



# MILLET COOKING WORKSHOP

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A booklet of millet-based recipes to help  
you continue your millet culinary adventures

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PARFAIT



## RECIPE

# MILLET BUDDHA BOWL

### Components:

**Grain:** Proso Millet Mexican Rice

**Protein:** Kidney Beans Salad

**Veggies:** Pickled Cucumber/ Cajun Spiced Potatoes

**Flavour Burst:** Roasted Tomato Salsa

**Healthy Fats:** Sour Cream

**Extras:** Millet Nachos

### Proso Millet Mexican Rice

#### Ingredients: (Serves 2)

- ½ cup Boiled Proso Millet
- ½ cup minced veggies carrots, beans, bell peppers
- 15-16 cherry tomatoes
- 1 tsp finely chopped Garlic
- ¼ cup Rajma Beans (small)
- 1 tbsp pickled Olives (sliced)
- 1 tbsp Jalapeno Peppers with its brine
- ½ tsp dried Herbs
- A handful of fresh Basil and parsley
- Salt to taste
- 2 tbsp Extra Virgin Olive Oil



### Steps For Cooking:

- In a pan heat oil and saute garlic and cherry tomatoes (cut in half).
- Add in all chopped veggies and saute them till they are a little soft.
- Add in boiled Rajma, dried herbs and salt to taste and mix well.
- Add boiled millet followed by fresh herbs, olives and jalapenos.
- Mix it all well making sure the mixture is not turning mushy. Check for salt. Add if needed.
- Serve hot with Salsa or as a part of the Mexican buddha bowl.



# RECIPE

# MILLET TACOS

## Ingredients: (makes 8-10 Tacos)

- 1 cup freshly milled sorghum millet flour (Jowar flour)
- 1 cup water
- 2-3 drops of cold-pressed oil (optional)
- 2 tbsp Flaxmeal
- Cold-pressed oil for brushing the parathas
- Pinch of Himalayan pink salt
- Millet flour for dusting (can use rice flour)
- Parchment paper or Banana leaf for easy rolling



## Steps For Cooking:

- In a deep wok, boil water, add salt and oil.
- Mix millet flour and flaxmeal in a bowl.
- Add flour mixture in batches, mix it nicely and turn the flame off. Continue to mix.
- Allow this mixture to cool a bit, but do not cool to room temperature. It should be warm but easy to handle. Knead it into a soft dough. Leave it for 5-10 minutes.
- Meanwhile, you can prepare the toppings for your tacos.
- After 5 minutes the dough will be in good shape. Divide it into 8-10 equal parts.
- With the help of eco-bake parchment paper and flour for dusting, you should be able to roll a tortilla.
- Cook it on a preheated cast iron griddle and need be you can grease the griddle before laying tortillas.
- Once done, add toppings of your choice.



# RECIPE

# MILLET KEBABS



## Ingredients: (makes 7-8 chaaps)

- ¼ cup Barnyard Millet boiled
- ¼ Nutrela Granules boiled
- ¼ cup Boiled Potato
- 1 tbsp Ginger Green Chilli paste
- 1 tsp Chaat Masala
- ½ tsp Garam Masala
- ¼ cup Grated Beetroot
- 2 tbsp Boiled Chana Dal (Chana dal is soaked for 1 hour and boiled in an open vessel with salt and turmeric)
- Fresh Coriander and Mint Leaves
- 1 tbsp Oil to brush
- Salt to taste
- 7-8 Wooden Chaat Spoons

## Steps For Cooking:

- Thoroughly wash and soak Barnyard millet for a minimum 6 hours.
- In a deep pan add double the amount of water, salt and allow it to boil. Once it starts to boil add soaked millet with its water. Boil the millet till it is mushy and allow it to cool completely.
- In the meanwhile, boil soaked nutrela granules in salt water. Once they are boiled, drain excess water and allow them to cool too.
- In a deep bowl, mix boiled millet and nutrela granules followed by boiled and mashed potato.
- Add ginger green chilli paste, chaat masala, garam masala. Mix them well.
- Now add grated beetroot and boiled chana dal. Please note the excess water from beetroot needs to be drained out.
- Mix them well and add fresh coriander and mint leaves. Check for salt here. Add if needed.
- Divide the mixture into 7-8 parts. Spread one part onto your palm and lay a chaat spoon over it. Cover 2/3 part of the spoon with the mixture and close the open edges neatly. You can slightly grease your palms if it gets messy.
- Air fry them at 180 C for 20 minutes with regular flipping. Grease with oil in between for better texture.
- Serve hot with your favourite chutney.





# RECIPE

# MILLET AMBALI

# PARFAIT

## (Vegan)



Millet Ambali is fermented millet porridge. It is usually made with Positive grains like Kodo, Little, Foxtail, Barnyard and Browntop. You can also make it with neutral grains in the form of rava or flour but make sure it is milled after soaking the grain.

## How to Make Millet Ambali

You can make Ambali either with soaked millet grains or freshly milled millet rava or freshly milled millet flour. I prefer Ambali with soaked grains.

## Ingredients for Ambali: (serves 4)

- ¼ cup Barnyard Millet (washed and soaked for 8 hours)
- 3 cups water (almost 10-12 times)
- Earthen pot to make the porridge
- A muslin cloth to cover while fermenting



# RECIPE

# MILLET AMBALI

# PARFAIT

(Vegan)

## Steps For Cooking Ambali:

- Boil 3 cups of water in an earthen pot.
- Add soaked millet and cover the pot. As the boil comes, turn the flame on low and allow it to cook for another 15-20 minutes till the grain is tender. The runny porridge is ready. Allow it to cool.
- Once it comes to a room temperature, cover the top with a muslin cloth tightly tucked on the sides. This step is done to keep porridge well ventilated and allow the fermentation to happen.
- Keep the earthen pot undisturbed for 6-12 hours depending on the temperature outside.
- In summers, the porridge is usually fermented within 4-6 hours and in winters it may take 8-12 hours for the porridge to ferment well.

## Please Note:

- You can prepare the porridge in a regular steel pot too but fermenting happens best in the earthen pot.
- To help the microbes grow well, it is preferred to not add any salt, sugar, spice or oil while fermenting the porridge.
- You should not heat the fermented porridge as it may kill the good bacteria that have come with fermentation process. Rather you can try ways where you can make this bland porridge interesting without heating it. Vegan Millet Ambali Parfait is one such attempt, I love to share with all my students.



# RECIPE

# MILLET AMBALI

# PARFAIT

## (Vegan)

### Ingredients for the parfait: (serves 4)

- 1 cup Barnyard Millet Ambali
- ½ Mango pulp
- 1 cup Freshly cut fruits
- 2 tsp Chia Seeds
- ½ cup Vegan Curd (any seed or nut cream)
- 4 tbsp Home-made granola



### Method:

Take a clean glass and pour some vegan curd at the bottom. Here you can sweeten it up with a little bit of mango pulp followed by a layer of Millet Ambali. Cover it up again with some more mango pulp followed by some granola and fresh fruits. You can also improvise this recipe in many ways.