

Millet in Daily Life Style RECIPE BOOK

TGF - Dr. FRIDAY

Health INFO, CONSULT, THERAPYS, PRODUCTS

Lifestyle with Lifecare...



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MILLET READY TO COOK PACKS COMES WITH INGREDIENTS & SEASONINGS

The Dr. Harish Foundation is an Enlightened social Enterprise for Profit towards Residual philanthropy...

“Miracle Grains or Wonder Grains”

Specialty of Millets (M) in context to Health

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M is alkaline and digests smoothly & slowly.

M will hydrate food & colon, prevent constipation.

M act as a prebiotic feeding microflora in your ecosystem.

M is calming to moods, it acts as stress reliever.

M constitutes fiber and low simple sugars- it has relatively low glycemic index, produce lower blood sugar levels than wheat or rice.

Millet reduces the effects of migraines and heart attacks.

M has Niacin (vitamin B3) - helps lower cholesterol.

M decreases triglycerides and C-reactive protein - prevent cardiovascular disease.

M have high antioxidant activity

M is gluten-free and non-allergenic.

M is richer in omega fatty acids essential for healthy heart maintenance. CVD, osteoporosis, overweight, obesity, mental stress, etc.

Millet fiber is Insoluble fibers, soluble fibers and resistant starch.

“ Natural Nutraceuticals ”

Dr.Harish Foundation @ THE GOLDEN FAMILY (TGF) adopts old-age homes and support them with Health-care , food, clothing and more . . .

...YOUR ORDERS FEED THE HUNGRY AT OUR OLD AGE HOMES...

Instant Multi Millet Dosa Mix

Ingredients	Quantity in grams
Multi millet flour (or any Millet flour)	70
Urad dhal flour	25
Beaten rice flour	05
Dry Yeast	02

Method of Preparation

- Mix one cup of Millet dosa mix with two cups of warm water mix it well without lumps. Set aside for 40 minutes.
- Keep thawa on stove, smear oil on hot thawa and make dosa.
- Serve hot with chutney.



Millet Talipattu

Ingredients	Quantity in grams
Whole grain millet flour (Any Millet)	100.0
Rice flour	100.0
Chopped onion	25.0
Chopped coriander leaves	5.0
Chopped curry leaves	5.0
Chilli powder	5.0
Salt	For taste
Oil	For roasting

Method of Preparation

Mix all the ingredients, knead with little water into a soft dough. Portion the dough into desired amount, roll it on a greased banana leaf, transfer it to hot greased tawa, roast, turn on to other side. Roast again. Remove & serve with chutney as desired.



Millet Navane /Sajje Bisibele Bath

Ingredients	Quantity in grams
Millet Rice	250.0
Redgramdhal	125.0
Vegetables Chopped (Beans, Carrot, Green peas, Capsicum)	75.0
Tomato	50.0
Onion	25.0
Cashew nut	10.0
Grated Coconut	30.0
Red Chillie dry	4 Nos
Bengal gram &Urad Dhal	5.0 Each
Cumminseeds	2.5
Cinnamon	A small piece
Clove	2-3 Nos
Salt	For taste
Oil	For seasoning
Lemon or Tamarind Juice	1 Tbs

Method of Preparation

Cook rice & dhal with 4-times water. Cook all the chopped vegetables, add to rice and continue cooking on slow flame. Roast all the spices & powder it. Add the spice powder to cooked rice, dhal & vegetable mix and continue cooking for 5-10 minutes. Heat an other pan, add oil, add all the seasoning ingredients, add chopped onion, fry until brown. Then add it to cooked rice mix. Fry the cashew nut add to the cooked blend along with grated coconut, mix well. Serve hot bisibelebath.

Foxtail Millet Bisi bele baat

Ingredients:

For masala powder - coriander seeds, red dry chillies, chana dal, fenugreek seeds,

For sambar : Cooked toor dal – 1 cup, lemon – 1, tamarind – 1, small onion- 5-7, mixed vegetables - 2 cups (carrot, drumstick, beans and potato), oil - 2 tsp, curry leaves – 10, mustard seeds - 1/4 tsp, turmeric powder - ¼ tsp, broken red chillies – 2, asafoetida- a generous pinch, salt to taste, coriander leaves - 1 tsp, foxtail millet - 1 cup, water- 2 cups, salt a pinch, coriander leaves – 2 tsp

Preparation Method:

- Add tamarind water, vegetables, salt and sambar spice powder in a pressure cooker and cook till two whistles.
- Cook the foxtail millet, toor dal, turmeric powder, salt and water in another pressure cooker until two whistles.
- For seasoning, saute mustard seeds, cumin seeds, red chilli, curry leaves in ghee and keep aside.
- Add the spicy vegetable tamarind curry to the cooked millets and mix together till a mish mash.
- Add the seasoning and transfer the bisi bele baat to a serving bowl. Sprinkle the chopped coriander and serve hot.

Millet Navane Uppma

Ingredients	Quantity in grams
Navanesoji	100.0 (1-Cup)
Ground nuts	20.0
Urad dhal	2.0
Onion Chopped	50.0
Green Chillies	2.0
Curry leaves	1.0
Coriander leaves Chopped	5.0
Grated Coconut	15.0
Oil	20.0 ML
Lemon juice	5.0 ML

Method of Preparation

Roast navanesoji and keep aside. Heat a vessel, add oil. When heated add mustard, urad dhal & groundnuts. Roast slightly. Add onion, greenchillies & curry leaves. Fry by stirring. Then add 2 and half cups of water allow to boil. When it starts boiling add roasted soji, keep stirring. When cooked, remove from fire add lemon juice, chopped coriander & grated coconut, blend , serve hot.

Foxtail Millet Porridge (Navane Payasa)

Ingredients	Quantity
Foxtail millet	¼ Kg
Greengram dhal	50 Gms
Jaggery powder	¼ Kg
Poppy seeds	1 Tsp
Cardamom	4-5
Cashew nut, raisins	2 Tsp
Ghee	1 Tbs

Method of Preparation

- Make rava (powder coarsely) of foxtail millet.
- Roast the greengram dhal on a low flame and powder it.
- Fry poppy seeds and powder it.
- Now mix all the ingredients thoroughly.
- Add cashews & raisins roasted in ghee to this.
- Add cardamom powder.
- Mix well and store it in a clean & air tight container.

Add 5 cups of water to 1 cup of the mixture and stir without lumps. Cook it for 10-15 minutes. Then serve hot.

“Its rich in fibre and slowly reducing carbohydrates”

Millet Masala Rotti (Navane)

Ingredients	Quantity in grams
Whole grain millet flour	150.0
Ragi flour	150.0
Chopped Shepu greens	30.0
Grated Carrot	30.0
Chilli powder	10.0
Cummin seeds	5.0
Salt	For taste
Oil	For roasting

Method of Preparation

Mix all the ingredients. Knead into soft dough by adding water if required. Make it into desired portion; roll on a plank. Smear oil on hot tawa, transfer the rolled roti on to hot tawa, roast, turn on to other side, smear oil. Roast until golden brown. Serve hot or cold. It can be a snack easy to pack as lunch for children.

Can vary in choice of greens, vegetables

If desired can also add 50.0gms of any legume flour & blend to enrich with protein & make it a complete food

Millet Pongal

Ingredients	Quantity in grams
Millet rice (Any of them)	200.0
Greengram dhal	100.0
Cashew nut	15.0
Green chillies	3 Nos
Cummin seeds	5.0
Curry leaves	A few
Mustard seeds	For seasoning
Salt	For taste
Oil	For Seasoning

Method of Preparation

Roast green gram dhal slightly. Blend with millet rice & wash. Add 1:2½ times water and cook. (Pressure cook until 2-3 whistles). Heat a pan, add oil, add the entire seasoning ingredients one after the other, keep stirring. Add salt, stir. Add cooked dhal & rice. Blend.

Fry cashew nut in one teaspoon of ghee & add it to cooked Pongal.

If desired add grated coconut also & serve hot

Millet Paddu

Ingredients	Quantity in grams
Millet (Any)	250.0
Urad dhal	60.0
Fenugreek seeds	10.0
Salt	For taste
Seasoning:	
Onion finely chopped	50.0
Carrot grated	50.0
Green chillies(Chopped)	5.0
Curry leaves	For seasoning
Oil	For seasoning

Method of Preparation

Wash and soak millet, urad dhal and fenugreek seeds in water for 4 hours. Grind together into fine paste. Place it in vessel, add salt and allow to ferment for 8-10 hours.

Heat oil and season with all other ingredients. Add to the fermented batter, mix well. Heat Paddu tava, smear oil, pour batter, cover with a lid for 2 minutes, remove and turn the paddu on to other side, cook again with few drops of oil.

When turns golden brown remove & serve hot with any chutney.

Kodo Millet Adai

Ingredients:

(To soak) kodo millet – 1/2 cup, toor dal – ¼ cup, channa dal – ¼ cup, moong dal – 1 tsp and urad dal – 1 tsp;

(For seasoning) Red chillies – 2, fennel seeds - 1 tsp (optional), small onion - 1/4 cup chopped finely, curry leaves - few torn into pieces, coriander leaves - 1 tbsp, mint leaves - 1 tbsp finely chopped and salt - to taste

Preparation Method:

- Take soaking ingredients and soak for 4 hrs. Drain water and set aside. Take red chillies and fennel seeds in a mixer, add little of mixed millet mixture and grind it to a coarse mixture.
- Add chopped onion, coriander leaves and required salt. The batter should be slightly runny in between idli and dosa batter consistency.
- Heat the adai (or dosa pan) pan, grease with little oil, make round adai and cook till golden brown and crisp at the edges and add onion and ginger garlic paste.
- Add the chopped veggies, mint leaves and salt. Serve hot garnish with coriander leaves.

Serve hot with any chutney of your choice.

Barnyard Payasam

Ingredients: Barnyard millet – 150 g, sugar – 250 g, milk – 250 ml, saffron – 4-5 threads, dry fruits (cashew, almond and pista) – 50 g and ghee – 30 ml.

Preparation Method: Cook together barnyard millet, saffron and milk on slow heat until the millet gets mashed. Add sugar and stir gently to cook payasam. Heat ghee in a pan add all dry fruits and roast until golden colour and add to the cooked payasam. It can be served hot or cold.

Proso Millet Payasam

Ingredients: Dehulled proso millet - 1 cup, dry fruits, ghee, water, sugar, milk, cardamom powder – as required

Preparation Method: Cook the Dehulled proso millet in boiling water for 5 min. Roast dry fruits in ghee Boil the milk and then add the cooked millet, add sugar and stir slowly for 10-15 minutes until it is cooked. Add cardamom powder and decorate with cashew nuts and other dry fruits. Serve hot as a traditional sweet

Little Millet Payasam

Ingredients: Dehulled little millet – 1 cup, dry fruits, ghee, water, sugar, milk, cardamom powder – as required

Preparation Method: Cook the Dehulled little millet in boiling water for 5 min. Roast dry fruits in ghee Boil the milk and then add the cooked millet, add sugar and stir slowly for 10-15 minutes until it is cooked Add cardamom powder and decorate with cashew nuts and other dry fruits. Serve hot as a traditional sweet

Pearl Millet Roti

Ingredients: Pearl millet flour - 1 cup, water – as required

Preparation Method: Add hot water to the sieved pearl millet flour. Knead into smooth soft dough. Make round ball and spread it into round shape on polythene sheet by rolling stick or by hand pressing with palm. Bake the roti properly on both the sides of a pre heated tawa. Serve hot with any curry or dal.

Millet Idli

Ingredients: Millet rawa - 3 cups, black gram dal - 1 cup, salt – as desired.

Preparation Method: Millet rawa and black gram dal are taken separately and soaked in water for 3 hrs. Black gram dal is then grinded in a wet grinder until it becomes a soft batter. Water is drained out from the soaked millet rawa and is mixed with the soft batter. The mixture is mixed thoroughly and allowed to ferment for 2 hr. After that little salt is added to the batter for taste and idlis are steamed in idli steamer. Idli are cooked till they get soft texture and served hot with chutney.



Little Millet Curd Rice

Ingredients

Little millet - 1/2 cup, water - 2 cups, curd - 3/4 cup, milk - 1/4 cup, carrot - 3 tbsp, grated coriander leaves - 2 tsp finely chopped, salt - to taste; To temper: Oil - 1 tsp, mustard seeds - 1/2 tsp, split urad dal - 1/2 tsp, curry leaves – few, green chilli - 1 finely chopped and ginger - 1/4 inch piece

Preparation Method

Boil water, add the millet and cook till millet becomes soft. Then take the millet in a mixing bowl and mash it and add curd, then milk and mix it up well. Heat oil in a tadka pan and add the seasoning 'to temper' let it splutter. Transfer the tempering to the rice along with grated carrot, coriander leaves and required salt. Mix well. Serve chilled and garnish with carrots and coriander leaves.

The Golden Family (TGF) is A membership based global network of Primary care & Wellness clinics (with Café & Store) that offers affordable comprehensive primary care with synergistic partnerships in secondary, tertiary & quaternary care ...along with Assisted Living Homes PLUS + for senior citizens to “age in place” through a Medical Ombudsman Programme that practices “fusion medicine”.

Think of us as your trusted health advisor – there to listen to you, care for you, and help you navigate the healthcare system as a whole.

millet in vernacular

English	Hindi	Telugu	Kannada	Tamil	Bengali	Marathi	Gujrathi	Oriya
Barnyard	Sanwa	Udhalu	Oodhalu	Kuthiraivally	Shyama			Khira
Proso	Chena	Variga	Baragu	Pani Varagu	Cheena	Vari	Cheno	Bachari Bagmu
Kodo	Kodon	Arikelu	Haarka	Varagu	Kodo	Kodra	Kodra	Kodua
Little	Kutki	Samalu	Same	Samai	Sama	Sava	Gajro	Suan
Sorghum	Jowari	Jonna	Jola	Cholam	Jowar	Jawari	Jowari	Juara
Pearl	Bajra	Sajja	Sajje	Kanbu	Bajra	Bajri	Bajri	Bajraz
Finger	Ragi	Ragi	Ragi	Keppai	Marwa	Nagli	Nagli	Mandia
Foxtail	Kakum	Korra	Navane	Tenai	Kaon	Kang	Kang	Kanghu

* **TRIPLE W C S : Warm Wellness Wishes Cafe Store**



The Golden Family's **3wCafeStore** A-Z index is a Unique, navigational and informational tool that makes the Web site easier to use and to pick up the product that's just right for you. It helps you quickly find and retrieve specific information that's useful to you making medical terminologies v.easy. The A-Z index is structured such that, you can look up your requirements based on your needs with the minimum knowledge of the ailment. The index includes common and scientific terms to meet the needs of consumers as well as health professionals & User-friendly and structured to suit your requirements, the first of its kind tool to suggest to you your wellness needs **A to Z** .

Source : Dr. H. B. Shivaleela, Dr. K. Geetha, Dr. Usha Ravindra, Dr.S. Subramanya, Dr.T. Sheshadri - 2017 "Millet in Daily Lifestyle" University of Agricultural Sciences, Bengaluru.

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