



INGREDIENTS

- Bajra flour 3 tablespoons
- Ghee 1 tablespoon
- Walnuts chopped 3-4
- Dried ginger powder (soonth) 1 teaspoon
- Crushed black peppercorns to taste
- Green cardamom powder 1/2 teaspoon
- Desiccated coconut 1/2 cup
- Jaggery (gur) grated 3/4 cup
- Basmati rice cooked 1 cup
- Milk 1 1/2 cups

Bajra Halwa



4 servings



25 minutes

DIRECTIONS

- Heat ghee in a non-stick pan. Add walnuts and sauté for 30 seconds. Add pearl millet flour, mix and cook on low heat for a minute.
- Add dried ginger powder, crushed peppercorns, cardamom powder, desiccated coconut and jaggery, mix and cook till jaggery melts.
- Add cooked Basmati Rice, mix and cook for a minute. Add milk, mix and cook for 1-2 minutes.
- Serve hot.

INGREDIENTS

- Oil : 2 tbsp
- Mustard Seeds : 1 tsp
- Cumin Seeds : 1 tsp
- Curry Leaves: 5 – 6 nos.
- Black Gram Dal : 1 tbsp
- Split Bengal Gram : 1 tbsp
- Chopped Garlic : 1 tsp
- Chopped Ginger : 1 tsp
- Chopped Onions : ½ cup
- Red Chili Powder : ½ tsp
- Coriander Powder : ½ tsp
- Turmeric Powder : 1 tsp
- Mixed Veggies : ½ cup
- Corn : 2 tbsp
- Overnight soaked and boiled Bajra : 2 cups
- Grated Coconut : ½ cup
- Roasted Peanuts : 2 tbsp
- Salt : to taste
- Chopped Tomato: 1 no.
- Lemon Juice: 1 no.
- Chopped Coriander : for garnish
- Chopped Green Chilies : 1tbsp

For Green Chili Mixture

- Mustard Oil : 1 tbsp
- Black Gram Dal : ½ tsp
- Green Chillies: 4 – 5 nos.
- Salt : to taste
- Grated Coconut : ½ tsp

To Serve

- Buttermilk : 1 glass
- Fried Onions : as per taste
- Curry Leaves : few



Bajra Upma



2 servings



30 minutes

DIRECTIONS

- On a pan heat oil and add mustard seeds, cumin seeds, soaked black gram dal, soaked split bengal gram, curry leaves, chopped garlic, chopped ginger and mix well.
- Now add chopped onion, red chilli powder, coriander powder, turmeric powder, mixed veggies, corn, bajra, grated coconut, roasted peanuts, salt, chopped tomatoes, lemon juice, chopped coriander and cook well.
- To prepare green chilli mixture as an accompaniment with bajra upma on a pan add mustard oil, black gram dal, green chillies, salt, grated coconut and toss well.
- For plating place two ring moulds and stuff in the bajra upma. Serve with buttermilk, poppadum and prepared green chilli mixture. Garnish with curry leaves.

Ragi Roti

INGREDIENTS

- 1 cup ragi flour (finger millet flour)
- ¼ teaspoon cumin (jeera)
- 1 small onion fine chopped (about 2 tbsp)
- 1 green chili fine chopped
- 1 teaspoon coconut grated or 2 tbsps carrots (optional)
- 2 tablespoons coriander leaves finely chopped
- ½ cup water (more if needed)
- ⅓ teaspoon salt (adjust to taste)
- 1½ tablespoon oil (adjust to taste)

PREPARATION

- To a mixing bowl, add ragi flour, onions, green chilies, cumin, coriander leaves and salt.
- You can also add some grated carrots or coconut if you like.
- Pour water little by little as needed and make a soft & slightly sticky dough.
- Divide the dough to 5 balls. Keep them covered until used



4 servings



10 minutes

COOKING

1. Lightly grease the tawa with few drops of oil.
2. Use a greased parchment paper, banana leaf or use the cool greased pan directly.
3. Place a ball of dough on the parchment paper and spread the dough to a round roti with your greased fingers.
4. Place the tawa on the stove and heat it.
5. If made on a parchment paper or banana leaf, invert it on the tawa. Gently press down over the tawa to transfer the roti, gently remove the parchment paper.
6. Cook the roti for a minute on a medium flame. Cover and cook until the ragi roti firms up and begins to leave the pan.
7. Flip it and cook on the other side, Cover the roti. Cook for few mins till you can see the dough dries up & onions are cooked. Drizzle 1 teaspoon oil all over the ragi roti and spread it
8. Stack ragi roti to keep them soft. Serve ragi roti with chutney or dal.



Ragi Dosa

 4 servings  10 minutes

INGREDIENTS

- Ragi Flour/Finger Millet Flour - 1 cup
- Curd / Yogurt - ½ cup
- Coconut - ½ cup
- Cumin seeds - 1 tsp
- Black Pepper - 1 tsp
- Curry leaves - 1 sprig
- Salt to taste
- Water as needed
- Oil as needed for making

DIRECTIONS

1. Mix all your ingredients except oil to form a thin batter.
2. Heat a tawa, spoon some batter from a height to form holes when making dosa.
3. Drizzle oil around the sides and cook till golden.
4. Flip over and cook.
5. Serve.

Ragi Ladoo

 14 servings  15 minutes

INGREDIENTS

- 1.5 cups ragi flour (nachni or finger millet flour) - 210 grams
- ¼ cup organic powdered jaggery - 140 grams
- ⅓ cup Ghee - 65 to 70 grams
- ½ teaspoon cardamom powder

PRE-PREPARATION

- Take 1.5 cups ragi flour in a kadai or a thick bottomed broad pan.
- Keep the pan on a low flame or sim and begin to roast the ragi flour.
- You have to stir often while roasting the flour so that there is even roasting.
- Roast till the color changes and you get a nice aroma from the ragi flour. About 6 to 8 minutes on a low flame. Timing will vary with the material, size and thickness of the pan.

PREPARATION

1. Then add 1/3 cup ghee in the flour. The ghee will melt.
2. Begin to mix the ghee with the flour.
3. Keep on stirring and roasting this mixture for 5 to 7 minutes more.
4. Do check the taste of the ragi flour and you will get a crunchy taste. There should be no rawness in the taste.
5. Then switch off the flame. Place the pan down.
6. Add 1/2 teaspoon cardamom powder and add 3/4 cup jaggery powder. You can also grate a block of jaggery and then add. You can use powdered sugar instead of jaggery, but add sugar as per taste.
7. Begin to mix very well.
8. Break the tiny lumps of jaggery if any with the spoon or spatula.
9. Let this ragi ladoo mixture become warm, then mix everything again very well with your hands and break small lumps if any with your hands.
10. Take a portion of the mixture and shape into ladoos.
11. If you are unable to form ragi ladoos, then add a few tablespoons of ghee, which is at room temperature. Mix again very well and begin to shape the ragi ladoos.
12. Make ladoos this way with all of the mixture.
13. Store ragi ladoo in an airtight jar or container. Serve them as a sweet snack.

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