

# KHUSHBOO COOKING CLASS

## BASICS OF MILLETS

### 1. BOILED MILLET RICE:

#### WATER REQUIRED:

- Little Millet – 2X
- Barnyard Millet – 2X
- Kodo Millet – 2X
- Foxtail Millet – 3X
- Browntop Millet – 3X

### 2. STEAMED MILLET RICE:

#### WATER REQUIRED:

- Little Millet – 1X
- Barnyard Millet – 1X
- Kodo Millet – 1X
- Foxtail Millet – 2X
- Browntop Millet – 2X

### 3. MIXED VEGETABLE PULAO:

#### INGREDIENTS:

- Foxtail millet rice – 1 ½ cup
- Steamed mix vegetables – ¾ cup
- Tomato chopped – ¼ cup
- Onion chopped – 1 small
- Salt & Ghee - to taste
- Whole Garam masala – few
- Green chilly & coriander leaves

#### DIRECTIONS:

1. In a pan, add ghee and add whole garam masala. Stir for few seconds till fragrant. Add in the onion and cook till soft.
2. Now add in chilly, tomato and steamed veggies.
3. Now add in cooked millet rice along with salt and stir well for few minutes .
4. Finally garnish with dhaniya leaves and serve.

### 4. BROWNTOP MILLET KHICHDI:

#### INGREDIENTS:

- Browntop millet – ½ cup soaked overnight
- Moong dal – ½ cup soaked for 2-3 hr
- Onion Finely chopped – 1
- Tomato finely chopped – 1
- Chopped veggies – ½ cup
- Zeera – 1 tsp
- Hing – ¼ tsp
- Red chilli pd – ½ tsp
- Haldi – ½ tsp
- Ghee – 1-2 tsp
- Water – 3 cups
- Rock Salt to taste

#### DIRECTIONS:

1. In a cooker, add ghee and then add hing and zeera and allow it to splutter.
2. Now add in the onion and saute till soft.
3. Add tomatoes along with the other veggies and cook till soft.
4. Now add in salt, haldi, chilly and mix well.
5. Add in the millets and moong dal and saute for sometime with the spices and other veggies well. Add 3 cup water, mix and cover and cook for 1 whistle. Once done, serve with a little more ghee on top.
6. Pair it with pickle, chutney, Papad & curd.

## 5. MIXED MILLET TAHIRI:

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### INGREDIENTS:

- Bajra (Pearl Millet) – ¼ cup
- Jowar (Sorghum Millet) – ¼ cup
- Barnyard (Samak) – ¼ cup
- Moong wadi – ½ cup
- Seasonal veggies – ½ cup finely chopped
- Ghee – 2 tbsp
- Chopped ginger & Green chillies – 1 tsp
- Rock salt to taste
- Haldi – ¼ tsp
- Water – 3 ½ cup

### DIRECTIONS:

1. Thoroughly wash and soak millets and lentils for minimum 6-8 hrs separately.
2. In a cooker, add ghee, add cumin seeds followed by ginger and green chillies. Add veggies and stir.
3. Add millets, wadi, salt, haldi and give it a mix.
4. Add adequate water (water content has to be three times of the total millets).
5. Pressure cook for 1 whistle. Let the steam settles on its own.
6. You can add other spices as per your taste in any of the recipes like black pepper, dhaniya pd etc.

## 6. MILLET CHAPATI/LACCHA PARATHA/ALOO PARATHA: (USING MILLET FLOUR)

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### INGREDIENTS:

- Any millet flour – ½ cup
- Water – ½ cup
- Cold pressed oil/Ghee – ½ tsp
- Pinch of salt
- Millet flour for dusting
- Parchment paper for easy rolling

### DIRECTIONS:

1. In a pan, boil water, salt and oil. Now add in the millet flour in batches, mix it nicely and turn the flame off. Continue to mix.
2. Allow this mixture to cool a bit but do not cool to a room temp. it should be warm but easy to handle. Rest for 5-10 min.
3. With the help of parchment paper and flour for dusting, make the first chapati as shown in class.
4. Make perfect aloo paratha and laccha paratha too as shown in class.

## 7. MILLET CHAPATI (DIRECTLY WITH SOAKED MILLET GRAINS):

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### INGREDIENTS:

- Brown top millet – ½ cup (washed & Soaked in 1 cup water for 8 hrs)
- Oil/Ghee – ½ tsp
- Rock Salt – pinch

### DIRECTIONS:

1. Sieve the soaked millet and save water separately.
2. Now add saved water only to grind the millet to a smooth consistency.
3. Pour the batter in pan and stir on medium flame till it comes together to form a dough. Add in ghee & salt.
4. Rest the dough for 5 min. It should be warm but easy to handle. Make chapati as demonstrated in the class.

## **8. MASALA MILLET PARATHA (WITH COOKED MILLET RICE):**

### **INGREDIENTS:**

- Cooked millet rice – 1 cup
- Besan – ½ cup
- Fresh methi leaves ½ cup or kasoori methi – 1 tbsp
- Ajwain – ¼ tsp
- Green chillies, dhaniya leaves
- Salt and masala of your choice
- Ghee/oil to cook paratha

### **DIRECTIONS:**

1. Mix all the ingredients together and knead well and make parathas on tawa as shown.

## **9. BROWNTOP MILLET PUMPKIN PHULKA:**

### **INGREDIENTS:**

- Browntop millet flour – 1 ½ cup
- Pumpkin puree – ½ cup
- Oil – 1 tbsp
- Salt to taste
- Ghee optional

### **DIRECTIONS:**

1. Take grated pumpkin and steam for 2-3 min.
2. Allow to cool and make puree. Now make smooth dough by adding all ingredients and allow to rest for 30 min.
3. Make phulka as shown in class.

## **10. KODO MILLET PURI (USING URAD DAL ATTA):**

### **INGREDIENTS:**

- MILLET FLOUR – 1 cup (soaked, dried and milled flour)
- Urad dal atta – ¼ cup
- Sea salt – as needed
- Oil for frying
- Water as required

### **DIRECTIONS:**

1. Add all the ingredients in a bowl and slowly add water and knead well to form a tight dough. Rest for 20 min.
2. Roll them into puri and fry as shown.

### **NOTE:**

1. Always store urad dal flour separately so that you can quickly make instant dosa, pakoda, roti etc using any siridhanya millet.
2. No need to soak urad dal to make flour. Just wipe and make flour.
3. Don not use hot water to make dough as the puris tend to absorb more oil while frying.
4. Please note: At any point of time, you can replace one positive millet with another positive millet.

## **11. LITTLE MILLET COCONUT RICE (Extra Recipe):**

### **INGREDIENTS:**

- Little millet (washed, soaked & cooked) – 1 cup
- Freshly grated coconut – ½ cup
- Salt to taste

### **FOR TEMPERING:**

- Cold pressed oil/Ghee – 1 tbsp
- Green cardamom – 1
- Urad daal soaked- 1 tsp
- Mustard leaves – 1 tsp
- Curry leaves – 15
- Dried red chilly - 2

### **DIRECTIONS:**

1. Cool down the cooked millets for sometime and keep aside.
2. Heat oil in pan and add all the tempering ingredients and toss them till you get the fresh aroma.
3. Add grated fresh coconut, salt and cook till golden.
4. Add cooked millet and toss well.
5. Serve hot.

## **12. FOXTAIL MILLET LEMON RICE:**

### **INGREDIENTS:**

- Foxtail millet (washed, soaked & cooked) – 1 cup
- Mustard seeds – 1 tsp
- Urad dal & chana dal soaked– 1 tsp
- Raw peanuts – 2 tbsp
- Curry leaves – 10-12
- Ginger grated – 1 inch
- Carrot & beans chopped – ½ cup
- Green chilly sliced– 1
- Haldi – ½ tsp
- Lemon juice – 1 ½ tbsp
- Sesame oil – 2 tsp
- Rock salt to taste.
- Fresh coriander leaves to garnish
- Pinch of hing

### **DIRECTIONS:**

1. As shown in class.

## **ALL ABOUT GRUEL(PORRIDGE/DALIYA) & AMBALI (FERMENTED PORRIDGE/ FERMENTED DALIYA):**

### **IMPORTANT POINTS:**

1. Soak millets the previous night to cook in morning and soak in the morning to cook in evening.
2. Clay pots are the best to prepare gruel/Ambali. Never use aluminum vessels, non sticks pots at all.
3. Method of preparing gruel with any siridhanya is the same.
4. Never add salt or any spice or any veggies while preparing ambali. Add just before consuming it.
5. If u wish to consume ambali hot, heat it using water bath. It should not be heated beyond lukewarm level as beneficial bacteria will get destroyed.
6. Consumption of ambali twice in a week helps in maintain microbial balance.

### **13. GRUEL AND AMBALI (WITH SOAKED GRAINS):**

#### **INGREDIENTS:**

- Any positive Millet – 1 cup (soaked for 6 hrs)
- Water – 8-9 cups

#### **DIRECTIONS:**

14. In a clay pot, add soaked millet and water and cook till done.
15. Once it is fully cooked, **Gruel is ready**. Use in recipes now.
16. **FOR AMBALI:** Cool gruel little and then cover with muslin cloth and allow it to ferment for 8 - 10 hrs. **READY TO SERVE.**

CAUTION: **\*Never put salt while cooking\***

### **14. GRUEL & AMBALI (WITH FLOUR):**

#### **INGREDIENTS:**

- Any positive Millet flour – 1 tbsp
- Water – 1 cup

#### **DIRECTIONS:**

1. Just mix water and flour with no lumps and cook for 7-8 min. **GRUEL IS READY.**
2. Cool little and then cover with muslin cloth and allow it to ferment for 5 - 6 hrs. **THE GANJI IS READY TO SERVE.**

### **15. SIRIDHANYA VEGETABLE DALIYA:**

#### **INGREDIENTS:**

- Kodo millet – ¼ cup
- Water – 2 ½ cup

- Salt, cumin pd, pepper pd, green chilly chopped, carrot, tomato , dhaniya leaves, onion all can be used . other greens can also be used as well.

**DIRECTIONS:**

1. Coarsely grind kodo millet in mixer like rava and wash and soak for 3-4 hrs.
2. Now heat ghee in a pot and add finely chopped veggies along with the spices and saute for few minutes.
3. Add in the soaked rava along with the water and cook covered till all the water gets absorbed.
4. Garnish with coriander leaves and lemon juice and serve hot.

**16. FRUIT N NUT AMBALI SHAKE:**

**INGREDIENTS:**

- Ambali (fermented porridge of any sridhanya millet) – 3 tbsp
- Fresh Mango puree/ any fruit puree – ½ cup
- Milk – 1 – ½ cups as per thickness
- Dates – 6 (deseeded) or palm jaggery – 2 tbsp
- Cashews, almonds, raisins chopped – 2 tbsp
- Sabja seeds or basil seeds – 2 tsp soaked

**Method:**

1. Soak sabja seeds for 2 hrs.
2. Now grind mango puree along with milk, jaggery, little dry fruits and blend to a smooth paste. Transfer it into a bowl.
3. Now add ambali in it and whisk well.
4. The healthy & delicious ambali shake is ready.
5. Pour soaked sabja seeds in your glass, over it pour the ambali shake & garnish with chopped dry fruits and mango pieces.
6. You may use ambali prepared from any of the 5 positive millets.

**17. SIRI AMBALI CURD RICE:**

**INGREDIENTS:**

- SIRI Rice Ambali – 1 cup
- Finely chopped onion, tomato, cucumber – 2 tbsp each
- Ginger grated, chilly chopped – 1 tsp
- Thick curd – ½ cup
- Coriander leaves – 2 tbsp
- Curry leaves – 10
- Salt to taste

- Ghee – 1 tbsp
- Rai – ½ tsp
- Dry red chill - 2

**DIRECTIONS:**

1. Whisk curd and add salt, cucumber, onion , tomato, ginger chillies and dhaniya leaves. Mix well.
2. Now add ambali into it and give it a mix.
3. Finely prepare tadka with ghee, rai, curry leaves and dry red chilly and keep aside. Allow this tempering to come to room temp and then add in the ambali curd mixture.
4. To enhance the taste, you can add pomegranate seeds or finely diced banana or any fruit. Don't include more than 1 fruit.
5. This dish is most nutritious, delicious and simplest to make.

Dear Folks,

With the completion of this class, I hope I was able to tell you all the different technique of cooking with **Millets**.

Boiling, Blanching, Steaming, making your own flours, different ways to cook millet rice and millet chapati, magical Ambali and their benefits and how the texture comes when we cook these wonder grains.

Now you can easily bring **MILLETS** to your everyday menu and substitute wheat and Rice with these Millets completely and see the magic.

**Please note:** At any point of time, you can replace one positive millet with another positive millet.

So add these grains and bring them as per your health conditions. Keep moving. There is lot that you will be receiving through this amazing Millet Journey with us.

Loads of Love,  
KHUSHBOO