

# ARUSUVAI

MILLET FOODS



IHM Institute of Hotel Management Catering  
CHENNAI Technology and Applied Nutrition-Chennai



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**IHM  
CHENNAI**

An ISO 9001 2015 Certified Institute

Presents

# **ARUSUVAI** MILLETS FOODS

8th Edition 2023



**Incredible!India**



Dr. Chandra Mohan B, IAS,



Principal Secretary to Government,  
Tourism, Culture and Religious  
Endowments Department,  
Government of Tamil Nadu

**Foreword**



IHM Chennai is publishing its 8th edition of the much-awaited cookbook "*Arusuvai – Millets in Tamil Cuisine*". This edition picturesquely portrays the tasty millet recipes native to Tamil Nadu. Millets were once the staple food in most parts of India. Due to advancements in agriculture and changing lifestyle people switched from millets to other crops. The epidemic of lifestyle diseases has made us go back to our roots and relook at Millets as a nutritional path to better health. The United Nations declared 2023 as the "International Year of Millets".

IHM Chennai has organized monthly events for students based on millets apart from researching millets, which is now evident from this 8th edition. This edition is a treatise of nutritious recipes for millets dishes. This volume is filled with attractive pictures and recipes that kindle an impulse to try out the healthy dishes.

I appreciate and applaud the efforts taken by the Culinary team, who worked from scratch to compile this varied collection of Millet recipes. This edition is sure to transform our society's eating habits and pave the way for a healthy lifestyle.

Best wishes to IHM Chennai for an exciting academic year ahead.



(Dr. Chandra Mohan B)  
Chairman,  
Board of Governors  
Institute of Hotel Management  
Catering Technology &  
Applied Nutrition, Chennai

ज्ञान भूषण, भा.आ.से  
Gyan Bhushan, IES



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मुख्य कार्यकारी अधिकारी  
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नई दिल्ली

SENIOR ECONOMIC ADVISOR & CEO  
NCHMCT  
ADDL. SECRETARY LEVEL  
GOVERNMENT OF INDIA  
MINISTRY OF TOURISM  
NEW DELHI

#### Foreword

IIM Chennai has benchmarked itself as an eminent Research Institute in the recent years. It has illustriously demonstrated its research acumen by organizing Conferences, Seminars, and by publishing research books on Culinary. This trend setting Institute's hallmark is the publication of the cookbook "*Arusuvai...an introduction to Tamil Cuisine*". I am awed to learn that this edition is the 8<sup>th</sup> and focuses on Millets.

Our Hon. Prime Minister has emphasized our citizens to appreciate having millets in their regular menu in tune to the declaration by United Nations to observe year 2023 as the "International year of Millets". India right from the yesteryears has embraced millets. Our forefathers did include millets to a large extent, which supplemented them enough strength and stamina.

Once again, here comes a call to consider millets as an everyday nourishing element. Honouring this initiative, IIM Chennai has stupendously studied the myriad dishes that can be prepared using millets by way of research and has compiled them as a research book in this 8<sup>th</sup> edition of Arusuvai.

I can fathom the measure of dedication, vigour and rigour invested in initiating and culminating this work. I must applaud the hard work of the faculties, students and chefs associated with this ardent work, who have brought this up flawlessly.

This is a must read edition and I wish this work reaches every single household of our Country!

Wishing IIM Chennai team all success.

(Gyan Bhushan)  
19/03/23

आत्मलय!भारत

8वाँ मंजिल, पूर्वी विंग, 36 चंद्रलोक भवन, जनपथ, नई दिल्ली-110001, फोन-23724164

IncredibleIndia

Message



Happy to learn that IHM Chennai has come up with yet another edition of the well-known cookbook "*Arusuvai – An Introduction to Tamil Cuisine*". This edition is a tribute to the whole of mankind as the United Nations has declared this year as "International year of Millets". What a great privilege to have a handbook of recipes on millets! This book not only reflects the curated collection of dishes through the captivating pictures but also mirrors the creativity, culinary expertise, photographic prowess and research acumen of the students.

I believe that this book will give an opportunity to raise awareness on the importance of millets and promote unpopular millets recipes. Let us also remember that millets are not just a crop, but a way of life for millions of people around the world. Millets are also rich in nutrients, gluten-free and have a low glycemic index making them an ideal food for people with diabetes and other health conditions.

I wholeheartedly congratulate the IHM team for their illustrious compilation and great initiatives and firmly believe that this endeavour would enable millets as a sustainable and nutritious food source.

I wish many more such editions to be made available in the coming years.

Best Wishes!

Mohamed Farouk

Regional Director South  
Ministry of Tourism  
Government of India

**SANDEEP NANDURI IAS.,**  
Director of Tourism



#### MESSAGE

IHM Chennai, through all of its efforts, is benchmarking itself as the Institute of Excellence in India by offering courses in hospitality and churning out well-trained human resource for the tourism and service industry on a global scale. Constant efforts are being made to achieve more advanced goals in order to bring the Institute to the next level. An example of one of these remarkable endeavours is the publication of the well-known cookbook "***Arusuvai – an introduction to Tamil cuisine***" for the eighth year in a row.

Interestingly, the cookbook focuses on 'Millets'. This grain has a historic significance of being mentioned in various Indian literatures that dates back to 3500 BC. Millets are dual-purpose crops. It is cultivated both as food & fodder, thus providing food/livelihood security to millions of households and contributing to the economic efficiency of farming. Millets contribute to mitigating climate change as it helps reduce the atmospheric carbon pressure CO2.

I am amazed by the fervour with which IHM Chennai has taken up the research in studying the bygone recipes on millets, thereby preserving traditions, resurrecting ancient dishes, fine-tuning them, and giving them a new lease of life. This has left me in awe. This initiative will be beneficial not only to the academic community but also to society as a whole. These recipes are deserving of a spot on the menu cards of five-star hotels that strive to provide guests with an unforgettable dining experience.

This cookbook is a treasure trove of essential recipes that have been beautifully illustrated and meticulously recorded. I am pleased to congratulate IHM Chennai on the publication of this edition, and I hope that many more books of this kind will be published in the years to come.

Thank you

(SANDEEP NANDURI)

होटल प्रबंधन खानपान प्रौद्योगिकी और अनुप्रयुक्त पोषण संस्थान, चेन्नई

**INSTITUTE OF HOTEL MANAGEMENT CATERING TECHNOLOGY AND APPLIED NUTRITION**

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**Message**

*"Arusuvai...an introduction to Tamil Cuisine"* is a collection of ancient recipes from the cultural land of 'Tamilakam' (Tamil Country). It is a landmark in this academic year that the 8th edition is being published. The objective is to discover, revive, and record the lost authentic recipes for posterity. I commend my culinary team for passionately pursuing this call.

This 8<sup>th</sup> edition is so special as it uniquely presents 'Millets' as the main theme. Every single page of this edition records a dish based on millets. The whole Nation is encouraged to embrace millets in their diet. Its nutrition values and health benefits are well understood around the world. It's an abundant source of energy and contains zero fat or cholesterol. Once, India had millets as its staple food. The apt climatic conditions and rich soil nutrients make it possible for most of the states in India to cultivate Millets.

It is incredible to note that this year has been declared the 'International Year of Millet' by the United Nations. As this keeps resonating, our team has made enough efforts to research millets and unearth ubiquitously useful recipes based on millets. They have made several attempts to verify the recipe, photographed the dishes, and recorded the same.

This book is surely a symphony on paper, with colorful, captivating pictures and easy-to-understand recipes. As we go through the pages, anyone will be tempted to try the dishes and make them part of their regular diet. This dexterously orchestrated cookbook will certainly be a helpful guide to leading a healthy life.

I would like to thank my team and congratulate them for working together to make this edition possible.

Thank you,

*Parimala*  
R. PARIMALA  
Principal i/c

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# PREFACE

Tamil Nadu with historic origin and ancient civilization is famous for its Art, Culture and Tradition. The attractions include Historical Monuments and Forts, Ancient Temples and places of worship, green mountain valleys and tea gardens, long coastline and pristine beaches, rich forest with diverse wild life, flora and fauna. Off late Tamil Nadu has grown as an Educational Hub with diverse Educational Institutions of International repute covering all streams of pedagogy, thus becoming famous for Educational Tourism. The concept of **atithi devo bhava** is very well followed in  tourism in the state. Various initiatives have been taken up by the Tamil Nadu Government for the promotion of tourism in the state.

The various Cuisines of Tamil Nadu with diverse recipes are Internationally famous. To mark the importance of Tamil Cuisine Arusuvai is presented by Chefs Budding Talents of IHM Chennai, Tamil Nadu for the benefit of the student community and the General Public of all regions of the globe. In order to showcase the preparation and presentation of important Tamil Cuisine Recipes. This is the Eighth edition of the Tamil Cuisine Recipes which shall be continued in years to come so that Tamil Nadu can become a Cuisine destination also. This book highlights the Millet foods of the TamilNadu. The list of dishes that have added glory to the town along with its rich heritage has been carefully collected and reproduced.

The Institute of Hotel Management would like to thank the Chefs, Students and Staff Members for valuable contribution in bringing out this edition.



## Acknowledgement

THE INSTITUTE OF HOTEL MANAGEMENT, CHENNAI UNDER THE  
GUIDANCE OF CHAIRMAN AND BOARD GOVERNERS IS BRINGING OUT THE  
EIGHTH EDITION OF ARUSUVAI- AN INTRODUCTION TO MILLET FOODS

THE CONTRIBUTION OF THE CHEFS, BUDDING STUDENT  
CHEFS AND STAFF IS PRAISWORTHY

# IHM CHENNAI

Our institute is known for its excellence both nationally and internationally in the field of Hotel Management education. The institute was established in 1963. It falls under the Ministry of Tourism, Govt. of India. We are one of the pioneering institutes in India. Courses such as- B.Sc in H&HA (3 years), PG M.sc HA (2years) and also (1.5 years) diploma and craft courses are being offered. We have shown stellar growth for more than 50 years, with an exceptional employment level for the students.

- 4th place in the CEO World Magazine Global Rankings- "The Best Hospitality and Hotel Management Schools,2022
- 2nd place in the Global Human Resource Development Centre (GHRDC) Hotel Management Institute Survey 2022
- An ISO 9001:2015 certified institution.
- Member of International Accreditation Organisation (IAO) USA (Life time membership)
- This institute is accredited with International Accreditation Organisation, Higher Learning Accreditation Consultant and Training.
- Member of American Accreditation Council of Business Education.
- MOU Signed with Catering School Lycee Nicolas Appert, France.
- MOU with IHG Academy, Turyaa, ITC, Le Meridian, Leela Palace, Hilton, Rain Tree, Accor Novotel, Feathers, Holiday Inn I.T. Express Hotels for training and development of students and faculty.

# INTRODUCTION

Hindu vedic scriptures make references to the millets in Sathapatha Brahmana. In 'Shakuntala,' Kalidasa has spoken about a sage Kanva who pours foxtail millet while bidding farewell to Shakuntala in Dushanta's court.

Arusuvai is a book that celebrates the traditional and nutritious food culture of Tamil Nadu and India. The book delves into the world of millets and showcases their versatility in culinary arts. Millets have been a staple food for many generations and continue to be a crucial part of the Indian diet. The recipes in this book are a testament to the rich history and diverse culture of millet-based cuisine.

Millets have been a staple food in Tamil Nadu for centuries, providing a rich source of nutrition for the population. The major millets grown in Tamil Nadu include sorghum, pearl millet, finger millet, foxtail millet, and little millet. These millets are well-suited to the state's hot and dry climate and can be grown with minimal irrigation and fertilizer inputs. In recent years, there has been a renewed interest in millets due to their numerous health benefits, including high fiber content, low glycaemic index, and the ability to regulate blood sugar levels. The state government has launched several initiatives to promote the cultivation and consumption of millets, including setting up millet processing centres, promoting millets in school meals, and providing subsidies for millet farmers. As a result, the demand for millets has increased, providing a sustainable livelihood for farmers and contributing to the state's food security.

The book provides readers with an insight into the world of millets and showcases their potential to create delicious and nutritious meals. The recipes featured in the book are a testament to the ingenuity and resourcefulness of Indian home cooks who have been using millets in their everyday cooking for generations. Arusuvai is a must-have for anyone interested in exploring the world of millets and discovering the diverse culinary traditions of India.

# GUIDES



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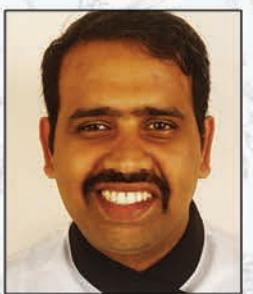
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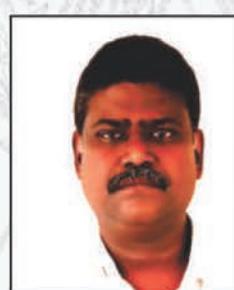
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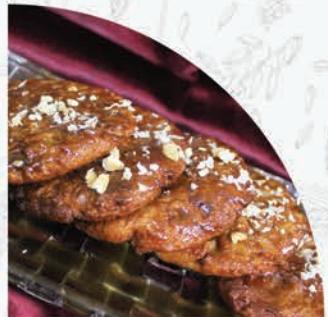
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## CHOLAM ADHIRASAM





# CHOLAM ADHIRASAM

Adhirasam is a disc-shaped dessert that is usually made with rice flour (where it is combined with maize/sorghum flour here) and jaggery syrup, flavored with cardamoms and is served as offering (prasadam) in temples. The word 'Athirasam' roughly translates to excess/boundless sweetness and traces back its origin to the reign of Krishnadevaraya. The dish is popular in Tamilnadu since ancient times and has been a part of weddings and special occasions.

## INGREDIENTS

• Maize (Cholam) Flour	30 gms
• Raw Rice	100 gms
• Jaggery	95 gms
• Cardamom	5 gm
• Ghee	30 gms
• Oil	500ml
• Water	50ml

## METHOD

1. Wash and soak raw rice for 2 hours. After 2 hours, drain the water completely and spread it on a cloth or paper.
2. After 10 minutes, dry grind the rice nicely along with cardamom. Sieve it and keep it in a broad vessel.
3. Boil the jaggery water until you get a soft ball consistency.
4. Immediately add hot jaggery syrup to the rice flour and mix it well, let it rest.
5. Knead the dough and divide into equal portions.
6. Heat oil in a kadai on medium flame. Flatten the dough into discs and deep fry until its cooked. Serve hot.

## HEALTH BENEFITS

- Cholam contributes to healthy weight gain and improves gut health.
- Due to the immense iron and calcium content in corn, it is ideal to stimulate milk production and balance hormonal activities.
- Snake gourds improve digestion and help in the detoxification of Kidneys.
- Snake gourds are ketogenic and help in acid reflux.

## CHOLAM KARUPATTI KESARI



Millet Foods of Tamil Nadu



# CHOLAM KARUPATTI KESARI

Karupatti Kesari is a traditional South Indian dessert that is famous for its unique and rich flavour. Made with semolina, ghee, jaggery, and cardamom, this dish has a distinct caramel-like taste and is perfect for satisfying your sweet tooth. The addition of karupatti or palm jaggery, a traditional sweetener used in South India, gives this dish a deeper flavour profile and a healthier alternative to white sugar. Karupatti Kesari is typically served as a dessert or sweet snack during festivals, weddings, or special occasions. Whether you are a fan of traditional South Indian desserts or looking for a new and unique sweet treat, Karupatti Kesari is definitely worth trying.

## INGREDIENTS

• Cholam (Maize) flour	70	gms
• Semolina	70	gms
• Palm jaggery	140	gms
• Ghee	50	gms
• Water	210	ml
• Raisins	5	gms
• Cashews	5	gms
• Cardamom	2	gms

## METHOD

- Dry roast the semolina and maize flour separately.
- In a pan, melt the jaggery with some water and add cardamom to it.
- Once the water comes to a boil, add roasted semolina and maize flour.
- In a pan, add ghee and fry cashews and raisins.
- Cook the kesari until it leaves the sides. Keep stirring it occasionally. Once cooked finish off with nuts.

## HEALTH BENEFITS

- Cholam supplies essential amino acids and fortifies bone density.
- It helps in maintaining blood sugar levels and supports a gluten-free diet.
- Palm jaggery is high in magnesium levels and helps to regulate the neural system.
- The dish helps in treating anaemia and helps in boosting haemoglobin levels.

## CHOLAM VENDAKKAI VARUVAL





# CHOLAM VENDAKKAI VARUVAL

Thengai paal chola suzhiyam is a deep-fried sweet dumpling that is served with flavored coconut milk. It is a sweet dish that is usually served during Diwali. It is typically made with chana dal, coconut, jaggery, and Refined Flour.

## INGREDIENTS

• Cholam (Maize) flour	50	gms	• Turmeric powder	2	gms
• Okra	200	gms	• Gram flour	50	gms
• Urad dal	5	gms	• Salt	8	gms
• Channa dal	10	gms	• Oil	500	ml
• Mustard seeds	2	gms			
• Cumin seeds	2	gms			
• Red chilli	5	gms			
• Curry leaves	2	gms			
• Asafoetida	2	gms			
• Red chilli powder	5	gms			

## METHOD

1. Dry roast mustard seeds,cumin seeds,urad dal,channa dal and make into a fine powder.
2. Wash okra and cut into lozenge cut.
3. In a fine sieve add gram flour,maize flour,red chilli powder,turmeric powder,salt and asafoetida and sift.
4. In a clean vessel, add the dry mixture and make a thick batter using water.
5. In a kadai, heat oil and deep fry the okra dipped in the batter
6. Serve with fried curry leaves and tempering.

## HEALTH BENEFITS

- Cholam contains magnesium, iron, vitamin E and vitamin B to regulate the heart rate and proper functioning of cardiac muscles.
- The cholesterol-lowering property of Cholam automatically decreases the risk of plaque formation within blood vessels.
- Okra benefits by working as a natural laxative. The soluble fiber in okra can help in relieving constipation by adding bulk to the diet.

## THENGAI PAAL CHOLA SUZHIYAM





# THENGAI PAAL CHOLA SUZHIYAM

Thengai paal chola suzhiyam is a deep-fried sweet dumpling that is served with flavored coconut milk. It is a sweet dish that is usually served during Diwali. It is typically made with chana dal, coconut, jaggery, and Refined Flour.

## INGREDIENTS

• Maize Flour (Cholam)	50	gms
• Chana Dal	130	gms
• Jaggery	300	gms
• Grated Coconut	130	gms
• Cardamom Powder	5	gms
• Salt	2.5	gms
• All Purpose Flour	50	gms
• Dosa Batter	80	gms
• Coconut Milk	250	ml

## HEALTH BENEFITS

- Coconuts are especially high in manganese, which is essential for bone health and the metabolism of carbohydrates and proteins.
- Urad dal possesses excellent antioxidant properties that make it beneficial for the heart, liver and kidneys. In addition, it has a low glycemic index and high dietary fiber content that may be helpful as a good food substance for patients with diabetes and those on weight control diets.
- Jaggery contains magnesium, manganese, and iron. It is easier for the body to digest because it releases energy slower than refined sugar

## METHOD

### FOR THE FILLING:

1. Soak chana dal for 2 hours then pressure cook for 15 minutes, cool down and make a coarse paste.
2. In a pan melt jaggery with water to form a syrup and add the ground chana dal, grated coconut and cardamom powder. Cook till water leaves.

### FOR THE BATTER:

3. In a vessel combine all-purpose flour, maize flour, dosa batter, water and salt to make a thick batter.
4. Make the filling into balls and dip into the batter.
5. In a kadai heat oil deep fry till golden brown.

### FOR THE MILK:

6. In a pan melt jaggery add cardamom powder, coconut milk and cook it on a low flame.
7. Add the suzhiyam into the milk and simmer it for 5 minutes. Then serve hot.

## CHOLAM PUDALANGAI PIDITHAN





# CHOLAM PUDALANGAI PIDITHAN

Chola Pudalangai Pidithan is a delicious South Indian dish that combines the nutty flavor of black-eyed peas with the subtle sweetness of snake gourd. This dish is a popular comfort food in Tamil Nadu and is enjoyed as a side dish or a main course with rice or roti. The name of the dish, Chola Pudalangai Pidithan, roughly translates to "black-eyed peas and snake gourd curry". It is a flavorful and nutritious dish that is rich in protein, fiber, and essential nutrients. If you're looking to try a new South Indian dish, Chola Pudalangai Pidithan is definitely worth a try.

## INGREDIENTS

- Cholam(Maize) flour 30 gms
- Snake gourd 250 gms
- Grated coconut 30 gms
- Gram flour 30 gms
- Red chilli powder 5 gms
- Asafoetida 5 gms
- Turmeric powder 5 gms
- Green chilli 5 gms
- Curry leaves 5 gms
- Coconut oil 5 ml
- Mustard seeds 5 gms

## HEALTH BENEFITS

- Cholam contributes to healthy weight gain and improves gut health.
- Due to the immense iron and calcium content in corn, it is ideal to stimulate milk production and balance hormonal activities.
- Snake gourds improve digestion and help in the detoxification of Kidneys.
- Snake gourds are ketogenic and help in acid reflux.

## METHOD

1. Mix gram flour, maize flour, red chilli powder, asafoetida, turmeric powder, green chillies, curry leaves and coconut. mix well with water to make it into a thick batter.
2. Add cut snake gourd pieces into the dry mix and coat well, sprinkle more water if required.
3. Make fistful of the mix and place in a steamer and steam for 10-12 mins.
4. Stick a toothpick to the centre and if it comes out clean, its cooked.
5. In a kadai temper mustard seeds and curry leaves place fistfuls over the tempering and mix well, ensuring they don't break. Once it is mixed, serve hot.

## CHOLAM VADAI MOR KUZHAMBU





# CHOLAM VADAI MOR KUZHAMBHU

MorKuzhambu is a buttermilk-based curry and is popular in Tamilnadu. In Tamilnadu, Kuzhambu refers to a liquid made with spice powders and vegetables even and is usually served alongside rice.

## INGREDIENTS

• Maize(Cholam)	100	gms	• Grated coconut	50	gms
• Urad dal	200	gms	• Turmeric powder	5	gms
• Curry leaves	5	gms	• Mustard seeds	5	gms
• Green chilies	10	gms	• Dry red chillies	5	gms
• Coriander leaves	10	gms	• Water	400	ml
• Thick yoghurt	500	ml			
• Coriander seeds	10	gms			
• Fenugreek seeds	5	gms			
• Salt	15	gms			

## HEALTH BENEFITS

- Cholam is a rich source of magnesium, and antioxidants like flavonoids, phenolic acids, and tannins.
- Furthermore, half a cup (96 grams) of cholam provides approximately 20% of the recommended daily fiber intake.
- Buttermilk promotes healthy digestion and helps in strengthening the bones.

## METHOD

### FOR VADAI:

1. Soak the lentils for an hour. Grind the lentils with green chillies, curry leaves and salt to form a coarse batter.
2. Add cholam into the coarse batter to retain the consistency
3. Heat oil in a kadai and deep fry the vada till golden brown.

### FOR THE PASTE:

1. In a kadai heat oil and roast coriander seeds, fenugreek seeds, urad dal and green chillies. Grind to a fine paste adding grated coconut and coriander leaves.
2. Mix the above paste to the thick yoghurt and add turmeric and salt.
3. Temper with mustard seeds.
4. Soak the vada in the kozhambu and serve hot.

## CHOLAM THENGAI PAAL KURMA



Millet Foods of Tamil Nadu



# CHOLAM THENGAI PAAL KURMA

Thengai Paal Kurma, commonly known as vellai kurma, is a coconut-based gravy and is popular in the Chettinad region of Tamilnadu. It is a kind of spiced thick stew with a variety of vegetables added to it. It is commonly served as an accompaniment for appam and idiyappam.

## INGREDIENTS

• Maize (Cholam) Flour	5	gms	• Cardamom	2	gms
• Potato	100	gms	• Cloves	2	gms
• Green Peas	20	gms	• Bay Leaf	2	gms
• Beans	20	gms	• Coconut Milk	100	ml
• Carrot	20	gms	• Salt	10	gms
• Green Chillies	3	gms	• Coconut Oil	10	ml
• Curry Leaves	10	gms			
• Cinnamon	2	gms			

## METHOD

1. Pressure cook Potatoes for 10 minutes and cut them into cubes.
2. Blanch carrots, beans and green peas.
3. In a kadai heat oil, temper with spices given in the ingredients list add curry leaves till the aromas are released.
4. Add onions, green chilies and cook till translucent.
5. Add the vegetables and mix well.
6. Add salt and water. Once the water boils, add coconut milk and cool on slow heat for 5 minutes.
7. Finish off with curry leaves. Serve hot with idiyappam.

## HEALTH BENEFITS

- Cholam plays an important role in cell signaling and repairing DNA in addition to acting as an antioxidant.
- Iron and copper are the two important minerals found in cholam. It boosts circulation and reduces the chances of anaemia.
- Coconut has anti-viral, anti-fungal, anti-bacterial and anti-parasitic properties.
- Vegetables are an important source of vitamins and minerals and maintain blood pressure



## MADURAI MASALA POTLAM





# CHOLAM MADURAI MASALA POTLAM

This is a very unique dish of the region of Madurai in Tamilnadu and is a spiced potato-based masala that is wrapped in butterfly ash leaves (known as mandharaielai in Tamil) when hot, which gives a unique flavor to the dish. It can be eaten as a snack or as an accompaniment to rice. One could find this dish in the shops alongside the streets of Madurai – a place that is famous for its culinary richness and heritage.

## INGREDIENTS

- Maize (Cholam) 150gms
- Potatoes 70 gms
- Onions 50 gms
- Tomatoes 50 gms
- Green chillies 10 gms
- Urad dal 5 gms
- Jeera 5 gms
- Mustard 5 gms
- Dried chillies 10 gms
- Fennel seeds 5 gms
- Coriander powder 5 gms
- Curry leaves 1 sprig
- Oil 30 ml

## HEALTH BENEFITS

- They also contain magnesium, iron, vitamin E, and vitamin B to regulate the heart rate and proper functioning of cardiac muscles.
- Cholam, a complex carbohydrate, is digested slowly, prompting a more gradual rise in blood sugar.
- Potatoes reduce inflammation and contains antioxidants.
- Anti-cancerous properties of butterfly ash leaves help in retarding the growth of the cancer cells

## METHOD

1. Boil potatoes and peel them, mash them roughly.
2. Heat a kadai and add the mustard, urad dal, jeera, fennel seeds.
3. Add the finely chopped onions and saute till they turn soft. Add the chopped tomatoes and green chillies and sautee well. Cook till the tomatoes turn soft.
4. Add the turmeric powder, coriander powder, chilli powder and cook till the oil separates.
5. Now add the potatoes and cholam flour and mix well. Saute for 5 minutes and then switch off the flame. Make parcels in banana leaves and serve hot.



## KAMBU BONDA





# KAMBU BONDA

Kambu Bonda is a traditional South Indian snack that originated in the state of Tamil Nadu. It is a savoury, deep-fried dish that is made with pearl millet flour, also known as Kambu in Tamil. The dish is crispy on the outside and soft on the inside, with a subtle nutty flavour. Kambu Bonda is usually served with coconut chutney or spicy tomato chutney and is a popular tea-time snack. It is not only delicious but also a healthy snack option as pearl millet is gluten-free and rich in nutrients.

## INGREDIENTS

• Kambu (pearl millet) flour	130	gms
• Gram flour	130	gms
• Onions	150	gms
• Green chillies	10	gms
• Ginger	10	gms
• Curry leaves	5	gms
• Salt	10	gms
• Asafoetida	5	gms
• Water	150	ml
• Oil	500	ml

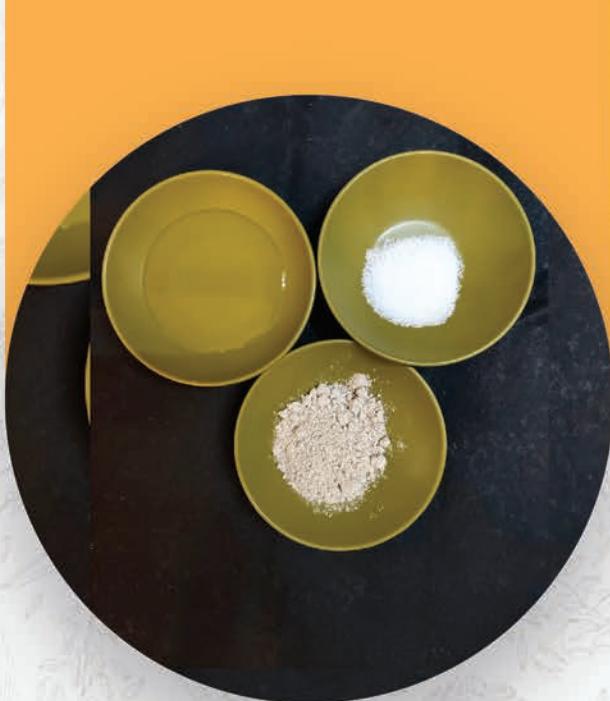
## HEALTH BENEFITS

- As the high fiber content in kambu leads to a feeling of fullness for a prolonged period of time, it helps in weight loss.
- Regularly consuming products with kambu can help prevent the development of breast cancer in premenopausal women.
- The high content of magnesium present in kambu controls blood pressure, whereas niacin lowers the blood cholesterol level.

## METHOD

1. Mix all ingredients except oil in a vessel. Make the dough in such a way that it is neither too thick nor watery.
2. It should be easy to pinch and make small balls.
3. Heat oil in a pan and slowly add the small balls of the dough and fry both sides till the bonda turns golden brown in colour.
4. Remove the bondas and strain and serve with a chutney of your choice.

## KAMBU KALI





# KAMBU KALI

Kambu Kali is a traditional dish from the South Indian state of Tamil Nadu. Made using pearl millet flour, it is a nutritious and healthy breakfast option. The dish is typically served with coconut chutney or sambar, and sometimes accompanied by a spicy curry or pickle. Kambu Kali has a unique texture and flavor, and is a popular dish in rural households. It is also known for its ability to provide sustained energy, making it a popular choice among athletes and fitness enthusiasts.

## INGREDIENTS

- Kambu (pearl millet) 65 gms
- Water 250 ml
- Salt 5 gms

## HEALTH BENEFITS

- Kambu has 8 times Iron content higher than in Rice. The rich Iron content in Kambu aids in improving the hemoglobin level in the blood and prevents anemia.
- Rich in antioxidants – Lessens free radical damage in the body and prevents early ageing, Alzheimer's Disease, Parkinson's Disease, cardiovascular diseases, and aids in wound healing.

## METHOD

1. Soak the kambu for at least 4 hours or overnight, drain the water from it and put it into the blender/mixie jar.
2. Pulse it few times till they become coarse powder. Heat the water in the pressure cooker and bring into boil.
3. Add the coarse kambu and salt and mix it well. Put the lid and whistle on and cook it for 3 whistles in medium flame.
4. Once the pressure is released from the pressure cooker automatically, open the lid and mix it well with a ladle, at this stage, cover it and set aside to cool.
5. Once it is cooled, it becomes a thick mass, again give a good mix, wet your hands and take a portion of cooked millet and roll into a smooth ball.
6. Do the same for the remaining. Healthy Kambu Kali is ready. Serve it with shallots and pickle or with your favorite curry. It also goes well with sesame oil.

## KAMBU KOOZH





# KAMBU KOOZH

Kambu Koozh is a traditional South Indian dish that has been enjoyed for centuries. It is a refreshing and nutritious summer drink made from pearl millet. Kambu Koozh is a popular street food in Tamil Nadu, India, and is served cold in earthen pots. It has a slightly sour and tangy taste, and is often enjoyed with spicy side dishes like pickles, chutneys, or fried papadums. Kambu Koozh is not only delicious but also has numerous health benefits, making it a favourite among health-conscious individuals.

## INGREDIENTS

- Kambu (pearl millet) 60 gms
- Water 250 ml
- Salt 10 gms
- Green chilli 5 gms
- Sour curd 60 gms
- Cumin seeds 5 gms
- Ginger 5 gms

## HEALTH BENEFITS

- Kambu is rich in nutrients. It promotes blood cell development.
- It fights diabetes and aids good sleep.
- Kambu treats coronary artery diseases.
- It enhances the digestive system and also aids in weight loss.
- Koozh acts as a coolant for the body.

## METHOD

1. Take the pearl millet in a mixer and grind it to a coarse powder. Take a sauce pan, to it add the kambu flour and water and mix it well.
2. Keep the flame on medium and stir the mixture continuously. In 5 minutes the koozh will start thickening. Stir continuously to avoid the mixture sticking to the bottom of the pan. When the koozh gets thick, switch off the flame.
3. Allow the koozh to come to room temperature and then add cold water to the koozh to dilute it and get it to drinking consistency.
4. Cover the koozh and keep it aside overnight for fermentation.
5. The next morning, take the koozh in a mixing bowl. Add a paste made out of curd, green chilli, ginger, cumin seed and mix it well.
6. Serve it with chopped onions, shallots, green chillies and enjoy the drink.



## KAMBU KUZHI PANIYARAM





# KAMBU KUZHI PANIYARAM

It is a traditional South Indian breakfast / snack variety made with kambu flour as the base. This can be made either sweet or spicy.

## INGREDIENTS

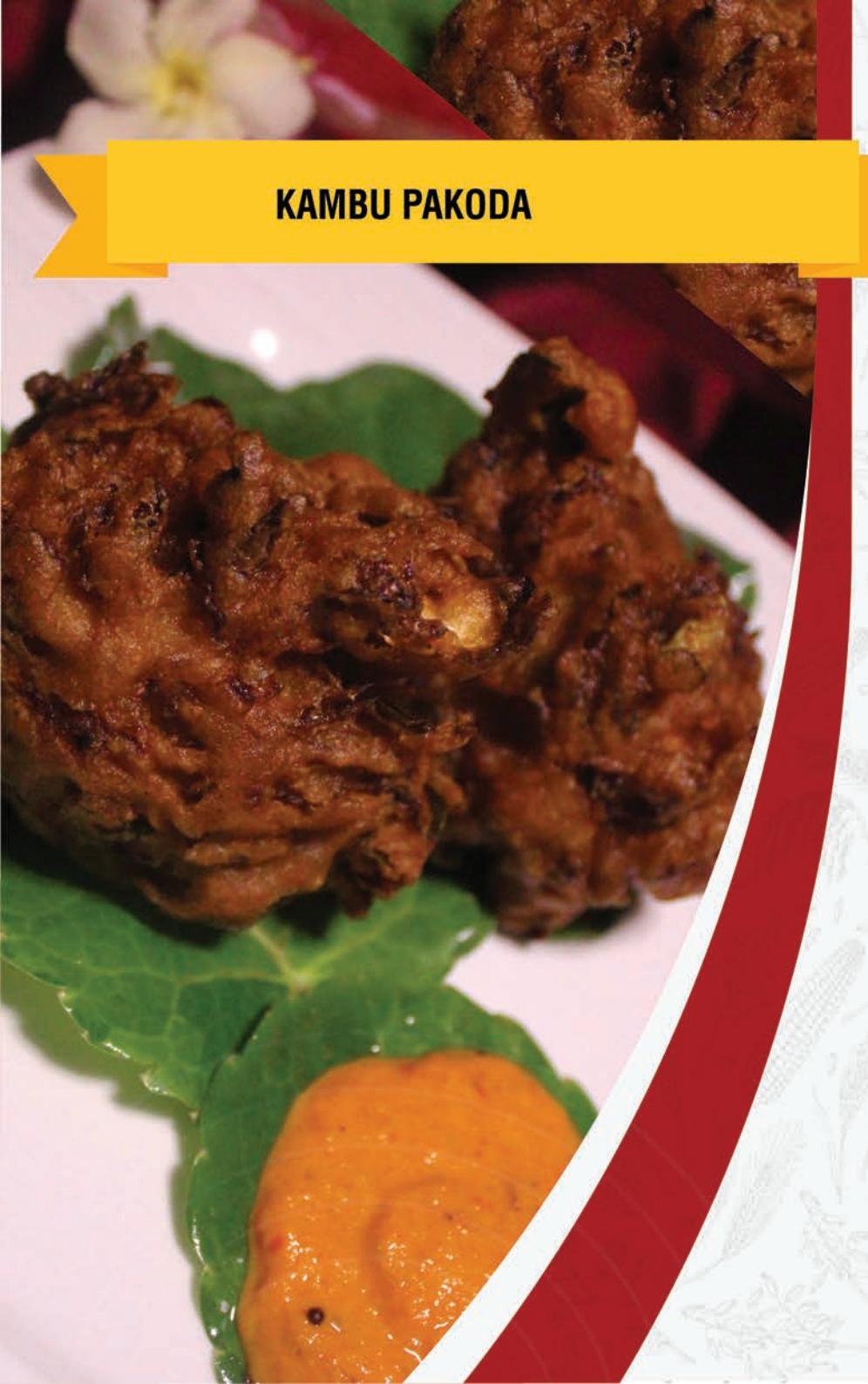
• Kambu (pearl millet) flour	130	gms
• Gram flour	130	gms
• Onions	150	gms
• Green chillies	10	gms
• Ginger	10	gms
• Curry leaves	5	gms
• Salt	10	gms
• Asafoetida	5	gms
• Water	150	ml
• Oil	500	ml

## HEALTH BENEFITS

- As the high fiber content in kambu leads to a feeling of fullness for a prolonged period of time, it helps in weight loss.
- Regularly consuming products with kambu can help prevent the development of breast cancer in premenopausal women.
- The high content of magnesium present in kambu controls blood pressure, whereas niacin lowers the blood cholesterol level.

## METHOD

1. Soak the below items in water separately for the specified timing. Kambu (Pearl Millet) –For 4-6 hours; raw white rice- minimum 1 hour; Black gram (skinned) –minimum 1 hour; Fenugreek -6-8 hours.
2. Batter prep directions – grind the above ingredients to a dosa / crepe batter consistency. Add salt to this batter. Set the batter overnight.
3. To the batter add sauteed mixture of coconut, mustard, urad dal, chillies.
4. Pour the batter in the paniyaram skillet and cook it until golden brown colour.
5. Serve hot.



## KAMBU PAKODA





# KAMBU PAKODA

Kambu (Pearl Millet) Pakoda, Onions, peanuts and spices are mixed with Kambu flour, besan and rice flour which are then dropped and deep fired in oil to get crispy and tasty pakoda.

## INGREDIENTS

Pearl millet (kambu) flour	96	gms
Gram flour	43	gms
Rice flour	32	gms
Onions	300	gms
Peanuts	32	gms
Red chilli powder	4	gms
Ghee	4	gms
Coriander leaves	8	gms
Oil	500	ml

## METHOD

1. Take a mixing bowl and add all the dry ingredients.
2. Thinly slice the onions and add it into the mixing bowl along with the dry ingredients. Then add the peanuts and coriander leaves and mix it well.
3. Add some hot oil into the mixture before mixing it with water.
4. Heat the oil on medium flame and fry the pakodas till crispy and golden brown.
5. Drain the excess oil and serve it with choice of chutney or ketchup.

## HEALTH BENEFITS

- It contains magnesium, zinc, manganese, folic acid, amino acids, lecithin, potassium, B vitamins, and calcium.
- The B vitamin niacin lowers cholesterol, phosphorus is vital for cell formation, and magnesium is vital for heart health. These minerals lower blood pressure.

## KAMBU PIDI KOZHUKATTAI





# KAMBU PIDI KOZHUKATTAI

Pidi kozhukattai is a traditional Prasadam made especially on Vinayaka chathurthi. It is a very mild and quick dessert made with rice flour and jaggery.

## INGREDIENTS

• Pearl millet (kambu)	128	gms
• Raw rice	64	gms
• Cardamom powder	10	gms
• Jaggery	32	gms
• Grated coconut	45	gms
• Salt	5	gms
• Water	30	ml
• Ghee	30	gms

## METHOD

1. Dry roast the raw rice and wash the pearl millet and fry it with little ghee on low heat. Then make a powder of both separately.
2. Move it into a bowl and add cardamom powder, coconut scrapings, salt and jaggery syrup.
3. Add water and loosen it a little to make balls out of it.
4. Rest it for 5 minutes and shape it into roundels. Steam it for 8-10 minutes and serve hot.

## HEALTH BENEFITS

- Beneficial for heart health – Rich in dietary fibres and cholesterol-lowering properties of these grains are good for heart patients.
- Perfect for Celiac disease and gluten intolerance – patients with celiac disease and gluten intolerance can opt for a pearl millet-based diet as it is gluten-free and easily tolerated by everyone

## KAMBU PORRIDGE



Millet Foods of Tamil Nadu



# KAMBU PORRIDGE

Instant Bajra Sweet Porridge is a healthy, quick porridge made by simmering bajra flour with water, jaggery and milk to a thick consistency.

## INGREDIENTS

- Kambu 128 gms
- Salt 5 gms
- Water 500 gms

## HEALTH BENEFITS

- You will be less likely to suffer from heat strokes, ulcers and dehydration, if you make it a habit of eating kambu porridge in summer.
- Kambu apart from being a body coolant also is good for treating constipation, acidity and it is full of nutrients.

## METHOD

1. Wash and soak kambu /pearl millet overnight.
2. Drain water and transfer kambu to a mixer. Grind it coarsely without any water.
3. In a heavy bottomed pan, add water and let it boil. When it boils ,transfer the grinded kambu and salt to the water.
4. Stir it continuously on medium flame till it thickens. This will take nearly 20-30 mins. Once the kambu is cooked enough switch off the flame and let it cool down .
5. Porridge tends to thicken when cooled. In that case add curd or buttermilk to it. Mix it properly without any lumps .
6. Porridge is ready.



## KAMBU INIPPU VADAI





# KAMBU INIPPU VADAI

KambuVadai (Pearl Millet Vada / Bajra Vada) is a healthy and crispy snack. Pearl Millet Vadai is made with the whole kambu and simple ingredients, with easy steps and instructions.

## INGREDIENTS

• Pearl Millet (Kambu) flour	130	gms
• Jaggery	30	gms
• Grated coconut	30	gms
• Oil	500	ml

## METHOD

1. To the flour add the grated jaggery and mix well.
2. Then add the grated coconut and by sprinkling the water little by little Prepare a dough similar to the of a chapathi.
3. Make small vada shapes by pating them or make them into roundels.
4. Deep fry them in medium hot oil until golden brown and serve hot.

## HEALTH BENEFITS

- Provides protein to vegetarians- Those who are vegetarians cannot get the needed protein from meat and fish products.
- The health benefits of bajra include its ability to provide the required protein to vegetarians as well.
- Bajra flour becomes complete when it is combined with seeds like rajma, moong dal, chana dal, etc.

## KUDHIRAIVALLI INIPPU MACHIL





# KUDHIRAIVALLI INIPPU MACHIL

It is a disc-shaped sweet preparation that is made out of barnyard millet, jaggery and milk. It is a cookie dish made out of the flour of barnyard millet. Millet Cookies are healthy compared to packed junk foods and a good accompaniment for tea.

## INGREDIENTS

- Kudhiravalli (barnyard) flour 200 gm
- Cold unsalted butter 100 gm
- Jaggery 100 gm
- Baking powder 5 gm
- Cold milk 30 ml

## METHOD

1. Rub the flour and cold butter together using your fingers until it resembles to that of bread crumbs.
2. To this mixture add the powdered jaggery, baking powder and milk and knead it to a soft dough.
3. Shape them into small circle cookies and then line them on a baking tray.
4. Bake them at 180 C for 15-20 minutes

## HEALTH BENEFITS

- Kudaravalli is a fair source of protein, which is highly digestible and is an excellent source of dietary fiber with good amounts of soluble and insoluble fractions
- Jaggery helps in weight loss and boosts immunity



## KUDHIRAIVALLI ARISI VENDHAYA KANJI





# KUDHIRAIYALLI ARISI VENDHAYA KANJI

It is a porridge made with rice, fenugreek seeds, moong dal, garlic and coconut milk. This porridge aids in the healing of ulcers and acts as a coolant for the body.

## INGREDIENTS

• Barnyard millet (Kudaraivalli)	15	gms
• Moong dal	30	gms
• Fenugreek	10	gms
• Garlic	30	gms
• Salt	15	gms
• Water	750	ml
• Oil	30	ml
• Coconut milk	100	ml
• Ginger	15	gms
• Curry Leaves	10	gms
• Black Pepper	15	gms
• Cumin Seeds	15	gms

## METHOD

1. Take a cooker, Add the millet, moong dal, fenugreek, garlic and salt.
2. Add water in the ratio 1:5 as millet is to water and cook for 4 whistles.
3. once the pressure releases let it cool down. Then add coconut milk and make a thin liquid mixture.
4. temper with cumin seeds, chopped ginger, curry leaves and black pepper before serving.

## HEALTH BENEFITS

- Kanji is loaded with probiotics that help boost metabolism, regulate bowel movement and prevent constipation.
- Kanji is also known to be enriched with antioxidants, and beta-carotene. These factors help hydrate our skin and prevent it from drying during the winters
- This kanji helps boost the process of weight loss

## KUDHIRAIVALLI THATTU VADA





# KUDHIRAI VALLI THATTU VADA

This is a flat, spiced flour disc that is fried till golden. It is a traditional dish from Tamil Nadu that is made during festivals like Diwali and Krishna Jayanthi.

## INGREDIENTS

• Barnyard Millet(Kudhiraivalli)	100	gms
• Flour	50	gms
• Water	30	ml
• Salt	10	gms
• Ghee	10	gms
• Chilli Powder	10	gms
• Channa dal	80	gms
• Curry Leaves	2	gms
• Oil	500	ml
• Onion	100	gms
• Garlic	30	gms
• Black Pepper	15	gms
• Fennel seeds	25	gms

## METHOD

1. Soak channa dal for 30 minutes
2. make a coarse paste with channa dal and the millet.
3. Combine the other remaining ingredients with the paste and make small roundels out of it.
4. Grease a banana leaf and make a flat roundel with the balls made before.
5. Deep fry the roundels until golden brown colour and serve hot.
6. Serve hot with chutney.

## HEALTH BENEFITS

- Kudaravalli is a great substitute for wheat and rice in case of a gluten-free diet.
- It is a fiber-rich dish and is ideal to be included in a diet
- Minerals such as iron, and magnesium are good for heart health and boost immunity.

## KUDHIRAIVALLI UPMA KOZHUKATTAI





# KUDHIRAIVALLI UPMA KOZHUKATTAI

Kudhiravalli Upma Kozhukattai is a traditional South Indian dish that is popular in Tamil Nadu. It is a healthy breakfast or snack option made with barnyard millet, lentils, and spices. The dish is similar to upma, but the preparation involves shaping the mixture into small dumplings or balls, which are then steamed. Kudhiravaali Upma Kozhukattai is not only delicious but also nutritious, as it is low in fat and high in fiber, making it an ideal choice for health-conscious individuals. This dish is often served with chutney or sambar on the side.

## INGREDIENTS

• Kudhiraivalli (Barnyard) millet	150	gms
• Fresh coconut	100	gms
• Mustard seeds	5	gms
• White urad dal	30	gms
• Green chillies	5	gms
• Ginger	5	gms
• Curry leaves	2	gms
• Asafoetida	5	gms
• Sesame oil	10	ml

## HEALTH BENEFITS

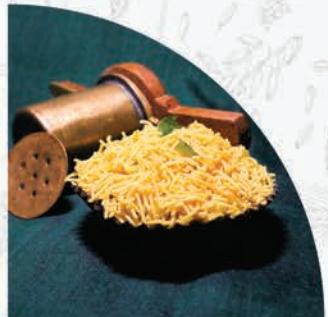
- The protein content in millet is very close to that of wheat; both provide about 11% protein by weight.
- Millets are also known to be rich in B vitamins, calcium, iron, potassium, magnesium, and zinc.
- Barnyard Millet is also known to have lesser carbohydrates and a lot of fiber.

## METHOD

1. To make upma, take a thick bottom pan, heat oil and add mustard seeds ,urad dal and saute till golden brown.
2. Then add curry leaves ginger, green chillies and asafoetida. Then add the barnyard millet and saute for 4-5 minutes.
3. Add salt, coconut and water and stir continuously to make sure no lumps are formed.
4. once it leaves sides switch off the flame and let it cool down. Once it cools down, grease your palms and make small oval shaped dumplings out of it.
5. Steam the upma kozhukattai in a steamer for 8-10 minutes on high heat and serve them hot with choice of chutney.

## KUDHIRAVALLI OMAPODI





# KUDHIRAI VALLI OMAPODI

Kudhiraivalli Omapodi is a tasty savory made by blending millet flour, besan flour and ajwain to a dough consistency, pressing it through a die mold and frying it. Millet omapodi is a delight for people on dietary plans as millet has high fiber content. Omapodi also gives you a scrumptious crispy sev laced with the delicate flavor and aroma of carom seeds or ajwain. Also, in Tamil Nadu, this spice is referred to as 'omam.' Hence, the name of this snack too.

## INGREDIENTS

• Barnyard millet (Kudhiraivalli) flour	200	gms
• Gram flour	100	gms
• Asafoetida	10	gms
• Ajwain	20	gms
• Melted butter	15	ml
• Hot oil	15	ml
• Salt	5	gms
• Oil	30	ml

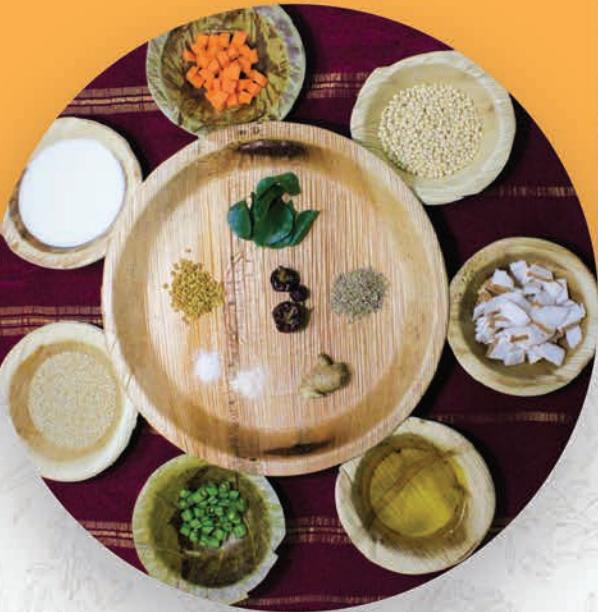
## HEALTH BENEFITS

- Carom seeds have anti-bacterial and anti-inflammatory properties. It can help
- It helps lower cholesterol and as it contains thymol it helps with regulating blood pressure levels thereby preventing hypertension and chronic heart disease.

## METHOD

1. Dry roast the ajwain till it leaves the aroma and mix it into water by making it into a paste.
2. Sieve the dry ingredients and mix butter, hot oil and asafoetida into it
3. mix it into the ajwain water and make it into a smooth dough. Now grease the mold and disc with oil and fill the mould with dough.
4. Heat the oil, and drop the dough into oil. If it raises onto top the oil is ready to fry. Now press the dough in two or three layers into the oil.
5. Point- deep fry till golden brown colour and cook on both the sides. Drain the excess oil and serve it as it is or break it and serve.

## KUDHIRAIVALLI ULUNDHU SADHAM





# KUDHIRAI VALLI ULUNDHU SADHAM

Kudhiravalli Ulundhu Sadham is a traditional South Indian dish that combines two nutritious ingredients - barnyard millet and urad dal. This wholesome and delicious meal is a staple in many households and is often served for breakfast or lunch. The barnyard millet and urad dal are cooked together and flavoured with spices to create a savoury and aromatic dish that is packed with protein, fiber, and essential nutrients. This dish is not only healthy but also easy to make, making it a popular choice for those looking for a quick and nutritious meal.

## INGREDIENTS

• Kudhiraivalli (Barnyard)millet	150	gms	• Sesame oil	30 ml
• Black Urad Dal	45	gm	• Cumin seeds	5 gms
• Coconut grated	50	gms	• Fenugreek seeds	2 gms
• Coconut Milk	150	ml	• Ginger	5gms
• Carrot	20	gms	• Dry red chilli	5 gms
• Beans	20	gms	• Curry leaves	2 gms
• Sesame oil	10	ml	• Asafoetida	2 gms
• Water	100	ml		
• Salt	5	gms		

## METHOD

1. Wash and soak the barnyard millet for 20 minutes. Meanwhile, roast the black urad dal until it leaves the aroma.
2. Inn a pressure cooker, add sesame oil, roasted urad dal, carrot and beans and cook till tender.
3. Then add the soaked millet, grated coconut, coconut milk, water and season it.
4. Cook for 4 whistles. Meanwhile, in a pan, make tempering with oil, cumin seeds, fenugreek and allow it to crackle.
5. Then add red chillies, ginger, curry leaves and asafoetida. Put the tempering into the cooked millet once it releases pressure. Give it a nice stir and serve hot.

## HEALTH BENEFITS

- It is rich in protein and vitamin B and is also a good source of iron, folic acid, calcium, magnesium, and potassium which are required for the body.
- Black urad dal has both soluble and insoluble fibers which help relieve constipation.

## KUDHIRAIVALLI MALADU



Millet Foods of Tamil Nadu



# KUDHIRAIVALLI MALADU

KudhiraiValli Maladu is a popular and traditional sweet snack from South India. Made from horse gram lentils, jaggery, and grated coconut, it is a healthy and nutritious snack option. The dish is gluten-free, vegan, and high in protein, making it an ideal choice for health-conscious individuals. KudhiraiValli Maladu is easy to prepare and is often enjoyed as a mid-day snack or as a dessert after meals. With its unique taste and texture,

## INGREDIENTS

• KudhiraiValli (Barnyard) flour	200	gms
• Ghee	50	ml
• Powdered sugar	75	gms
• Cashew	30	gms

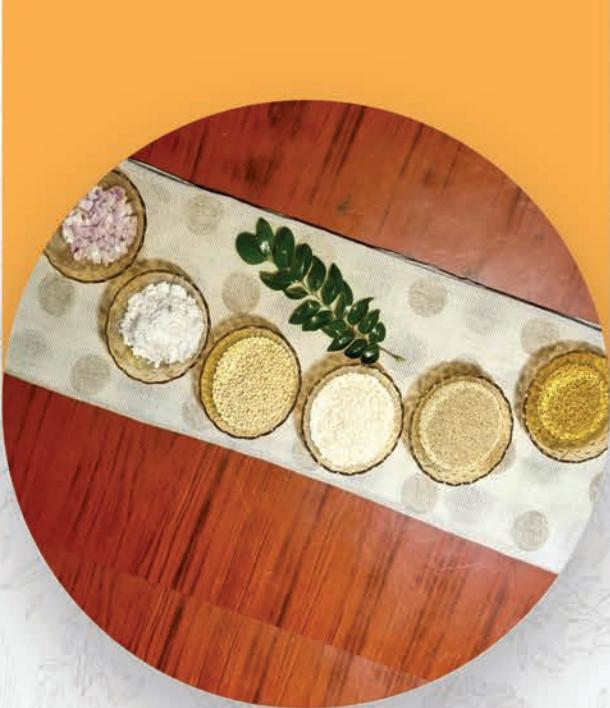
## HEALTH BENEFITS

- Millet ladoo is a refined sugar-free ladoo made with a combination of millet and whole wheat flour.
- These healthy and nutritious ladoos are sweetened using jaggery and are a great make-ahead snack.
- These ladoos are low in glycemic index and keep you full for longer.

## METHOD

1. Dry roast the cashew nuts until they turn golden brown and set them aside to cool.
2. In a pan, roast the KudhiraiValli flour on medium heat until it turns light brown and gives off a nutty aroma.
3. Remove the pan from the heat and add ghee to the flour while it is still hot. Mix well until the ghee is evenly distributed.
4. Add powdered sugar to the mixture and mix thoroughly until the sugar dissolves and blends in completely.
5. Crush the roasted cashew nuts coarsely and add them to the mixture. Allow the mixture to cool down until it is comfortable to handle.
6. Then, take small portions of the mixture and shape them into balls or laddus and serve them.

## KUDHIRAIVALLI KUNUKKU





# KUDHIRAIYALLI KUNUKKU

Kunukku is a crispy, savory fritter made by grinding dal & rice to a batter and deep frying dollops of it. Kunukus are made during Navratri and offered to the deity as 'prasadam'. The Kunukku recipe is a popular snack made with leftover adai batter.

## INGREDIENTS

• Barnyard (kudhiraivalli) millet	100	gms
• Onion	40	gms
• Grated coconut	55	gms
• Curry leaves	2	gms
• Oil	500	ml

## METHOD

1. Soak the millet, rice, urad dal, fenugreek seeds for 4-5 hours.
2. Grind everything into coarse thick batter and let it ferment overnight.
3. Add chopped onions, coconut pieces and curry leaves. Mix it really well
4. heat oil in a kadai or frying pan on medium heat and scoop some batter with the tips of the fingers and drop it into the oil. Fry them until golden brown. Serve hot with choice of chutney.

## HEALTH BENEFITS

- Barnyard millet is appropriate for patients intolerant to gluten or those who choose to follow a gluten-free lifestyle.
- Some varieties of barnyard millet have been shown to contain high amounts of iron.
- Apart from that, barnyard millets are full of antioxidants, which assist in the treatment of different ailments and health problems.

## KUDHIRAIVALLI AKKUSILI



Millet Foods of Tamil Nadu



# KUDHIRAI VALLI AKKUSILI

Akkusili is a popular Tamil dish. It's made by roasting moong dal and barnyard millet. This is a traditional dish of Tamil Nadu, made with moong dal. A very simple dish, but tastes fantastic with a spicy chutney. Generally, this is prepared for dinner. I achieved the same taste with millets and am happy to share an age-old recipe using

## INGREDIENTS

- Barnyard Millet 200 gms
- Moong dal 100 gms
- Green chilli 5 nos
- Grated coconut 50 gms
- Turmeric powder 10 gms
- Salt 5 gms
- Water 800 ml

## METHOD

1. In a kadai, dry roast the millet and let it cool down. Then roast the moong dal and keep aside.
2. In a pressure cooker, add coconut oil, mustard seeds, urad dal, green chilli and grated coconut.
3. Then add turmeric and 2 ½ cups of water. Add the roasted millet and the roasted moong dal along with some salt and cook it for 3 whistles.
4. Once the pressure is released, give it a good mix and serve

## HEALTH BENEFITS

- It is low in simple carbohydrates and higher in complex carbohydrates.
- Rich in dietary fiber, both soluble and insoluble.
- It is rich in high-quality proteins and other essential nutrients. The high protein content contributes to building and repairing tissues and building muscles, bones, cartilage, blood, and skin.

## KUDHIRAIVALLI KESARI





# KUDHIRAIYALLI KESARI

Kesari recipe is a popular and delicious south Indian sweet. This melt-in-the-mouth orange-colored sweet is made with barnyard millet, ghee and jaggery. It is made during festivals as well as during poojas or auspicious occasions or any celebrations in South India.

## INGREDIENTS

- Barnyard (kudhiraivalli) Aval 200 gms
- Cashews 10 gms
- Raisins 10 gms
- Cardamom powder 2 gms
- Milk 200 ml
- Ghee 50 ml

## METHOD

1. Rinse the kudhiraivalli aval once in water ,strain and keep it aside.
2. Take a kadai ,add ghee and roast cashew nuts and raisins and keep it aside.
3. Add the kudhiraivalli aval to the same kadai and saute for 2 mins and add cardomom powder.
4. Add milk to kadai and boil till it becomes little thick.
5. Melt the jaggery and add it into the milk. Cook well and finish it with roasted dry fruits.

## HEALTH BENEFITS

- Cashews are high in protein and lower the risk of gallstones
- Raisins are a rich source of iron, fiber and calcium and help prevent anemia and constipation
- Ghee has butyric acid, which is an anti-cancer constituent. The antioxidants present in it make it anti-inflammatory.

## RAGI ADAI





# RAGI ADAI

Ragi adai is one of the ancient recipes and is a part of traditional Tamil cuisine. As a part of the traditions, the adai is made with finger millet flour, onions and drumstick leaves. However, in the modern approach, the usage of drumstick leaves could be an optional one. Unlike conventional adai, there isn't any usage of a batter. The dough is prepared and is then tapped to form a kind of roti which is then cooked.

## INGREDIENTS

• Finger millet (Ragi) flour	125	gms
• Banana Leaf	1	no
• Onion	30	gms
• Green chillies	10	gms
• Oil	30	ml
• Salt	10	gms
• Drumstick leaves	50	gms
• Coriander leaves	15	gms
• Curry leaves	15	gms
• Jeera	10	gms

## METHOD

1. In a pan, heat oil, add green chillies and onion. Saute till onions get translucent. Switch off the flame and add coriander leaves.
2. Then add the ragi flour, salt and mix well.
3. Boil water and add the flour little by little into the water. Keep mixing it with a little until it
4. Grease the banana leaf and wet your palms then make roundels of the dough and flatten it with finger tips till it gets evenly thin.
5. Heat a tawa and drizzle oil. Carefully place the flattened adai on the tawa. Cook it on both the sides properly with sufficient oil.
6. Serve it hot with coconut chutney.

## HEALTH BENEFITS

- It is nutritionally higher in protein and minerals in comparison to rice and other cereals, making it a protein source for vegetarian diets.
- Onions are loaded with antioxidants and contain cancer-fighting compounds.
- Ragi also acts as a treatment for multiple diseases like Brittle Bones, Osteoporosis, Anaemia and Diabetes

## RAGI LADOO





# RAGI LADOO

Ragi ladoo is one of the popular Indian sweets that is served either as a snack or a dessert. The ingredients used in the ladoo are rich in nutritional content and are beneficial to children and people who are in need of iron in their diet. An alternate version may also include coconut in it.

## INGREDIENTS

• Finger millet (Ragi) flour	200	gms
• powdered jaggery	140	gms
• ghee	60	gms
• cardamom powder	15	gms
• cashew	10	gms

## METHOD

1. Heat a kadai or thick bottom pan on low flame and roast the ragi flour.
2. Roast until the flour leaves aroma and slightly changes its colour.
3. Then add the powdered jaggery and cardamom into the flour and mix well.
4. Then add the ghee and further roast it until it is free of the raw smell.
5. Then switch off the flame and let it cool down. Once it cools down, make small balls out of it and garnish with a cashew or any other nut.

## HEALTH BENEFITS

- The antioxidants in ragi lower cell damage by preventing excessive oxidization of the cells.
- Ragi seed coat is rich in flavonoids, tannins and phenolic acids which have antioxidant properties.
- There is calcium present in the jaggery powder that aids in proper blood circulation.
- Ghee strengthens the immune system and the digestive system in our body.



## RAGI MOR KALI





# RAGI MOR KALI

Ragi mor Kali is a kind of buttermilk-based porridge that has been consumed by the people of Tamilnadu from ages. It is an excellent source of energy and has been a part of breakfast in rural areas and villages, where farmers would consume the dish in the early morning.

## INGREDIENTS

- Finger millet (Ragi) Flour 200gms
- Kodo Millet 200gms
- Water 1750ml
- Salt 15 gms
- Ghee 10 gms
- Buttermilk 500ml
- Mustard seeds 20 gms
- Red Chillies 10 gms
- Urad dal 10 gms
- Curry leaves 30 gms

## HEALTH BENEFITS

- Methionine is an amino acid found in ragi. It helps eliminate fat from the body and is a source of sulphur.
- The benefits of ragi for babies are that it also helps in better circulation, which is very important for infants and their developing bodies.
- Buttermilk helps in the strengthening of bones and lowers cholesterol levels.

## METHOD

1. Dry roast ragi flour for few seconds and remove from the heat. Mix buttermilk and ragi flour in a bowl. Use hand whisk and make sure there are no lumps. Keep it aside.
2. For tempering, Heat 2 tsp gingelly oil in a pan or kadai, add red chilies, mustard seeds, urad dal and curry leaves.
3. Add ginger julienne and asafoetida. Stir well. Then, add chopped onions and cook for a minute on low flame.
4. To this, add ragi & buttermilk mixture. Stir frequently to avoid lumps. Switch to low medium flame and cook it uncovered for 20 mins. The mixture should leave the sides of pan.
5. The mixture should be of thick pouring consistency. Switch off the flame and pour the mixture on a greased round plate. Serve hot.

## RAGI THENGAI MAAVU





# RAGI THENGA MAAVU

Ragi Thenga Maavu is a traditional South Indian dish that has gained popularity due to its unique blend of flavors and health benefits. It is a porridge made from finger millet flour and coconut milk, seasoned with spices and served hot. Ragi is a gluten-free grain that is high in protein, fiber, and minerals, making it an excellent choice for a nutritious meal.

## INGREDIENTS

- Ragi (finger millet) flour 300 gms
- Raw rice 100 gms
- Jaggery 300 gms
- Cardamom powder 10 gms
- Gingelly oil 50 ml
- Ghee 50 ml
- Grated coconut 400 gms
- Sugar 50 gms

## METHOD

1. Soak the raw rice and ragi for an hour and then dry it by spreading it on a cloth. Then grind it into a fine powder and sieve it.
2. Dry roast the flours, once the raw smell goes off then melt the jaggery and bring it into a single string consistency and add it into the flour.
3. Apply gingelly oil to it and rest it overnight.
4. Toss the flour in the pan to heat it and then add the grated coconut and mix well.
5. Slit and caramelise the banana with the sugar. Shape the Thenga maavu and serve it with the caramelised banana

## HEALTH BENEFITS

- The anti-inflammatory properties present in finger millet also help prevent scalp problems like dandruff, eczema, itchiness, etc.
- Raw rice is a good source of energy and improves nervous system health.
- Coconut fights bacteria and keeps the body hydrated.
- Jaggery treats menstrual problems and prevents anaemia.



RAGI PAZHA ROTI





# RAGI PAZHA ROTI

Ragipazha roti is typically a pancake that is made with finger millet and banana. It is a breakfast food and is most popular in the rural areas of southern Karnataka. The roti is prepared in a similar fashion to that of an akki roti. However, the latter refers to a savoury one.

## INGREDIENTS

• Ragi flour	200	gm
• Banana	5	nos
• Brown sugar	150	gm
• Coconut grated	100	gm
• Salt	10	gm

## METHOD

1. Sieve the flour and add salt into it.
2. Melt half the jaggery and slice one banana and caramelise it.
3. Take the remaining bananas and mash them into the flour. Add grated coconut and the remaining jaggery also.
4. Make a soft mushy dough out of it and flatten it on a banana leaf or a plastic sheet.
5. Cook it on tawa on both sides and serve hot.

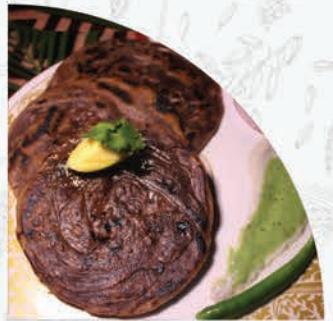
## HEALTH BENEFITS

- Adding ragi to your diet is a very effective way of reducing stress levels related to everyday life.
- Bananas can support your digestive health, as they contain resistant starch and pectins that feed the beneficial bacteria in your gut and promote regularity.
- Brown sugar can also be beneficial in relieving skin problems and keeping the skin healthy.



RAGI PAROTTA





# RAGI PAROTTA

Ragi parotta is a nutritious and delicious Indian flatbread made using ragi flour, also known as finger millet flour. It is a healthier alternative to traditional parottas as it is rich in dietary fiber, protein, and essential minerals.

## INGREDIENTS

- Ragi (finger millet) flour 150 gms
- Wheat flour 125 gms
- Cumin seeds 15 gms
- Salt 5 gms
- Oil 100 ml
- Water 180 ml

## HEALTH BENEFITS

- Among other cereals or plant foods, ragi contain the most amount of calcium.
- The amino acids in ragi get rid of the excess fat in the liver thus helping prevent obesity in children by reducing cholesterol levels in children.
- Whole wheat controls obesity and prevents metabolic disorders.

## METHOD

1. To begin making the Ragi Parotta in a large bowl combine the ragi flour, whole wheat flour salt and knead adding little water at a time to make firm and smooth dough.
2. Cover and set the parotta dough aside for 15 minutes.
3. Divide the dough into 4 portions. Preheat the tawa over medium heat.
4. Roll the dough portions into balls and flatten them with the palm of your hand. Toss them on flour and roll them out into circles Put oil and spread it on the rolled dough.
5. Make a fan fold and roll it into a ball shape again and rest it for 15 minutes.
6. Take the rested dough and flatten it and spread it without tearing the dough. Continue the process for the other remaining parottas as well.
7. Place the rolled parotta on the tawa and when you notice the air bubbles popping out flip it and cook it on the other side too.
8. Remove from heat and place on a platter or serve hot.



## RAGI PAKODA





# RAGI PAKODA

Ragi Pakoda is a delicious and crispy snack made with ragi flour, also known as finger millet flour. This dish is popular in South India and is often served as an appetizer or tea-time snack. The ragi flour is mixed with spices and herbs, and then deep-fried to make it crispy and crunchy.

## INGREDIENTS

• Ragi (finger millet)flour	125	gms
• Onion	80	gms
• Cashew	30	gms
• Red chilli powder	10	gms
• Rice flour	20	gms
• Curry leaves	5	gms
• Salt	5	gms
• Oil	500	ml

## HEALTH BENEFITS

- Ragi helps in weight loss because it contains a lot of fibre which aids in slowing digestion.
- Due to its high protein content, Ragi is a good alternative to meat.
- Cashewnuts can prevent cardiovascular diseases and help in controlling blood pressure.
- Onions have anti-bacterial properties and boost digestive health.

## METHOD

1. Take a large mixing bowl, to that add sliced onion along with required salt. Mix well and keep aside for 5minutes.
2. Add red chilli powder and curry leaves. Next add ragi flour, rice flour and mix well by squeezing moisture from the onions.
3. Add little water just to moisten the mixture into a moist dough.
4. Heat a kadai with oil for deep frying, add the small dough mixture evenly and fry till they turn into golden colour and crispy.
5. Finally, transfer to a serving bowl and enjoy crispy and delicious Ragi Pakoda with chutney.

## RAGI PAYASAM





# RAGI PAYASAM

Ragi Payasam is a traditional South Indian dessert made with finger millet (ragi) flour, jaggery, coconut milk, and cardamom powder. This dish is not only delicious but also highly nutritious due to the use of ragi, which is a rich source of calcium and iron. Ragi Payasam is a popular dish during festivals, special occasions, and even offered as prasad in temples. It is a creamy and comforting dessert that is perfect to indulge in after a spicy meal. The combination of ragi and jaggery in this dish makes it a healthier alternative to other sugary desserts.

## INGREDIENTS

• Ragi (finger millet)vermicelli	120	gms
• Milk	240	gms
• Cardamom powder	10	gms
• Brown sugar	50	gms
• Saffron	0.25	gms
• Fried cashewnuts	20	gms
• Raisins	20	gms
• Ghee	15	gms

## METHOD

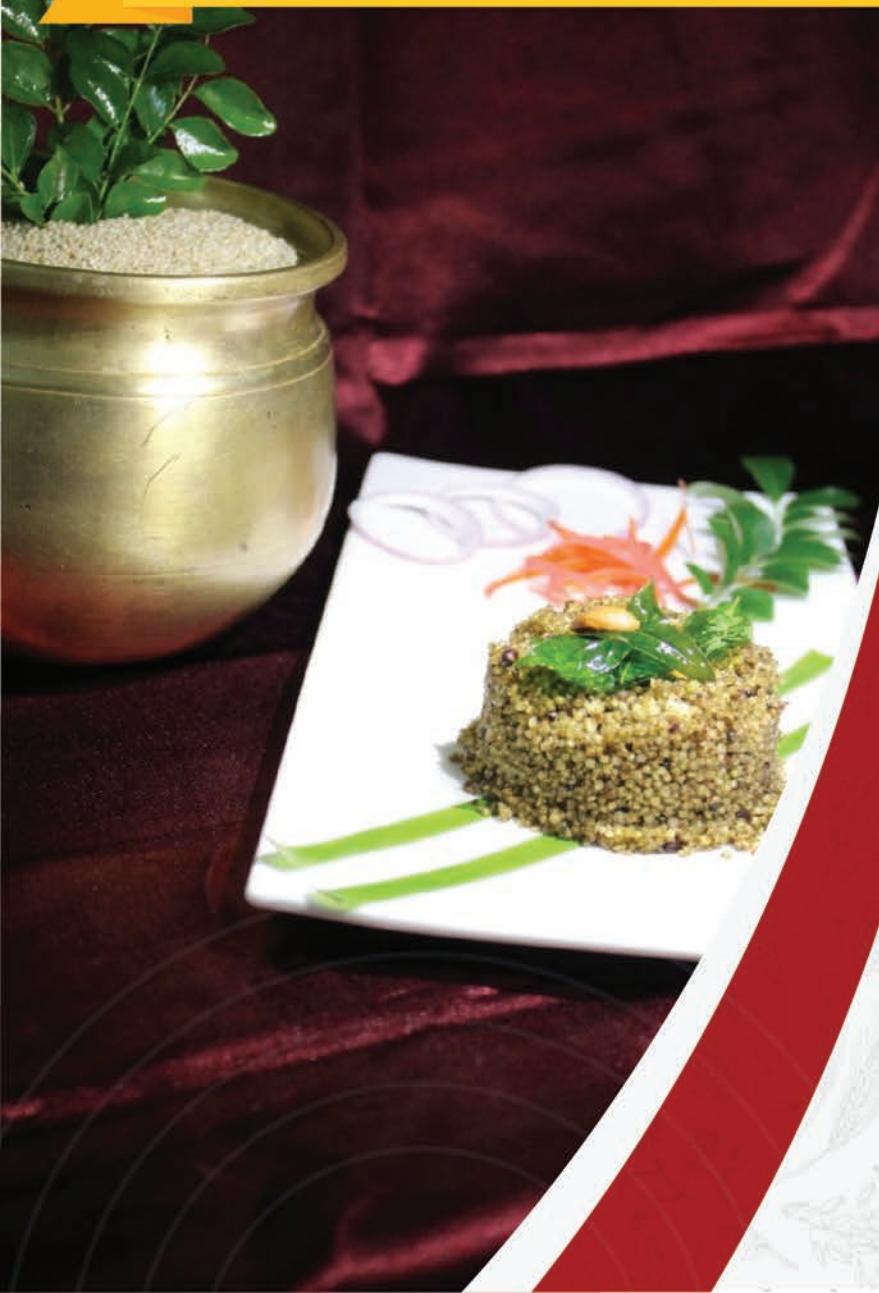
1. Heat ghee in a heavy bottomed frying pan and fry the cashews then raisins until light brown colour.
2. In the same pan, add the ragi vermicelli and fry for a couple of minutes.
3. Then add water and reduce the flame. Cover with a lid and cook completely.
4. Now add the sugar, milk and cardamom powder to it and cook for another couple of minutes.
5. Switch off the flame and garnish with roasted nuts and serve hot.

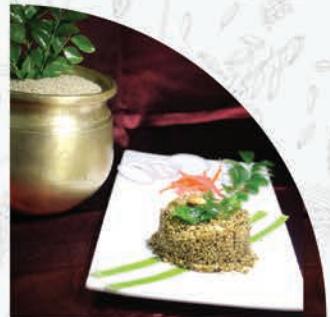
## HEALTH BENEFITS

- Ragi benefits the skin because it contains antioxidants that help protect the skin from harmful free radicals.
- The Vitamin C content in ragi helps the iron mix easily with the bloodstream as well as increases blood formation. This makes it excellent for people suffering from anaemia.
- Milk neutralizes toxins in the body and is a rich source of protein and calcium.
- Brown sugar aids in weight loss and acts as a remedy for asthma.



## SAMAI KARUVEPPILAI SADAM





# SAMAI KARUVEPPILAI SADAM

SamaiKaruveppilai sadam is a spiced main course rice dish made with little millet and curry leaves. The rice is usually tempered and mixed with a combination of flavorful spices that are ground to a fine powder. The dish has been a traditional preparation of the state, especially as a part of lunch and is believed to be originated in the southern parts of the country.

## INGREDIENTS

• Little Millet(Samai)	250	gms
<b>FOR MASALA</b>		
• Oil	10	ml
• Curry Leaves	60	gms
• Channa Dal	15	gms
• Toor	15	gms
• Urad Dal	15	gms
• Coriander Seeds	15	gms
• Cumin Seeds	5	gms
• Whole Black Pepper	5	gms
• Dried Red Chili	10	gms
• Fenugreek Seeds	5	gms
• Salt	15	gms

## FOR TEMPERING

• Oil	15 ml
• Mustard Seeds	5 gms
• Urad Dal	5 gms
• Halved Cashewnuts	10 gms
• Green Chilies	10 gms

## METHOD

1. Cook washed samai/ little millet with 4 cups of water in 1:2 ratio for 2 whistles. Allow the pressure to release and with a fork mix the millet.
2. Heat a thick bottom pan and add all the masalas listed in the section “for masala”. Roast until the dals get golden brown then add curry leaves and saute for a minute.
3. Grind them into a coarse powder. Then in a kadai, heat oil and add the ingredients listed under “for tempering”.
4. Once the dal turns golden brown add the tempering to the millet and add the prepared masala to the same and mix well.
5. Serve hot with papad or fryums.

## HEALTH BENEFITS

- The millet is gluten-free and has high amounts of fibre.
- Toor dal is an excellent source of Phosphorus that aids in the building of strong bones and teeth.
- Bengal gram helps in treating blood pressure and prevents anaemia.
- Red chillies help in fighting fungal infections, cold and flu.

## SAMAI KEERAI PONGAL





# SAMAI KEERAI PONGAL

Pongal is a savory dish that literally refers to 'boiling' in Tamil. This dish is made with little millet and AmaranthusAritis as the main ingredients, is a meal by itself and is served hot during lunch. The dish is noted for its high nutritional value and health benefits.

## INGREDIENTS

• Samai arisi (Little Millet)	370	gms	For Seasoning	
• Moong dal	125	gms	• Cumin seeds	20 gms
• Arai keerai Greens, Amaranthus Tristis	100	gms	• Peppercorns	15 nos
• Turmeric powder	2.5	gms	• Cashew nuts	20 nos
• Jeera	5	gms	• Green chilli	10 gms
• Asafoetida	2.5	gms	• Ginger	20 gms
• Ginger	10	gms	• Curry leaves	5 gms
• Oil	10	ml	• Ghee	40 ml
• Salt	15	gms		
• Water	1.5	lts		

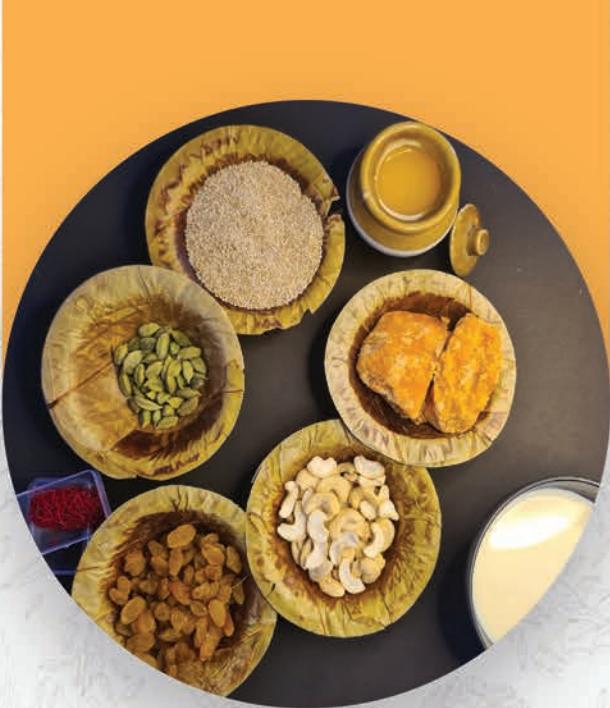
## HEALTH BENEFITS

- Samai has a low to medium glycaemic index.
- The millet is diabetic-friendly and has the highest fibre contents among all the millets.
- Amaranthus Aritis is rich in calcium and can help people with Osteoporosis and other bone problems.
- Jeera and peppercorns can help in treating cough, viral flu and indigestion.

## METHOD

1. Wash and soak the samai for 10 minutes. Dry roast the moong dal until fragrant.
2. In a pan boil the moong dal with some ghee and cook it for around 5- 10 minutes.
3. Then add the soaked millet and cook until it gets soft and mushy.
4. In another pan, add ghee, chopped arai keerai (amaranthus tristis). Along with it add salt and turmeric and cook until soft. Add a little water if required.
5. For seasoning, take a pan or kadai and heat ghee and add all the ingredients listed under "for seasoning" and saute well.
6. Once it is done add it to the boiling dal mixture and also add the arai keerai to the same. Check for seasoning and serve hot with ghee on top.

## SAMAI PAYASAM





# SAMAI PAYASAM

Payasam is a popular dessert pertaining to the state of Tamilnadu. It is said to have originated initially in South India thousands of years ago. It is similar to a kheer and is known in various names across the Indian states. The word Payasam is derived from the word “Payas” which means Milk and its history spans across 2000 years. In Samai Payasam, the millet is cooked in milk which further enhances the taste and renders richness to it.

## INGREDIENTS

- Little Millet (Samai) 50 gms
- Milk 200 ml
- Water 200 ml
- Jaggery 125 gms
- Cardamom powder 5 gms
- Raisins 10 gms
- Cashew nuts 10 gms
- Ghee 20 ml

## HEALTH BENEFITS

- Little millet contains minerals like magnesium, iron and potassium which can help in lowering bad cholesterol and improve heart health.
- Little millet is helpful in preventing diseases like cataract, cancer, inflammation and gastrointestinal and cardiovascular issues.
- Milk is rich in protein and helps in strengthening the bones and the teeth.
- Jaggery boosts immunity and helps in detoxifying internal organs.

## METHOD

1. Wash the millet thoroughly.
2. Heat a pan, add ghee and roast cashews and raisins. Keep it aside.
3. Add samai, roast for 3 min. Add boiling milk and water.
4. Cook till soft. Add cardamom powder mix well then remove from the heat.
5. Then add jaggery powder, roasted cashew nuts, & raisins.
6. Serve hot or cold.



## SAMAI ADAI





# SAMAI ADAI

Samai Adai is a delicious and healthy South Indian snack or breakfast item made from a combination of different flours and spices. This dish is traditionally made using Little Millet or Samai in Tamil, which is highly nutritious and gluten-free. Samai Adai is not only easy to prepare but is also packed with proteins, fibres, and essential nutrients, making it an ideal dish for people of all ages. This flavourful and wholesome dish can be served with coconut chutney or any other accompaniment of your choice.

## INGREDIENTS

• Samai (Little millet) arisi	250	gms
• Toor dal	60	gms
• Bengal gram	60	gms
• Dry red chilli	5	gms
• Curry leaves	2	gms
• Cumin seeds	5	gms
• Garlic	5	gms
• Ginger	5	gms
• Asafoetida	2	gms
• Coconut	40	gms
• Salt	10	gms
• Water	80	ml
• Oil	30	ml

## METHOD

1. Wash and soak toor dal, Bengal gram and samai rice overnight.
2. Then drain water and coarsely grind with  $\frac{1}{4}$  cup of water, dry red chilli, ginger, garlic, cumin seeds.
3. Then add curry leaves, salt and coconut, mix well.
4. Heat iron dosa tawa then pour the batter and spread like a dosa.
5. Then pour 1 tbsp of oil around the adai, cover lid and cook both sides for about 3 min.
6. Once samai adai is ready serve hot with coconut chutney.

## HEALTH BENEFITS

- Little millet helps in fighting cancer and helps in detoxification.
- It is a good source of energy and cures anaemia.
- Jaggery controls blood pressure.

## SAMAI KANJI





# SAMAI KANJI

Samai Kanji is a nutritious and flavourful porridge that is popular in South Indian cuisine. It is a traditional dish that has been consumed for centuries for its health benefits and delicious taste. Made with Samai (little millet), it is a gluten-free and vegan dish that is perfect for those following a plant-based diet. Samai Kanji is also rich in fiber, vitamins, and minerals, making it a great option for a wholesome breakfast or a light meal. Its unique texture and flavor make it a must-try dish for anyone looking to explore South Indian cuisine.

## INGREDIENTS

• Samai (little millet)	60	gms
• Moong dal	60	gms
• Water	500	ml
• Carrots	30	gms
• Asafoetida	3	gms
• Cumin	5	gms
• Black pepper	5	gms
• Garlic	10	gms
• curry leaves	3	gms
• Salt	10	gms
• Oil	10	ml
• Buttermilk	700	ml

## METHOD

1. Soak both the little millet and moong dal in water for 15 mins. Drain the water, wash it and keep it aside.
2. Chop garlic and carrots. Coarsely ground the pepper in mortar and pestle.
3. Heat a cooker with oil, add cumin, asafoetida, black pepper and curry leaves, after it crackles add garlic cloves, carrot and fry for few mins.
4. Then add the washed samai, moong dal, water and salt. Cook it for 3 whistles.
5. Once the pressure releases, cool it for 15 mins, then mash it and add buttermilk to it.
6. Samai kanji is ready to drink with shallots or have it as it is.

## HEALTH BENEFITS

- Little millet is an excellent source of iron.
- The millet is rich in phenolic compounds that shows antioxidant activity.
- Buttermilk helps in lowering cholesterol levels and is easier to digest than other dairy products.

## SAMAI PANIYARAM





# SAMAI PANIYARAM

Samai Paniyaram is a traditional South Indian dish that is known for its delicious taste and health benefits. Made with samai (little millet), the dish is a great source of fiber and essential nutrients. Paniyaram is a popular snack in South India and is typically served with chutney or sambar. The batter is prepared by grinding soaked samai with spices and seasonings, which is then poured into a paniyaram pan and cooked until crispy and golden brown. Samai Paniyaram is a nutritious and tasty snack that can be enjoyed any time of the day.

## INGREDIENTS

• Samai (Little Millet)	250	gms
• Urad Dhal	30	gms
• Fenugreek Seeds	2.5	gms
• Grated Coconut	60	gms
• Jaggery	250	gms
• Cardamom Powder	2.5	gms
• Oil	100	ml

## METHOD

1. Soak millet, urad dhal and fenugreek seeds overnight or for 8 hours. Grind it to form a thick smooth batter.
2. Transfer this to a container and set aside for 8 hours to ferment. Once fermented, add coconut and cardamom powder and mix well.
3. Add some water to jaggery and bring it to boil till it gets thick consistency, strain it and pour it into the batter.
4. Mix well. Grease the paniyaram moulds with oil, pour batter in each mould.
5. Cover and cook until it is fluffy and there is no raw batter left.
6. Flip it in the mould and cook until it becomes golden.

## HEALTH BENEFITS

- The crude fiber content of little millet is nearly twice that of other cereals.
- It is a rich source of the essential amino acids Histidine, Methionine and Phenylalanine.
- Urad dhal helps in building immunity and decreases pain in joints.
- Fenugreek seeds reduces skin irritation and inflammation.

## SAMAI PIDI KOZHUKATTAI





# SAMAI PIDI KOZHUKATTAI

Samai Pidi Kozhukattai is a traditional South Indian dish that originates from the state of Tamil Nadu. It is a steamed dumpling made using foxtail millet flour, which is a gluten-free and nutrient-rich grain. The dish is typically served as a breakfast or evening snack and is often enjoyed with coconut chutney or sambar. The preparation involves shaping the dough into small balls or cylinders and steaming them until they are cooked through. Samai Pidi Kozhukattai is not only delicious but also a healthy alternative to rice-based dishes.

## INGREDIENTS

- Samai (Little millet) 125 gms
- Moong Dal 30 gms

## FOR TEMPERING:

- Gingelly Oil 25 ml
- Mustard seeds 2.5 gms
- Cumin seeds 2.5 gms
- Chana dal 2.5 gms
- White Urad Dal 2.5 gms
- Ginger 5 gms
- Peppercorns 5 gms
- Green Chilli 10 gms
- Curry leaves 2 gms

## HEALTH BENEFITS

- Little millet is rich in phenolic compounds that show antioxidant activity.
- This millet is an excellent source of Iron. One serving (30 g) can provide 16% of the daily iron needs for an adult man.
- Yellow moong dhal has antibacterial properties and prevents heat stroke.
- Ginger, jeera, and peppercorns help in curing cough and cold.

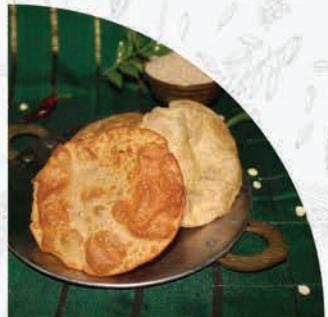
## METHOD

1. To prepare Samai Pidi Kozhukattai, wash and soak Samai Arisi in water for 30 minutes.
2. Wash and boil the moong dal and set it aside.
3. Heat a wide pan with oil over low flame and temper with ingredients given under 'for tempering'.
4. Once they crackle, add water (approximately 450ml) to the pan. Season it with salt.
5. Drain the soaked samai rice and add it to the pan.
6. Let the samai rice cook over low flame for 7-8 minutes. Add the cooked moong dal and mix well.
7. Let the mixture come together by absorbing the water, such that the mixture can come together when shaped. Switch off and allow it to cool for 5-7 minutes.
8. Grease your hands with oil and start to shape the dumplings round or oblong.
9. Once you have shaped the entire mixture, arrange them in a greased vessel/ steamer and steam the dumplings for 10 minutes. Serve it hot.



## SAMAI POORI





# SAMAI POORI

Samai Poori is a delicious Indian breakfast dish that originates from the southern state of Tamil Nadu. It is made using Samai, which is also known as Little Millet, a healthy and gluten-free grain. The dish involves mixing the Samai flour with a few spices and kneading it into a dough, which is then rolled out into small discs and deep-fried until crispy and golden. Samai Poori is usually served hot with a side of spicy chutney or gravy, making it a perfect way to start your day with a burst of flavour and energy.

## INGREDIENTS

• Samai (Little millet) flour	60	gms
• Wheat flour	60	gms
• Water	80	ml
• Salt	5	gms
• Oil	500	ml

## HEALTH BENEFITS

- Little millet is rich in phenolic compounds that show antioxidant activity.
- This millet is an excellent source of Iron. One serving (30 g) can provide 16% of the daily iron needs for an adult man.
- Yellow moong dhal has antibacterial properties and prevents heat stroke.
- Ginger, jeera, and peppercorns help in curing cough and cold.

## METHOD

1. In a bowl add little millet/ Samai flour, wheat flour, oil and salt. Mix well and add water gradually knead until it forms a stiff dough. Allow it to rest for 20 minutes.
2. After 20 minutes divide the dough into equal sized small balls.
3. Heat oil in a frying pan. Now take each ball of millet dough and flatten it with a rolling pin to get small sized puris.
4. Now slide the flattened millet dough into the hot oil. When it puffs flip it carefully and when done transfer it to a plate with paper towel to drain excess oil.
5. Serve it hot with channa masala or gravy of your choice



## SAMAI VADAI





# SAMAI VADAI

Samai Vadai is a delicious South Indian snack made with little millet (Samai) as the main ingredient. It is a healthier alternative to the regular urad dal vada as samai millet is a good source of fiber, protein, and essential minerals. The batter for the vadai is made by grinding soaked samai millet, along with some lentils and spices, and then deep-frying the vada in oil until they turn crispy and golden brown. Samai Vadai is a popular dish that is often served with coconut chutney and sambar as a perfect accompaniment to a South Indian meal.

## INGREDIENTS

• Samai (little millet)	100	gms
• Urad dal	200	gms
• Cumin seeds	5	gms
• Onions	30	gms
• Green chillies	10	gms
• Salt	10	gms
• Oil	750	ml
• Water	50	ml

## HEALTH BENEFITS

- Little millet is rich in phenolic compounds that show antioxidant activity.
- This millet is an excellent source of Iron. One serving (30 g) can provide 16% of the daily iron needs for an adult man.
- Yellow moong dhal has antibacterial properties and prevents heat stroke.
- Ginger, jeera, and peppercorns help in curing cough and cold.

## METHOD

1. Wash the urad dal and millet in water until the water looks clear and soak it in water for 2 to 6 hours or overnight.
2. Grind the soaked dal and millet into a coarse paste using a blender or food processor.
3. Add cumin seeds, chopped onions, chopped green chillies and salt to the batter and mix well until combined.
4. Heat oil in a kadai and shape the vada by applying some water on your fingers.
5. Make a hole in the centre and deep fry the vada in hot oil until golden from both sides.
6. Remove fried vada on paper towel. Serve hot and enjoy

## THINAI POLI





# THINAI POLI

Thinai poli originates from South India is a sweet flat bread prepared using jaggery and channa mostly but as a twist Thinai millet is used stuffing This can be served as a dessert or snack.

## INGREDIENTS

• Foxtail (Thinai) flour	100	gms
• Kodo (Varagu)	200	gms
• All Purpose flour	100	gms
• Ghee	10	ml
• Jaggery	100	gms
• Grated coconut	150	gms
• Cardamom powder	5	gms
• Salt	5	gms
• Banana Leaf	2	Nos

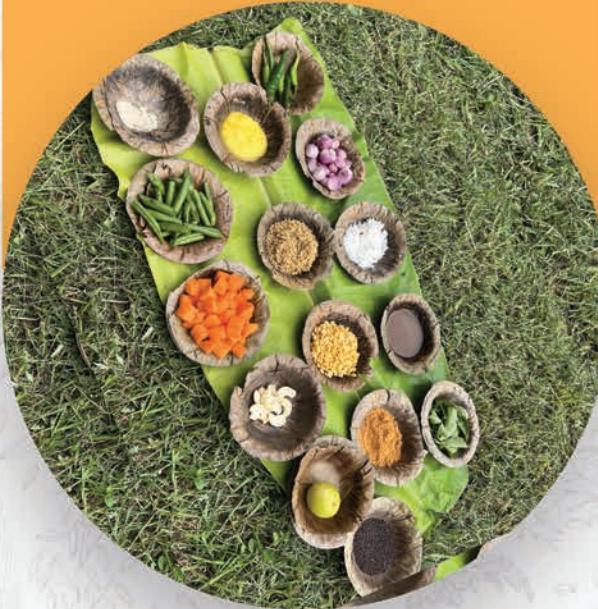
## METHOD

1. To prepare the dough, take all the tree flours and mix it thoroughly with salt and get it to a soft dough.
2. For filling: First melt the jaggery and gradually add grated coconut to it. Cook it on low flame for 5-10 minutes.
3. Sprinkle cardamom powder and switch off the flame.
4. Assemble: Cut the banana leaf into a square(10\*10cm) and grease it with ghee.
5. Using it as a base flatten the dough, in the center place the filling and roll it into 2cm thickness.
6. Take a pan and cook on both the sides until golden brown in colour.
7. Serve them hot with a drizzle of hot ghee.

## HEALTH BENEFITS

- Jaggery helps in preventing anemia and respiratory problems.
- Channa has a major source of protein and reduces cholesterol.
- It is a good source of calcium and fiber.

## THINAI KADAMBA SADAM





# THINAI KADAMBA SADAM

Kadamba Sadam is a traditional South Indian rice dish that originated in the state of Tamil Nadu. This flavorful and aromatic dish is made by cooking rice with an assortment of vegetables and spices, giving it a unique and delightful taste. The name "Kadamba" refers to the Kadamba tree, which is known for its fragrant flowers and is believed to be auspicious in Hindu mythology. Kadamba Sadam is often served as a one-pot meal and is a popular dish during festivals and special occasions.

## INGREDIENTS

• Foxtail (Thinai)	300gms	• Curry Leaves	10 gms
• Green Chillies	5 gms	• Mustard Leaves	5 gms
• Onions	50 gms	• Asafoetida	5 gms
• Shallots	50 gms	• Salt	15 gms
• Tamarind Pulp	100ml		
• Toor Dal	150gms		
• Carrots	20 gms		
• Beans	20 gms		
• Mango	20 gms		
• Grated Coconut	20 gms		
• Sambar Powder	50 gms		
• Cashews	20 gms		

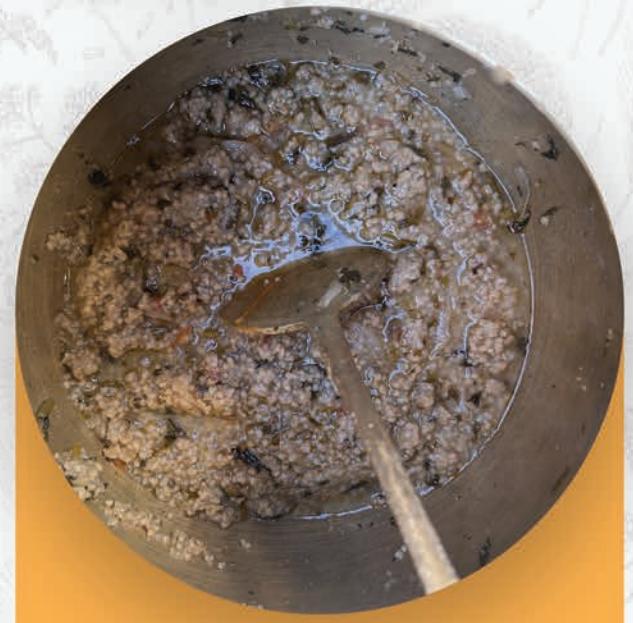
## METHOD

1. Add ghee in a pan. Add tempering (mustard seeds, cumin) and let it crackle. Then add shallots and onions and saute till they are soft. Add some turmeric.
2. Add all the vegetables and saute them for a min. Then add water and let it boil until the vegetables are cooked.
3. Add sambar powder and boil for 2 to 3 minutes.
4. Pressure cook thinai and toor dal for 3 whistles
5. Add the cooked mixture of thinai and toor dal to the sambar and mix them.
6. Boil for 2 to 3 mins make a tempering with ghee, mustard seeds, curry leaves, asafoetida and add them to the kadamba sadam.
7. Roast some cashewnuts in ghee and add them to the kadamba sadam.
8. Plate and serve them hot.

## HEALTH BENEFITS

- Helps in reducing blood sugar levels and has a good source of iron.
- It is gluten-free as the rice is substituted by foxtail millet.
- helps in the improvement of bones and strength.

## THINAI PUDINA BRINJI





# THINAI PUDINA BRINJI

Pudina brinji is a flavorful dish made using herb which has a fragrant aroma and flavor which is good for the Indian appetite

## INGREDIENTS

• Foxtail Millet (Thinai)	500gms
• Cinnamon	2 gms
• Cardamom	2 gms
• Cloves	2 gms
• Bayleaf	2 gms
• GreenChillies	20 gms
• Coriander	50 gms
• Mint Leaves	100gms
• Onions	150gms
• Tomatoes	100gms
• Salt	15gms
• Coriander Powder	20 gms
• Chilli Powder	10gms
• Cashews	20gms
• Ghee	50gms

## METHOD

1. Soak foxtail millet(thinai) overnight. In a heavy bottom pan add ghee and oil with the whole spices(cinnamon,cloves, cardamom and bayleaf) and let it crackle.
2. Add chopped onions and saute until translucent followed by, add ginger garlic paste and saute till the raw smell goes off.
3. Add tomatoes and saute till cooked well then add turmeric,coriander powder, chilli powder, slit green chillies and saute them for two to three minutes.
4. Then add the green paste(coriander, chilli and mint) along with curd and cook until it is free from raw smell.
5. Sprinkle some water and add the soaked foxtail millet to the pan and cook for 15 minutes.
6. Cover with air Tight Lid to trap the steam or dum after squeezing half lemon juice in it.
7. Once done, remove from the dum add ghee and cashews and serve hot.

## HEALTH BENEFITS

- Helps in improving brain function and relieves irritating bowel syndrome.
- Builds greater immunity and is a huge source of minerals.

## THINAI MASALA CHAPATI





# THINAI MASALA CHAPATI

Thinai Masala Chapati is a wholesome and nutritious Indian flatbread made from a combination of thinai flour (foxtail millet flour), spices, and vegetables. Foxtail millet is an ancient grain that is gluten-free, rich in protein, fiber, and essential nutrients, making it a perfect choice for a healthy meal. The addition of spices such as cumin, coriander, and red chili powder, along with finely chopped onions and cilantro, gives the chapati a burst of flavors and aroma. Thinai Masala Chapati is easy to make, and it is an ideal meal for those who are looking for a healthier alternative to the traditional wheat-based chapati.

## INGREDIENTS

• Thinai Foxtail flour	200gms
• Wheat flour	100gms
• Ghee	50 gms
• Oil	25 gms
• Salt	5 gms
• Water	300ml
• All spice	5 gms

## METHOD

1. Take a mixing bowl, to it add all the ingredients mentioned above except the water and give it a nice mix.
2. Gradually add water and knead it to a soft dough and leave it aside for 20-25 minutes for resting.
3. Then portion the dough into small balls and flatten it round with a rolling pin.
4. Heat the tawa on medium flame and cook the chapati on both the sides for 2 minutes each side with ghee
5. Serve the chapathi hot with korma.

## HEALTH BENEFITS

- Helps in weight loss and contains magnesium, calcium and other minerals, etc.
- Major change in the values of diet and boosts digestion.
- Improved the energy level and boosts the growth of hair.

## THINAI PUTTU





# THINAI PUTTU

Thinai Puttu is a traditional South Indian dish that is loved for its delicious taste and nutritional value. It is made by steaming Thinai (Foxtail Millet) flour, grated coconut, and jaggery in cylindrical or conical moulds. This gluten-free delicacy is a popular breakfast or evening snack in Tamil Nadu, Kerala, and other Southern states. Thinai puttu is not only rich in dietary fiber but also a good source of protein, calcium, and iron, making it an ideal food for health-conscious people. Its unique texture and aromatic flavour make it a must-try for anyone who wants to experience the authentic taste of South Indian cuisine.

## INGREDIENTS

- Thinai (Foxtail millet) 100 gms
- Rice flour 100 gms
- Coconut flakes 50 gms
- Cardamom powder 5 gms
- Jaggery 100 gms
- Ghee 10 ml

## METHOD

1. Soak Thinai and rice overnight and dry them.
2. Grind the mixture into a rough powder without any moisture.
3. Steam the powder in a steam cooker for 30 to 45 minutes.
4. Mix the cooked mixture with powdered jaggery.
5. Garnish with some grated coconuts and ghee and serve them hot.

## HEALTH BENEFITS

- It is rich in vitamin B12 and has an ample amount of protein moreover the dishes are steamed and has less amount of cholesterol.
- It enhances digestion and Incredible use in weight loss.
- Rich in antioxidants and prevent heart diseases.

## THINAI INIPPU ADAI



Millet foods of Tamil Nadu



# THINAI INIPPU ADAI

Thinai Inippu Adai is a traditional South Indian dish that has been enjoyed for generations. Made with nutrient-dense thinai (foxtail millet) flour and jaggery, this sweet and savory dish is a healthier alternative to regular adai. Thinai Inippu Adai is easy to make and can be enjoyed as a snack or a meal. This dish is not only delicious but also provides numerous health benefits due to its high fiber and protein content. If you are looking for a healthy and tasty South Indian dish, Thinai Inippu Adai is definitely worth trying.

## INGREDIENTS

- Thinai (Foxtail) flour 80gms
- Jaggery 35gms
- Crushed groundnut 50 gms
- Gingelly oil 20 ml

## HEALTH BENEFITS

- Jaggery helps in preventing anaemia and respiratory problems.
- It contains potassium and maintains body fluid levels.
- Tamarind which helps in preventing osteoporosis and bone fractures is present.

## METHOD

1. Combine Thinai flour with powdered jaggery and add the crushed peanuts.
2. Add Water and make it to a thick batter.
3. In a Flat pan add ghee and pour the batter in the shape of pancakes. Cook for 2 minutes in low flame and flip the adai over and cook again for another 2 minutes.
4. Plate the adai and serve them hot.

## THINAI MAAVU URUNDAI



Millet Foods of Tamil Nadu



# THINAI MAAVU URUNDI

Thinai Maavu Urundai is a traditional South Indian snack made from foxtail millet flour. Foxtail millet, also known as Thinai in Tamil, is a gluten-free grain that has been a staple in Indian cuisine for centuries. Thinai Maavu Urundai is a healthy and delicious way to incorporate this ancient grain into your diet. These bite-sized balls are easy to make and can be enjoyed as a guilt-free snack or as a nutritious dessert. With its unique taste and nutritional benefits, Thinai Maavu Urundai is a must-try for anyone interested in exploring traditional Indian cuisine.

## INGREDIENTS

- Thinai (Foxtail) flour 200 gms
- Jaggery 100 gms
- Peanuts 50 gms
- Cardamom 30 gms
- Ghee 50 ml
- Almonds 5 gms

## METHOD

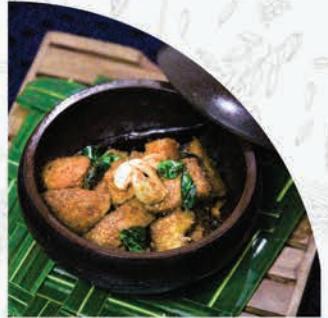
1. In a pan add water, jaggery and bring to a boil and cook till one string consistency.
2. Add ghee to the jaggery syrup and add the foxtail flour and mix till a smooth dough consistency.
3. Cook the dough till it is off raw smell and add the chopped peanuts to it.
4. While the dough is warm start rolling it into small balls.
5. Garnish with Almonds and serve.

## HEALTH BENEFITS

- Rich in iron content which helps in bone strength and development.
- It is rich in fibre and minerals and is a suitable diet for diabetic patients.
- It contains low cholesterol and maintains blood pressure levels.

## THINAI PODI IDLY





# THINAI PODI IDLY

Thinai Podi Idli is a nutritious and delicious South Indian breakfast dish made from foxtail millet flour and lentil powder. This dish is a healthier alternative to regular idli, which are traditionally made from rice flour. Thinai or foxtail millet is a gluten-free grain that is rich in protein, fiber, and essential minerals, making it an ideal ingredient for a healthy breakfast. The lentil powder used in this dish adds to its nutritional value by providing additional protein and fiber. Thinai Podi idli are easy to prepare and can be enjoyed with a variety of chutneys and sambar.

## INGREDIENTS

- Idli Podi 200 gms
- Garlic 15 gms
- Toor dhal 5 gms
- Urad dhal 5 gms
- Red Cillies 10 gms
- Curry leaves 5 gms

## HEALTH BENEFITS

- Rich in iron content which helps in bone strength and development.
- It is rich in fibre and minerals and is a suitable diet for diabetic patients.
- It contains low cholesterol and maintains blood pressure levels.
- Urad dhal has antioxidant properties and dietary fiber contents that make it beneficial in weight control diets.

## METHOD

### 1. IDLI PREPARATION:

- Take equal quantity of rice and Thinai and soak it overnight.
- Then grind the soaked rice and millet into a smooth batter.
- Pour the batter into the idli steamer and steam it for 8-10 minutes.

### 2. PODI IDLY PREPARATION:

- Cut the Idli pieces into cubes and toss it lightly in a pan with oil.
- Then in the same pan add red chillies, crushed garlic cloves with curry leaves then add the fried thinai idli in the pan.
- At last, add the podi and finish the dish and serve hot.

## THINAI HALWA





# THINAI HALWA

Thinai Halwa is a delicious and nutritious dessert that originates from Tamil Nadu, a southern state in India. Made with foxtail millet, a gluten-free grain known for its high fiber and protein content, Thinai Halwa is a healthier alternative to other traditional desserts. This dish is often enjoyed during festive occasions, but it can be enjoyed anytime as a sweet treat. The recipe for Thinai Halwa involves simmering cooked millet in milk and sugar, flavored with cardamom and ghee, until it forms a thick, rich pudding. Its unique texture and taste make Thinai Halwa a popular dessert in the region.

## INGREDIENTS

• Thinai (Foxtail) flour	200	gms
• Wheat flour	100	gms
• Ghee	75	ml
• Cardamom powder	10	gms
• Coconut flakes	20	gms
• Palm sugar	100	gms
• Water	180	ml

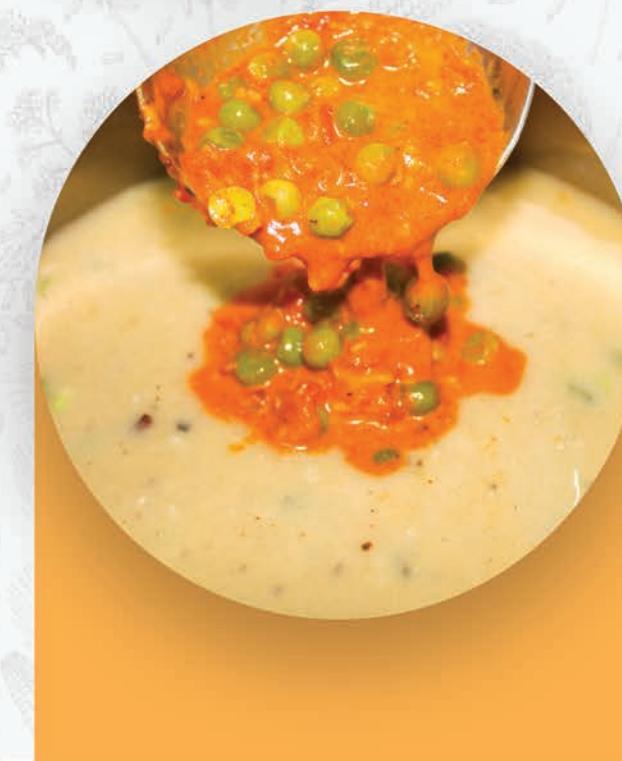
## HEALTH BENEFITS

- Ghee is rich in vitamins A, D, and E and helps in digestion.
- Cashew is rich in magnesium and improves body function and heart health.
- Milk is also adding extra protein content to the dish.

## METHOD

1. Take a mixing bowl, to it add thinai flour, wheat flour and by gradually adding water get the mixture to a thin batter consistency.
2. Take a heavy bottom pan, to it add ghee and the cashews and fry until golden brown. Keep it aside.
3. Take a heavy bottom pan, to it add ghee and the thin batter and keep stirring until the raw smell of the flour wears off.
4. Then add the palm sugar. Keep stirring the mixture and cook until the mixture the starts leaving the sides of the pan.
5. Once it starts leaving the sides of the pan add cardamom powder and mix it well.
6. spread it in a greased plate or tray and cut it into squares Garnish it with cashew nuts and coconut flakes.

## THINAI SOUP





# THINAI SOUP

A type of Indian congee that is prepared using foxtail millet .

## INGREDIENTS

- Thinai flour 150 gms
- Tomato concasse 50 gms
- Carrots 20 gms
- Beans 20 gms
- Green peas 10 gms
- Water 350 ml
- Peppercorns 2 tsp
- Salt 5 gms
- Garlic cloves 5 gms

## METHOD

1. Create a slurry using thinai flour and water.
2. Then take a pot and add oil and saute the veggies .
3. After that add the prepared slurry and stir it till the raw flavour is gone.
4. At last check seasoning and finish it with crushed Pepper corns and serve hot.

## HEALTH BENEFITS

- Filled with healthy fibers which helps in digestion and boosts the immune.
- Vegetable stock helps in boosting blood circulation.
- It is loaded with antioxidant and toning properties

## VARAGU KARUPATTI ADHIRASAM





# VARAGU KARUPATTI ADHIRASAM

Varagu Karupatti Adhirasam is a traditional South Indian sweet that is gaining popularity among health-conscious consumers due to its unique blend of healthy ingredients. This sweet dish is made with kodo millet flour, palm jaggery, and other wholesome ingredients that make it a healthier alternative to regular adhirasam. It has a distinctive taste and aroma that comes from the combination of kodo millet flour and palm jaggery. Its popularity is only increasing as more people become aware of its nutritional benefits and unique taste.

## INGREDIENTS

• Varagu (Kodo millet)	100	gms
• Raw rice	100	gms
• Palm jaggery	150	gms
• Water	100	gms
• Cardamom powder	5	gms
• Dry ginger powder	5	gms
• Oil	100	ml

## HEALTH BENEFITS

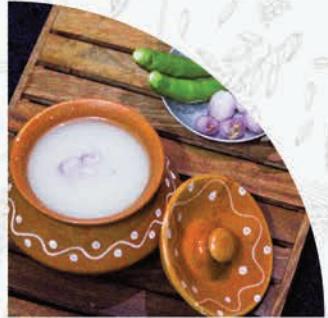
- They are easily digestible and are a great source of energy.
- Jaggery helps in preventing anaemia and respiratory problems.
- Coconut milk helps in strengthening the immune system and helps maintain healthy hair and skin.

## METHOD

1. Wash and soak kodo millet and raw rice separately.
2. After 2 hours, drain the water and pat dry with a muslin cloth. Make sure there is a little moisture left.
3. Grind it into a fine powder and keep it aside. Add powdered cardamom and dry ginger to it.
4. In a pan, add palm jaggery and water and place it over the flame. Allow it to melt and reach the soft ball stage.
5. Once it reaches the soft ball stage, remove it from the flame and add it to the flour. Mix well.
6. Cover and keep it aside for a period of 48 hrs. During this resting time, the mixture will thicken.
7. After this duration, we must get the mixture prepared for frying.
8. In a kadai, heat oil for deep frying. Apply oil to the hands and take the mixture, roll it into a ball, pat it into a flat disc and fry it in oil.
9. Fry it on medium flame till it turns slightly dark golden brown in colour.

## VARAGU ARISI NEERAGARAM





# VARAGU ARISI NEERAGARAM

One of the easiest dishes to make, Neer Agaram requires the least cooking yet has a high nutritional value. The dish traces back its origin to the ancient times of the State, where it was usual for the farmers to relish it as a breakfast in the early morning that would give them energy and strength.

## INGREDIENTS

- Kodo millet (Varagu) 200 gms
- Buttermilk 50 gms
- Water 900 ml
- Salt 15 gms
- Green chillies 15 gms
- Chopped Shallots 20 gms

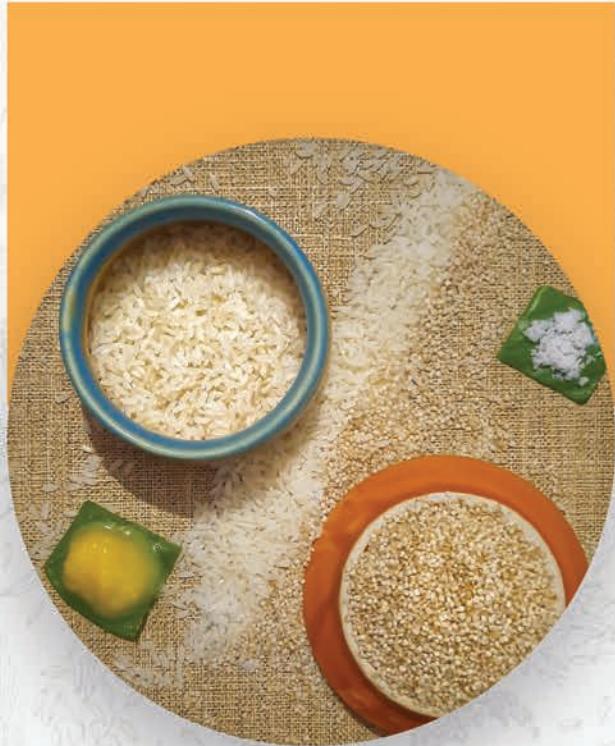
## METHOD

1. Wash and soak the kodo millet in water for 2 hrs. Drain the water and keep it aside
2. In a pan, get 600ml of water to boil and add kodo millet in it.
3. Cook the millet until it absorbs all the water and gets mushy.
4. Cool the millet and add cold water to it and close it and keep it overnight.
5. Take the day-old millet, to it add buttermilk and salt.
6. Serve it along with chopped shallots and green chillies.

## HEALTH BENEFITS

- It is a source of instant energy.
- It helps in curing ulcers and other intestinal problems.
- It is rich in amino acid content which helps in the functions of blood cells.
- It increases immunity and memory power in children.

## VARAGU IDIYAPPAM





# VARAGU IDIYAPPAM

Idiyappam referred to as String Hoppers is a steamed dish made with cooked riceflour and water. It is served as breakfast in the regions of Tamilnadu. The dish is usually relished with sweet coconut milk. However, it can be also relished with 'Kara thengaipal' which is a spicy coconut milk gravy cooked and tempered with red chillies.

## INGREDIENTS

- Kodo millet (Varagu) 200 gms
- Raw rice 200 gms
- Water 150 gms
- Salt 5 gms
- Ghee 10 gms

## METHOD

1. Wash the millet and raw rice separately and soak it for 2 hrs.
2. Dry both of them and grind it into a fine powder.
4. Now dry roast the kodo millet flour and raw rice flour until it slightly changes its colour.
5. Add ghee, salt, hot water and mix into a very soft dough.
6. Now fill the idiyappam dough in idiyappam maker and make them in equal portions.
7. Steam it for 8-10 minutes and serve hot with kara thengaipal.

## HEALTH BENEFITS

- Since it is a steamed food with no oil content in it, it is suitable to be fed to infants and invalids.
- It is rich in fibre and minerals and is a suitable diet for diabetic patients.
- It is rich in antioxidants like polyphenols.



## VARAGU ARISI KALI





# VARAGU ARISI KALI

Arisi Kali is a kind of thick porridge that is easy to make, which has simple ingredients. The Kodo millet and Ragi flour are cooked in water to form a thick mixture, that could be shaped into balls, with gingelly oil added in the center of it. The Kali is consumed with Naatu Kozhi Kozhambu (Country chicken gravy) where the chicken is cooked in medley of spices.

## INGREDIENTS

- Kodo Millet (Varagu) 200 gms
- Ragi Flour 200 gms
- Water 500 ml
- Salt 15 gms
- Gingelly oil 10 ml

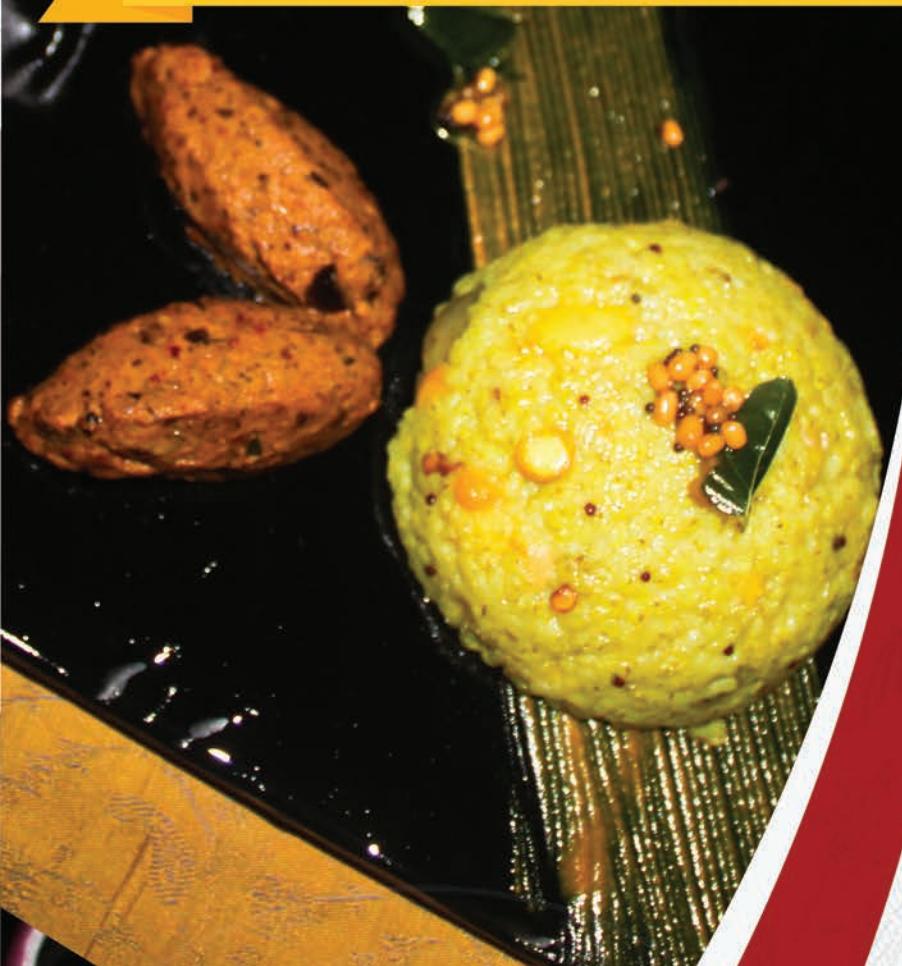
## HEALTH BENEFITS

- It is easy to digest and is an excellent source of lecithin.
- Ragi is rich in calcium and helps in strengthening the bones.
- It helps in preventing diabetes as it has high fibre content.
- Naatu Kozhi Kulambu helps in treating cold, cough and aids in curing diseases of the respiratory tract

## METHOD

1. Wash the millet thoroughly and soak it for 2 hours.
2. Take a pan and to it add water and salt and get it to a roaring boil.
3. Then add ragi flour to it and keep mixing until a lump free dough ball is achieved.
4. Once the dough ball is achieved, add gingelly oil and cook it
5. To check the doneness, wet your hands and touch the mixture. If it doesn't stick to your hands then it's cooked perfectly.
6. Once the kali is ready, shape them into balls and make a small dallop on the top and ghee or gingelly oil to it.
7. Serve it along with naatu kozhi kozhambu, raw shallots and green chillies.

## VARAGU ARISI PARUPPU SADHAM





# VARAGU ARISI PARUPPU SADHAM

One of the oldest recipes of the State, the dish finds its mention in the poetic lines of Sangam literature ( Perumpaanatrupadai and ThaniPaadalThirattu ) where it is relished with Sutta kathirikkai thuvayal ( Smoked Brinjal Chutney ) and Tangy frothy buttermilk. The dish was consumed during the Sangam Era and reflects the prosperity of the ancient Tamil kingdoms, wherein even the poor people always had food to eat and never remained hungry.

## INGREDIENTS

• Varagu arisi [kodo millet]	250	gms
• Toor dal	150	gms
• Shallots	50	gms
• Turmeric powder	2	gms
• Water	750	gms

## TEMPERING AND SEASONING:

• Mustard seeds	5	gms
• Cumin seeds	5	gms
• Garlic	10	gms
• Peppercorns [optional]	5	gms
• Dry red chilli	5	gms
• Curry leaves	10	gms
• Urad dal	5	gms
• Salt	to taste	
• Gingelly Oil	30	gms

## HEALTH BENEFITS

- Toor dhal helps in fortifying muscles and prevents anaemia.
- It is an excellent source of carbohydrates, proteins and other vital nutrients required for normal growth, development and tissue repair.
- Kodo millet has a low glycemic index and helps in sugar control.
- Aubergine is rich in vitamins and antioxidants and has cancer-fighting benefits.

## METHOD

1. Wash toor dal, kodo millet & mochai.
2. Add kodo millet, toor dal, shallots, turmeric powder, salt & water in a vessel; then cover the lid & cook for 20 mins .
3. Dry roast garlic, peppercorns and cumin seeds. Powder and keep it aside.
4. For seasoning:- Heat oil in a pan, add mustard seeds, urad dal, dry red chilli and curry leaves.
5. Add the tempering to the cooked rice. Add the ground powder and salt; mix well.
6. Serve hot with Sutta kathirikkai Thuvayal and spiced buttermilk.

## VARAGU AKKARAVADISAL





# VARAGU AKKARAVADISAL

A rich sweet dish, wherein the millet is cooked in milk, ghee and jaggery syrup and finished with cashew nuts, cardamom and saffron. The richness of the dish lies in the use of dairy products that yield tenderness and aroma to it. It is made during special occasions and is also served as a Prasad. The Brahmin communities of the state are known for preparing this dish. It is similar to Sakkarai pongal

## INGREDIENTS

• Kodo Millet	250	gms
• Saffron	0.25	gms
• Moong Dal	60	gms
• Milk	1	lit
• Jaggery	400	gms
• Water	400	ml
• Ghee	30	gms
• Edible camphor	1	gm
• Cashew nuts	70	gms

## HEALTH BENEFITS

- Jaggery helps in relieving menstrual pain and controls blood pressure.
- Milk is a source of vitamins and minerals, that are inclusive of potassium, vitamin B12, calcium and vitamin D, which are not normally found in many other diets.
- Moong dhal prevents diabetes and helps in boosting blood circulation.
- Kodo Millet is high in fibre and prevents gain in weight.

## METHOD

1. Wash the kodo millet and moond dal thoroughly. Then boil it with 400 ml of water and 800ml of milk.
2. Stir it occasionally so it doesn't stick to the bottom. once it is cooked softly, take it off the heat and mash it. If it is too thick add some milk and mash it.
3. Soak saffron in some warm milk. Then in a pan, melt the jaggery in 100 ml of water and strain it.
4. Add the jaggery to the mashed millet along with the saffron and mix well.
5. Now add the edible camphor and garnish it with chopped nuts fried in ghee. Serve hot.

## VARAGU PAAL KOZHUKATTAI





# VARAGU PAAL KOZHUKATTAI

Varagu Paal Kozhukattai is a traditional South Indian sweet dish that is popular among health-conscious people. It is made from millet flour, coconut milk, and jaggery, and is a healthy alternative to regular kozhukattai. This dish is gluten-free, low in calories, and packed with essential nutrients, making it an ideal snack for people who are trying to maintain a healthy lifestyle.

## INGREDIENTS

• Varagu (kodo millet) rice	200	gms
• Raw Rice	200	gms
• Salt	10	gms
• Jaggery	300	gms
• Milk	350	ml
• Coconut milk	250	ml
• Cardamom	10	gms
• Green camphor	1	gm
• Ghee	80	ml
• Cashew nuts	30	gms

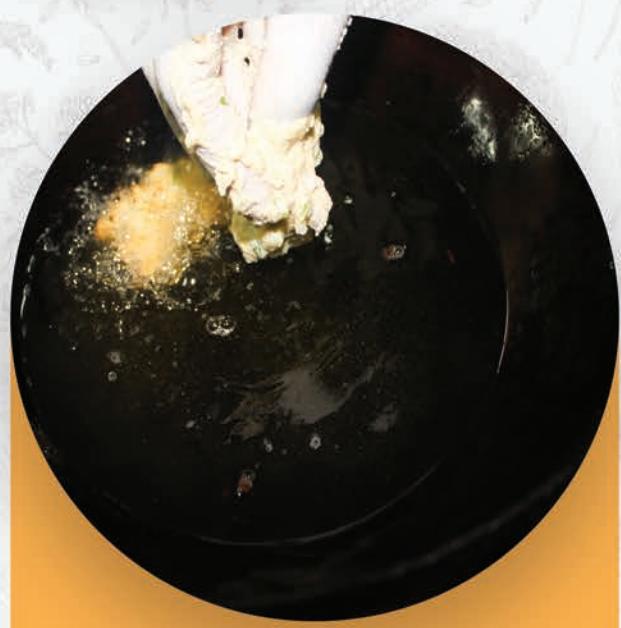
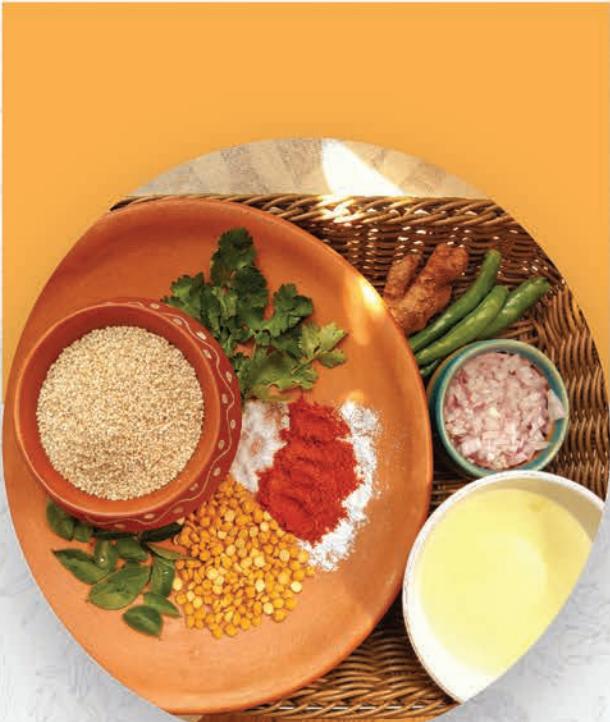
## HEALTH BENEFITS

- They are easily digestible and are a great source of energy.
- Jaggery helps in preventing anaemia and respiratory problems.
- Coconut milk helps in strengthening the immune system and helps maintain healthy hair and skin.

## METHOD

1. Wash and soak rice and the millet for 30 mins. Then drain it completely without any moisture.
2. Take equal amount of water to that of the grains and bring the water to boil.
3. Grind the grains into a fine powder and sieve it to avoid any lumps.
4. Once the water boils remove it from the heat and add the powdered grains and salt into it and mix well.
5. Let it cool down and then take it out and knead it into smooth dough. Then make them into small balls.
6. In a pan add some milk and add the jaggery into it and boil the kozhukattai in it. Then add cardamom powder and green camphor.
7. Allow it to thicken it for some time and finish it with coconut milk and garnish it with chopped fried cashewnuts.

## VARAGU BONDA





# VARAGU BONDA

A traditional snack of the regions of South India, that is made with Kodo millet and gram flour/dal and served with Coconut chutney. Though there are variations for the dish, it is generally deep fried and served hot.

## INGREDIENTS

- Kodo Millet(Varagu)100 gms
- Chana Dal 100 gms
- Cooking soda 2 gms
- Salt 10 gms
- Onions 50 gms
- Ginger 15 gms
- Green chilli 10 gms
- Red chilli powder 5 gms
- Curry leaves 5 gms
- Coriander leaves 5 gms
- Water 100 ml
- Oil 500 ml

## METHOD

1. Wash and soak the kodo millet for 2 hours. Soak the channa dal separately for an hour.
2. Then transfer the channa dal and the millet into a mixing jar, then add green chillies and salt and grind it into a coarse batter.
3. Transfer the batter to a bowl and add chopped onions, ginger, curry leaves and coriander leaves and mix well.
4. Heat oil on medium heat and make lemon sized balls of the batter and deep fry them until golden brown.
5. Drain the excess oil and serve it hot with chutney.

## HEALTH BENEFITS

- Gram flour helps in lowering cholesterol and improves heart health
- It also prevents colorectal cancer and strengthens bones.
- Kodo millet is very beneficial for post-menopausal women suffering from signs of cardiovascular disease, high blood pressure and high cholesterol levels.

## VARAGU ARISI PANIYARAM





# VARAGU ARISI PANIYARAM

A popular dish, that hails from the state, the dish is made with a ground batter of millet and urad dhal and is cooked in a special pan referred to as Paniyara KalChatti. The pan has holes where the batter is poured in and is allowed to cook in oil. The result is a fluffy ball, where the fluffiness is due to the overnight fermentation process that is followed. It is relished as a snack along with coconut chutney.

## INGREDIENTS

• Kodo millet	100	gms
• Raw rice	100	gms
• Urad dhal	50	gms
• Fenugreek seeds	15	gms
• Salt	5	gms
• Oil	100	gms

## FOR TEMPERING:

• Onion finely chopped	75	gms
• Curry leaves	10	gms
• Coriander leaves Finely Chopped	20	gms
• Ginger finely chopped	15	gms
• Mustard seeds	10	gms
• Urad dhal	10	gms
• Oil	20	gms

## HEALTH BENEFITS

- Kodo millets contain no gluten and are good for people who are gluten Intolerant.
- Good source of vitamins – Vitamin B6, Niacin, folic acid and minerals such as calcium, iron, magnesium and zinc.
- Urad dhal has antioxidant properties and dietary fibre contents that make it beneficial in weight control diets.

## METHOD

1. Wash and soak the millet and dal together for 2 hours.
2. Then along with coconut and salt grind it into a smooth batter.
3. Take an appam pan and grease it with oil before heating.
4. Then add the batter and spread it evenly. Once the sides leave the pan, flip it and cook on the other side. Make sure it doesn't change the colour to brown.
5. Take it off the heat and serve hot with chutney.

## VARAGU ARISI VELLA APPAM





# VARAGU ARISI VELLAi APPAM

Vellai Appam is a traditional snack pertaining to the region of Karaikudi, Tamilnadu. It is eaten as a snack and is also made for special occasions like Deepavali. Vellai which means “white” refers to the colour of the dish that remains unchanged even after being deep fried. It is served along with Kaara chutney which is a chutney made with tomatoes and red chillies.

## INGREDIENTS

- Kodo Millet (Varagu) 200 gms
- Raw rice 200 gms
- Urad dhal 60 gms
- Grated Coconut 35 gms
- Salt 10 gms

## METHOD

1. Wash and soak the millet and dal together for 2 hours.
2. Then along with coconut and salt grind it into a smooth batter.
3. Take an appam pan and grease it with oil before heating.
4. Then add the batter and spread it evenly. Once the sides leave the pan, flip it and cook on the other side. Make sure it doesn't change the colour to brown.
5. Take it off the heat and serve hot with chutney.

Note: Do not allow the appam to turn brown in colour as the specialty of the appam lies in its name “VARAGU ARISI VELLAi APPAM”.

## HEALTH BENEFITS

- Kodo millet intake is found to reduce fasting blood glucose level
- Promotes a significant increase in serum insulin level.
- Urad dhal has a good amount of potassium and reduces the risk of damage to the arterial walls.
- Coconut reduces the risk of haemorrhoids and improves digestion.



IHM  
CHENNAI

# 60<sup>TH</sup> YEAR ANNIVERSARY

It gives us great pride to be present here today and witness the DIAMOND JUBILEE celebration of our esteem Institution IHM CHENNAI for successfully completing a glorious 60-year journey. The institute was founded in 1963 and has progressed from THEN-an early stage of development to NOW-a world ranked institute, which wouldn't have been possible without the combined efforts of our Board of Directors, National Council for Hotel Management, staff and our dear students. We are extremely proud to commemorate this milestone.

