

KHUSHBOO COOKING CLASSES



ALL ABOUT MILLETS



**“The Food you choose makes
difference”**

– You are what you eat



> www.khushboocooking.com

Hello, I'm Khushboo

Culinary Expert

For the past 9 years, I've been teaching cooking and baking classes offline in Gurgaon and Agra. Due to the pandemic, I got connected with students worldwide through online classes.



What We Do

We run online/offline classes in Gurgaon, We teach around 70+ courses in Cooking , Baking , confectionary and much more...

"I'm passionate about teaching my students through my expertise."





Millets were major cereal in India before Green Revolution

Following the western model of development, India and other developing nations have lost out on a lot of useful and meaningful things. Food habits have been one of the biggest changes. We are quickly forgetting our indigenous foods and chasing standardisation. Millets too have been discarded as being too primitive to be used, forgetting the roots.

These changes, coupled with state policies that favour rice and wheat, have led to a sharp decline in millet production and consumption.

Before Green Revolution, millets made up around 40 percent of all cultivated grains (contributing more than wheat and rice). However, since the revolution, the production of rice has increased doubly and wheat production has tripled.



INTERNATIONAL YEAR OF **MILLETS** 2023

To create domestic and global demand and to provide nutritional food to the people, Government of India had proposed to the United Nations for declaring 2023 as International Year of Millets (IYoM-2023).



#IYM2023



AGENDA:

- 1. What are Millets & Why to bring back in our daily diet?**
- 2. Categorization of Millets and its health Benefits?**
- 3. What are 5 Siri Dhaanya and how it helps in disease reversal?**
- 4. How to buy right millets and what to buy?**
- 5. Important tips to remember while cooking with Millets?**
- 6. What all recipes will learn on Millet journey with Khushboo Cooking Class.....**



1. What are Millets & Why to bring back Millets in our daily diet?





What are Millets?

also called as **Nutricereals**

- **Group of small seeded grasses**
- **Rich in Minerals: Calcium, Magnesium, Iron , Zinc**
- **Disease Reversible & Gluten Free & Alkaline**
- **Highly rich in fibre, protein & antioxidants**
- **Vitamins: B6, Folic acid, Niacin and Low GI**
- **Environmentally Sustainable and Farmer friendly**



MILLETS ARE POWERHOUSE OF NUTRITION

FIBRE

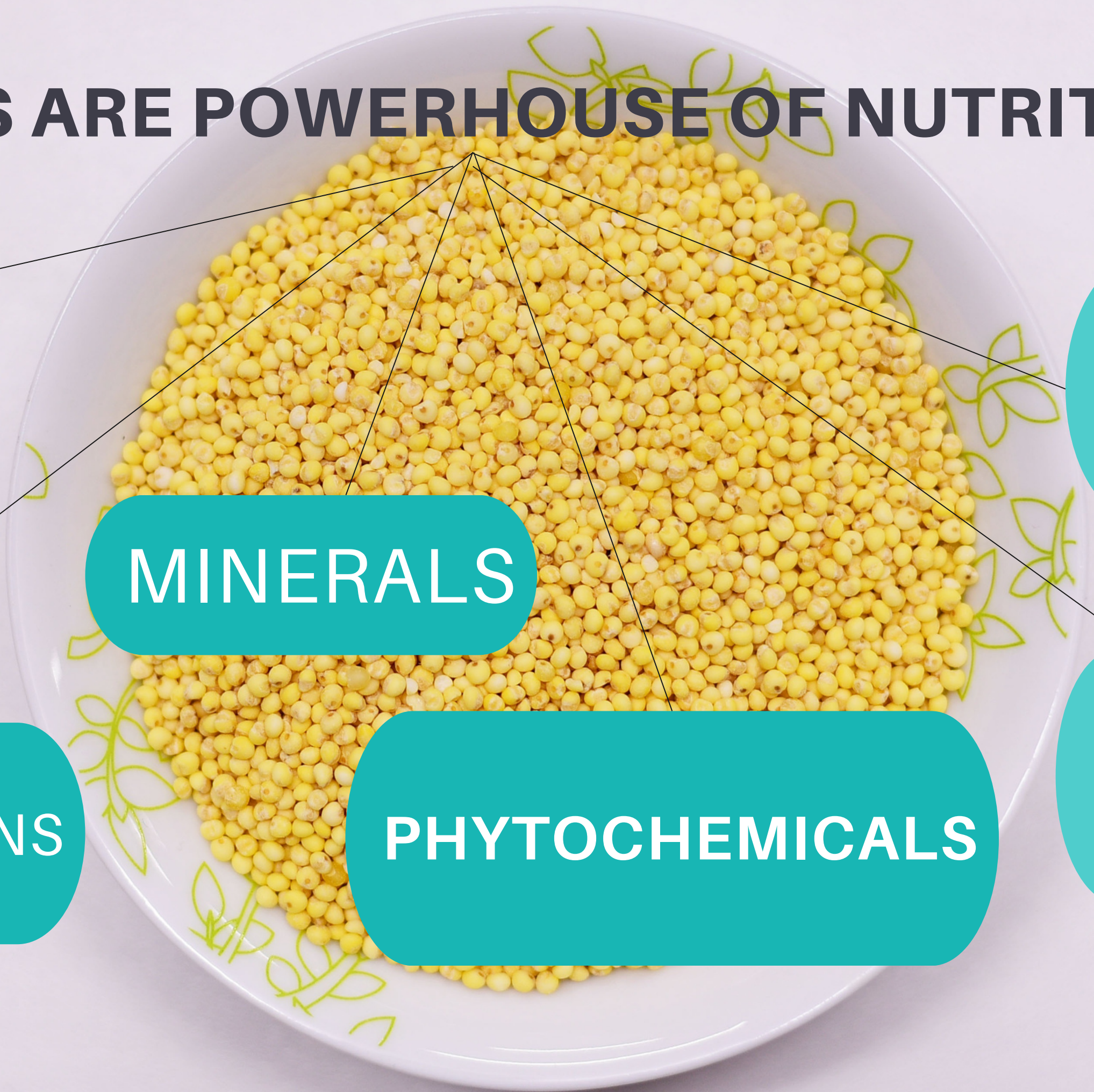
MINERALS

MULTIVITAMINS

PHYTOCHEMICALS

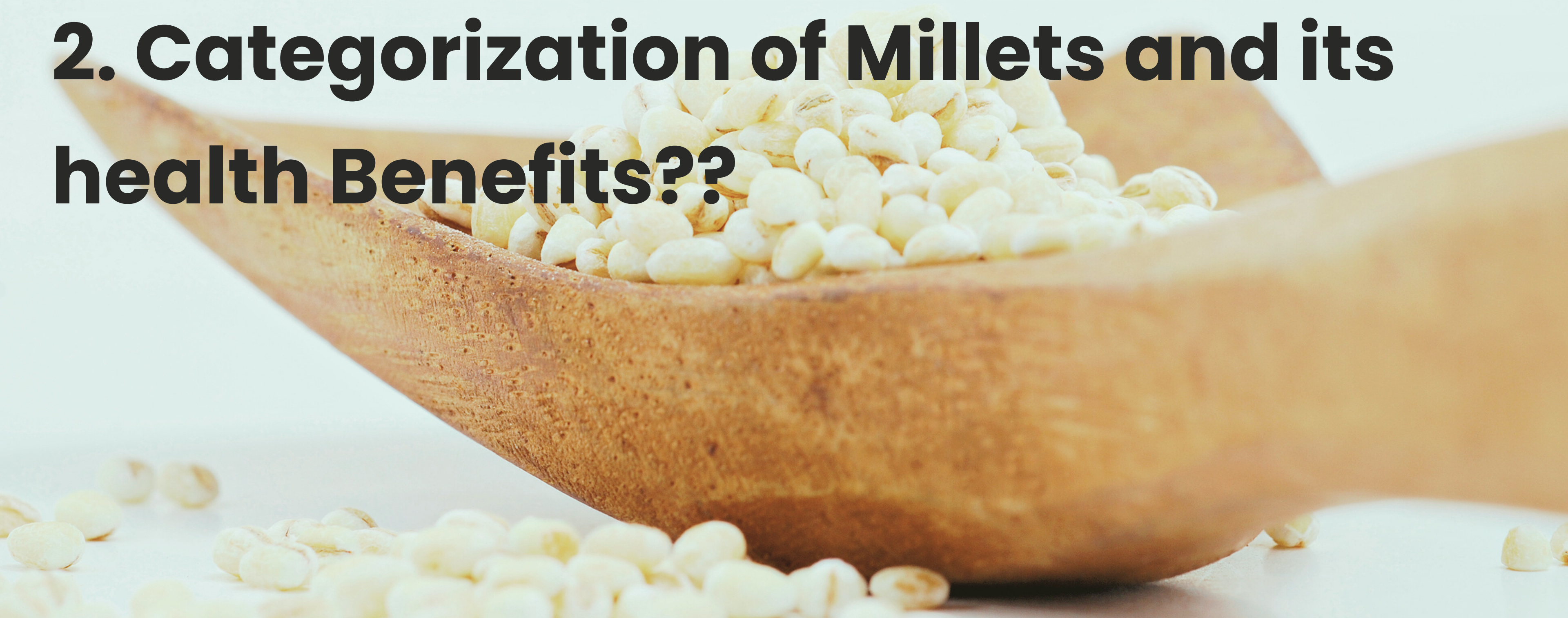
ALKALINE

PROTEIN





2. Categorization of Millets and its health Benefits??

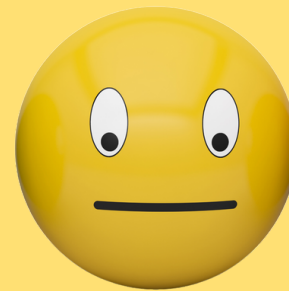


Categorization of Grains



Positive Grains

1. Little Millet (कुटकी)
2. Foxtail (कंगनी)
3. Kodo (कोदो)
4. Barnyard (साँवा)
5. Brown Top (हरी कंगनी)



Neutral Grains

- Finger Millet (Ragi)
- Pearl Millet (Bajra)
- Sorghum (Jowar)
- Proso millet



Negative Grains

- Paddy Rice
- Wheat





What are the most common Millets

These are also called the Neutral Millets:

1. Jowar (Sorgum) (जवार)
2. Bajra (Pearl Millet) (बाजरा)
3. Raji (Finger) (रागी)





What are the main Millets also called as **Siridhanya**

These are also called POSITIVE Millets

1. Little Millet (कुटकी)
2. Foxtail (कंगनी)
3. Kodo (कोदो)
4. Barnyard (साँवा)
5. Brown Top (हरी कंगनी)





Pseudo Cereals?

They are seeds which has low GI and are called Cereals...

1. Amaranth (Ramdana)
2. Buckwheat (Kuttu)
3. Quinoa



17. Nutritive Values of Different Grains (per 100 grams)

Grains	Niacin (B3) mg	Riboflavin (B2) mg	Thiamin (B1) mg	Carotene ug	Iron mg	Calcium mg	Phosphorous mg	Protein gm	Minerals gm	Carbohydrates gm	Fibre gm	Ratio of Carbohydrates to Fibre
<i>Healthy if Carbohydrate - Fibre ratio is in single digit</i>												
Positive Grains (The 5 Siri dhaanya)												
Foxtail Millet	0.7	0.11	0.59	32	6.3	0.03	0.29	12.3	3.3	60.60	8.0	7.57
Barnyard Millet	1.5	0.08	0.31	0	2.9	0.02	0.28	6.2	4.4	65.50	10.0	6.55
Kodo Millet	2.0	0.09	0.33	0	2.9	0.04	0.24	6.2	2.6	65.60	9.0	7.28
Little Millet	1.5	0.07	0.30	0	2.8	0.02	0.28	7.7	1.5	65.50	9.8	6.68
Brown top Millet *	18.5	0.027	3.20	0	0.65	0.01	0.47	11.5	4.21	69.37	12.5	5.54
Neutral Grains												
Pearl Millet	2.3	0.25	0.33	132	8.0	0.05	0.35	11.6	2.3	67.10	1.2	55.91
Finger Millet	1.1	0.19	0.42	42	5.4	0.33	0.27	7.1	2.7	72.70	3.6	20.19
Proso Millet	2.3	0.18	0.20	0	5.9	0.01	0.33	12.5	1.9	68.90	2.2	31.31
Jowar (Great millet)	1.8	0.13	0.37	47	4.1	0.03	0.28	10.4	1.6	72.40	1.3	55.69
Corn / Maize	1.4	0.10	0.42	90	2.1	0.01	0.33	11.1	-	66.20	2.7	24.51
Negative Grains												
Wheat	5.0	0.17	0.35	64	5.3	0.05	0.32	11.8	1.5	76.20	1.2	63.50
Paddy Rice	1.2	0.06	0.06	0	1.0	0.01	0.11	6.9	0.6	79.00	0.2	395.00





3. What are 5 Siri Dhaanya and how it helps in disease reversal ?

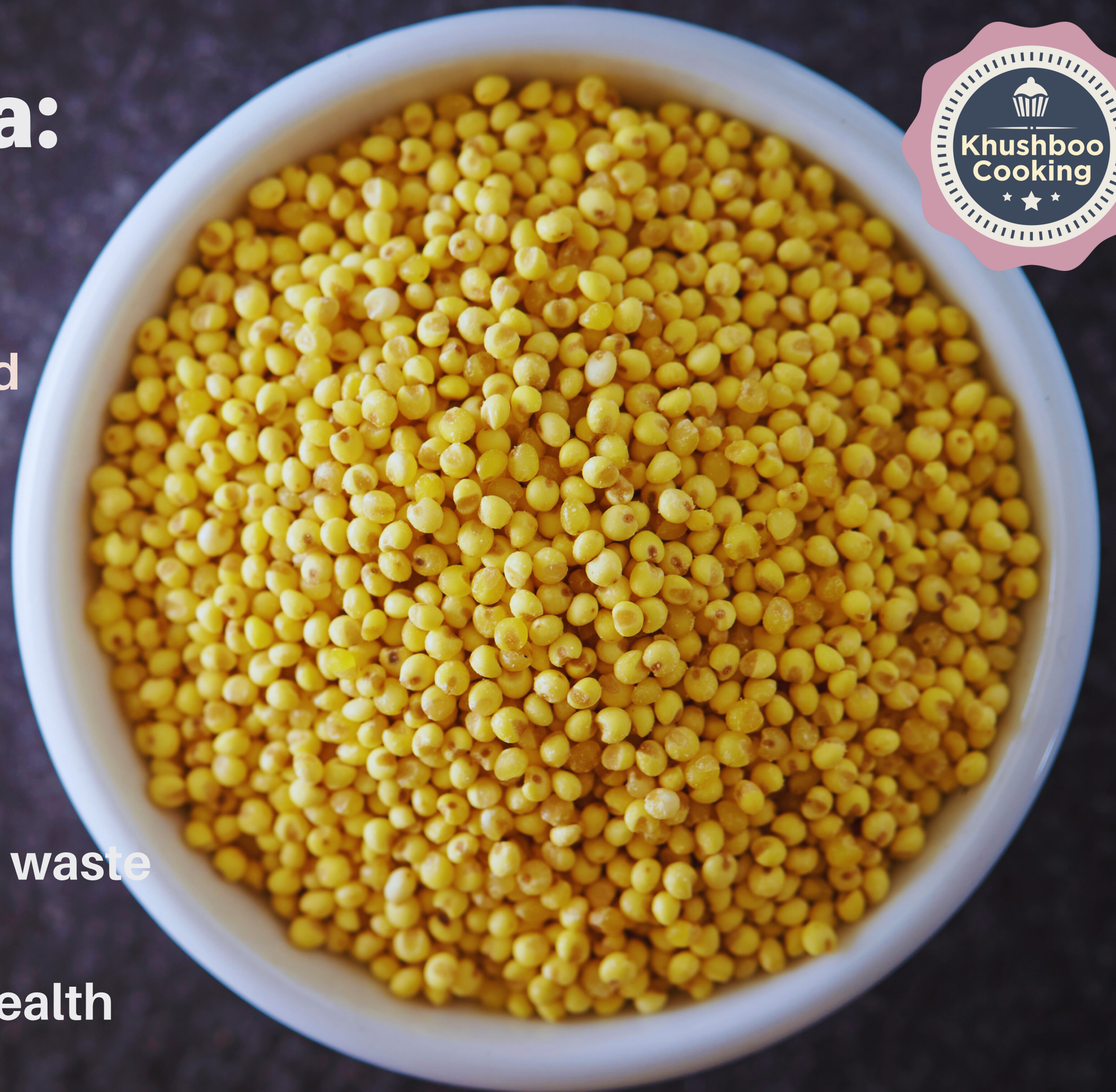


The 5 Siri Dhaanya:

called as Wonder Millets

A substance called as food should satisfy following conditions:

- Slow release of glucose in blood
- Satiety
- Standalone source of Nutrients
- Ability to flush out the metabolic waste from the body on regular basis
- Ability to restore and maintain Health

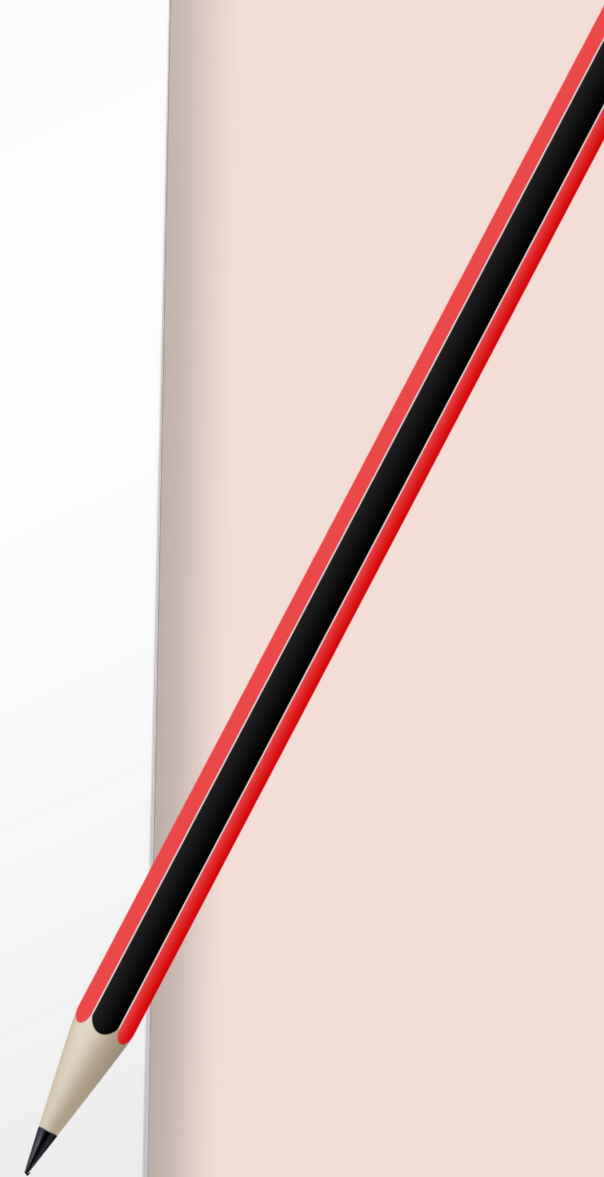




1. Foxtail millet

CURES:

- Nerves Weakness
- Respiratory Diseases
- Arthritis
- Parkinson's
- Epilepsy & Asthma
- Cleans Nervous System And Lungs

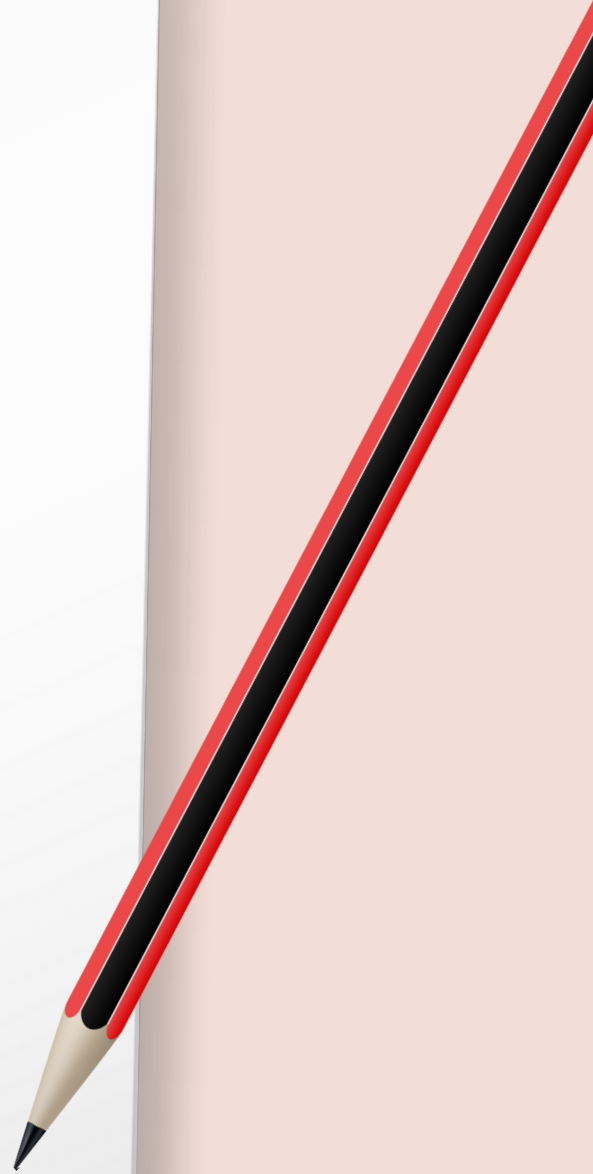




2. Little millet

CURES:

- PCOD and other gynaecological issues
- Brain Cancer, Throat Cancer and Thyroid
- Cleans reproductive organs, endocrine glands
- Improves Sperm Count in Men

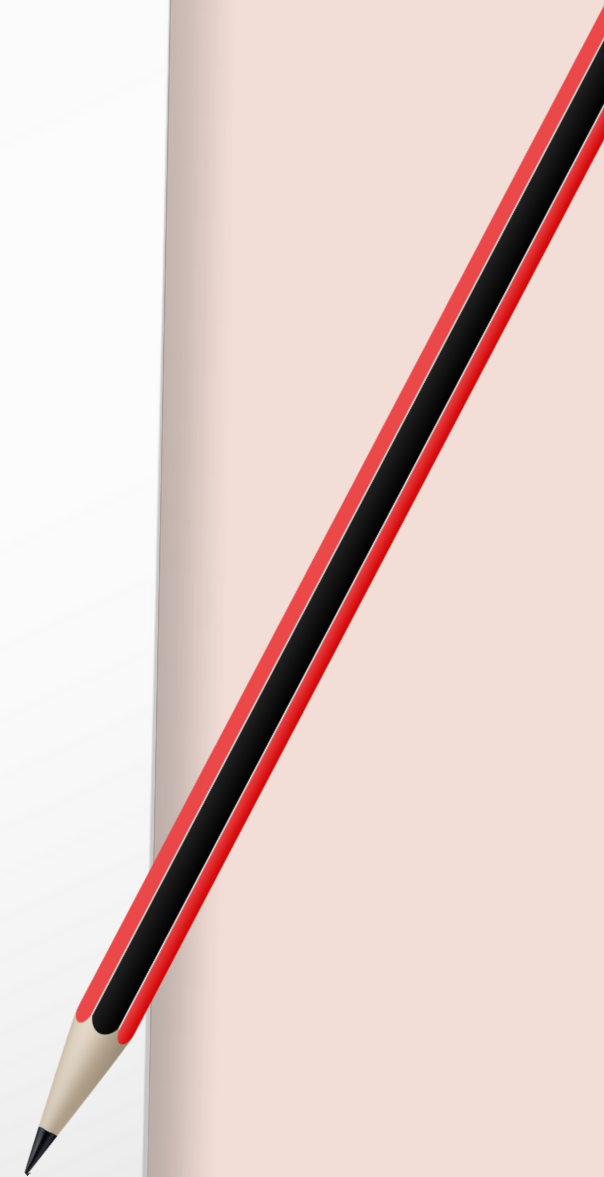




3. Kodo millet

CURES:

- Cancer in thyroid, throat, pancreas & liver
- Anaemia, Diabetes, constipation, gangrene
- Cleans blood post - dengue, typhoid, viral fevers
- Helpful for Insomnia
- Repairs Bone Marrow

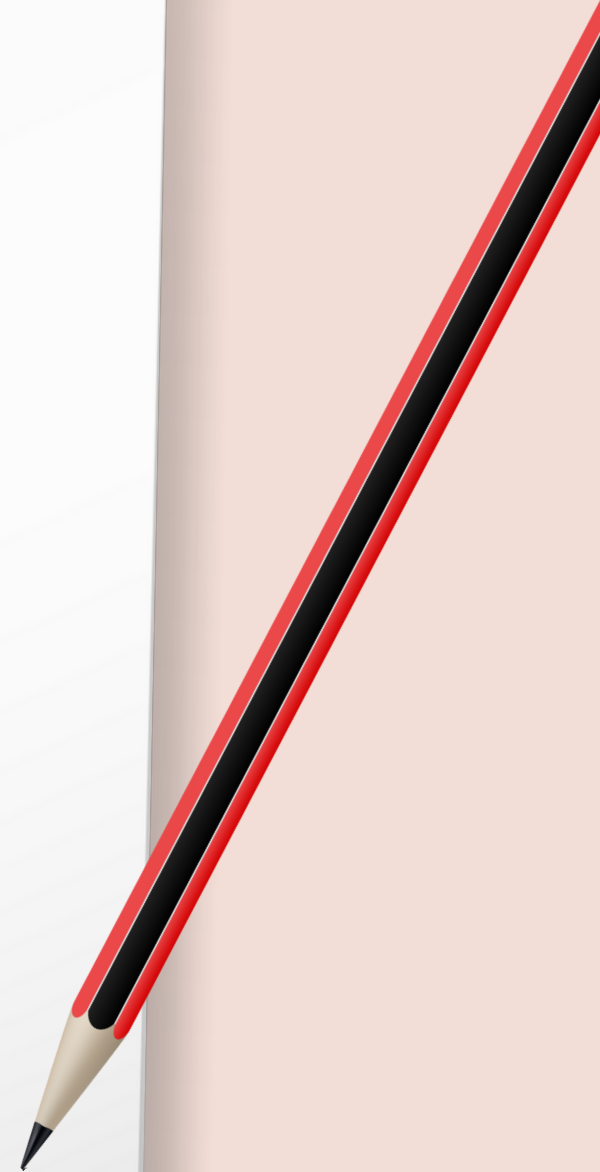




4. Barnyard Millet

CURES:

- Jaundice and cancers of Liver and Uterus
- Cleans delicate organs like Kidney
- Cleans Liver, Urinary bladder.
- Cleans Glands & Gall Bladder

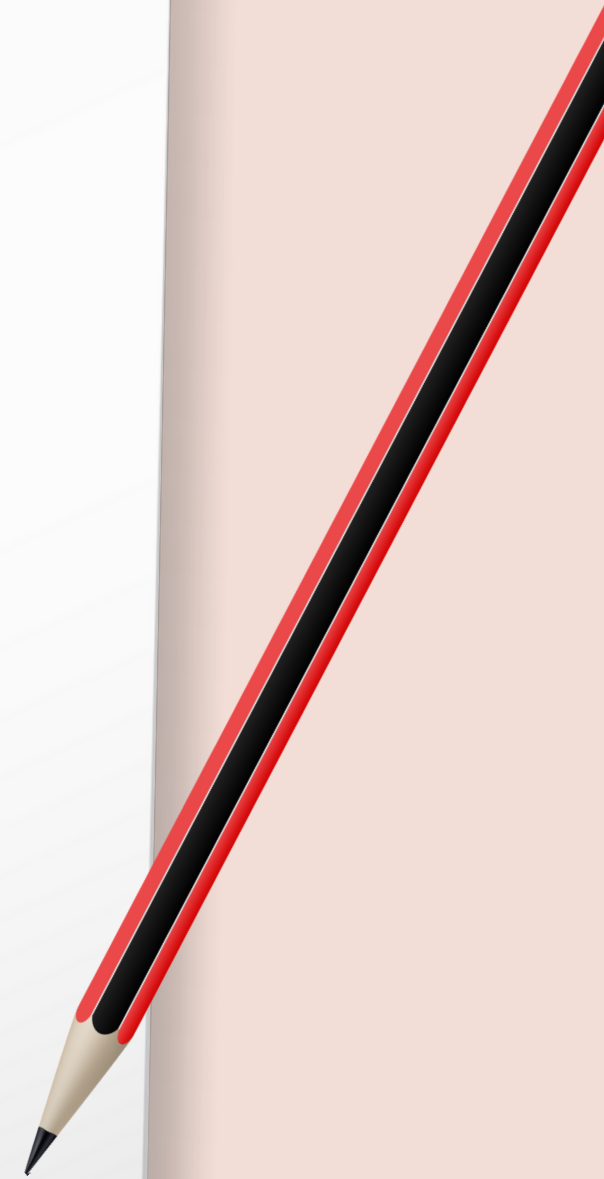




5. Browntop Millet

CURES:

- Respiratory system and bones
- Cancers of the Brain, Blood, Breast, Bone and Skin
- Reduces digestive issues, Piles and Ulcers

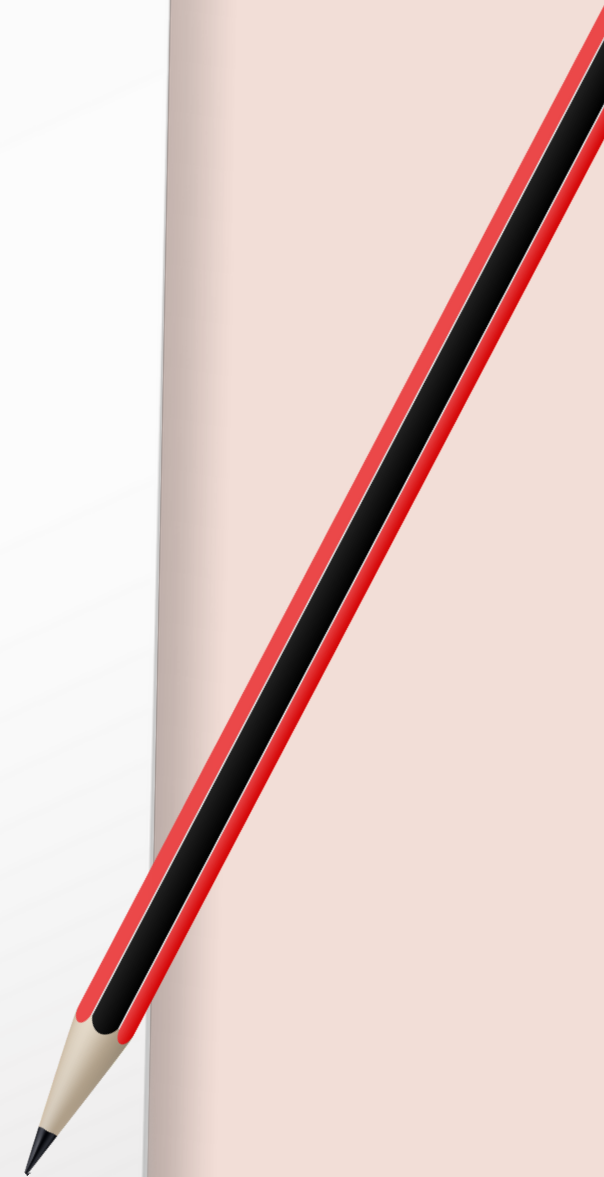




6. Proso Millet

CURES:

- Anti Cancer Activity
- Protects Liver Health
- Controls Obesity
- Regulate Cholestrol metabolism

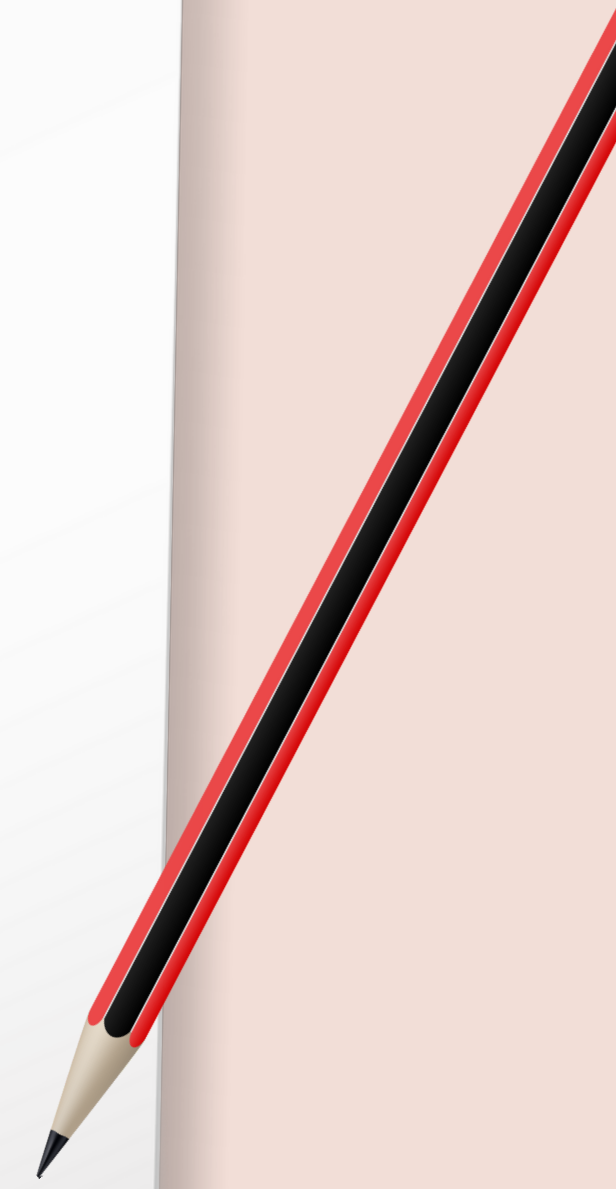




7. Ragi Millet

CONTROLS:

- Diabetes
- Anti- Cancer property
- Anti-microbial
- Reduces Bad cholestrol
- Keeps you young

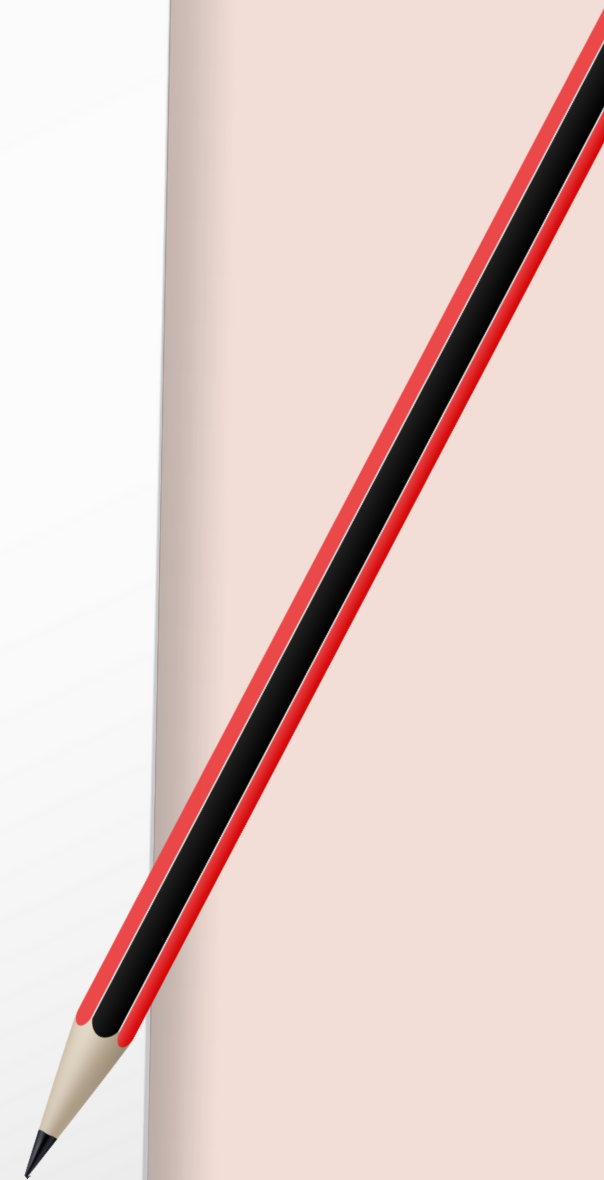




8. Jowar Millet

CONTROLS:

- Blood sugar level
- Improves Digestion
- Improves Bone Health
- Boost Energy Level
- Helps in weight Loss
- Boosts Circulation

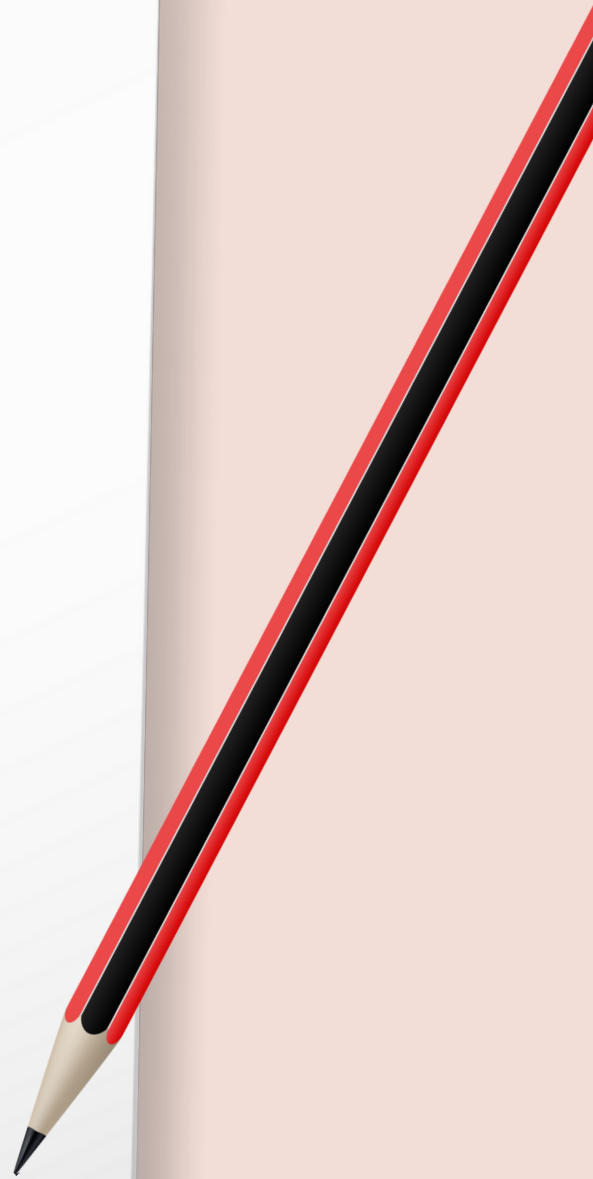




9. Bajra Millet

PREVENTS:

- Cancer & Asthma
- Good for your Heart
- Controls Cholestrol
- Good for Muscles
- Detoxifies your body
- Helps with Digestion





4. How to buy right millets and what to buy?





What type of Millets are available in market

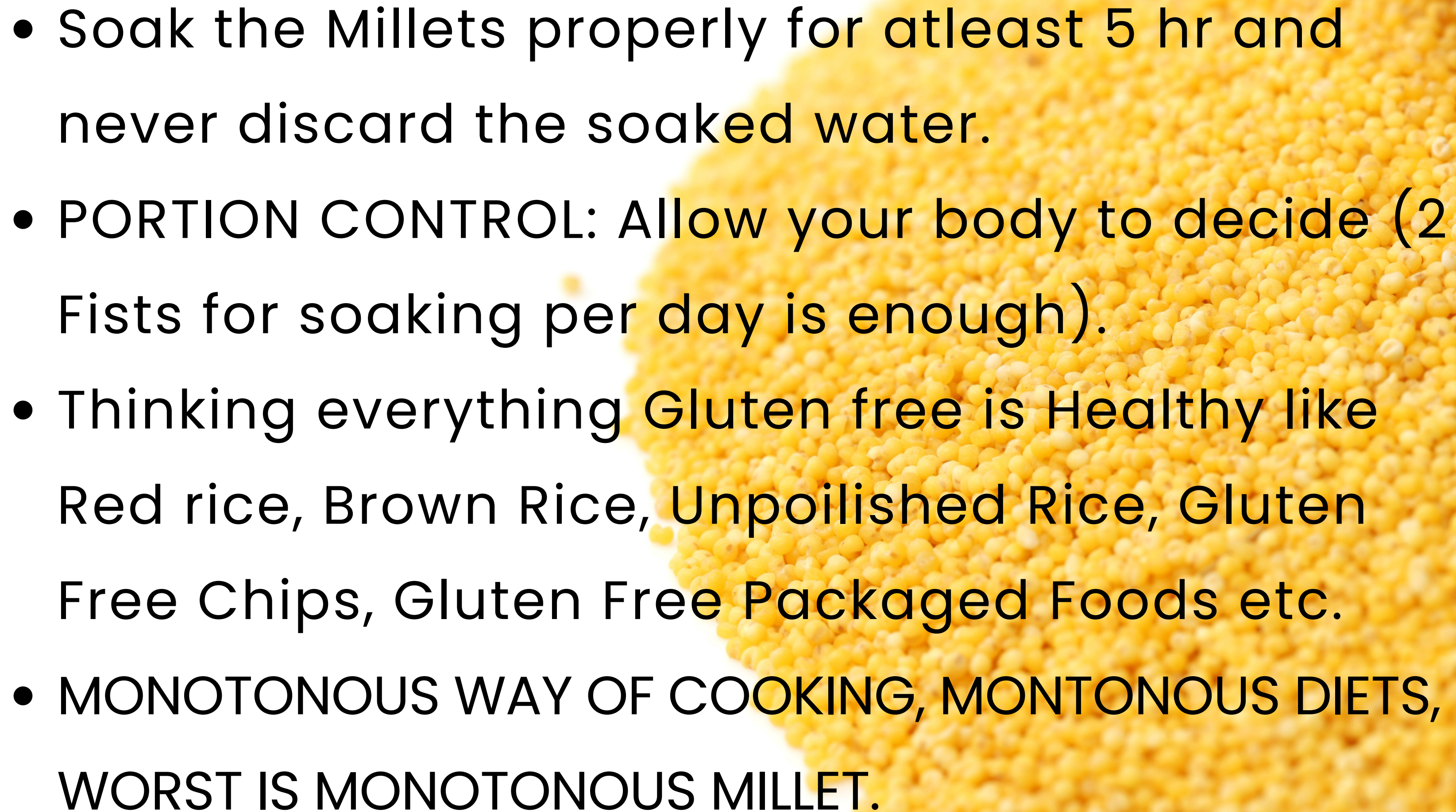
- 1. Millet with Husk**
- 2. Unpolished Millet**
- 3. Polished Millet**
- 4. Par boiled Millet**
- 5. Millet sooji/Rava**
- 6. Millet Atta**
- 7. Millet Flakes/Poha**
- 8. Noodles/Pasta/Dosa mix**
- 9. etc etc etc.....**



5. Important tips to remember while cooking with Millets??



- 
- Never Mix match Millets without proper technique...
 - First understand your health condition, your triggers and then start your millet journey.
 - Mixing different kinds of fibre delays healing causes Acidity, Bloating, Nausea, Headache
 - Trusting too much on processed packaged items like "Millet Roti with Mayo", "Gluten free pizza with pizza Sauce" etc

- 
- Soak the Millets properly for atleast 5 hr and never discard the soaked water.
 - PORTION CONTROL: Allow your body to decide (2 Fists for soaking per day is enough).
 - Thinking everything Gluten free is Healthy like Red rice, Brown Rice, Unpolished Rice, Gluten Free Chips, Gluten Free Packaged Foods etc.
 - MONOTONOUS WAY OF COOKING, MONOTONOUS DIETS, WORST IS MONOTONOUS MILLET.

Do you clean your veggies & fruits too?

- Tamarind water
- Lemon water
- Rock salt
- Baking Soda



OILS - KING OF CONFUSION

- Deep Frying- any cold pressed as per your region (Keep changing)
- Always add pinch of haldi
- Leftover Oil after deep frying (Don not fry again)
- Oil storage (Exposore to sun)



STORING MILLETS FOR LONGER TIME/ SHELF LIFE

- Shelf life polished/Unpolished
- Shelf Life branded/local farmers
- 2-3 months upto 2-3 years
- Air tight container, Frequent Sun, Refrigerator

Insects are smarter than us. They know where is more nutrition for them.



MILLETS PANCAKE

EASY RECIPE

BY KHUSHBOO





**6. What all recipes will learn on
Millet journey with Khushboo
Cooking Class??**

Add Millet Recipes in everyday life ...



more and more creative with MILLETS!



MENU

BASICS & MORE

- Understanding different Millets
- Washing, Soaking, Making your own Millet Flours
- Boiled Millet Rice & Steamed Millet Rice
- Vegetable Millet Pulao
- Positive Millet Khichdi
- Mixed Millet Tahiri
- Millet Roti with Flour
- Millet Roti Directly with Grains
- Stuffed Paratha/Aloo Paneer Paratha
- Lachha paratha

- Coconut Rice
- Millet Lemon Rice
- Masala Millet Paratha
- Ambali with Soaked Grains
- Ambali with Flour
- Ambali curd Rice
- Fruit n nut millet shake
- Vegetable millet idli
- Crispy Millet Dosa
- Masala Dosa
- Utthapum

MENU

- Khaman Dhokla
- Ragi Dosai/Idli
- Millet Poha
- Vegetable Millet Poha
- Millet Vegetable chilla
- Millet Pakoda
- Pancakes
- Halwa
- Ladoo
- Kheer
- Cakes
- Bread
- Cookies



- Lot of Millet Soups
- Exotic Salads with healthy quick dressings
- Millet Crackers
- Samosa
- Kachori
- Dahi Bhalla
- Golgappe
- Millet Pizza
- Fresh Millet Dough Pasta
- Lasagna
- Risotto
- Domino's Millet Garlic bread

MENU

- Noodles
- Varieties of Millet Kebabs
- Vegan Milk Varieties
- Plant Based Curds
- Millet Munching Recipes like Sev, Fryums, Namakpade, Mathri and much more
- Cookies
- Cakes
- Muffins
- Millet Nachos & Flavours
- Millet Bowl Meals



- Millet Premixes & lot of gravies with it...
- Naan/ Bhatura/ Kulchas
- Dal, Baati & choorma
- Varieties of Dips & Dressing like Hummus, Pico de gallo, Pumpkin dip, Beetroot Curd Dip, Salsa, Muhammara etc...
- Millet Breads & Loafs and more and more & more

The background features a wooden surface with a cluster of red grapes and a yellow lemon at the top. The text is overlaid on this background.

Let's Conclude.....

If you are a homemaker, chef, supermom or someone who wants to upgrade your cooking and baking skills, reverse any disease and make healthy recipes for your family. Then this one is for you in khushboo cooking class.....

So what are you waiting for.....

Enroll now !

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THANK YOU

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For more information, please check out our website at

www.khushboocooking.com

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