisine, frozen Pelmeni (dumplings) were used to keep the meat stuffing for a longer period of time. South Asian cuisines are similar to Indian subcontinent cuisines where spices like chilli, herbs, black pepper, turmeric, cumin etc. were used with butter or ghee to have a good flavour. When it comes to meat, chicken, lamb, goat, fish were preferred. In West Asia, the mostly used ingredients are leafy vegetables, pulses, olive, olive oil, pita, sesame etc. Lamb and mutton are the common favoured meat in West Asia. Butter and clarified butter are generally used as medium for cooking.



# Proso Millet Bun

SRI LANKA



## Ingredients

Proso millet flour – 50 g, Refined wheat flour – 80 g, Sugar – 32 g, Salt – 1 g, Butter – 25 g, Yeast – 8 g, Egg – 1 No., Milk powder – 13 g, Lukewarm water (40 °C) – 65 ml, Tutti frutti – optional

## Preparation

- In a bowl, add yeast, lukewarm water, and sugar to activate the yeast.
- In another bowl, add proso millet flour, refined wheat flour, salt, butter, milk powder, egg, activated yeast, and knead properly into dough
- Transfer the dough into a greased bowl and let it rest until it rises double its initial volume (this can take about one hour).
- Grease your palms and roll the dough into small balls (bun shape); Coat them with egg and allow it to rest for 30 minutes.
- Bake the buns in preheated oven at 180 °C for 30 minutes and Ready to Serve.



## Ingredients

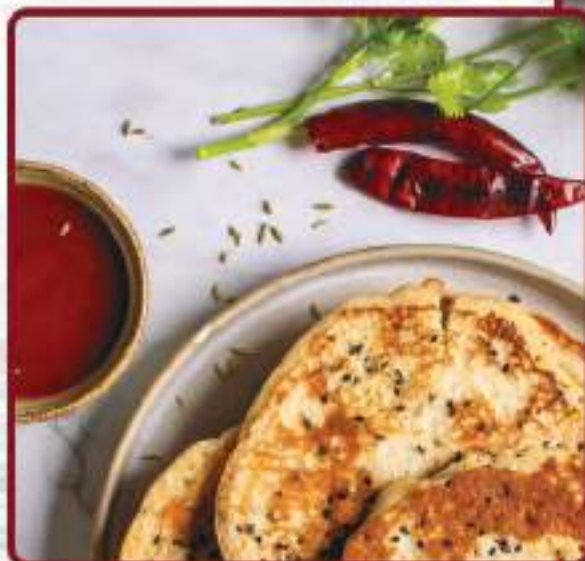
Barnyard flour – 40 g, Refined wheat flour – 30 g, Whole wheat flour – 30 g, Yeast – 3 g, Sugar powder – 25 g, Milk powder – 25 g, Fennel seeds powder – 5 g, Cardamom powder – 2 g, Salt-1 g, Oil – 25 ml, Sesame seeds – 3 g, Basil seeds – 3 g, Egg – 1 No.

## Preparation

- Activate yeast by adding it to 100 ml lukewarm water in a bowl.
- In a separate bowl, take barnyard flour, refined wheat flour, whole-wheat flour, powdered sugar, milk powder, fennel seed powder, cardamom powder, salt, egg, oil and mix.
- To this, add the activated yeast and 50 ml of lukewarm water. Mix it to prepare a batter.
- Drizzle some oil on a pan; Pour the batter into the pan; sprinkle some sesame and basil seed onto it and shallow fry it to make a pancake.

## Barnyard Emirati Khameer Bread

DUBAI





# Foxtail Millet Churros

SPAIN



## Ingredients

Foxtail millet flour – 50 g, Wheat flour – 30 g, Butter – 30 g, Sugar – 10 g, Egg – 1 No., Salt – 1 g, Vanilla essence – 2 ml, Water – 40 – 50 ml (as required)

For coating: Brown sugar powder, cinnamon powder

## Preparation

- Take a vessel of water; add butter, sugar and salt and bring to a boil.
- To this, add foxtail millet and wheat flour; stir continuously and cook until it becomes smooth.
- Then add egg and vanilla essence to the above mixture; Cook for one minute and blend it properly.
- Keep it aside and let it cool for 5 minutes.
- Fill the blended dough in a piping bag having star shaped nozzle.
- Pipe out approx. 12 – 15 cm churros in heated oil & deep-fry them until they turn golden brown.
- Sprinkle cinnamon powder, powdered sugar on churros and serve.



## Ingredients

Foxtail Flour – 40 g, Refined wheat flour – 60 g, Sugar – 5 g, Yeast – 5 g, Milk powder – 10 g, Oil – 10 ml, Lukewarm milk – 60 ml, Egg – 1 No. (for egg wash)

### For filling:

Butter – 20 g, Onion – 50 g, Refined wheat flour – 20 g, Milk – 80 ml, Salt – 5 g, Pepper powder – 5 g, Boiled shredded chicken – 250 g, Soya sauce – 5 ml, Grated cheese – 100 g, Sesame seeds – 5 g, basil nigella seeds – 5 g

## Preparation

- Activate yeast by adding sugar and warm milk to it.
- Mix foxtail flour, refined wheat flour, milk powder, activated yeast together in a bowl and knead into a dough.
- Apply some oil to the dough and knead it again until smooth
- Allow it to rest for about one hour.
- For the stuffing, heat oil in pan, add butter, onions and sauté them.
- Further, add refined wheat flour, milk, salt, pepper powder, soya sauce, shredded chicken and cook it properly for some time.
- Now, divide the dough in equal portions and flatten them into oval shape.
- Add the stuffing in middle of the oval sheet; cut the edges and fold them in a criss cross pattern (Note: Give slits only on edges; do not cut the whole sheet).
- Coat the prepared bread with egg white and decorate it with sesame and chia seeds.
- Bake the bread in preheated oven at 180 °C for 35 minutes and coat it with butter.
- Serve the prepared bread.



# Foxtail Millet Cheese Bread

KOREA





## Ingredients

Sorghum flour – 250 g, Butter – 50 g, Baking soda – 3 g, Powdered Sugar – 75 g, Hydrogenated fat – 50 g, Powdered sugar – 130 g, Fresh cream – 120 g, Vanilla essence – 5 ml, Honey – 40 ml.

## Preparation

- In a bowl, beat eggs and powdered sugar; to this, add butter and honey and allow melting by double boiling method.
- Add sorghum flour and baking powder to the above mixture and prepare a dough.
- Divide the dough into equal balls and roll it out.
- Dock the dough sheet—using fork and bake it in a preheated oven at 180 °C for 7 minutes.
- In a planetary mixer, add fresh cream, sugar powder, vanilla essence, hydrogenated fat and mix until it becomes light and fluffy.
- Layer the flattened dough one over the other with cream mixture in between.
- Sorghum honey cake is ready.

# Sorghum Honey cake

RUSSIA





# Finger Millet Chocolate Cake

DUBAI



## Ingredients

Finger millet flour – 66 g, Sugar powder – 80 g, Milk – 72 ml, Oil – 72 ml, Cocoa powder – 42 g, Salt – 2 g, Baking powder – 10 g, Eggs – 2 Nos., Dark chocolate – 50 g

## Preparation

- Beat egg and sugar powder until it becomes fluffy; then add milk and blend it for 5 minutes; Add oil and repeat the blending step.
- Add finger millet flour, cocoa powder, baking powder to the above mixture and prepare batter until it becomes light and fluffy.
- In a greased cake pan, pour the batter and bake at 180 °C for 30 minutes.
- Remove the cake from the oven and let it cool for some time.
- After cooling, cover the cake with melted chocolate and freeze it for 5 minutes.
- Chocolate cake is ready to eat.



## Ingredients

Sorghum flour – 100 g, Milk – 130 ml, Sugar – 40 g, Egg – 1 No., Vanilla essence – 5 ml, Salt – a pinch, Oil – for frying, chocolate sauce- for garnishing

## Preparation

- Beat the egg until it becomes frothy; to this, add sugar, salt, milk and vanilla essence.
- Add sifted flour and mix all the ingredients well.
- Prepare a thick batter.
- Grease the pan with oil and pour the batter to prepare pancake.
- Cook it evenly on both the sides and serve hot; garnish with chocolate sauce.

# Sorghum Oladushki

RUSSIA





# Kodo Millet Tea Cakes

RUSSIA



## Ingredients

Kodo millet Flour – 70 g, Sugar powder – 25 g, Vanilla essence – 5 ml, Crushed Almonds – 20 g, Butter – 50 g

## Preparation

- Thaw the butter; in one bowl, take kodo millet flour, sugar powder, essence and almond powder and make a dough.
- Divide the dough into small equal portions and shape into biscuits.
- Bake the biscuits in a pre-heated oven at 200 °C for 12 minutes
- Sprinkle with some sugar once the biscuits have cooled down and serve.



## Ingredients

Sorghum Vermicelli – 50 g, Butter – 15 g, Condensed Milk – 35 g, Chopped pistachio – for decorating purpose

## Preparation

- Steam the vermicelli and then roast in butter until they turn golden brown in color.
- Add condensed milk to it and cook for two minutes.
- Take a tablespoon of vermicelli mixture, shape it into bites using cutter,
- Decorate them with pistachio and serve.

# Sorghum Vermicelli Bites

ARABIAN





# Proso Millet Cinnamon Bread

INDONESIA



## Ingredients

Proso millet flour – 80 g, Refined wheat flour – 30 g, Sugar – 50 g, Yeast – 3 g, Lukewarm milk – 60 ml, Butter – 2 g, Egg – 10 g

For cream preparation: Butter – 18 g, Brown sugar – 25 g, Cinnamon powder – 2 g

## Preparation

- First, activate the yeast by adding small amount of milk, dry yeast and sugar. Mix and rest for 10 mins.
- Now, add the proso millet flour, refined wheat flour, egg and butter to the activated yeast, Knead into a smooth dough and proof it for 15 minutes.
- Roll the dough into sheet and spread the cinnamon mixture on top of it; Cut this into square shaped pieces using pizza cutter.
- Stack the pieces one after the other on a tray lined with butter paper & allow it to rest for 30 minutes.
- Coat these pieces with egg and bake in preheated oven at 180 °C for 30 minutes.
- Relish the healthy bread.



## Ingredients

Proso flour – 35 g, Refined wheat flour – 75 g, Yeast- 3 g, Sugar – 7 g,  
Salted butter – 20 g, Cardamom – 2 g, Warm water – 65 ml, Egg – 1 No.

### For coating:

Salted butter – 30 g, Sugar – 8 g, Cinnamon powder – 2 g

## Preparation

- In a bowl, activate yeast by adding yeast and sugar to lukewarm water.
- Now, add proso millet flour, refined wheat flour and cardamom powder into the same bowl to prepare a dough.
- Knead into a smooth dough and proof it for 15 minutes until it rises double its size.
- In another bowl, whisk the butter, sugar and cinnamon powder.
- Roll out the dough into square sheet and spread the above whisked butter all over the dough.
- Now fold the dough sheet into half and slice it in sticks shape
- Take each stick twist it and fold into a knot with end underneath.
- Proof it for 10 minutes; Glaze with egg; Sprinkle sugar and bake in pre-heated oven at 180 °C.
- The proso Swedish cinnamon buns are ready to serve.



# Proso Swedish Cinnamon Bun

INDONESIA





## Ingredients

Little millet flour – 30 g, Salted butter – 20 g, Water – 50 ml, Egg – 1 No.

### For stuffing:

Egg yolk: 1 No., Sugar – 20 g, Little millet flour – 10 g, Milk – 100 ml,

Whipped cream – 75 g, Sugar – 7 g.

## Preparation

- Place the butter, sugar, and water in a pan and bring to a boil by continuous stirring over medium heat.
- After cooking, cool it; quickly add beaten egg and mix well to avoid lump formation.
- Divide the batter into equal round portions and place it on tray lined with butter paper.
- Bake it at 180 °C for 20 minutes.
- For stuffing: In another bowl, mix egg yolk, sugar, millet flour and milk, place this on medium flame and cook for 5-10 minutes until it thickens.
- For cream, mix whipping cream with sugar and egg yolk until creamy texture.
- Pour the whipped cream into piping bag.
- Take the baked puffs, give it a tiny slit in center and squeeze out the cream into it.
- Enjoy the sweet puffs.



# Little Millet Cream Puffs

JAPAN





## Ingredients

Little millet flour – 80 g, Pomegranate – 80 g, Agar-agar – 1 g, Corn flour – 6 g, Cashew – 10 g, Dry coconut powder for decoration.

### For sugar syrup (1 thread consistency)

Sugar – 80 g, Lemon juice – 3 drops, Water – as required

## Preparation

- Prepare the sugar syrup to one thread consistency and keep it aside.
- Prepare little millet gruel and add to pomegranate and grind it finely.
- Strain to get clear juice.
- To this juice add agar-agar, corn flour and cook on low flame with occasional stirring.
- To the above mix, slowly start adding sugar syrup and continue cooking until it thickens.
- Once it gets thick, add cashew nuts.
- In a greased cake tray sprinkle coconut powder and pour the above cooked mixture.
- Again, sprinkle coconut powder over it, let it cool; and cover with a thin film.
- Keep the tray in refrigerator for three hours.
- After freezing cut it into square shapes.
- Coat the sides of delight with coconut powder and serve.



# Little Millet Delight

TURKEY





## Ingredients

Pearl millet flour – 50 g, Refined wheat flour – 50 g, Pearl millet semolina – 25 g, Sugar – 50 g, Baking soda – 1 g, Baking powder – 2 g, Ghee – 10 g, Milk powder – 10 g, Egg white – 1 No.

## Preparation

- Mix Pearl millet flour, Pearl millet semolina, refined wheat flour, sugar, baking soda, baking powder, ghee, milk powder and egg white.
- Add little water and make dough.
- Make a thick chapathi and cut into diamond shape.
- Now deep fry them in oil on low flame.
- Take them out into a serving plate and enjoy the dish.

# Pearl Millet Khajoor Shells

AFGHANISTAN





# Sorghum Basbousa

ARABIA



## Ingredients

Sorghum idly semolina- 150 g, Sugar powder - 50 g, Baking powder - 4 g, Wheat flour - 40 g, Oil - 100 mL, Milk - 60 mL, Vanilla essence - 5 mL, Pinch of salt, Eggs - 2 Nos., Jaggery - 100 g

## Preparation

- Beat eggs with sugar powder until creamy texture.
- Add milk and mix well for 5 minutes, followed by oil.
- Now, add wheat flour, Sorghum semolina, baking powder, salt and vanilla essence.
- Mix all the ingredients, take into a cake tray and bake at 180°C for 40 minutes.
- Now melt the jaggery with 50 mL water.
- Remove the cake and add the jaggery syrup over it, Give rest for 2 hours.
- Serve the sweet dish and enjoy.



## Ingredients

Multi millet idly – 80 g, refined flour – 10 g, Corn flour – 10 g

**Manchuria ingredients** – Onion – 1, Capsicum – , ginger – ½ tsp, garlic- ½ tsp, Few curry leaves and coriander leaves, Green chillies – 5, Soya sauce – ½ tsp, Green chilli sauce – ½ tsp, tomato sauce – ½ tsp, Schezwan sauce – 1 tsp, red chilli powder – ½ tsp, pepper powder – ½ tsp, salt – as required.

## Preparation

- Prepare the multi millet idlys and keep them ready.
- **For coating:** Mix refined flour, corn flour, pepper powder, salt and red chilli powder with little water. Keep this batter aside.
- Cut the idly's into 4 pieces. Coat in the refined flour batter and deep-fry them.
- In a pan, pour oil and add ginger, garlic, curry leaves, onion, capsicum and all the sauces. Mix them well.
- Now add the fried idlis to the above mix.
- Garnish with coriander and serve the healthy Millet Manchurian.

## Multi Millet Idly Manchurian

CHINA





# Foxtail Millet Jam Cake

KENTUCKY



## Ingredients

Foxtail millet flour – 60 g, Refined wheat flour – 40 g, Baking powder – 3 g, Baking soda – 2 g, Cake gel – 7 g, Milk – 25 g, Oil – 25 g, Mixed fruit jam – 100 g, Eggs – 2 Nos.

## Preparation

- Take a mixed fruit jam, baking powder and baking soda in a bowl and mix well, until it becomes foaming.
- Now take eggs in a planetary mixer and mix well to become fluffy. Once cream consistency is formed, add cake gel and mix well.
- Add milk, oil followed by foxtail millet flour, refined wheat flour and mix until it reaches batter consistency.
- Pour the cake batter in a cake mould
- Preheat the oven at 180 °C and bake it for 35 minutes.
- Foxtail millet jam cake is ready to serve.



## Ingredients

Pearl millet flour - 35 g, Refined wheat flour - 35 g, Butter - 40 g, Sugar powder - 20 g, Vanilla essence - 5 ml, Corn flour - 10 g, Milk powder - 15 g, Baking powder - 2 g, Milk - 10 ml.

## Preparation

- Take butter and cream it well along with sugar powder until it becomes fluffy.
- Now add corn flour, milk powder, baking powder, milk, vanilla essence and mix thoroughly until we get desired dough consistency.
- Add pearl millet flour, refined wheat flour and mix it well until the dough becomes soft.
- Now make small size dough balls and bake them in oven at 150 °C for 15 minutes.
- Pearl millet mini milk cookies is ready to serve.

## Pearl Millet Mini Milk Cookies

PHILIPPINES





# Barnyard Sweet Cheese Fritters

RUSSIA



## Ingredients

Barnyard millet flour – 25 g, Cheese – 100 g, Castor Sugar – 15 g, Baking Powder – 2 g, Vinegar – 1 ml, Egg – 1 No., Olive Oil – as required for shallow frying

## Preparation

- Mix barnyard millet flour, cheese, castor sugar, baking powder, vinegar, egg and prepare a dough.
- Cut the dough and shape them in form of fritters.
- Heat olive oil in a pan and shallow fry them.
- The fritters are ready to serve.



## Ingredients

Pearl millet flour- 25 g, Refined wheat flour – 50 g, Coffee sugar – 9 g, Salt – 1 g, Milk powder – 4 g, Dry yeast- 1 g, Warm water – 60 ml, Butter – 7 g.

## Preparation

- Take a bowl and add pearl millet flour, refined wheat flour, coffee sugar, milk powder, yeast and milk.
- Mix all the above ingredients thoroughly and make a dough.
- Now add butter to the above dough and knead it for 15 min, dough raised to double in size and keep it aside for rest.
- For filling take butter and sugar in another bowl and mix well.
- Pour it on the thin film of square shape and keep it in deep freezer.
- For topping: Take butter, sugar, refined wheat flour, coffee powder and eggs.
- Make thick dough. Add water if required for batter consistency.
- Pour it on the butter paper of cone shape and keep it aside.
- Now take dough and make small size chapatti's and fill the butter stuff.
- After stuffing close stuffed chapatti in bun shape.
- Put the toppings and bake it in oven at 180 °C temperature for 30 minutes.



# Pearl Millet Coffee Mexican Buns

ASIA





## Ingredients

Pearl Millet Flour – 45 g, Sugar – 20 g, Honey – 5 g, Vanilla essences – 5 ml, Baking Powder – 2 g, Milk Powder – 10 g, water – 10 mL, Eggs – 1 No, Jam (or) Dark Chocolate – as per required.

## Preparation

- Take eggs in a bowl and beat them vigorously.
- Now add pearl millet flour, sugar, honey, vanilla essences, baking powder, milk powder, water and mix until it becomes batter consistency.
- Heat a frying pan over medium flame. Pour the batter on the fry pan, for each pancake. Fry on both sides until it become brown.
- Apply jam or dark chocolate in between two pancakes.
- Now pearl millet dorayaki is ready to serve.

# Pearl Millet Dorayaki

JAPAN





# Foxtail Millet Balikusta

PHILIPPINES



## Ingredients

Foxtail Millet Gruel – 50 ml, Coconut Milk – 50 ml, Brown Sugar – 100 g, Peanuts – 5 g, Butter – 5 g.

## Preparation

- Collect millet gruel by cooking foxtail millet rice.
- Add coconut milk to the gruel and boil it.
- Caramelize the brown sugar and add to the coconut milk and mix well.
- After caramelization add peanuts, butter and mix thoroughly.
- Now transfer the above mix to the silicon mould and keep in refrigerator for 30 minutes.
- Now foxtail millet balikusta is ready to serve.



## Ingredients

Little millet flour - 30 g, Wheat flour - 20 g, Sugar - 62 g, Oil - 32 ml, Water - 32 ml, Vanilla essence - 2 ml, Lemon juice - 15 ml, Baking powder - 4 g, Salt - 1 g, Lemon zest - 1 g, Egg yolks - 2 Nos., Egg white - 2 Nos., Lemon juice - 15 ml, Vinegar - 5 ml,

**For cake coating:** Condensed milk - 190 ml, Lemon juice - 15 ml

## Preparation

- Prepare a mixture of egg yolk, sugar, oil, vanilla essence, water, lemon juice, little millet flour, wheat flour, baking powder, salt, lemon zest. Mix them well and keep it aside for rest.
- Beat egg white and add sugar; whisk the mixture until it becomes fluffy, then add vinegar and lemon juice to it.
- Slowly add the prepared mixture to the little millet batter and bake it in a preheated oven at 180°C for 15 minutes.
- Mix condensed milk and lemon juice in planetary mixer for 15 minutes.
- Rest it to cool, then spread condensed milk over it and serve it.

# Little Millet Lemon Cake

ARABIA





# Little Millet Burfee

MAURITIUS



## Ingredients

Little millet gruel - 60 ml, Milk mist cream - 60 g, Milk powder - 60 g, Cardamom powder - 1 g, Almond powder - 10 g, White sugar powder - 35 g, Almond mix powder - 2 g, Ghee - as required, Sugar crystals for garnishing.

## Preparation

- Firstly, add milk mist cream and gruel, cook it well until it turns into a thick paste.
- Now, add milk powder, cardamom powder, almond powder, powdered sugar, almond mix powder into that paste, mix them well; continue to cook on low flame until the mixture turns silky smooth consistency.
- Grease the tray with ghee and spread the prepared mixture by pressing it evenly; cut into square shape.
- Sprinkle sugar crystals over it to garnish.
- Refrigerate for 2 hours and serve it.



## Ingredients

Sorghum vermicelli - 150 g, Melted butter - 25 g, Orange food color - 2 to 3 drops.

### For stuffing:

Milk powder - 50 g, Sugar - 10 g, Corn flour - 10 g, Cream cheese - 50 g,  
Lukewarm water - 150 ml, Sugar syrup - as required.

## Preparation

- Take a bowl, add vermicelli, melted butter and 2-3 drops of food color. Mix them well. Then keep it aside for rest.
- For filling, add milk powder in 100 mL of water, let it boil then add sugar. Add corn flour whisking vigorously without forming lumps. Boil keeping it in low flame and once it thickens, add cream cheese.
- Allow it to cool.
- Take a baking pan lined with parchment paper and greased with butter. Spread half of vermicelli mixture in the pan, spread the prepared filling over this, again spread the other half vermicelli mixture above it.
- Bake it in a preheated oven at 180 °C for 35 minutes.
- Meanwhile, prepare sugar syrup by boiling sugar into water until it becomes sticky and comes to syrup consistency.
- After baking, apply the sugar syrup over it and let it cool for 30 minutes.
- Later, cut it and serve the tasty sorghum kunafa.



# Sorghum Kanafa

ARABIA





## Ingredients

Little millet flour – 40 g, Wheat flour – 60 g, Baking powder – 2 g, Salt – 1 g, Olive oil – 10 ml, Yeast – 4 g, Sugar – 4 g, Lukewarm water – 70 ml.

## Preparation

- Take a bowl; add lukewarm water, yeast and sugar to activate.
- Now, mix little millet flour, wheat flour, salt, baking powder, yeast well and prepare a dough out of it.
- Add olive oil to the dough; keep it aside for 60 minutes.
- Divide the dough into equal parts, flatten each part as chapatti and roast both the sides on the pan.
- Thus, your hot little millet pita bread is ready to eat.

# Little Millet Pita Bread

ISRAEL





# Little Millet Lemon Delight

TURKEY



## Ingredients

Little millet gruel – 150 ml, Sugar – 125 g, Lemon peel – 3 g, Cornflour – 41 g, Lemon – 1 (big), Yellow Food colour – (pinch), Dry coconut powder – as required, Ghee – 1 tablespoon.

## Preparation

- Take millet gruel, add sugar & lemon peels, cook the mixture until single thread consistency of sugar is obtained; Rest it to cool.
- Add 75 ml of gruel to corn flour; mix it thoroughly by keeping flame on medium, stir continuously to avoid lumps.
- Add lemon juice and continue to stir until thick.
- Add sugar syrup in corn flour mixture and cook until it turns thick.
- Grease the tray with ghee, place corn flour mixture, and refrigerate it for 2 hours.
- Cut into slices and garnish it by sprinkling coconut powder and serve it.



## Ingredients

Finger millet flour - 80 g, Milk powder - 30 g, Butter - 2 g, Sugar - 100 g, Water - 80 ml

## Preparation

- Take a container; add milk powder, water and butter; then set it to boil.
- Slowly add finger millet flour to it, stir it continuously until it becomes thick enough to form dough.
- Prepare date shells by moulding the dough in date shape and fry it until it become golden brown in colour.
- Now, make sugar syrup by boiling sugar in water until a sugar syrup of thin thread consistency is attained.
- Soak the date shaped shells in sugar syrup for 7 hours.
- Thus, Finger millet date shells are ready to serve.

# Finger Millet Date Shells

AFGHANISTAN





# Proso Millet Flat Bread

TURKEY



## Ingredients

Proso millet flour – 40 g, Refined wheat flour – 60 g, Milk powder – 10 g, Yeast – 3 g, Sugar – 3 g, Warm water – 80 mL, Oil – 10 mL, Red chilli flakes, Parsley, Melted butter as required.

## Preparation

- Firstly, take a bowl; activate the yeast by adding sugar and water.
- Knead a soft dough by mixing proso millet flour, refined wheat flour and milk powder.
- Roll the dough into flat bread and roast it on a pan.
- Mix red chilli flakes, parsley in melted butter and spread on the roasted bread.
- Proso millet flat bread is ready, Enjoy.



## Ingredients

Proso millet flour – 100 g, Refined wheat flour – 50 g, Eggs – 2 Nos., Sugar – 50 g, Vanilla powder – 3 g, Butter – 65 g, Dates – 80 g, Milk – 30 g, Cinnamon powder – pinch, Cardamom powder – pinch, Salt – pinch

## Preparation

- Chop the dates and keep them aside.
- Cream the butter and sugar together until fluffy
- Add the proso millet and refined wheat flours to it and mix.
- Whisk the eggs into a separate bowl and add into the dough mixture
- Give it a good mix and then fold in the chopped dates.
- Sheet out the dough and cut using the cookie mould cutter
- Bake the cookies at 180 °C for 20 mins.
- Enjoy the cookies.

# Proso Millet Dates Cookies

ARABIA





# Sorghum and Bell Pepper Salad

MIDDLE EAST



## Ingredients

Sorghum - 100 g, Bell pepper (Green) - 50 g, Bell pepper (Yellow) - 50 g, Bell pepper (Red) - 50 g, Garlic - 10 g, Salt - to taste, Peppercorn (crushed) - 2 g, Lime - 1 No., Oil - For frying, Coriander leaves - 10 g, Sorghum puffs - 50 g

## Preparation

- Soak and boil sorghum in salted water until cooked.
- Cut bell pepper (green, yellow, red) into small dices.
- Combine salt, crushed black peppercorns, lime juice, oil, garlic and chopped coriander leaves to make a dressing.
- Mix boiled sorghum, cut bell peppers to the dressing.
- Garnish with sorghum puffs and serve.



## Ingredients

Pearl millet flour – 70 g, Refined wheat flour – 40 g, Milk – 37 mL, Warm milk – 37 mL, Salt – 2 g, Dry Yeast – 3 g, Oil – as per requirement.

### For Decoration:

Red chilli powder, butter, parsley leaves, red chilli flakes.

## Preparation

- Take pearl millet flour and refined wheat flour in a bowl
- Take yeast in a bowl and activate it by adding sugar, salt and lukewarm water
- Now add activated yeast to the flour and knead until it becomes dough.
- Once dough is ready, make sheets half centimeter thick and roast them in non-stick pan by applying butter on both the sides.
- Now decorate with red chilli powder, parsley leaves.

# Pearl Millet Bread

TURKEY





# Little Millet Mulligatawny

SRI LANKA



## Ingredients

Lamb – 100 g, Little Millet – 70 g, Oil – 10 mL, Cinnamon – 2 g, Cardamom – 2 g, Cloves – 2 g, Garlic – 5 g, Star anise – 1 No, Peppercorns – 2 g, Curry leaves – 1 spring, Onion – 50 g, Tomato – 40 g, Curry powder – 10 g, Turmeric powder – 2 g, Garam masala powder – 2 g, Salt – to taste, Coconut Milk – 50 ml, Coriander leaves – 10 g, Rice – 2 g

## Preparation

- Soak little millet.
- Heat oil in a heavy bottom pan, add cinnamon, star anise, peppercorns, and allow crackling.
- Add chopped garlic and sauté, add sliced onion Sauté until translucent then add chopped tomatoes and cook until soft.
- Add curry powder, turmeric powder and cook for a while, add lamb and sauté.
- Add water & cook the lamb. Once lamb is half done add soaked little millet & cook until done.
- Check seasoning and serve hot garnish with boiled rice and chopped coriander leaves.



## Ingredients

Prawn – 100 g, Little Millet – 50 g, Parsley – 10 g, Thyme – 10 g, Dill Leaves – 10 g, Salt – to taste, Peppercorn Crushed – 5 g, Oil – for frying, Lemon – 1 No,

### For Orange Salsa:

Orange – 1 No., Onion – 50 g, Capsicum (red) – 20 g, Capsicum (green) – 20 g, Capsicum Yellow – 20 g, Olive Oil – 10 ml, Salt – to taste, Black pepper powder – 3 g  
Cilantro – 10 g

## Preparation

- Peel and Devein Prawn.
- Marinate the Prawns with salt, pepper, lemon juice and oil, set aside for 20 minutes.
- Dry roast little millet in a pan until toasted.
- Cool the little millet and coarsely crush.
- Mix chopped herbs (Parsley, thyme, dill leaves) into the crushed millets.
- Pat dry the marinated prawn, coat well with millet and herb mix.
- Fry in oil until crisp.

### For Orange Salsa

- Cut segments of orange without skin and seeds.
- Finely chop onions, capsicum and cilantro.
- Combine salt, crushed black peppercorns, lime juice and oil to form a dressing.
- Add chopped vegetables and orange segments to the dressing, mix gently.
- Place fried prawn on a platter with salsa, garnish with lemon wedges, chopped parsley, and serve hot.



## Herb and Millet Crusted Prawn with Orange Salsa SPAIN





## Ingredients

Pearl millet noodles – 100 g, Sliced onion – 20 g, Carrot – 20 g, Bell pepper (Yellow) – 20 g, Spring onion – 10 g, Ginger – 10 g, Sesame seeds – 10 g, Sesame oil – 20 ml, Malt vinegar – 20 ml, Coriander leaves – 30 g, Salt – to taste

## Preparation

- Boil finger millet noodles in salted water until done.
- Drain, refresh and keep aside.
- Cut carrot into julienne, onions slice, slice bell pepper, julienne ginger.
- Make a dressing by mixing sesame oil, malt vinegar and salt.
- Mix chopped herbs (Parsley, thyme, dill leaves) into the crushed millets
- Combine the dressing with boiled finger millet noodles, prepared vegetables and toss well until the dressing coats all ingredients.
- Garnish with toasted sesame seeds, chopped coriander leaves and serve.

### Pearl Millet Noodle Salad with Sesame Dressing

ORIENTAL



# Little Millet Yogurt Rice

UNKNOWN



## Ingredients

Little millet – 100 g, Carrot – 50 g, Pomegranate – 15 g, Bengal gram dhal – 10 g, Black gram dhal – 5 g, Curry leaves – 5 g, Coriander – 5 g, Green chili – 5 g, Mustard – 2 g, Cumin seeds – 5 g, Yogurt – 125 g, Oil – 5 ml

## Preparation

- To prepare little millet curd rice, we need to soak little millet for 10 minutes before cook
- Cook the soaked little millet in the pressure cooker and cook it for 15 minutes until 3 whistle
- Sauté the mustards, cumin seeds, black gram dhal, bengal gram dhal, and curry leaves and keep it aside
- Chop the carrot, coriander leaves and mix it with the cooked little millet with pomegranate fruit along with the sautéed ingredients
- Mix the rice with curd little by little thoroughly and transfer it to the bowl
- The little millet curd rice is ready to serve.



## Ingredients

### For Lavash:

All-purpose flour - 1 cup, Cumin seeds - 1 tsp, Rock salt - To taste, Extra virgin olive oil - 1 tbsp, Water

### For Millet Broth:

Water - 3 cups, Millet (Proso / Amaranth / Barnyard) - 1 cup, Sweet corn (boiled) - 1 tbsp, Mixed color bell peppers, diced - 1 tbsp, Carrots, diced - 1 tbsp, Coriander leaves, chopped - 1 tsp, Black pepper, crushed - ½ tsp, Rock salt - To taste

## Preparation

### For Lavash:

- In a mixing bowl, add flour, cumin seed, and salt, and mix well. Pour olive oil and water, knead into a soft dough and cover it with a moist kitchen towel, set aside to rest for an hour.
- Preheat the oven at 160 °C/ 320 °F.
- Meanwhile divide the dough into two equal portions, roll out the dough as thin as possible and cut into desired shape.
- Arrange lavash on a baking tray.
- Bake at 160°Celsius until golden and crisp, remove from oven, let it cool completely.

### For Broth:

- Heat 3 cups of water in a deep bottom pan.
- Add millet, rock salt, and cook over medium heat until millets are soft and tender.
- To this, add sweet corn, bell pepper, and carrots, and cook for another 5-7 minutes or until the vegetables are cooked.
- Remove from heat, add black pepper, coriander and pour into a soup bowl, garnish with remaining coriander, serve with cumin lavash.

# Millet Broth, Cumin Lavash

ASIAN





## Ingredients

Bajra with hull (to sprouts) - 1 cup, Carrots, julienned - ¼ cup, Peanuts, roasted - 2 tbsp, Coriander leaves, chopped - 1 tsp, Ginger, grated - 1 tbsp, Sesame seeds - 2 tbsp, Toasted almonds, halved - 1 cup

### For Dressing:

Honey - 1 tbsp, Sesame oil - 1 tbsp, Lemon juice - 1 tbsp, Rock salt - To taste, Black pepper powder - ½ teaspoon

## Preparation

### For Lavash:

- In a mixing bowl, add flour, cumin seed, and salt, and mix well. Pour olive oil and water, knead into a soft dough and cover it with a moist kitchen towel, set aside to rest for an hour.
- Preheat the oven at 160 °C/ 320 °F.
- Meanwhile divide the dough into two equal portions, roll out the dough as thin as possible and cut into desired shape.
- Arrange lavash on a baking tray.
- Bake at 160°Celsius until golden and crisp, remove from oven, let it cool completely.

### For Broth:

- Heat 3 cups of water in a deep bottom pan.
- Add millet, rock salt, and cook over medium heat until millets are soft and tender.
- To this, add sweet corn, bell pepper, and carrots, and cook for another 5-7 minutes or until the vegetables are cooked.
- Remove from heat, add black pepper, coriander and pour into a soup bowl, garnish with remaining coriander, serve with cumin lavash.

# Oriental Pearl Millet and Nuts Salad ASIAN





## Ingredients

Foxtail vermicelli – 100 g, Oil – for frying, Garlic – 10 g, Ginger – 10 g, Spring onion – 20 g, Carrot – 50 g, Bell pepper green – 20 g, Bell pepper (yellow) – 20 g, Bell pepper (red) – 20 g, Beans – 20 g, Cabbage – 20 g, Vinegar – 5 ml, Sugar – 2 g, Salt – to taste, White pepper powder – 3 g, Soy sauce – 5 ml, Foxtail millet flour – 30 g

## Preparation

- Boil water with salt and a teaspoon of oil add foxtail vermicelli and cook until it is done.
- Drain, refresh, smear oil and keep aside.
- Once vermicelli cools down, coat with foxtail millet flour and deep fry in oil until it becomes crispy.
- Heat 2 tsp of oil; add sliced ginger, garlic and sauté without change in colour.
- Add juliennes of carrot, bell peppers (green, yellow, green), beans, cabbage and stir fry.
- Add soy sauce, vinegar and sugar.
- Add fried vermicelli, toss well and check seasoning.
- Garnish with spring onion and serve hot.

## Crispy Fried Foxtail Vermicelli

ORIENTAL







# European Cuisines





Kodo Millet Risotto  
 Foxtail Millet Bunny Butt Carrot Pan Cakes  
 Proso Sweet Bread Rolls  
 Proso Millet Apple Pie  
 Finger Millet Doughnuts  
 Proso Millet Éclair  
 Sorghum Macaroni  
 Proso Garlic Cheese Bread  
 Foxtail Millet Crepes  
 Pearl Millet Oat Meal Cookies  
 Scotch Broth  
 Little Millet Yogurt Pudding  
 Proso Millet Banana Yogurt Cookies  
 Foxtail Swiss Roll Cake  
 Foxtail Biscotti Cookies (Italian)  
 Foxtail Millet Flower Shape Cookies  
 Little Millet Fazzolettic Pasta  
 Proso Millet Real Orange Cookies  
 Proso Millet Party Balls  
 Pearl Millet Rafellow Candy  
 Kodo Millet Pistachio Burfee Truffles



**European Cuisines**

Pearl Millet Yogurt Cookies  
Pearl Millet Peanut Butter Cookies  
Proso Apple Pie Cookies  
Mushroom Multi Millet Crêpe  
Millet Popsicles  
Minestrone  
Little Millet Fakes Soup  
Foxtail Spaghetti Napolitane  
Sorghum Herb Rolls  
Little Millet Olive Herb Focaccia  
Florentine Biscuits  
Multi Millet Lemon Cream Profiterole  
Multi Millet Raspberry Éclair  
Millet Porridge  
Proso Millet Fruit Tart  
Pearl Millet Bread Rolls  
Vegetable Quiche  
Pearl Millet Rafaello Candy  
Barnyard Millet And Fox Nuts Pudding  
Kodo Millet Smoothie  
Foxtail Millet Choco Pancake



Falafel

Proso Millet Crêpe Suzette

Amaranth And Chickpea Salad

Baked Spinach Finger Millet Croquettes

Kodo Millet Chocolate Bun

Almond Foxtail Millet Pudding

Salted Caramel Sorghum

Foxtail Millet Vegetable Fried Rice

Proso Millet Quiche with Mushroom and Multi Millet  
Bechamel

Finger Millet Flake Crusted Fish Fingers with  
Sorghum Vermicelli and Grill Vegetable Salad

Multi Millet Macaroni with Pearl Millet Alfredo Sauce

Pan Seared Chicken with Little Millet Mash And  
Lemon Butter Sauce



# INTRODUCTION



Cuisines of Europe are brought by countries such as Austria, Germany, France, Italy, Spain, etc. and they vary from region to region. European cuisine is divided into regional cuisines i.e., Central European cuisine, Eastern European cuisine, Western European cuisine, Northern European cuisine, and Southern European cuisine.

Most commonly, wheat-flour bread, potato, flatbreads (with toppings like pizza) are consumed as a source of starch with dumplings, pasta and pastries. Meat is favoured more compared to the East Asian countries. Steaks and cutlets are common among the west European countries. Also, grape wine, seasonings, sauces as condiments are famous. European salad (cooked/uncooked vegetables with dressings) is an integral part of the European meal.

Historically, European cuisine has been developed in the European royal and noble courts. The knife was used primarily for cutting and eating (cutlery) steaks and other food. Spoons were used for soup and later forks were introduced.

Central European countries have their own special cuisine like in Austria, breaded veal cutlet with lemon known as Wiener Schnitzel is famous. Czech is well known for beers, Germany for wursts, Hungary for goulash, Slovakia for gnocchi (Halusky pasta), and Poland for pierogis. Eastern European cuisine includes sauerkraut, steaming dumplings, and beet soup. Their major ingredients include egg (along with staple grains), fish, birds and poultry, red meats such as veal, beef, pork and mutton; and plentiful fruits including pears, plums, cherries, raspberries, pomegranates, dates, figs and a variety of liquors. The staple food for Southern European countries are red meat, fish, dairy products, pork products, vegetables, potatoes (along with soup). Northern European cuisine includes Danish cuisine, Dutch cuisine, Swedish cuisine, Finnish cuisine etc.



## Ingredients

Kodo millet – 50 g, Onion – 10 g, Mushroom – 20 g, Sweet corn – 10 g, Capsicum – 10 g, Garlic – 5 g, Butter – 20 g, Cheese – 30 g, Water – 250 ml, Pepper – 3 g, Salt to taste

## Preparation

- Heat the butter in a wide, tall pot over medium heat. Once the butter begins to shimmer, add cut onions and cook, stirring frequently, until translucent.
- To this, add thin sliced mushrooms, corn and sliced capsicum. Cook, stirring occasionally, until the mushrooms have cooked down.
- Add the garlic, salt, and pepper, stir, and cook for 1 minute, until the butter has melted and the garlic becomes aromatic.
- Add the kodo millet and stir until fully coated in the mushroom, corn and capsicum mixture.
- Let the kodo millet toast for 1-2 minutes.
- Add hot water and stir to combine. Cook, stirring frequently, until the water is fully absorbed by covering it.
- Continue to add the water, stirring continuously, until the broth is fully absorbed, for 15-20 minutes.
- Once the millet is *quesidilla*, remove from the heat.
- Add the cheese and stir to combine.
- Top with salt and pepper and serve hot.

# Kodo Millet Risotto

ITALY





## Ingredients

Foxtail millet flour – 100 g, Powdered sugar – 60 g, Baking powder – 1 g, Cinnamon powder – 1 g, Ginger powder – 1 g, Nutmeg powder – 1 g, Buttermilk – 180 ml, Carrot (grated) – 50 g, Melted butter – 20 g, Vanilla essence – 5 g, Egg – 1 No., Cream cheese – 20 g, Powdered sugar – 20 g (for icing), Oil (for shallow frying)

## Preparation

- Take a bowl and mix the dry ingredients viz., sorghum flour, powdered sugar, baking powder, cinnamon powder, and nutmeg powder in it.
- In a separate vessel, whisk the buttermilk, grated carrot, melted butter, egg and vanilla essence together; add the flour to this mixture to form a pancake batter.
- In another bowl, blend the cream cheese and sugar powder and keep aside (for icing purpose).
- Grease a nonstick pan with some oil; Pour the batter and allow the pancake to cook on one side until bubbles are seen on the upper surface; then flip and ensure proper cooking.
- Apply the icing mixture in between the two pancakes; cut and serve it.

## Foxtail Millet Bunny Butt Carrot Pancakes

EUROPE





# Proso Sweet Bread Rolls

PORTUGAL



## Ingredients

Proso millet flour – 40 g, Refined wheat flour – 80 g, Yeast – 3 g, Sugar – 10 g, Milk powder – 20 g, Egg – 1 No., Butter – 20 g, Lukewarm water – 50 ml.

## Preparation

- Mix lukewarm water, yeast, and sugar together.
- To it, add proso millet flour, refined wheat flour and egg to prepare a dough.
- Add little butter and knead the dough.
- Let it rest until it becomes double its size.
- Cut the dough into small portions; Roll them vertically, place them in a tray and let them rest until they become double the size.
- Coat them with egg and bake for 25 minutes in preheated oven at 180 °C.





## Ingredients

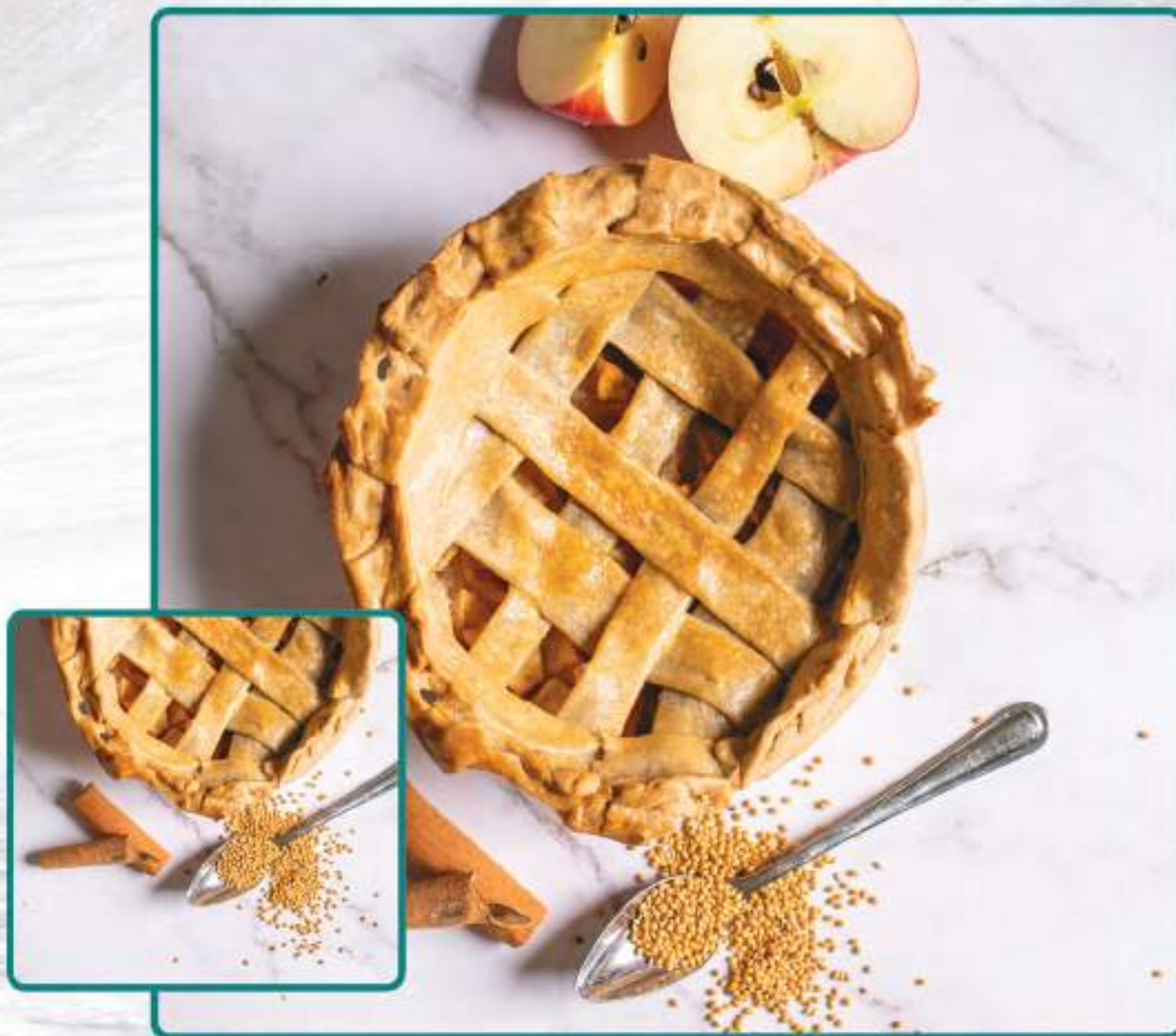
Proso Millet Flour – 70 g, Refined wheat flour – 80 g, Lemon – 1 No.,  
Brown sugar – 20 g, Corn flour – 6 g, Cinnamon powder – 3 g, Nutmeg powder – 1 g,  
Sugar – 20 g, Salt – 1 g, Butter – 75 g, Water – 50 ml.

## Preparation

- For apple filling, peel the apple and cut into small pieces. Mix with lemon juice, brown sugar, cinnamon powder, nutmeg powder, and keep the mixture aside for half an hour.
- In a separate bowl, prepare dough by mixing proso flour, refined wheat flour, salt, white sugar, and melted butter (35 g).
- Wrap the dough in a thin film and refrigerate it for half an hour.
- Strain the liquid that oozed out from the apple pieces and mix it with corn flour, water and remaining butter, and bake the mixture at 180 °C for 5 minutes.
- Add this mixture to the apple pieces. Keep the filling aside.
- Remove the dough from the refrigerator and roll it into a flat thin layer.
- For the pie crust, place the dough sheet on the oven tray carefully without stretching to prepare base and dock it (prick the dough with fork)
- After docking, put the layer of apple filling and cover it with another sheet of dough sealing all the sides properly.
- Glaze the pie with egg and bake in preheated oven at 180 °C for 45 minutes.
- Proso millet apple pie is ready to be served

# Proso Millet Apple Pie

ENGLAND





## Ingredients

Finger millet flour – 80 g, Refined wheat flour – 120 g, Yeast – 5 g, Sugar – 20 g, Salt – 1 g, Melted butter – 20 g, Fresh cream – 25 g, Vanilla essence – 5 ml, Egg – 1 No., Oil – for deep frying, Water – 70 ml, Powdered sugar – for sprinkling, Maple syrup or chocolate – for coating

## Preparation

- To activate yeast, add yeast and sugar to lukewarm water.
- In another bowl, mix finger millet flour, refined wheat flour and salt.
- Beat the egg, fresh cream, vanilla essence, butter and activated yeast together.
- To this, add the flour mix and prepare a dough.
- Allow the dough to proof for almost an hour until it rises double in size.
- After this, make small portions of dough, shape it in form of doughnuts.
- Deep-fry the doughnuts; after they cool, either dip in maple syrup and sprinkle it with sugar powder or coat it with chocolate and serve.

# Finger Millet Doughnuts

PORTUGAL



# Little Millet Rice Pudding

PORTUGAL



## Ingredients

Little Millet Rice – 30 g, Orange peel – 20 g, Cinnamon stick – 2 g, Butter – 20 g, Jaggery/ Sugar – 50 g, Milk – 100 ml, Salt – a pinch, Egg – 1 No.

## Preparation

- Wash little millet rice and take in a bowl.
- In the same bowl, add orange peel, cinnamon stick, butter, water (300 mL) and bring it to a boil.
- Once boiled, add egg yolk; Stir for 2 minutes; then add sugar and salt and allow to cook properly.
- Once cooked, remove the orange peel and cinnamon stick.
- Sprinkle cinnamon powder and serve the pudding.



## Ingredients

Foxtail millet flour – 50 g, Wheat flour – 50 g, Sugar – 20 g, Salt – 1 g, Baking powder – 3 g, Butter – 30 g, Vanilla – 5 ml, Egg – 1 No., Oil – for deep frying

## Preparation

- Whisk butter and sugar until it becomes light and fluffy.
- To this, add salt, baking powder, vanilla essence and egg and blend it.
- Add foxtail millet flour to it and knead into a dough.
- Flatten the dough into thick layer and cut it into cookie shape
- Deep fry the cookies until they become golden brown and serve it.

# Pearl Millet Snickers

USA





# Proso Millet Éclair

FRANCE



## Ingredients

Proso Flour – 40 g, Sugar – 5 g, Butter – 35 g, Dark chocolate for coating

### For stuffing:

Proso flour – 10 g, Sugar – 30 g, Milk powder – 10 g, Egg – 1 No., water – 120 ml

## Preparation

- In a pan, add butter, sugar and water; Mix and bring to a boil; Then add flour and cook for a while.
- Add egg and mix properly to form a dough; Prepare oval shaped balls and carve design using knife.
- Bake it at 180 °C for 25 minutes.
- For the stuffing, mix egg, sugar, milk powder, water and proso flour in a pan and heat on low flame; Cook until the mixture reaches thick consistency.
- Make holes on the baked oval rolls and put the stuffing inside; Coat it with melted chocolate.
- Proso millet éclair is ready



## Ingredients

Sorghum pasta – 20g, Corn flour – 10g, Rice flour – 10g, Red chilli powder – 5g, Salt – 2g, Chat masala – 3g

## Preparation

- Cook pasta in the boiling water, add 1 tsp oil and little salt.
- Drain away water, let the pasta cool for 5 minutes.
- Now coat the pasta with rice flour and corn flour and deep fry in oil.
- Coat the fried pasta with chilli powder, chat masala and salt. Serve with ketchup.

# Sorghum Macaroni

ITALY



## Ingredients

Proso millet flour – 60 g, Refined wheat flour – 90 g, Sugar – 20 g, Salt – 2 g, Oil – 15 g, Yeast – 4 g, Egg – 1 No., Lukewarm water – 65 ml, Butter – 18 g, Garlic – 10 pods, Oregano, Parsley, Cheese – as required

## Preparation

- In a bowl, take water; Add yeast, sugar and leave it for activation.
- Beat the egg; Add proso millet flour, refined wheat flour, and salt into it; Knead into a smooth dough; Glaze with oil and proof it for one hour.
- In another bowl, prepare garlic butter by adding finely chopped garlic, oregano and parsley into butter and mix it well.
- Roll out the dough into uniform sheet of 1 ½ inch thickness.
- Cut the bread dough diagonally (to prepare a pattern of diamond shape) with a knife about an inch wide but make sure it does not cut deep through the bottom.
- Now, slightly open the cuts and stuff above-prepared garlic butter and cheese into it.
- Finally, again mark the diamond shape slightly and bake in preheated oven at 180°C for 25 minutes.
- Enjoy the cheesy proso garlic bread.



# Proso Garlic Cheese Bread

EUROPE



# Foxtail Millet Crepes

FRANCE



## Ingredients

Foxtail flour – 60 g, Milk – 150 ml, Melted butter – 10 g, Salt – a pinch, Egg – 1, Almond flavour – 2 g.

## Preparation

- Beat the egg, add milk and mix well
- Now add foxtail flour, salt and butter into the batter and give rest for 10 minutes.
- Brush oil on the pan and spread the batter (like dosa)
- Fry it on both the sides.
- Serve the healthy crepes.



## Ingredients

Pearl millet flour - 25 g, Refined wheat flour - 25 g, Finger millet flakes - 20 g, Oats - 20 g, Butter - 25 g, Brown Sugar - 20 g, Jaggery powder - 15 g, Baking powder - 3 g, Vanilla essence - 5 ml, Milk- 15 ml.

## Preparation

- Take butter and cream it well along with brown sugar and jaggery until it becomes fluffy.
- Now add baking powder, essence followed by milk and mix well.
- Add pearl millet flour, refined wheat flour, finger millet flakes, oats and mix it well until the desired dough consistency is reached.
- Now take the dough in a butter paper, spread it like chapatti and cut the cookies of desired shape.
- With the help of toothpick make holes and bake it for 15 minutes at 180° C.
- Pearl millet oatmeal cookies is ready to serve.

# Pearl Millet Oat Meal Cookies

EUROPE



# Scotch Broth

SCOTLAND



## Ingredients

Proso millet – 80 g, Lamb – 100 g, Carrot – 50 g, Turnip – 50 g, Salt – to taste, Celery – 5 g, Leeks – 5 g, Peppercorn – 3 g, White pepper powder – 5 g, Parsley – 10 g, Water – 700 ml

## Preparation

- Cut celery, leeks, carrots and turnip into small dices.
- Combine lamb, peppercorns, celery, leeks in a heavy bottomed pan with water.
- Bring to boil and simmer.
- Soak proso millet.
- Once lamb is half cooked, add soaked proso millets.
- Add diced carrots and turnip and simmer until the ingredients are fully cooked.
- Check seasoning with salt and pepper.
- Remove lamb chunks, discard bones, cut lamb into small dices and add back to the soup.
- Garnish with chopped parsley and serve hot



## Ingredients

Little millet gruel – 30 g, Yogurt – 50 g, Condensed milk – 30 g, Cardamom powder – 1g, Yellow food color – 1 drop

## Preparation

- Take little millet gruel in a bowl
- Add yogurt, condensed milk, cardamom powder, yellow food color and mix it thoroughly.
- Take small bowl and grease oil to it.
- Transfer the batter to the oil-greased bowl and steam it in idly steamer for 30 minutes.
- After steaming, keep it in refrigerator for 1 hour.
- Now take out from the refrigerator and serve the little millet yogurt pudding directly into the bowl.

# Little Millet Yogurt Pudding

EUROPE





## Proso Millet Banana Yogurt Cookies

FRANCE



### Ingredients

Proso millet flour – 50 g, Refined wheat flour – 40 g, Sugar powder – 20 g, Butter – 50 g, Yogurt – 50 g, Baking Powder – 3 g.

### Preparation

- Take butter, yogurt and sugar powder in a bowl and cream it until it becomes fluffy.
- Add baking powder, refined wheat flour, proso millet flour & water and mix together to form dough.
- Once the dough is ready, keep it in refrigerator for 30 minutes and cut the banana into slices.
- Take butter in a pan and melt at low flame. Add banana to the melted butter and roast it followed by addition of sugar powder and kept aside.
- Make oval shape chapatti from dough. Fill banana stuff and make banana shape cookies.
- Take butter paper in cake mould and place the banana cookies and bake them in preheated oven at 180° C for 40 minutes. Later, sprinkle sugar on the top of the cookies.



## Ingredients

Foxtail millet flour - 30 g, Refined wheat flour - 20 g, Eggs - 2 Nos., Powdered sugar - 50 g, Vanilla essence - 5 ml, Baking powder - 2 g, Jam - as required, Red food color - as required, Butter paper - 1.

## Preparation

- Take foxtail millet flour, refined wheat flour and baking powder in a bowl, sieve and mix them well.
- Whisk eggs and powdered sugar until it becomes fluffy, then slowly add the prepared mixed flour
- Preheat oven to 180 °C.
- Transfer the mixture into cake pan and bake it for 25 minutes.
- Rest the baked cake for cooling, and then cut the sides.
- Mix the jam, a bit of food color and water to make it into a fine paste.
- Spread the above fine paste over the cake uniformly.
- Place the cake on butter paper and wrap it slowly.
- Refrigerate for 1 hour.
- Slice to thick pieces and serve it.

# Foxtail Swiss Roll Cake

EUROPE





# Foxtail Millet Biscotti Cookies

ITALY



## Ingredients

Foxtail millet flour - 100 g, Refined wheat flour - 50 g, Egg - 1 No., Powdered sugar - 65 g, Oil - 50 ml, Baking powder - 3 g.

### For Stuffing:

Foxtail millet flour - 20 g, Refined wheat flour - 20 g, Oil - 20 ml, Powdered Sugar - 25 g, Egg - 1 No., Vanilla essence - 3 ml, Pineapple essence - as required.

## Preparation

- Take a bowl, add foxtail millet flour, refined wheat flour, powdered sugar, oil, corn flour, baking powder, eggs and mix them very well. Now knead into a soft dough and rest it aside.
- Now, prepare cocoa powder dough by mixing foxtail millet flour, refined wheat flour, oil, powdered sugar, cocoa powder, egg, vanilla essence and pineapple essence, which is to be stuffed.
- Divide dough into small sized balls and flatten it little, put the stuffing dough inside.
- Roll the dough, cut it into cookie slices and bake in preheated oven at 180 °C for 15-20 mins.
- Allow the cookies to cool and are ready to serve.



## Ingredients

Foxtail millet flour - 100 g, Refined wheat flour - 50 g, Egg - 1 No., Powdered sugar - 65 g, Oil - 40 ml, Corn flour - 50 g, Baking powder - 3 g.

**Chocolate dough:** Foxtail flour - 25 g, Refined wheat flour - 25 g, Oil - 20 ml, Powdered sugar - 25 g, Cocoa powder - 7 g, Egg - 1 No., Vanilla essence - 2 ml, Pineapple essence - 2 ml.

## Preparation

- Take a bowl and add foxtail millet flour, refined wheat flour, egg, powdered sugar, corn flour and baking powder. Mix them well and knead a soft dough out of it.
- Now, prepare chocolate dough by mixing flour, refined wheat flour, oil, powdered sugar, cocoa powder, egg, vanilla essence, pineapple essence in a separate bowl.
- Make small lemon sized balls of both the dough prepared above.
- Make a ball from both the dough prepared, cut them into dices by pressing and bake it in a preheated oven at 180° C for 18 minutes.
- Rest it to cool and ready to serve.

## Foxtail Millet Flower Shape Cookies

ITALY





# Little Millet Fazzoletti Pasta

ITALY



## Ingredients

Little millet flour - 100 g, Refined wheat flour - 50 g, Egg - 1 No., Powdered sugar - 65 g, Oil - 50 ml, Baking powder - 3 g, Jam and Sugar as required

## Preparation

- Take a bowl, mix little millet flour, refined wheat flour, egg, powdered sugar, oil, corn flour, baking powder, mix them well and knead into a soft dough.
- Place the dough on butter paper and cut it into even disc shape by using a cutter.
- Later, sandwich jam in the middle and fold it slowly.
- Sprinkle powdered sugar and bake it in a preheated oven at 180 °C for 15 minutes.
- Little millet fazzoletti pasta is ready to serve.



## Ingredients

Proso millet flour - 40 g, Refined wheat flour - 30 g, Almond powder - 10 g, Baking powder - 1 g, Butter at room temperature - 30 g, Powdered sugar - 30 g, Vanilla essence - 3 ml, Orange zest - 2 g, Egg - 1 No, Orange slices - 10 pieces.

## Preparation

- Prepare a dough by mixing egg, proso millet flour, refined wheat flour, almond powder, baking powder, vanilla essence, orange zest with butter.
- Spread it uniformly on a butter paper and cut it into round shape using a cutter.
- Remove the surface moisture on orange slices by blotting with a tissue paper.
- Now, place the orange slices on previously cut round shaped dough and bake it in a preheated oven at 180 °C for 25 minutes.
- Allow the cookies to cool and are ready to serve.

# Proso Millet Real Orange Cookies

MOROCCO





# Proso Millet Party Balls

ITALY



## Ingredients

Proso millet flour - 25 g, Refined wheat flour - 25 g, Butter - 15 g, Chopped garlic - 5 g, Chopped onion - 15 g, Chopped capsicum - 20 g, Chopped carrot - 18 g, Milk - 100 ml, Cheese - 50 g, Salt - 3 g, Pepper - 1 g, Red chilli flakes - 1 g, Parsley - 1 g, Corn flour and bread crumbs for dipping and coating.

## Preparation

- Heat butter in a fry pan and put garlic, onion, capsicum and carrot. Then add proso flour, refined wheat flour and sauté it for 3 minutes. Later, add milk and stir well.
- Add a pinch of salt, pepper, red chilli flakes, parsley, cheese and sauté it for 1 minutes.
- Knead a dough of prepared mixture and place it in refrigerator for 30 minutes.
- Divide the dough into evenly sized small balls, dip the balls in corn flour, bread crumbs, and again refrigerate it for 30 minutes.
- Later, deep fry the balls and serve it with tomato sauce.



## Ingredients

Proso millet flour – 40 g, Coconut milk – 35 ml, Water – 35 ml, Sugar – 1 g, Butter – 20 g, Egg – 1 No.

**For filling and coating:** White chocolate – 150 g, Coconut milk – 40 ml, Vanilla essence – 5 ml, Almonds – 10 Nos., Coconut powder – 100 g (for coating).

## Preparation

- Take a container, add coconut milk, butter, egg, sugar in water, boil it then add proso millet flour slowly, stir it continuously until it becomes thick in consistency.
- Add egg to the thick mixture and knead it to dough.
- Cut the dough to desired shape and place it in a cake pan covered with butter paper.
- Bake it in a preheated oven at 180 °C for 20 minutes and rest it to cool.
- Press the confection in middle, fill it with white chocolate and almond, and then dip in the chocolate.
- Cover the confections with shredded coconut, and then refrigerate it for 10 minutes and is ready to serve.

## Proso Millet Ferrero Raffaello

ITALY





## Kodo Millet Pistachio Burfee Truffles

FRANCE



### Ingredients

Kodo millet flour – 30 g, Milk mist cream – 60 g, Milk powder – 50 g, Butter – 30 g, Brown sugar – 40 g, Pistachio powder – 20 g, Almond powder – 10 g, White chocolate – 50-g (as required)

### Preparation

- Take 20 g of pistachio, grind it and use 10 g for dough preparation.
- Melt butter in a fry pan and add milk powder, kodo flour, sauté it for 5 minutes.
- Add cream to it and cook well.
- Then, add sugar, pistachio powder, almond powder and stir it continuously.
- Refrigerate the mixture for 1 hour.
- Make small balls out of it.
- Garnish it with pistachio powder and chocolate syrup or dip the balls in white chocolate and decorate with sugar balls and is ready to serve.



## Ingredients

Pearl millet flour – 150 g, Refined wheat flour – 50 g, Sugar – 30 g, Unsalted butter – 100 g, Plain yogurt – 100 g, Salt – 1.5 g, Vanilla essence – 3 ml, Sugar powder – for coating

## Preparation

- Combine the flour with sugar and salt.
- Add the butter to the flour mixture and mix well.
- Now add the plain yogurt and mix the dough well
- Rest the dough in refrigerator for 1 – 2 hours.
- Roll out the dough and cut with cookie cutter.
- Coat them with sugar powder.
- Bake them at 180 °C for 25 – 30 minutes.
- Relax and enjoy the cookies.

# Pearl Millet Yogurt Cookies

GREECE





# Pearl Millet Peanut Butter Cookies

DENMARK



## Ingredients

Pearl millet flour – 90 g, Refined wheat flour – 50 g, Peanut butter – 60 g, Sugar – 40 g, Eggs – 1 No., Salt – 1g, Baking powder – 2 g, Vanilla essence – 3 ml

**Topping:** Crushed peanuts – 30 g, Egg white – 1 No.

## Preparation

- Combine the pearl millet flour, refined wheat flour, sugar, salt, peanut butter and mix well.
- Whisk the eggs separately and add to the above flour mixture.
- Add baking powder, vanilla essence and mix well to form the cookie dough.
- Roll out the dough and cut with cookie cutter.
- Coat them with crushed peanuts.
- Bake them at 180 °C for 25 – 30 minutes.
- Serve the cookies.



## Ingredients

Proso millet flour – 100 g, Butter – 30 g, Oil – 30 ml, Buttermilk – 30 g, Powdered sugar – 25 g, Vanilla essence – 5 ml, Corn flour – 5 g, Turmeric – 1 g, Eggs – 1 No., Refined wheat flour – 75 g

**For stuffing:** Apples – 150 g, Sugar – 50 g, Cinnamon powder – 0.5 g

## Preparation

- Wash and peel the apples; Grate them finely.
- In a pan, cook the grated apple; Add sugar and cinnamon powder and cook for 5 – 7 minutes.
- In a bowl, add the butter, oil, buttermilk, sugar powder, vanilla essence, turmeric and corn flour.
- Mix them well into a smooth paste and add the flours to prepare a dough.
- Now make small balls from the dough and roll it into uniform thickness.
- Stuff the filling at the centre of the rolled sheet and wrap it.
- Roll them slowly and cut with a cookie cutter.
- Bake them in a preheated oven set at 180 °C for 25 – 30 minutes.
- Serve the pie cookies.

# Proso Apple Pie Cookies

ENGLAND



# Mushroom Multi Millet Crêpe

FRANCE



## Ingredients

Egg – 1 No., Milk – 50 ml, Mushroom – 100 g, Garlic – 10 g, Melted butter – 10 ml, Salt – to taste, Peppercorn Crushed – 5 g, Finger millet – 20 g, Pearl millet – 20 g, Proso millet – 20 g

## Preparation

- Gentle dry roast millet and make a fine powder.
- Mix egg, milk, salt and mixed millet flour and make a batter.
- Heat a shallow pan and make crepe using the batter.
- Heat oil in a pan, add chopped garlic, sliced mushroom and sauté well.
- Add salt, crushed peppercorns.
- Fill crêpe with the mushroom filling.
- Roll and serve with a dipping.



## Ingredients

Proso millet flour – 200 g, Salted butter – 75 g, Milk – 30 ml, Powdered sugar – 15 g, Crushed black pepper – 2 g

### For Béchamel:

Milk – 100 ml, Multi millet flour – 10 g, Butter – 10 g, Oil – 10 ml, Onions – 20 g, Garlic – 10 g, Celery – 5 g, Leeks – 5 g, Salt – To taste, Pepper powder – 10 g, Mushroom – 200 g, Clove – 2 Nos., Onions – 50 g, Bayleaf – 1 No.

## Preparation

### For Quiche:

- Cream salted butter and powdered sugar.
- Add milk little at a time and mix.
- Fold proso millet flour into the mixture and make a dough.
- Rest the dough for 30 minutes.
- Sheet the dough into 6 mm thickness.
- Cut into with a cookie cutter and line on a quiche mould.
- Bake at 160 °C for 15 minutes.
- Remove from the oven and allow it to cool down.

### For Filling:

- Boil milk along with onion studded with bayleaf and clove, keep aside.
- Heat butter in a pan and add multi millet flour and make a roux.
- Add milk to the roux and cook until it attains a coating consistency & check seasoning.
- Heat oil in a frying pan sauté chopped garlic, chopped onions, chopped celery, chopped leeks.
- Add mushrooms and cook until the mushrooms become soft.
- Add sauce into the cooked mixture, adjust the consistency and seasoning.

### For assembling:

- Fill the mixture inside the baked quiche.
- Grate cheese over the quiche and bake until the cheese melts, serve hot.

## Proso Millet Quiche with Mushroom and Multi Millet Bechamel

FRANCE





## Ingredients

Fish fillet – 200 g, Salt to taste, Pepper powder – 10 g, Thyme – 5 g, Lime – 1 No., Orange – 1 No., Sweet lime – 1 No., Oil – to fry, Finger millet flour – 30 g, Egg – 2 Nos., Finger millet flakes – 50 g, Sorghum vermicelli – 30 g, Carrot – 30 g, Zucchini (yellow) – 20 g, Zucchini (green) – 20 g

## Preparation

- Cut fish fillet into fingers.
- Marinate with lime juice, salt, pepper and thyme.
- Grate zest of lime, orange, sweet lime and mix well with finger millet flakes.
- Keep finger millet flour and beaten egg on a separate plate.
- Dust marinated fish fingers in flour, dip in beaten egg and coat with finger millet flakes mixture.
- Heat oil in a pan, fry until crisp and drain on a paper towel.
- Prepare salad with boiled sorghum vermicelli, grilled juliennes of carrot, diced zucchini & seasoning.
- Serve fish fingers accompanied with the salad, garnished with lime wedges and chopped parsley.

**Finger Millet Flake Crusted  
Fish Fingers with Sorghum  
Vermicelli and Grill  
Vegetable Salad**  
FRANCE



# Millet Popsicles

UNKNOWN



## Ingredients

Foxtail millet flour – 40 g, Milk – 400 ml, Sugar – 50 g, Rose essence – 1 Tsp, Cardamom powder –  $\frac{1}{4}$  Tsp, Gelatin –  $\frac{1}{2}$  Tsp

## Preparation

- Dissolve gelatin with little milk and then mix with remaining milk
- Heat in on low flame to dissolve the gelatin.
- Blend other ingredients with it and pour in kulfi moulds.
- Cover and freeze for 2 hours.
- Healthy popsicles are ready



## Ingredients

Cabbage – 30 g, Beans – 30 g, Carrot – 30 g, Zucchini – 30 g, Yellow Squash – 30 g, Tomato – 100 g, Tomato puree – 20 g, Sorghum macaroni – 100 g, Fresh basil – 10 g, Cheese – 30 g, Parsley – 50 g, Salt – to taste, Peppercorn – 10 g, Olive oil – 10 ml, Garlic – 2

## Preparation

- Cut carrot, beans, zucchini, yellow squash, cabbage into dices, chop garlic.
- Blanch tomatoes, de-skin and finely chop.
- Heat oil in a vessel and add garlic sauté well.
- Add dice vegetables and sauté for two minutes without of change of colour
- Add chopped tomato and tomato puree and sauté.
- Add boiling water and cook for a while.
- Now add Sorghum macaroni and cook for 5 minutes till macaroni is cooked
- Check seasoning.
- Add fresh basil.
- Garnish with chopped parsley, grated cheese and serve hot.

# Minestrone

ITALY



# Little Millet Flakes Soup

GREECE



## Ingredients

Little Millet – 200 g, Onion – 100 g, Garlic 10 g, Carrots 100 g, Celery 75 g, Vegetable stock 1 liter, Tomato concasse – 200 g, Extra virgin olive oil – 50 ml, Bay leaves – 3 Nos., Freshly ground pepper 1 tsp, Salt – to taste

## Preparation

- Wash and soak little millets.
- In a large pot, heat the olive oil over medium heat. Add the chopped garlic and chopped onions sauté for 1–2 minutes.
- Add dices of carrots and celery and sauté for a while.
- Add soaked little millet and sauté for 1–2 minutes.
- Add tomato concasse and cook.
- Add vegetable stock & gently simmer until little millet is completely cooked. Add salt & fresh ground pepper to taste. Serve with vegetables, chopped parsley & olive oil drizzled on top.



## Ingredients

Multi millet macaroni – 100 g, Pearl millet flour – 10 g, Milk – 200 ml, Cheese – 20 g, Peppercorn Crushed – 10 g, Salt – to taste, Parsley – 10 g, Garlic – 10 g, Cream – 20 ml, Butter – 10 g

## Preparation

- Boil macaroni in salted water until done.
- Drain, refresh, smear oil and keep aside.
- Boil milk in a pan.
- Heat a saucepan add butter and let it melt; add garlic, sauté without colouring.
- Add pearl millet flour and make a roux.
- Add milk whisk well to remove lumps, bring to a boil.
- Simmer until the sauce thickens.
- Strain and keep aside.
- In a pan, heat oil and add chopped garlic, boiled millet macaroni and toss.
- Add sauce, cream, grated cheese and mix well.
- Garnish with chopped parsley, serve hot.

### Multi Millet Macaroni with Pearl Millet Alfredo Sauce

ITALY



# Foxtail Spaghetti Napolitane

ITALY



## Ingredients

Foxtail spaghetti – 100 g, Salt – To taste, Oil – 20 ml, Garlic – 20 g, Onion – 50 g, Thyme – 2 g, Rosemary – 2 g, Tomato Concasse – 200 g, Tomato puree – 20 g, Black Pepper powder – 3 g, Basil – 10 g, Cheese – 50 g, Parsley – 10 g

## Preparation

- Boil water with salt and add a teaspoon of oil.
- Add foxtail spaghetti and cook until done.
- Drain, refresh smear oil and keep aside.
- Take a pan, heat oil, add chopped garlic, sauté without colouring, and add rosemary and thyme.
- Add chopped onion sauté; add tomato concasse, tomato puree and sauté well.
- Reduce flame and simmer until tomatoes are thoroughly cooked.
- Add fresh basil, boiled foxtail spaghetti and toss well.
- Check seasoning, sprinkle grated cheese, garnish with chopped parsley and serve hot.



## Ingredients

Chicken breast – 1 No., Thyme – 5 g, Rosemary – 5 g, Salt – to taste, Lime – 2 Nos., Oil – to fry, Little millet – 70 g, Garlic – 10 g, Shallots – 20 g, Bell Pepper green – 20 g, Bell Pepper (yellow) – 20 g, Bell Pepper (red) – 20 g, Butter – 20 g, Pepper powder – 10 g, Parsley – 20 g, Proso millet flour – 10 g

## Preparation

- Trim and flatten chicken breast.
- Marinate chicken breast with salt, pepper powder, rosemary, thyme, lime juice and oil, set aside.
- Heat oil and chopped garlic & shallots, diced bell pepper and sauté without change of colour.
- Add water in 1:5 ratio and bring it to boil.
- Add soaked little millet and cook until it is done and all the moisture is absorbed.
- Add butter to the mash and check the seasoning.
- Now dust the marinated chicken with little millet flour.
- Pan fry the chicken till it is done and gets golden brown color.
- Place chicken on millet mash, garnish with chopped parsley and lime wedge.
- Serve hot with lemon butter sauce (melt butter, lime juice, parsley).

### Pan Seared Chicken with Little Millet Mash and Lemon Butter Sauce

FRANCE



# Sorghum Herb Rolls

FRANCE



## Ingredients

Sorghum flour - 125 g, Refined flour - 125 g, Yeast - 10 g, Salt - 5 g, Sugar - 30 g, Water - 150 ml, Peppercorn Crushed - 2 pinch, Oil - 30 ml, Rosemary - 2 g, Thyme - 2 g, Parsley - 2 g, Basil - 2 g, Oregano - 2 g

## Preparation

- Combine sorghum flour with refined flour.
- Make smooth dough with yeast, salt, sugar, chopped herbs (rosemary, thyme, parsley, basil, oregano) and water.
- Allow to proof (30 - 40 minutes).
- Once proofed, knock back.
- Divide dough into equal portions (40 g each).
- Shape into rounds and place on a baking tray and proof again (10 - 15 minutes).
- Bake in a preheated oven at 200 °C for 12-14 minutes , cool it and serve.



## Ingredients

Little millet flour – 125 g, Refined flour – 125 g, Yeast – 12 g, Salt – 5 g, Sugar – 30 g, Water – 150 ml, Peppercorn Crushed – 2 pinch, Oil – 30 ml, Rosemary – 2 g, Thyme – 2 g, Parsley – 2 g, Basil – 2 g, Oregano – 2 g, Garlic – 5 g, Green Olives – 3 Nos., Black olives – 3 Nos., Olive oil – 20 ml

## Preparation

- Combine little millet flour with refined flour.
- Make smooth dough with yeast, salt, sugar and water.
- Allow to proof (30 - 40 minutes).
- Once proofed, knock back.
- Add sautéed chopped garlic, sliced onions in olive oil (1/2 quantity) to knock back dough and mix well.
- Add sliced black, green olive and chopped herbs (half quantity) and mix.
- Add remaining sautéed garlic, onions, olives on top of the dough and allow for the final proofing.
- Once proofed, bake in a preheated oven at 200° C for 12 - 15 minutes.
- Remove from the oven, cool and serve.

## Little Millet Olive Herb Focaccia

ITALY





# Florentine Biscuits

ITALY



## Ingredients

Sorghum puffs – 50 g, Pearl millet puffs – 50 g, Jaggery – 80 g, Sugar – 20 g, Dark chocolate – 10 g

## Preparation

- Melt sugar in a heavy bottom pan.
- Add jaggery and cook until it reaches caramel stage.
- Remove from fire, add sorghum puff, pearl millet puff, and mix well.
- When the mixture is warm, spread it on a greased plate / silicone mat / greased granite tabletop.
- Cut into rectangular pieces.
- Melt Dark chocolate and dip half of the Florentine and allow to set.



## Ingredients

Sorghum millet – 40 g, Pearl millet – 40 g, Foxtail millet – 40 g, Finger millet – 40 g, Sugar – 25g, Salt – to taste, Eggs – 5 Nos., Butter – 125 g, Vanilla Essence – 5 ml, Water – 250 ml

**For Filling:** Lemon Cream – 100 ml

## Preparation

- Collect ingredients as required.
- Make flour with all millets.
- Boil water with butter and sugar.
- Add the millet flour and cook until raw flavour of the flour is eliminated.
- Remove from heat and let it cool.
- Add eggs one at a time and mix until the eggs are completely incorporated to form a smooth dough.
- Drop little dollops of the dough onto a baking tray.
- Bake for around 30 mins at 200 °C.
- Remove from the oven and cool.
- Pipe in lemon cream, garnish & serve.

## Multi Millet Lemon Cream Profiterole

FRANCE



# Multi Millet Raspberry Éclair

FRANCE



## Ingredients

Sorghum millet – 40 g, Pearl millet – 40 g, Foxtail millet – 40 g, Finger millet – 40 g, Sugar – 25 g, Salt – A pinch, Egg – 5 Nos., Butter – 125 g, Vanilla Essence – 5 ml, Water – 250 ml

**For Filling:** Whip Cream – 100 ml, Raspberry Compote – 50 g

## Preparation

- Make a flour with all millets.
- Boil water with butter and sugar.
- Add the millet flour and cook until raw flavour of the flour is eliminated.
- Remove from heat and let it cool.
- Add eggs one at a time and mix until the eggs are completely incorporated to form a smooth dough.
- Pipe it to a length of 4 inches, on a greased baking tray.
- Bake for around 30 mins. at 200°C and cool it.
- Pipe in raspberry compote cream (with whipped cream), garnish & serve.



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## Ingredients

Proso millet flour - 100 g, Unsalted butter - 50 g, Milk - 10 ml, Brown sugar - 10 g,

### For filling:

Strawberry - 100 g, Dragon fruit - 90 g, Kiwi - 60 g, Whip cream - 100 g

## Preparation

### For Tart

- Cream unsalted butter and powdered brown sugar together.
- Mix milk into the above mixture.
- Fold the proso millet flour into the mixture and make a dough.
- Rest the dough for 30 min.
- Sheet the dough into 6 mm thickness.
- Cut with a cookie cutter and line it on a tart mould.
- Blind bake at 160 °C for 15 minutes.

### For Fruit filling

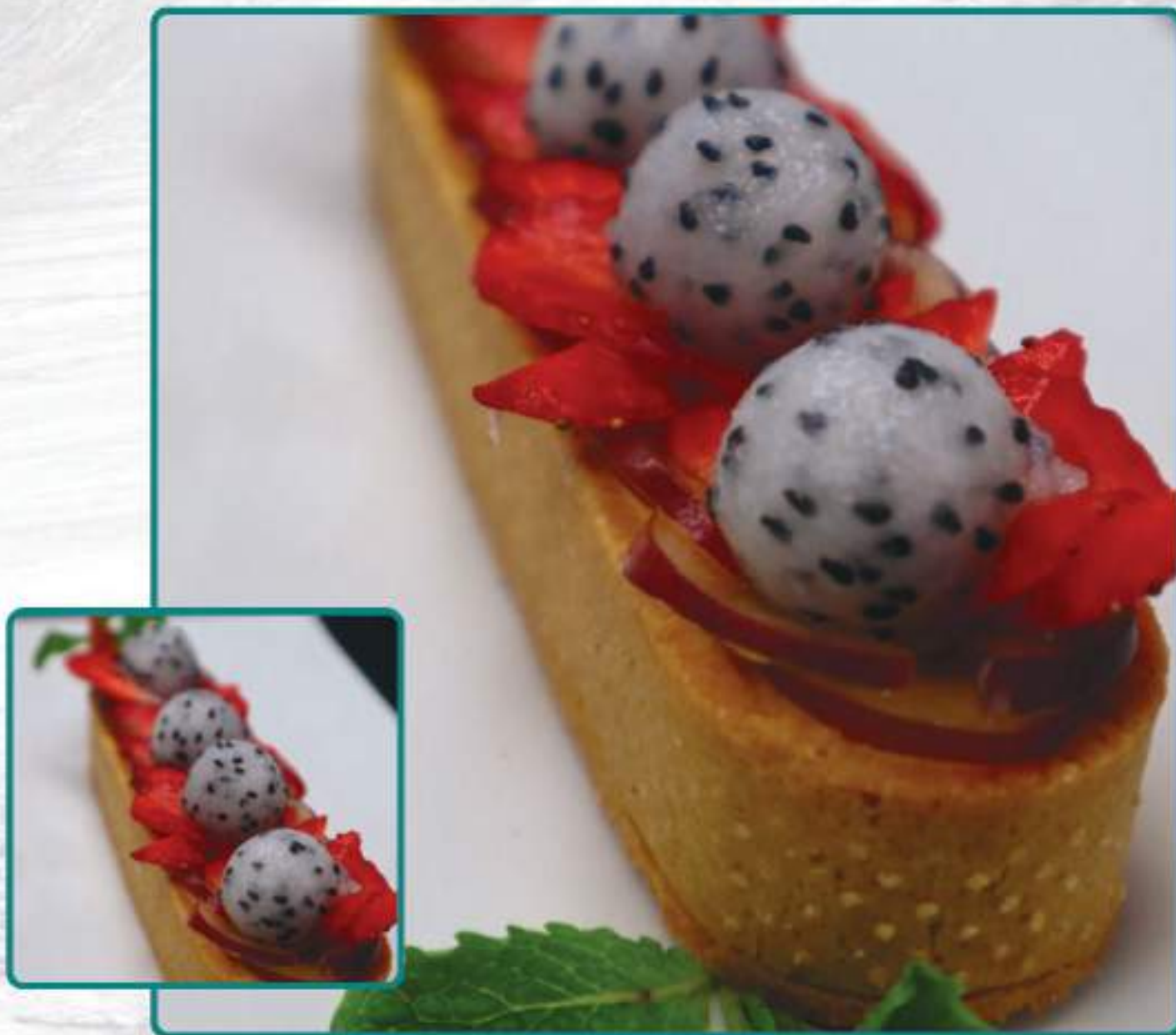
- Cut strawberry into slices, kiwi into dices and scoop dragon fruit.

### For Assembling

- Fill the tart with cream neatly arrange cut fruits on top.
- Serve chilled.

## Proso Millet Fruit Tart

FRANCE





## Ingredients

Pearl millet Flour – 100 g, Water – 60 ml, Sugar – 10 g, Salt – 5 g, Fresh Yeast – 5 g, Milk Solid – 10 g, Butter – 10 g

## Preparation

- Sieve the flour and keep aside.
- If using fresh or active dry yeast, soften the yeast in part of the liquid, using a separate container. If using instant dry yeast, use 2.5 g only and mix it with flour.
- Make a well into the flour. Add sugar, salt, milk solid and mix uniformly.
- Now add activated yeast and make a soft dough with remaining water.
- Knead in the butter and make a round smooth dough.
- Keep it for the fermentation in a warm humid place until double in size. Remove the extra air by knocking back.
- Divide the dough into four equal portions. Shape them into round balls. Cover with a damp cloth and keep aside for 5 min. Shape.
- Keep it for proofing (until double in size) for 20 min approximately.
- Apply milk wash or egg wash over the buns.
- Bake at 200 °C for 15 – 22 min.

## Pearl Millet Bread Rolls





## Ingredients

Pearl millet Flour – 80 g, Refined Flour - 20 g, Cold water - 1-2 tbsp,  
Chilled butter - 50 g,

### For filling:

Onion – 30 g, French beans – 25 g, Carrot – 20 g, Sweet Corn – 20 g, Capsicum – 15 g,  
Butter – 20 g, Cream – 50 ml, Tomato Puree – 20 g, Oregano – 5 g, Corn flour – 10 g,  
Salt & Pepper – To taste, Cheese – For Sprinkle

## Preparation

- Sift the pearl millet flour, add butter and rub well. Add enough water to make combine the dry ingredients together and make a dough. Do not over knead.
- Cover and keep aside for 15 minutes in fridge.
- Spread and level the dough in a buttered quiche/ flan tin. Prick with fork all over. Bake at 160 °C for 25 minutes. Keep aside to cool.
- In a non-stick pan heat the butter, add onions and sauté, add French beans, carrots, capsicum and corn. Stir and mix well, add salt and paneer. Remove from fire.
- Add cream, tomato puree, corn flour, salt, pepper and oregano. Mix well.
- Spread vegetable mixture evenly on the cooled shells. Sprinkle remaining cheese.
- Bake in a preheated oven over 150 °C for 20 minutes. Cool and serve.

## Vegetable Quiche





## Ingredients

Pearl millet – 100 g, Cashew – 5 g, Raisins – 5 g, Milk – 250 ml, Jaggery – 30 g, Ghee – 2 tsp, Cardamom – 2 Nos.

## Preparation

- Soak the Pearl millet in water for half an hour
- Drain the water.
- Add the Pearl millet to the milk and cook it on a medium heat for 5 minutes.
- Once cooked take off heat. Garnish with cashew nuts and raisins fried in ghee

# Millet Porridge



# Pearl Millet Rafaelo Candy

ITALY



## Ingredients

Pearl millet flour - 25 g, Coconut - 25 g, Butter - 50 g, Whipping cream - 150 g, White chocolate - 75 g, Condensed milk - 50 g, Almonds - 10 g, Bread crumbs - as required, Coconut Powder - as required.

## Preparation

- Whip the butter in a bowl and add pearl millet flour, coconut powder, condensed milk and mix it thoroughly to form dough.
- Keep the dough in the refrigerator.
- Melt the white chocolate and add whipped cream, mix thoroughly and keep it in the refrigerator until it becomes solid consistency.
- Now remove mix from the refrigerator and put the almond in middle.
- Coat the candy with whipped cream & white chocolate mixture & then coat with breadcrumbs and finally coat with coconut powder and serve it.



## Ingredients

Barnyard Millet – 50 g, Fox Nuts – 50 g, Milk – 100 ml, Ghee – 1 Tbsp., Sugar – 150 g, Cardamom and nutmeg powder – a pinch, Almond and Pistachio slices – 2 Tbsp., Cashew Nuts – 2 Tbsp., saffron threads – a pinch

## Preparation

- Clean, wash and soak barnyard millet in cold water for 5 minutes and drain the water.
- In a heavy bottom pan heat ghee and lightly roast Fox Nuts until crispy.
- Remove fox nuts and add milk in the same pan.
- Bring the milk to boil and add soaked millet and let it cook. Keep stirring continuously.
- In a mixer grind the roasted fox nuts coarsely and add to the millet boiling in milk.
- Now add sugar and continue cooking the kheer for another 5 minutes.
- Add saffron, cashews, cardamom and nutmeg powder.
- After a couple of minutes turn off the heat.
- Serve kheer in a serving bowl & garnish it with almond and pistachio slices.

## Barnyard Millet and Fox Nuts Pudding



# Kodo Millet Smoothie

SCOTLAND



## Ingredients

Kodo Millet – 30 g, Rice flakes – 10 g, Cashew nuts – 5 g, Almonds – 5 g, Dates – 5 g, Banana – 15 g, Cinnamon Powder – 2 g, Milk – 50 ml, Sugar – 50 g

## Preparation

- Place the Roasted kodo millet and rice flakes in the bottom of a blender and pulse a few times until finely ground.
- Add the banana, boiled milk, dates, cashew nuts, almonds, Sugar and cinnamon powder.
- Blend until smooth and creamy, stopping to scrape down the blender as needed.
- Now, serve it cool.



## Ingredients

Foxtail millet flour – 50 g, All purpose flour – 50 g, Butter – 4 tbsp, Powdered sugar – 50 g, Baking powder – 2 g, Baking soda – 2 g, Cocoa powder – 25 g, Choco chips – 20 g, Milk – 100 ml, Honey – 25 ml

## Preparation

- In a large mixing bowl add all the dry ingredients and sieve thrice to ensure thorough mixing of the ingredients.
- Cream the butter and add milk.
- Combine all the ingredients and whisk to a smooth batter of flowing consistency.
- Heat a pan and grease with butter.
- Pour a ladleful of prepared batter without spreading and sprinkle choco chips on the top.
- Simmer and cook for 2 minutes or until the bubbles appear on the surface.
- Flip over the pancake and heat for 1-2 minutes or until cooked thoroughly.
- Serve Foxtail millet chocolate pancake with some butter, drizzling honey or maple syrup on top.

## Foxtail Millet Choco Pancake



# Falafel



## Ingredients

Little millet – 50 g, Chick pea – 50 g, Garlic – 5 g, Coriander – 10 g, Green chill – 15 g,  
Coriander powder – 5 g, Cumin powder – 5 g, Onion – 10 g, Oil – 10 ml, Lemon juice – 5 ml

## Preparation

- To prepare falafel, we need to soak little millet and chick pea overnight
- Take a vessel and boil the chick pea until it gets soft
- Grind coarsely the chick pea along with soaked little millet and a clove of garlic
- Add the chopped onion, coriander leaves, green chili, coriander powder, cumin powder and salt.
- Squeeze a teaspoon of lemon juice
- Add oil to the pan, fried the falafel on both sides and transfer it to the plate and serve it.



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## Ingredients

Proso Millet – 50 g, Egg – 1 no, Milk – 30 ml, Sugar – 30 g, Melted butter – 10 g, Orange – 1 no, Orange juice – 100 ml, Brandy – 15 ml

## Preparation

- Grind Proso Millet into fine powder.
- Make a batter with egg, milk, proso millet powder and melted butter.
- Heat a shallow pan and make crepe using the batter.
- Stuff the crepe with orange segments (without skin, seed).

### For Orange Sauce

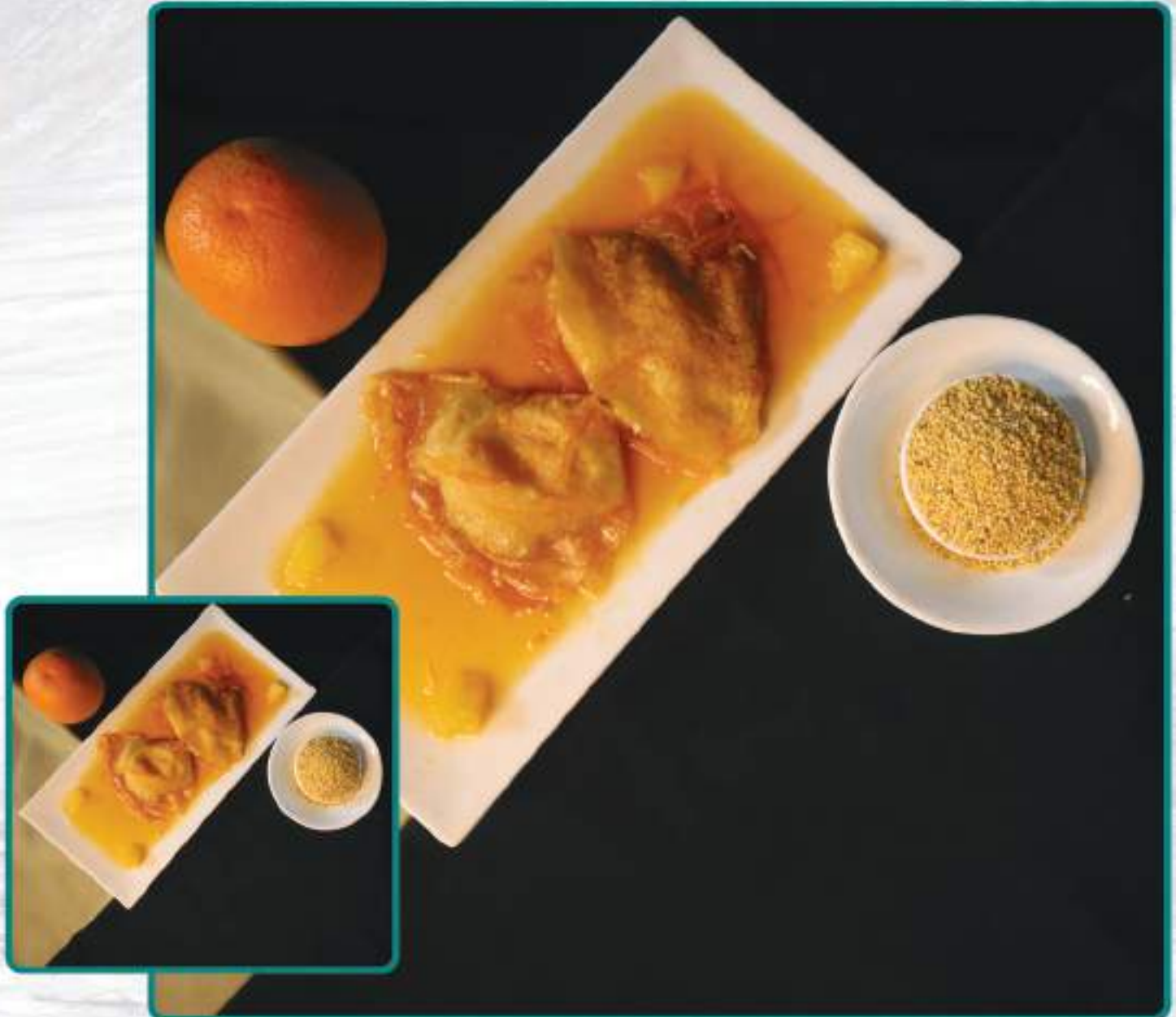
- Heat a pan and add sugar and cook until it turns to a caramel.
- Add orange juice and simmer.
- Add orange zest (julienne) and cook until it becomes semi thick in consistency.

### For Finishing

- Heat a pan with the orange sauce, add the crepes stuffed with orange segments and gently cook for a minute.
- Transfer to the serving plate and flambé with brandy.

# Proso Millet Crêpe Suzette

FRANCE





## Ingredients

Amaranth – ½ cup, Soaked chickpeas – 1 cup, Boiled corn kernels – ½ cup, Boiled green peas – ½ cup, Red bell pepper, finely sliced – 1 tbsp, Olive oil – 1 tbsp, Lime juice – 1 tsp, Dried thyme leaves – ½ tsp, Rock salt and pepper – To taste

## Preparation

- Rinse amaranth well.
- Take a pot and put amaranth with 1 cup of water. Add a pinch of rock salt and bring it to a boil. Cover, reduce the heat, and simmer for 20 minutes or until water evaporates. Allow it to cool.
- In a separate pot, add chickpeas with two cups of water, a pinch of rock salt and bring to a boil. Allow it to simmer while covered, for 30–35 minutes or until cooked.
- Drain the chickpeas immediately to avoid over-cooking, and allow it to cool.
- Put amaranth, chickpeas, corn kernels, green peas, red bell pepper, and thyme leaves in a salad bowl, and toss well.
- Mix olive oil and lime juice in a separate bowl.
- Pour over the salad, and toss well. Serve this chilled or at room temperature.

# Amaranth Chickpea Salad





## Baked Spinach Finger Millet Croquettes



### Ingredients

Ghee – 1 tablespoon, Finger millet flour – 1 cup, Rock salt – ½ teaspoon, Spinach – 3 cups, Whole Wheat Flour – 1/3 cup, Walnuts, soaked and chopped – 1/3 cup, Ice, Water

### Preparation

- In a pan, add ghee on a medium heat. Add finger millet flour and sauté for 1-2 min. Add water and salt, bring it to a boil. Cook on low heat for 30 min. or until liquid has evaporated. Set it aside.
- In a pot, add water and salt and bring it to a boil.
- Blanch the spinach in boiling water, for about 30 seconds. Remove from the pot and immediately transfer to ice water. Fine chop the blanched spinach.
- Preheat the oven to 190 °C/ 374 °F.
- Mix the spinach, finger millet mixture, whole wheat flour, walnuts and rock salt, form 1 inch rondels.
- Grease a baking sheet with ghee and bake the rondels for 20 min. at 190 °C until crispy on the outside and serve warm.



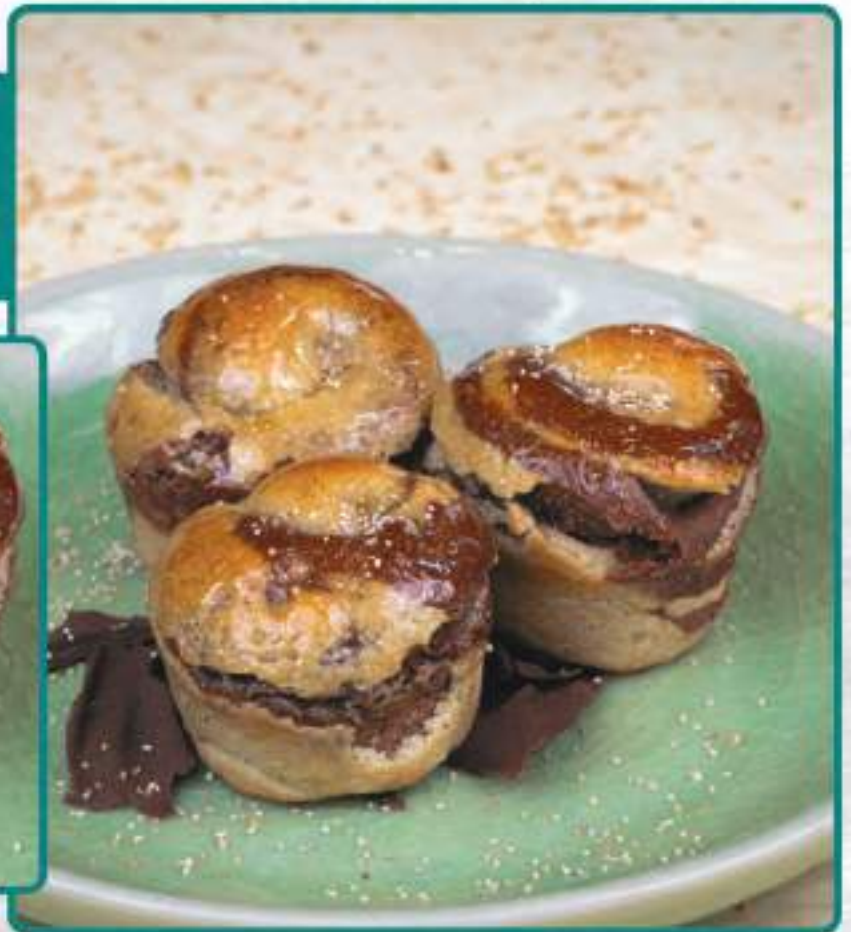
## Ingredients

Kodo millet flour - 1/8 cup, All-purpose flour - ¼ cup, Castor Sugar - 1 ½ tbsp, Rock salt - A pinch, Yeast - 1 tsp, Lukewarm milk (40 °C /104 °F) - 4 tbsp, Unsalted butter - 2 tsp, Cocoa powder - 1 tsp

## Preparation

- Mix warm milk, sugar and yeast in a small bowl. Set aside for 10-15 minutes.
- Sieve kodo millet flour and all-purpose flour together.
- Divide the flour mixture in two equal quantities. Add cocoa powder 2:1 proportion of the flour mixture.
- Add the yeast mixture to the two mixtures, and knead them into a dough, adding water if necessary. Coat the dough with butter, and knead them until both of them become smooth.
- Allow the dough to rest for an hour.
- Divide both the dough into equal portions and press them into oval sheets.
- Stack 4 sheets (with and without cocoa) alternatively one above another.
- Roll the stack towards one side and cut them horizontally.
- Place them in muffin tray and allow to rest for one hour.
- Bake them in a preheated oven at 180 °C/ 356° Fahrenheit for 18 minutes, until they are done.

## Kodo Millet Chocolate Buns





## Almond Foxtail Millet Pudding



### Ingredients

Blanched almonds -  $\frac{1}{2}$  cup, Milk -  $1\frac{1}{2}$  cups, Fresh cream -  $\frac{1}{2}$  cup, Foxtail Millet flour -  $3\frac{1}{2}$  tbsp, Jaggery Powder - 2 tbsp, Toasted almond slivers - for garnishing, Powdered green cardamom - a pinch

### Preparation

- Place the almonds in a bowl, add boiling water and soak them for two hours. Remove the skin.
- Put almonds in a blender. Add  $\frac{1}{2}$  cup of the milk and process into a smooth paste.
- In a pan, add the 1 cup of milk and cream and bring to a boil over medium heat. While stirring constantly, add the foxtail millet flour. Mix well.
- Add the almond milk paste and jaggery powder. Reduce heat to moderately low and simmer, stirring frequently for about 15–20 minutes or until the mixture thickens. Strain the mixture in a bowl.
- Add a pinch of green cardamom powder & cool to room temp. Garnish this pudding with toasted almonds.



## Ingredients

Sorghum - 1 cup; Rock salt - 2 cups

### For sauce:

Sugar - 1 ½ cup, Water, Rock Salt - 1 tablespoon, Butter - 5 tablespoon, Cream, room temperature - 1 cup

## Preparation

### For Pops:

- In a pan, add rock salt on a medium heat.
- Add sorghum grains to the pan and stir well. As soon as the grains begins to pop, cover with a sieve. Keep stirring occasionally to allow the sorghum to pop evenly.
- Keep stirring for 1-2 minutes or till they pop.

### For Sauce:

- In a sauce pan, add sugar, and keep it on a medium low flame.
- Add 3 tablespoons of water to the pan and stir a little using the spatula.
- Let it cook, for 2-3 minutes allowing the sugar to melt and caramelize, without stirring much.
- When the sugar has started to caramelize, gently pour the cream into the caramel to adjust the consistency, while whisking the sauce continuously.
- Add butter and rock salt, keep whisking.
- Keep whisking the caramel sauce, until thick and golden brown in colour.
- Take the caramel sauce off the flame and keep stirring to cool it down.
- Pour this caramel over sorghum pops.

## Salted Caramel Sorghum





## Ingredients

Foxtail millet – 150 g, Carrot – 75 g, Capsicum – 25 g, Beans – 25 g, Onion (big) – 50 g, Broccoli – 25 g, Green chili – 5 g, Garlic – 10 g, Coriander – 5 g, Mint – 5 g, Oil – 10 mL, Pepper powder – 5 g

## Preparation

- To prepare foxtail millet fried rice, we need to soak foxtail millet overnight
- Cook the soaked foxtail millet for 10 minutes and drain the water. Keep it aside
- Chop the vegetables onion, carrot, capsicum, beans, broccoli, green chili and sauté the vegetables added with salt
- Take the frying pan, add the cooked millet and the sautéed vegetables and stir-fried along with salt and pepper for 7 minutes. Add oil while stirring to avoid lump
- Transfer the fried millet rice to the glass bowl; Add coriander & mint leaves and serve it.

## Foxtail Millet Vegetable Fried Rice







# Oceanic Cuisines





Pearl millet condensed milk cookies

Pearl millet chocolate tarts

Pearl millet Anzac cookies

Pearl Millet Chocolate Swiss Roll

Pearl Millet White Chocolate Slices





# INTRODUCTION



Oceanic countries mainly includes around 22 smaller islands from Pacific Islands, Australia and New Zealand. Being near the ocean, seafood along with vegetables form an important part of the cuisine. One peculiar way of cooking followed throughout Oceania is the ancient and simplest method – “Earth Oven”, where the food is buried under the hot rocks and cooked. Different climatic conditions, availability of commodities, and immigrants have always influenced Australian cuisine. Majorly Australian cuisine has been influenced food habits of British, Chinese, Thai, Japanese etc. The regional cuisines commonly uses seasonal and local produce like fruits and vegetables. Apples are commonly grown in Australia; especially the Granny Smith apple variety is grown and consumed abundantly. Other food habits include barbecued food and wine, given the climatic conditions of Australia. Foods like sausages, bread with barbecue sauces or other toppings are part of the cuisine.

Seafood is integral part of this cuisine. Especially traditional delicacies and delights like ‘Kokoda’ prepared from marinated raw fish is an exotic and indigenous recipe belonging to Papua New Guinea and archipelago of Fiji. Another variation of the recipe named Peruvian ceviche prepared with coconut and citrus flavoured fish is served in coconut or giant clamshells. These oceanic delicacies use various spices like chillies, coriander leaves, onions etc.



## Ingredients

Pearl millet flour – 37 g, refined wheat flour – 30 g, Condensed milk – 30 ml, Butter (room temperature) – 55 g, vanilla essence – 5 ml

## Preparation

- In a bowl, add butter, pearl millet flour, refined wheat flour and mix it well.
- Now prepare the dough by adding condensed milk and essence to the mix.
- Dust the pearl millet flour onto the kitchen platform and make thick chapathi.
- Cut into round shape with cookie cutter.
- Make another round sheet; cookie with a whole in middle (like doughnut shape).
- Bake all the cookies at 180 °C for 20 minutes.
- After it cools, pour condensed milk on the lower cookie and place the doughnut like cookie over it.
- Snack up your cookies.

## Pearl Millet Condensed Milk Cookies

AUSTRALIA





# Pearl Millet Chocolate Tarts

AUSTRALIA



## Ingredients

Pearl millet flour – 65 g, refined flour – 65 g, Butter – 75 g, sugar – 25 g, vanilla essence – 5ml, Egg yolk – 1 No., Dark chocolate – 100g, whipping cream – 150g

## Preparation

- Melt the dark chocolate, add whipping cream and keep it aside.
- Prepare the dough by mixing Pearl millet flour, refined flour, butter, sugar, essence and egg yolk.
- Rest the dough in freezer for 15 minutes.
- Take little dough and press them into muffin mould shape.
- Bake them at 180°C for 20 minutes.
- After it gets cool remove from the moulds, add whipping cream and chocolate mix.
- Freeze them for 1 hour.
- Decorate with chopped nuts and serve.



## Ingredients

Pearl millet flour – 30 g, Refined wheat flour – 30 g, Oats – 45 g, Brown sugar – 100 g, Salted butter – 55 g, Honey – 10 g, Baking soda – 1 g, Water – 10 ml

## Preparation

- Melt the butter and add honey, water, baking soda and brown sugar. Mix them well
- Add Pearl millet flour, refined flour and oats to the above and prepare the dough.
- Now make balls out of the dough and place them on a cake tray with butter paper.
- Bake them at 160°C for 20 minutes.
- During the baking process, the balls are melted into biscuit shape.
- Relax and enjoy the cookies.

# Pearl Millet Anzac Cookies

NEW ZEALAND





## Pearl Millet Chocolate Swiss Roll

MEXICO



### Ingredients

Pearl millet flour- 30 g, Refined wheat flour - 30 g, Oil - 30 ml, Milk - 60 ml, Vanilla powder - 5 g, Cocoa powder - 10 g, Sugar powder - 30 g, Baking powder - 3 g, Baking soda - 1 g, Salt - a pinch, Whipping cream - 50 g, Sugar powder - 50 g, Vanilla essence - 5 ml.

### Preparation

- Take 40 mL milk, oil, vanilla essence, vinegar in a bowl and mix well.
- Now add pearl millet flour, sugar powder, cocoa powder, baking powder, baking soda and salt in the same bowl. Mix thoroughly by adding remaining 20 mL of milk.
- Now transfer the batter to the cake mould.
- Bake it in pre-heated oven at 180 °C for 20 minutes.
- After baking roll it when it is slightly hot.
- Spread whipping cream, roll & wrap it with butter paper & keep it in refrigerator for 30 min.
- After 30 minutes take out from the refrigerator and cut them into slices.



## Ingredients

Pearl millet flour - 25 g, White chocolate - 100 g, Cherries - 5 g, Cashew - 5 g, Almonds - 5 g, Pista - 5 g, Choco chips - 5 g, Watermelon seeds - 5 g, Coconut powder - 10 g.

## Preparation

- Melt white chocolate in a bowl and keep aside for cooling.
- After cooling add pearl millet flour, cherries, almonds, pista, choco chips, water melon seeds, coconut powder and mix thoroughly.
- Place butter paper in square shape cake pan and pour the chocolate mix.
- Keep the pan in refrigerator for 15 minutes (or) pour the chocolate mix in mould and refrigerator them for 15 minutes and cut them into slices.
- After adding chocolate to the millet decorate it with dry fruits and keep it in refrigerator.

## Pearl Millet White Chocolate Slices

AUSTRALIA

