

Millet Magic: Traditional Flavours from Northeast India

AMRUTHA T.
A.K MOHANTY
A. K SINGHA
DIVYA PARISA
P. K. PATHAK
CHIKKATHIMME GOWDA, H. R.



भा.कृ.अनु.प- कृषि प्रौद्योगिकी अनुप्रयोग अनुसंधान संस्थान

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Contributors

KVK Ri Bhoi, Meghalaya

Dr. Md. Mokidul Islam

KVK East Garo Hills, Meghalaya

Dr. Shah Mustahid Hussain

KVK East Khasi Hills, Meghalaya

Shri. L. Victor Khonglah

KVK Phek, Nagaland

Dr. Sanjeev Kumar Singh

KVK Kohima, Nagaland

Dr. Ruokuovilie Mezhatso

KVK Sepahijala, Tripura

Dr. Shatabhisa Sarkar

KVK Dhalai, Tripura

Dr. Abhijit Debnath

KVK Imphal East

Dr. Y. Prabhabati Devi

Foreword

Millets, known as “nutri-cereals,” are a group of small-seeded grasses that have sustained communities for generations due to their resilience, nutritional richness, and adaptability. Belonging to the Poaceae family, millets are excellent sources of protein, dietary fiber, micronutrients, and phytochemicals. Their consumption is associated with numerous health benefits, including a reduced risk of hypertension, cardiovascular diseases, obesity, and gastrointestinal disorders.

In the North Eastern Hill (NEH) region of India, states such as Nagaland, Meghalaya, Tripura, Manipur, and Mizoram have a long-standing tradition of millet cultivation and consumption. Traditionally grown under shifting cultivation systems like Jhum, millets are integral to the local diet and cultural heritage, especially among tribal communities. From festive rituals to daily meals, millets play a significant role in symbolizing unity, tradition, and ancestral legacy.

However, in recent years, millet cultivation has declined due to changing dietary patterns and limited market access. Encouragingly, government initiatives, awareness programs, and renewed research efforts are helping to revive millet production and consumption. The declaration of 2023 as the International Year of Millets by the United Nations has further emphasized their importance in achieving food and nutritional security.

It has become imperative to reorient efforts toward millets by generating demand through awareness about their preparation and culinary uses, thereby enhancing millet consumption among the masses. This book is a valuable contribution in that direction. I congratulate the authors for bringing out this publication, **“Millet Magic: Traditional Flavours from Northeast India.”** I believe this book will serve as a one-stop solution for recipes for households, entrepreneurs, and other stakeholders in the region.



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ICAR-ATARI, Umiam, Meghalaya

Preface

Millets, often referred to as “**nutri-cereals**” have been an integral part of traditional food systems in India, especially in the North Eastern Hill (NEH) region. Known for their resilience, adaptability, and rich nutritional profile, millets offer a sustainable solution to food and nutritional security. Despite their immense benefits, millet cultivation and consumption have gradually declined over the years, largely due to changing food habits, lack of awareness, and limited promotion of millet-based recipes.

The recent global recognition of millets—particularly the declaration of 2023 as the International Year of Millets by the United Nations—has created a renewed interest in promoting these climate-resilient and health-promoting crops. The North East, with its cultural richness and biodiversity, holds a treasure trove of traditional millet recipes passed down through generations. These recipes are not only nutritious but also reflect the deep-rooted connection between food, culture, and ecology in tribal societies.

This book, “***Millet Magic: Traditional Flavours from Northeast India***”, is an effort to document and promote traditional millet-based recipes from the region. It is designed to serve as a practical guide for households, budding food entrepreneurs, and stakeholders interested in healthy and sustainable diets. The book brings together a variety of dishes—from daily meals to festive preparations—that showcase the versatility of millets in local cuisines.

Authors

Introduction

Millets are a diverse group of small-seeded grasses that exhibit remarkable variability and are globally recognized as important cereal crops. They belong to the **Poaceae** family and are categorized into **great millets**—including sorghum, pearl millet, and finger millet—and **small millets**, such as foxtail millet, little millet, proso millet, barnyard millet, kodo millet, and browntop millet.

Millets are popularly known as “**nutri-cereals**” due to their nutritional richness, which is comparable to that of major cereals. They are an excellent source of micronutrients, protein, dietary fiber, phenolic compounds, and medicinal phytochemicals. They contain **protein ranging from 7 to 12 percent, fat between 2 and 5 percent, carbohydrates from 65 to 75 percent, and dietary fiber content between 15 and 20 percent** (Amrutha et al., 2024).

Millets offer numerous health benefits, including **reducing blood pressure, preventing cardiovascular diseases and cancer, lowering cholesterol levels, and combating obesity and gastrointestinal disorders** (Bhardwaj et al., 2023).

In the **North-Eastern region of India**, millets are cultivated across various states, including **Nagaland, Meghalaya, Tripura**, and in smaller areas of **Manipur and Mizoram**. For centuries, millet cultivation has been associated with **shifting agriculture**, commonly referred to as **Jhum** or **slash-and-burn farming**, where it is traditionally grown alongside rice.



Millets Cultivated Across The NEH States

In the **Northeast Hill (NEH) region of India**, millets have been an integral part of the local diet, especially among **tribal communities**. States like **Manipur, Meghalaya, and Nagaland** have a long-standing tradition of millet consumption, making them staple foods in many households. This consumption reflects a **blend of cultural heritage, nutritional awareness, and sustainable agricultural practices**.

The NEH region showcases a **rich tapestry of millet cultivation, consumption, and cultural significance** among its diverse tribal populations. Despite facing challenges such as **dwindling cultivation areas** and **changing dietary preferences**, millets continue to play a central role in culinary traditions. They are not just staple foods but are also **deeply woven into festivals, rituals, and social gatherings, symbolizing unity, identity, and ancestral heritage**.

From offerings during **harvest festivals** to the preparation of **traditional dishes** and **fermented beverages**, millets have a multifaceted role in the **cultural fabric of Northeast Hill tribes**. Furthermore, there is a growing movement to **revive millet cultivation and consumption**, supported by **government initiatives, awareness campaigns, and financial incentives for farmers**.

Recognizing the nutritional and environmental benefits of millets, efforts are underway to reintegrate them into the mainstream food system. These initiatives aim to ensure food and nutritional security while also preserving indigenous agricultural practices and cultural heritage.



| States | Millets |
|-----------|---|
| Manipur | Finger millet, Bajra and Foxtail millet |
| Meghalaya | Finger millet, Pearl millet, foxtail millet, Raishan and Jobstear |
| Mizoram | Sorghum, Pearl millet and other small millets |
| Nagaland | Sorghum, Pearl millet, Finger millet and other small millets |
| Tripura | Sorghum and Foxtail millet |

Millet Dosa

Ingredients:

- Foxtail millets - 1 cup.
- Urad dal - 1/4 cup.
- Poha - 1/4 cup.
- Methi - 1/4 teaspoon.
- Water - 1 to 1.5 cups.
- Salt - 1 tsp.
- Ghee.

Preparation Method:

- Soak millet, dal and fenugreek seeds separately for 5-6 hours. soak poha for 30 minutes.
- Grind urad dal and fenugreek to a smooth paste, then grind millet (and poha) to a slightly coarse paste. Mix both batters with salt.
- Ferment the batter overnight (8–10 hours) in a warm place until it rises and turns airy
- Stir the batter gently. Pour a ladle on a hot greased pan, spread it thin, and cook with a few drops of oil until golden.
- Serve hot with coconut chutney, sambar, or tomato chutney.



Source: https://twobrothersindiashop.com/blogs/food-health/millet-dosa?srsltid=AfmBOooDP-jiAp0le1Yw6YvacctF_AE6oOZVSnm4XLz5xhHUEVvmrs



Source: <https://foodandremedy.com/recipes/breakfasts/millet-idli-recipe-siridhanya-recipes/>

Millet Idli

Ingredients:

- Foxtail Millet - 2 cups.
- Methi Seeds - 1/2 tsp.
- White Urad Dal - 1 cup.
- Salt - 2 tsp.

Preparation Method:

- Rinse and soak millet, urad dal, and fenugreek seeds separately for 5–6 hours. Soak poha 30 minutes before grinding.
- Grind urad dal and fenugreek to a fluffy batter. Grind millet (and poha) to a slightly coarse batter. Mix both, add salt, and stir well.
- Grind soaked millets into a smooth batter, combine with urad dal batter, add 2 tsp salt, and mix well.
- Ferment the batter in a warm place overnight or 8–10 hours, until it rises and becomes airy.
- Grease idli molds. Pour the batter and steam for 10–15 minutes or until a toothpick comes out clean.
- Serve hot with sambar, coconut chutney, or tomato chutney.

Local Millet Fried Rice

Ingredients:

- Rice - 1 cup.
- Millet - 1 cup.
- Water - 3 cups.
- Oil/ghee - 2 tbsp.
- Onion - 1 medium.
- Garlic – 4 to 5 cloves.
- Ginger - 1 inch.
- Turmeric powder - 1/2 tsp.
- Salt - 1 tsp.

Preparation Method:

- Wash millet thoroughly 2–3 times. Soak equal parts of rice and millet for 30 minutes and cook.
- Heat oil in a pan. Add garlic, ginger and green chili. Sauté onion till translucent, then add chopped veggies. Stir-fry on high heat for 3–5 minutes.
- Add the cooled, cooked millet rice to the pan. Mix well with vegetables.
- Add salt, pepper, and soy sauce (if using). Toss well on medium-high heat for 2–3 minutes.
- Garnish with chopped coriander or spring onions. Serve hot with curd, raita, or a spicy chutney.



Source: <https://www.indianveggedelight.com/millet-fried-rice/>



Source: <https://swadesifoods.shop/product/millet-punugulu/>

Millet Pakora

Ingredients:

- Millet flour - 1 cup.
- Besan - 1 cup.
- Onion leaves – 3.
- Green Chilli.
- Coriander.
- Salt - 1 tsp.
- Oil - 2 cups.
- Water.

Preparation Method:

- In a bowl, combine millet flour, besan, chopped onion, green chilli, coriander leaves and salt.
- Slowly add water to the mixture to form a thick, sticky batter—not too runny.
- Heat oil in a pan and drop spoonful of batter to fry until golden brown.
- Serve hot with tea for a perfect snack.

KVK, Lawngtlai and KVK, East Garo Hills

Millet Laddu

Ingredients:

- Millet flour - 2 cups.
- Water - 1/4 cup.
- Ghee - 4 tbsp.
- Cardamom powder - 1/2 tsp.
- Sugar - 1.5 cups.
- Raisins/ Cashew – 4 to 5.

Preparation Method:

- Dry roast millet flour on low heat in a pan until aromatic and lightly golden, then set aside.
- Add ghee to the roasted powder, mix well, and cook until combined; set aside.
- In a separate pan, heat sugar to make a thick syrup, then turn off the heat.
- Pour the syrup into the millet-ghee mixture and blend thoroughly.
- Shape the mixture into small, round laddus while warm for perfect consistency.
- Let the laddus cool slightly, then serve warm or at room temperature.



Source: <https://easyindiancookbook.com/millet-laddu/>



Source: <https://laddubox.in/products/foxtail-millet-laddu>

Foxtail Millet Laddu

Ingredients:

- Foxtail millet - 200g.
- Cardamom powder - 1/2 tsp.
- Jaggery - 150g.
- Chopped nuts - 2 tbsp.
- Ghee - 1/4 cup.

Preparation Method:

- Dry roast foxtail millet in a pan on low flame for 5-7 mins until golden and aromatic. Let it cool.
- Heat 2 tbsp ghee in the same pan. Add jaggery and melt on low flame for 3-4 mins (stir constantly).
- Add roasted millet, cardamom, and remaining ghee. Mix well for 2 mins. Turn off heat.
- Let the mixture cool slightly (warm enough to handle). Grease hands with ghee and shape into tight rounds.
- Let ladoos set for 30 mins. Store in an airtight container.
- Your delicious and nutritious Foxtail Millet Ladoo is ready to serve.

KVK West Tripura and KVK Sepahijala

Chicken Soup Chow

Ingredients:

- Millet flour - 1 cup.
- Water - 1/2 cup).
- Chicken meat - 200 g.
- Garlic - 4-5.
- Ginger - 1 inch.
- Carrot - 1.
- Beans.
- Capsicum - 0.5 cup chopped.
- Salt.
- Black Pepper.
- Oil - 1 tbsp.

Preparation Method:

- Prepare millet noodles by mixing millet flour with water to form a paste, shaping into noodles, and drying them.
- Heat 1 tbsp oil in a pan. Add minced garlic and grated ginger. Sauté for 30 seconds. Add chopped onions and cook until translucent.
- Add diced or shredded boneless chicken. Cook until it turns white and is tender. Season with salt, pepper.
- Mix in chopped carrots and any optional veggies (beans, capsicum). Stir-fry for 2–3 minutes and pour water.
- Add millet noodles and cook for 3–5 minutes or until soft and garnish with chopped spring onions or coriander and serve hot.



Source: <https://www.fellybull.com/chinese-chicken-noodle-soup/>



Source: <https://www.anveshan.farm/blogs/recipes/spicy-and-tasty-tomato-chutney?srstid=AfmBOoq3nXy7sO8Fyrwz86XsICzkKGapqRU570RE6RwuhGs4sd4Q4PsM>

Millet Chutney

Ingredients:

- Millet flour - 1/2 cup.
- Green chili - 1 to 2.
- Garlic – 6 to 8 cloves.
- Salt - 1 tsp.
- Tomato - 1 medium.
- Oil - 1 tbsp.
- Ginger - 1 inch.

Preparation Method:

- Dry roast peeled garlic, tomato, and ginger; set aside. Separately, roast millet flour until fragrant and set aside.
- In a grinder, add roasted millet flour, roasted ginger, garlic, green chili, tomato and salt into a smooth paste.
- Heat 1 tsp oil, add mustard seeds, urad dal, red chili, and curry leaves. Let them splutter.
- Pour the tempering over the chutney. Mix well. Serve as a flavorful accompaniment with steamed rice or fresh roti.

Millet Putharo

Ingredients:

- Millet flour - 2 cups.
- Water - 2 cups.
- Salt - 1/2 tsp.
- Oil/ghee - 1 tbsp.

Preparation Method:

- Combine millet flour and salt in a bowl, then gradually add water to form a smooth, pancake-like batter.
- Heat an earthen griddle over an open flame until evenly hot.
- Pour a ladleful of batter onto the griddle, cooking it while occasionally sprinkling water for even heat.
- Once cooked, gently remove the Putharo with a ladle and set aside.
- Serve warm with a side of spicy meat or vegetable curry.





Misi Pasta

Ingredients:

- Sorghum flour - 240g.
- Water - 1 cup.
- Salt - 1/2 tsp.
- Onion - 1 medium.
- Green chili – 1 to 2.
- Mixed vegetables - 200g.
- Black pepper - 1/2 tsp.
- Oil - 2 tbsp.

Preparation Method:

- Mix sorghum flour and water to make a soft dough.
- Shape 50g portions into balls, then roll out thinly using a rolling pin.
- Cut into desired shapes, then steam the sorghum slices until tender.
- Fry chopped onions until golden, add vegetables, green chili, black pepper, and stir-fry.
- Mix in steamed sorghum slices and cook until well combined and heated through.
- Serve hot, accompanied by tomato sauce or chutney.

Misi Cake

Ingredients:

- Eggs - 2 large.
- Butter - 115g.
- Icing sugar - 90g.
- Wheat flour - 120g.
- Sorghum flour - 60g.
- Baking soda - 1/2 tsp.
- Coconut powder - 20g.
- Milk - 60ml.
- Vanilla essence - 1 tsp.

Preparation Method:

- Whisk eggs thoroughly until smooth and set aside.
- Add Cream butter and icing sugar, beat again for 1 minute until fluffy.
- Combine wheat flour, sorghum flour, baking soda, coconut powder, milk, whisked egg, and butter-sugar mix into a smooth batter.
- Mix in vanilla essence and blend well.
- Grease a cake tin with oil to prevent sticking.
- Pour batter into the tin and bake at 180°C for 30 minutes or until a toothpick comes out clean.
- Let it cool slightly before demolding. Slice and serve warm or at room temperature.

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Misi Pita

Ingredients:

- Sorghum flour - 120g.
- Sticky rice powder - 60g.
- Black sesame seeds - 60g.
- Sugar - 50g.
- Water - 1/2 cup.
- Refined oil - 350ml.
- Coating oil - 1 tbsp.

Preparation Method:

- Dry roast black sesamum until fragrant, then set aside to cool.
- Combine roasted sesame seeds, sorghum flour, sticky rice powder, and sugar in a mixing bowl.
- Knead the mixture into a smooth dough using water, coat it with oil, cover with polythene, and let it rest for 1 hour.
- Shape 30g portions into balls, then flatten gently with your palm.
- Deep-fry in refined oil on medium heat until golden and crisp. Drain excess oil by placing on a paper towel.
- Serve warm as a crunchy, nutty delight.

Millet Jalebi

Ingredients:

- Finger millet flour - 120g.
- Sugar - 2 tbsp.
- Water - 180ml.
- Baking powder - 1/2 tsp.
- Salt - 1/4 tsp.
- Oil - 350ml.

Preparation Method:

- Combine millet flour, sugar, water, baking powder, and salt in a bowl to form a smooth batter.
- Transfer the batter into a piping bag or funnel for shaping.
- Squeezed out the batter to give a spiral-shaped jalebis directly into hot oil.
- Fry each side for 2–3 minutes until golden and crisp. Then soak in warm sugar syrup for 2–3 minutes to absorb the sweetness.
- Serve warm for a crispy, syrupy delight.





Source: <https://www.cookmefree.com/glutenfree-fatfree-vegan-banana-muffins-with-millet-flour/>

Millet Banana Cup Cake

Ingredients:

- Finger millet flour - 120g.
- Ripe banana - 1 large.
- Cocoa powder - 2 tbsp.
- Sugar - 1/4 cup.
- Milk - 60ml.
- Melted butter/oil - 45ml.
- Baking powder - 1 tsp.
- Salt - 1/4 tsp.

Preparation Method:

- In a mixing bowl, combine finger millet flour, cocoa powder, and baking powder.
- Mash ripe banana and blend it into the dry ingredients.
- Add sugar, milk, and melted butter, then whisk into a smooth batter.
- Pour batter into lined cupcake molds and place in a preheated oven.
- Bake at 180°C for 18-20 minutes or until a toothpick comes out clean.
- Serve warm as wholesome, gluten-free treats.

Millet Bhujia

Ingredients:

- Finger millet flour - 180g),
- Rice flour - 60g.
- Water - 3/4 cup.
- Salt - 1tsp.
- Sesame seeds - 1 tbsp.
- Cumin seeds - 1 tsp.
- Red chili powder - 1 tsp.
- Oil - 350ml.

Preparation Method:

- In a mixing bowl, combine millet flour, water, salt, and spices to form a thick, smooth dough.
- Heat oil in a deep pan over medium flame.
- Pipe the dough into hot oil using a murukku maker or piping bag.
- Fry until golden and crisp, turning occasionally for even cooking.
- Drain on paper towels to remove excess oil.
- Serve warm as a crunchy, spiced snack.





Millet Mixture

Ingredients:

- Finger millet flour - 750g.
- Tapioca flour - 250g.
- Water - 250ml.
- Salt - 1 ½ tbsp.
- Oil - 350ml.
- Cumin seeds - 1 tbsp.
- Curry leaves.
- Mustard seeds.
- Peanuts.

Preparation Method:

- Mix finger millet flour and tapioca flour with salt, ajwain, turmeric and red chilli powder and hot oil. Knead into a soft dough using water.
- Use a sev maker to press dough into hot oil. Deep fry until golden and crispy. Let it cool and lightly crush.
- In 1 tbsp oil, sauté mustard seeds, curry leaves, peanuts until golden. Add chili powder and salt.
- Add crushed sev to the tempered mixture. Toss on low flame to blend all flavors evenly.
- Drain excess oil and serve warm as a delicious snack.

Source: <https://www.milletmaagicmeal.in/products/ragi-mixture?srsId=AfmBOorzrM0gplQpUhpqdpIqv2buWFiQy--SStTQ3GDKnOgDum5smiwN>

Steam Cup Cake

Ingredients:

- Finger millet flour - 120g.
- Tapioca flour - 30g.
- Sugar - 50g.
- Milk - 120ml.
- Baking powder - 1 tsp.
- Salt - 1/4 tsp.

Preparation Method:

- In a bowl, combine finger millet flour, tapioca flour, sugar, baking powder, and salt.
- Gradually pour milk and whisk into a smooth batter (like pancake batter).
- Pour batter into cupcake liners placed in a steamer. Steam for 20–25 minutes on medium heat until a fork comes out clean.
- Let rest for 5 minutes before enjoying.





Ja-sahor Kyndeh

Ingredients:

- Finger millet flour - 120g.
- Water - 3 cups.
- Garlic chives - 2 to 3.
- Turmeric powder - 1/2 tsp.
- Salt - 1/2 tsp.

Preparation Method:

- In a pot, bring water to a boil. Add chopped garlic chives, turmeric, and salt. Simmer for 2 minutes.
- Reduce heat to low. Gradually whisk in finger millet flour, stirring constantly to prevent lumps.
- Cook for 5–7 minutes, stirring continuously, until thick and smooth.
- Serve warm and enjoy as a traditional dish during naming ceremonies or festivals.

Ja Krai

Ingredients:

- Rice -200g.
- Water - 3 cups.
- Whole finger millet – 2 to 4
- Salt - 1/2 tsp.
- tbsp.

Preparation Method:

- Wash rice and finger millet together until the water runs clear.
- Add grains and water to a pot. Bring to a boil. Reduce heat to low, cover, and simmer for 20–30 minutes until tender.
- Let sit covered for 5 minutes, then fluff with a fork.
- The dish is ready to serve.





Otsu Niekhruda (Foxtail Millet Baked Cake)

Ingredients:

- Foxtail Millet flour - 180g.
- Condensed milk - 120ml.
- Oil - 60ml.
- Baking powder - 1 tsp.
- Vanilla essence - 1 tsp.
- Sugar - 1/2 cup.
- Salt - 1/4 tsp.
- Nuts for toppings.

Preparation Method:

- In a bowl, combine millet flour, sugar, baking powder, and salt.
- Whisk in eggs, milk, oil, and vanilla until smooth batter.
- Pour batter into the pan, tap to remove air bubbles, and bake for 25-30 in a preheat oven to 180°C (350°F) until a toothpick comes out clean.
- Let it rest for 10 minutes before slicing.

Millet Cookies

Ingredients:

- Foxtail Millet flour - 180g.
- Whole wheat flour - 60g.
- Powdered sugar - 50g.
- Ghee/Oil - 3 tbsp.
- Water - 1/4 cup.
- Cardamom powder - 1/2 tsp.

Preparation Method:

- Mix foxtail millet flour, wheat flour, sugar, and cardamom.
- Add ghee and rub into crumbs. Gradually add water to form stiff dough.
- Roll dough into ½ cm thickness. Cut into diamond/shapes using knife or cookie cutter.
- Heat oil in a pan on medium flame. Fry cookies in batches until golden brown (2-3 mins per batch). Drain on paper towels.
- Foxtail millet cookies is ready to serve.





Source: <https://www.sandhiyascookbook.com/2018/03/how-to-cook-millet-in-open-pot.html>

Otsu Khotsu (Foxtail Millet Boiled with Sticky Rice)

Ingredients:

- Foxtail millet - 1 cup.
- Water - 2 cups.
- Sticky rice - 1/2 cup.
- Salt - 1 tsp.

Preparation Method:

- Preparation Method:
- Rinse and soak foxtail millet in water for 4-5 hours, then drain. Rinse sticky rice separately and drain well.
- In a pressure cooker, combine soaked millet, sticky rice, water, and salt.
- Cook on medium heat for 2 whistles (or 15-20 mins on low flame after the first whistle).
- Let pressure release naturally for 5-10 mins before opening.
- Fluff gently with a fork and serve warm.

Bangui (Foxtail Millet)

Ingredients:

- Foxtail millet - 1 ½ cup.
- Fresh grated coconut - 1/2 cup.
- Roasted peanuts - 1/4 cup.
- Ginger - 1 tbsp.
- Mustard oil - 2 tbsp.
- Salt - 1 tsp.
- Banana/Lairu leaves – 2 to 3 large pieces.
- Cardamom powder - 1/2 tsp.

Preparation Method:

- Soak foxtail millet for 1-2 hours, then drain completely.
- In a bowl, combine drained millet, coconut, peanuts, ginger, mustard oil, and salt.
- Place 2-3 tbsp of mixture on each banana leaf. Fold into cone-shaped packets, securing with toothpicks.
- Boil in a deep pot for 20-25 mins until millet is tender. Drain water immediately.
- Unwrap and serve warm with **Wahan Mosdeng** (fermented fish chutney), **Aloo Mosdeng** (spicy potato curry) and fried bitter leaves.





Kheer (Foxtail millet)

Ingredients:

- Foxtail millet - 100g.
- Milk - 3 cups.
- Sugar/Jaggery - 50g.
- Cardamom powder - 1/2 tsp.
- Cashews & Raisins - 2 tbsp each.
- Ghee - 1 tbsp.
- Cherries – 5 to 6.

Preparation Method:

- Dry roast foxtail millet in a pan on medium heat for 3-4 mins until golden and aromatic.
- Add milk (3x the millet volume) and bring to a boil.
- Reduce heat to low, stir occasionally, and simmer for 25-30 mins until millet is soft and milk reduces by half.
- Add sugar/jaggery, cardamom, and 1 tbsp ghee-fried cashews/raisins. Mix well.
- Top with remaining nuts and cherries. Serve warm or chilled.

Awan Sokrang (Foxtail Millet)

Ingredients:

- Foxtail millet - 200g.
- Water - 2 cups.
- Sticky rice - 200g.
- Salt - 1 tsp.

Preparation Method:

- Rinse and soak foxtail millet and sticky rice together for 2-4 hours, then drain.
- Fill the bottom layer of an earthen/steel steamer with 1/3 water and bring to a boil.
- Transfer drained grains to the steam tray (upper layer). Seal the container's joints with clay/dough/cloth to trap steam.
- Steam on medium heat for 25-30 mins until grains are tender.
- Fluff gently and the dish is ready to serve.



Source: <https://swaastya.com/products/swaastya-little-millet-jaggery-halwa-200g-sweet-nutritious-delight>

Millet Halwa

Ingredients:

- Foxtail millet - 120g.
- Sugar - 150g.
- Water - 360ml.
- Ghee - 120ml.
- Chopped nuts - 1/4 cup.
- Chopped coconuts - 1/2 tsp.
- Cardamom powder - 1/2 tsp.
- Raisins - 2 tbsp.

Preparation Method:

- Dry roast millet flour in a pan on medium-low heat for 5-6 mins until aromatic. Set aside.
- Boil water and sugar in another pan until fully dissolved. Strain if needed.
- Heat 3 tbsp ghee in a pan. Add roasted flour and stir for 2 mins. Gradually add sugar syrup, stirring constantly to avoid lumps.
- Add nuts, cardamom, and raisins. Cook on low heat for 8-10 mins until thick.
- Finish with 1 tbsp ghee for gloss.
- Garnish with extra nuts. Serve warm as a dessert or snack.

Millet Momo

Ingredients:

- Wheat flour – ½ cup (helps binding).
- Minced chicken – 200 g.
- Onion – 1 medium, finely chopped.
- Ginger – 1 tsp, finely chopped.
- Garlic – 1 tsp, finely chopped.
- Salt – to taste.
- Millet flour – 1 cup.
- Oil – a few drops (for greasing).

Preparation Method:

- Mix millet flour and wheat flour with water and salt, knead into soft dough, and keep aside.
- In a bowl, mix minced chicken, onion, ginger, garlic, and salt well.
- Roll the dough into small discs, place filling in the center, and fold into momos.
- Arrange momos on a greased steamer plate and steam for about 30 minutes.
- Enjoy hot with spicy chutney or dipping sauce.





JOBSTEAR BURFI

Jobstear Burfi

Ingredients:

- Job's tears flour (adlay flour) – 1 cup (140 g).
- Jaggery (powdered) – $\frac{3}{4}$ to 1 cup (150–200 g).
- Ghee – $\frac{1}{4}$ cup.
- Water – $\frac{1}{4}$ cup.
- Cardamom powder – $\frac{1}{4}$ tsp.
- A pinch of salt.

Preparation Method:

- Roast Job's tears flour in ghee on low heat until it turns aromatic and slightly golden.
- In another pan, dissolve jaggery in a little water and cook until it reaches one-string consistency.
- Add the roasted flour to the jaggery syrup along with some more ghee and cardamom powder.
- Stir well on low heat until the mixture thickens and starts leaving the sides of the pan.
- Transfer to a greased tray, level the top, let it set, and cut into squares once firm.

Millet Pork Sausage

Ingredients:

- Pork intestine – 1 kg.
- Pork liver (minced) – 300 g.
- Foxtail millet- 1 cup.
- Ginger (finely chopped) – 2 tbsp.
- Garlic (finely chopped) – 2 tbsp.
- Red chili powder – 1 to 2 tbsp (adjust to taste).
- Salt – 1½ tsp.
- Oil – a few drops (for greasing).

Preparation Method:

- Wash pork intestines thoroughly with salt and vinegar, rinse well until clean.
- Combine minced pork liver, cooked millet, ginger, garlic, chili powder, salt, and pepper.
- Gently fill the cleaned intestine with the mixture, leaving some space to avoid bursting.
- Twist and tie the intestine at intervals to make sausage links of desired length.
- Boil in water for 20–30 minutes, drain, cool, then roast in a little oil or grill before serving.





Finger Millet Malt

Ingredients:

- Finger millet grain.
- Milk Powder .
- Cardamom for flavour.

Preparation Method:

- Wash finger millet grains and soak in clean water for 18–24 hours, changing the water 2–3 times.
- Drain, spread grains on a damp cloth, cover, and allow to germinate for 36–48 hours, keeping moist by sprinkling water.
- Sun-dry the sprouted grains for 6–8 hours, then rub gently on a dry cloth to remove rootlets.
- Lightly toast the malted grains on a low flame in an iron pan.
- Grind to fine flour, sieve, and mix with milk powder, flavor, as desired.

Millet Honey Cookies

Ingredients:

- Ragi flour (Finger millet flour) – 1 cup.
- Whole wheat flour – ½ cup.
- Baking Powder - 1/2 tsp.
- Baking soda - ¼ tsp.
- Jaggery Powder - 2 to 3 tbsp.
- Honey - 1/4 cup.
- Butter or ghee – ¼ cup.
- Milk – 2 to 3 tbsp.

Preparation Method:

- Combine ragi flour, wheat flour, baking powder, baking soda, and a pinch of salt.
- Beat softened butter/ghee with honey (and jaggery if using), add vanilla essence.
- Slowly add dry mix to wet mix, sprinkle little milk if needed, and form a soft dough
- Roll into small balls, flatten slightly, and place on a lined baking tray. Add nuts/seeds on top if desired.
- Bake at 160–170°C for 12–15 minutes, then cool completely before storing.

KVK, Imphal East

Ragi + Honey Cookies



