

EDITORS

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Kiran Jeet Kaur Jandu, a marathon runner, cyclist, beauty pageant winner, event organizer, nutritionist, deals in organic farming with organic farmers all over India, adjudicator of India Book of Records and Asia Book of Records, Brand Ambassador of 'Star of Tricity Group (Chandigarh, Mohali, Panchkula)'. She has completed various Marathons of 42 kms, 21 kms, 10 kms and 5 kms in Chandigarh. Also won many beauty pageants like Star Miss/Mrs 2022, winner in Miss/Mrs Bharat 2021, Woman of Substance in health field & also Finalist in Mrs Chandigarh 2019. She is part of a nutritionist team which treats patients with the help of food, mainly millets. She has done schooling from Kendriya Vidyalaya then from SD College, Chandigarh. After that she has completed her MA English from Panjab University, Chandigarh. Along this, she has also done Nursery Primary Teacher Training Course from International Women Polytechnic -IWP, Delhi. Also completed various courses in nutrition and naturopathy from India, Malaysia and Vietnam. Apart from that she has done a course of memory from Mr. Krishan Chahal, Guinness Book of Record Holder.

Chef Varun Mishra is a Lucknow-born, classically trained chef and culinary professional with 18 years of dedicated service experience as a chef and working as a culinary educator in one of Chandigarh's most prestigious catering colleges (CCHMCT-CGC-Landran, Mohali). Proven team-building leader with a track record of success. Knowledge of international cuisines is essential, as is the ability to work under duress. Extensive experience sourcing organic ingredients in order to provide high-quality produce. Schooling was completed at Colvin Talwaders' College in Lucknow, followed by IHM at CHTSIHMCT in Lucknow and Masters in Hospitality & Tourism. Chef Varun has won numerous accolades and awards in the culinary arts as well as published research papers, patents, and articles on a national and international level, and he also won several culinary-related prizes and awards in the competitions during the education as well as working with companies. Chef Varun hosted TV show on festival delights in the year 2020 on National TV Channel Divya. Chef Varun is a great source of inspiration to the aspiring budding chefs and hospitality students.



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ABOUT CHANDIGARH GROUP OF COLLEGES, LANDRAN

Incepted in the year 2001 the institute has come a long way with a 23-years strong legacy built on trust and commitment. Being one of the most sought-after destinations to pursue affordable higher education provides a striking study experience that not only fosters students' growth on the academic front but also nurtures skills conducive to the industry requirements. Initially, Engineering was the flagship program at CGC, Landran and with time, numerous programs were added to the curriculum. The college offers 50+ programs under multiple domains such as Engineering, Hotel Management, Biotechnology, Computer Application, Management, and Pharmacy. The Institute is well known for promoting a culture of Research & Innovation encouraging students to think out of the box to get attuned to startups and entrepreneurship endeavors along with grabbing the best of on-campus placement opportunities. With the provision of remarkable infrastructure, and ultra-modern laboratories, accompanied by practical strategies, the college has managed to reform the ways of modern education being one of the most looked up to in the Northern region.

ABOUT CCHMCT

Chandigarh College of Hotel Management and Catering Technology (CCHMCT) stands prominently among the premier Hotel Management colleges in India. Established in 2008, our mission is to instill students with the highest quality of education, comprehensive training, and enriching experiential learning opportunities, empowering them to thrive in the continually expanding and evolving Hospitality Industry. Our commitment extends beyond imparting theoretical knowledge. We take pride in providing state-of-the-art infrastructure, including a Basic Training Restaurant, collaborative labs, Basic & Advanced Training Kitchens, Bakery & Confectionery, Housekeeping & Laundry and Front Office. This comprehensive setup ensures that our students receive a well-rounded and immersive educational experience. Moreover, the institute goes beyond conventional education by fostering an environment of collaboration and industry integration. Multiple Memorandums of Understanding (MOUs) have been signed with renowned names in the industry, opening avenues for international internship opportunities, seminars, expert talks, and conferences. These initiatives play a pivotal role in enhancing the skill sets of our students, transforming them into thorough professionals prepared for success in the dynamic world of hospitality.

Foreword



In the culinary world, the quest for wholesome, nourishing ingredients often leads us back to the roots of agriculture, to the grains that have sustained communities for centuries. Among these, millets stand out as humble yet extraordinary grains that have been at the heart of sustenance for countless cultures. As a chef who cherishes the connection between food and the land, I am delighted to pen this foreword for a book that delves into the rich tapestry of millets, exploring not only their historical significance but also their potential to redefine modern gastronomy.

Millets, often overshadowed by more mainstream grains, possess a unique ability to elevate our culinary experiences. Their versatility in the kitchen, coupled with a myriad of health benefits, makes them an exciting canvas for culinary innovation. In these pages, you will discover the stories behind these ancient grains—their journey from field to table, the

communities that have nurtured them, and the traditions that have celebrated their bounty.

As a chef who seeks inspiration from the raw beauty of nature. Much like the painter who captured the essence of rural life on canvas, the farmers who cultivate millets are artists of the land, weaving a story of sustenance and resilience. It is this connection between the artist and the artisan, the painter and the farmer, that brings a profound depth to the exploration of millets in both art and cuisine.

In this book, you will encounter a diverse array of recipes contributed by the Chefs & faculty members of Chandigarh College of Hotel Management & Catering Technology, Landran that showcase the culinary possibilities of millets—from hearty grain bowls to delicate desserts. Through each dish, we pay homage to the ancient grains that have sustained communities across the globe, acknowledging their role in promoting biodiversity, supporting local agriculture, and fostering a sustainable food future.

As you embark on this culinary journey through the world of millets, may you be inspired to embrace these grains not only for their nutritional value but also for the stories they tell and the connections they forge. Just as a chef curates ingredients to create a symphony of flavors, *Millets: Sustaining Traditions* is a celebration of the diverse and harmonious ways in which these grains can enrich our culinary landscape.

Here's to a journey of discovery, flavor, and a renewed appreciation for the treasures that millets bring to our tables.

With best wishes to the editors, authors, contributors for success in his future endeavours.

Chef Vikas Chawla
CEO/Founder(Core Hospitality Solutions)
Chandigarh



Welcome to a culinary adventure celebrating the time-honored grain – millet. In the following pages, discover the versatility and nutritional richness of this ancient gem. These recipes are more than just a guide; they’re an invitation to embrace a grain that connects us to our roots while offering a modern twist on wholesome and flavorful meals. Here’s to a journey of taste, health, and the joy of rediscovery through the wonderful world of millets. Within the pages of this book, you will discover a variety of recipes crafted by the talented Chefs and esteemed faculty members of Chandigarh College of Hotel Management & Catering Technology, Landran. These recipes highlight the culinary versatility of millets, spanning from nourishing grain bowls to exquisite desserts. I congratulate each one of you for this wonderful recipe book.

With my best wishes to the editors, authors, contributors for success in his future endeavours.

Culinary Regards,

Anuj Kumar Singh

Executive Chef, Taj-Chandigarh



Preface

Let's be a MILLET MOM (Magic Of Millets)

This book is for every mother, no matter working or housewife, being a mom is the first priority and cooking the right food is very important for the health of the child and family. When I became a mother in 2010 of a beautiful daughter Aarushi, in my mind I was always worried about what to give her for a healthy body so that she gets all the nutrition and proper growth of body. That time I was not working outside but as a full time mother. So always looking for healthy food choices was my first priority. Then I came across my friend Mr. Ajay Tyagi who was previously working as GM in IBM company but now he shifted to organic farming, he has his own brand named Karbanic Organics in Meerut with Mr. Abhinav Mittal and both are growing and delivering organic products including millets to all over India. I was happy to see my childhood school friend Dr. Biswaroop Roy Chowdhury, a world renowned nutritionist. People call him Dr. BRC, he is also focussed on health through food. I joined his health team and in all our diet plans we include millets for treating all health issues. But people who follow a millet diet plan sometimes get bored as they do not know many recipes of millet, just 3 to 4. So I decided to first educate all mothers about millets and its recipes. I requested my other friend who is a culinary educator, Chef Varun Mishra and is working with Chandigarh Group of College, Landran, Mohali (CCHMCT) as Assistant Professor to make maximum recipes with his team of 12 Chefs and 4 Nutritionists and these recipes will be shared with my patients and to all mothers. So I personally feel, your kitchen is your multispeciality hospital and millets are a very important part of the kitchen. I attended many health seminars of Dr. Khader Vali, Millet Man of India when he visited Chandigarh. So I decided to launch this MILLET MOM book so that from organic farmers, millet recipes can reach every kitchen, through the right diet plan you can reverse any health issue, by cooking good healthy recipes you can make your child and family disease free. MOM is WOW if we educate every mom about millet cooking, its benefits and try to include it in every occasion whether it is a birthday, anniversary or any celebration at home. As we know, year 2023 was declared the MILLET YEAR by the UN but I wanted that we should continue to cook this magical grain every day and it should not stop with 2023 and make our home and country disease free.

Sharing with you all, latest superhit movie of Shahrukh Khan, where friends left their home country for better lifestyle but in end, they lost their health; so here I want to give a new look to the story for better lifestyle. You can choose health path in India itself like my all these four friends, Ajay Tyagi and Abhinav Mittal both are growing millets, Dr. BRC sharing diet plans of millets, Chef Varun Mishra how to cook millets, me sharing with you all recipes so that you all staying in India, enjoying life with near ones, side by side do work in health field and become MILLET MOM. If somebody, ask you your qualification or work, you can proudly say I am a MILLET MOM. Be your own doctor.

With Love & Warm Regards

Kiran Jeet Kaur Jandu

Nutritionist

Karbanic Organics

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8. MILLET TRAIL

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Millets

are a group of small-seeded grasses that have been cultivated as food crops for thousands of years. They are a diverse group of grains that are grown in various parts of the world, particularly in Asia and Africa. Millets are known for their nutritional value, resilience to harsh environmental conditions, and their ability to grow in diverse agro-climatic regions.

SOME COMMON TYPES OF MILLETS INCLUDE:

1. **Pearl Millet (*Pennisetum glaucum*):** Also known as Bajra in India, it is a staple in many African and Asian diets.



Recipes From Pearl Millet

Scientific name: *Pennisetum glaucum* (L.) R. Br.

Hindi name: *Bajra*; Telugu name: *Sajjala*



Pearl Millet Upma

Pearl Millet





Pearl Millet Pesarattu



Pearl Millet Pakoda



Pearl Millet Khichidi

Finger Millet

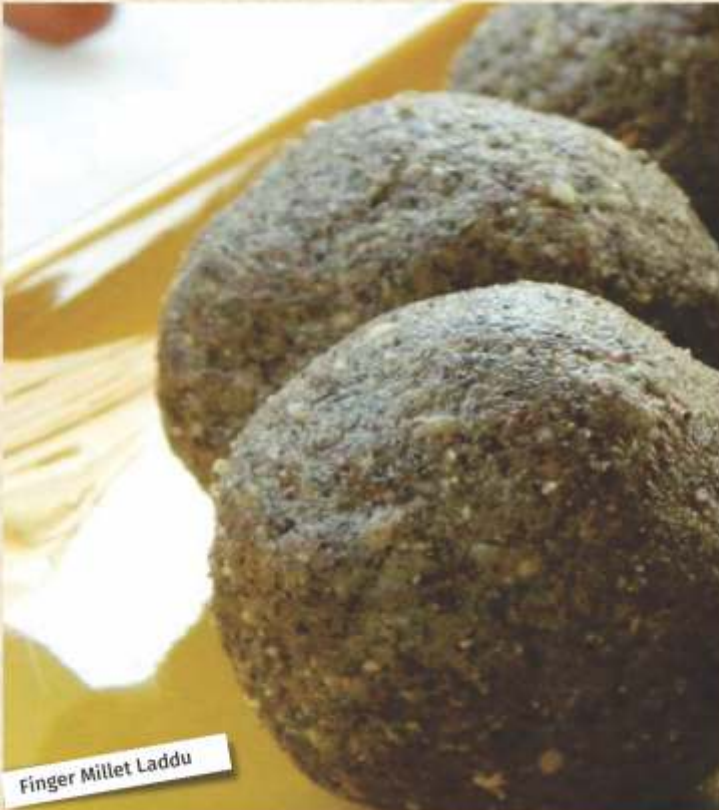
2. **Finger Millet (*Eleusine coracana*):** Also known as Ragi or Nachni, it is widely consumed in India and Africa.



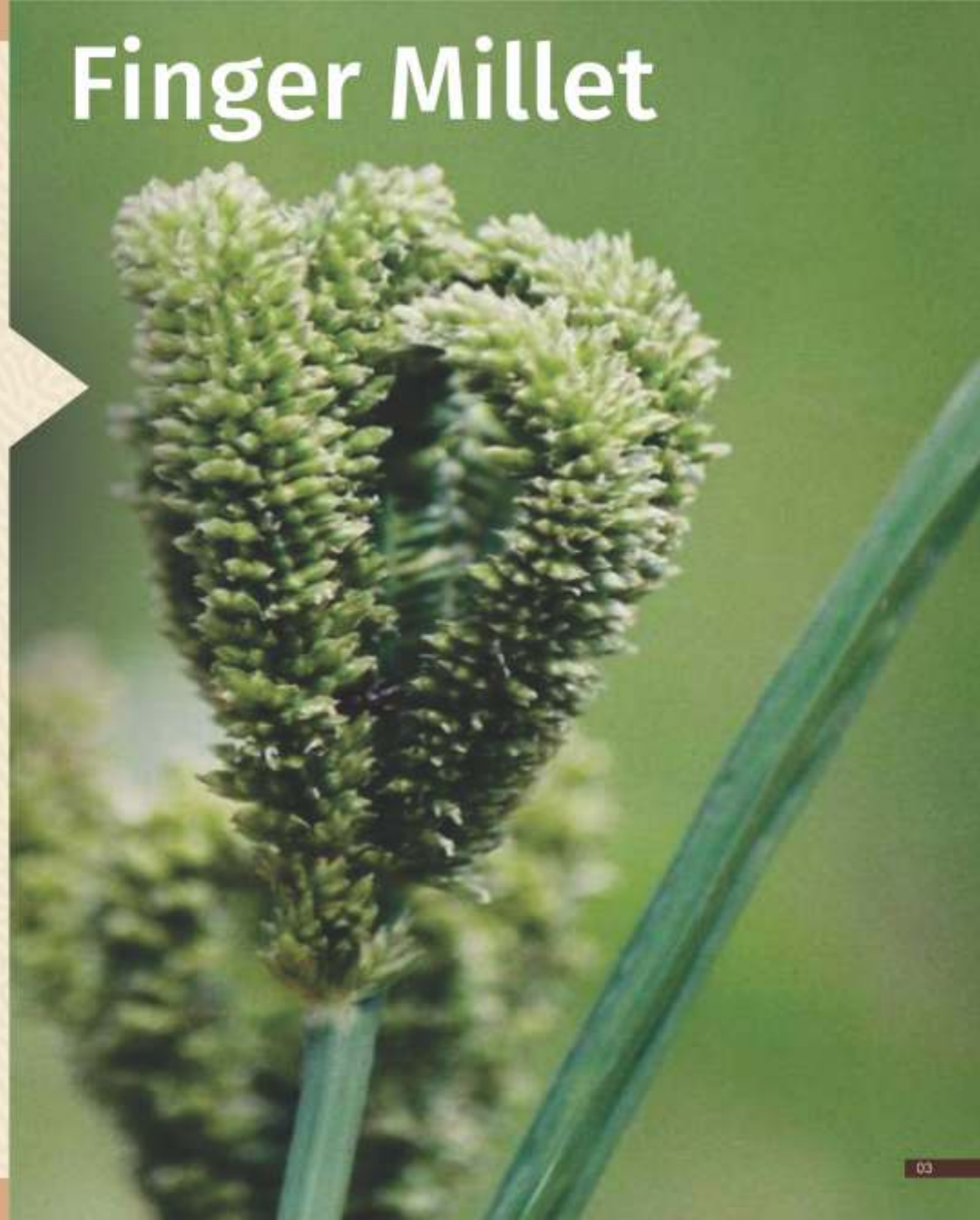
Recipes From Finger Millet

Scientific name: *Eleusine coracana* (L.) Gaertn

Hindi name: *Mandua*; Telugu name: *Ragulu*



Finger Millet Laddu





Soft Finger Millet Mudde



Finger Millet Vermicelli Kheer



Finger Millet Cake

Foxtail Millet

3. **Foxtail Millet (*Setaria italica*):** Commonly grown in China and India, it is a rich source of dietary fiber.



Recipes From Foxtail Millet

Scientific name: *Setaria Italica* (L.) P. Beauvois

Hindi name: *Kangni*; Telugu name: *Korralu*





Foxtail Millet Coconut Rice



Foxtail Millet Chicken Biryani



Foxtail Millet Bisibelle baat

Proso Millet

4. Proso Millet (*Panicum Miliaceum*):

Grown in many parts of the world, it is often used in birdseed mixes and as a food source for humans.



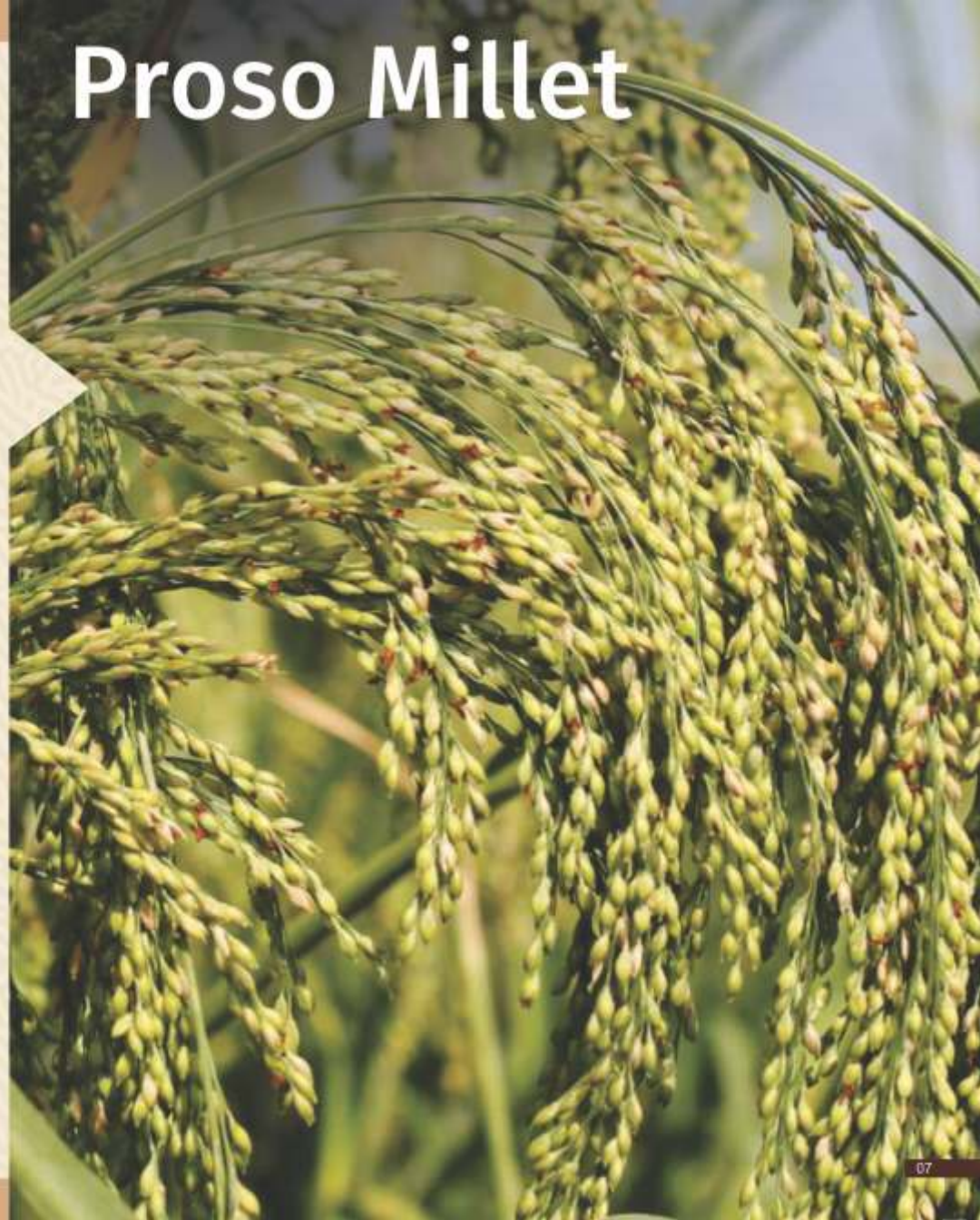
Recipes From Proso Millet

Scientific name: *Panicum miliaceum* (L.)

Hindi name: *Barree*; Telugu name: *Varigalu*



Proso Millet Khajja





Proso Millet Samosa



Proso Millet Burfi



Proso Millet Payasam

Sorghum Millet

5. Sorghum (*Sorghum bicolor*):

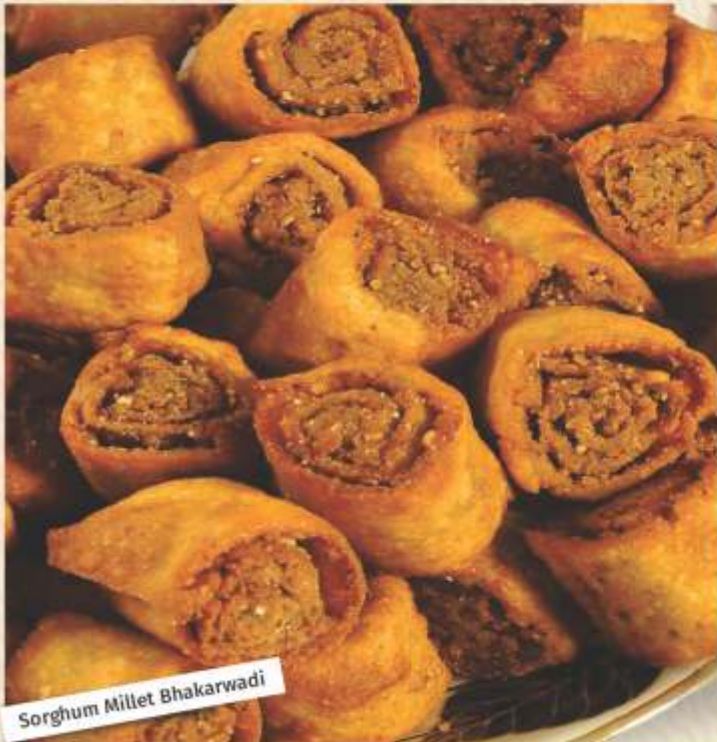
Although sorghum is often classified with other grains, it is technically a type of millet. It is a major cereal crop in many parts of the world.



Recipes From Sorghum Millet

Scientific name: *Sorghum bicolor* (L.) Moench.

Hindi name: *Jowar*; Telugu name: *Jonnalu*



Sorghum Millet Bhakarwadi

Millets are gluten-free, rich in nutrients such as fiber, vitamins, and minerals, and are considered to be a good source of energy. They are also known for their low water requirements, making them suitable for cultivation in arid and semi-arid regions.

In recent years, there has been a growing interest in millets due to their nutritional benefits, gluten-free nature, and sustainability. They are being promoted as a healthy alternative to more common grains and are incorporated into various food products such as cereals, bread, and snacks.





Sorghum Millet Roti



Sorghum Millet Idli



Sorghum Millet Peda

Importance of Millets

Millets are rich in vitamins, minerals, and nutrition and they are one of the most farmer-friendly crops.

It is impossible to overstate the importance of excellent nutrition and healthy food, especially in the wake of the recent pandemic. Whole grains, including wheat, rice, lentils, and pulses, are commonly eaten and advised by nutritionists and other health experts. Another ancient super food that has recently attracted attention is millet. Millet has been grown on the Indian subcontinent for at least 5,000 years and is common throughout Africa and Southeast Asia.

In reality, millet's adaptability and ease of cultivation are reviving interest in it. You may find different types of millet throughout India, including pearl millet and sorghum millet. The health advantages of millet can be found in all of these varieties, notwithstanding their appearance.







NUTRITIONAL ASPECT

Potassium, found in abundance in millet, aids kidney and heart health. Nerve signal transmission, which is how your mind and muscles communicate, also relies on potassium.

Potassium, Phosphorus and Niacin are also found in abundance in this food, as well as Vitamins A and B. Millets are also rich sources of minerals.

The nutritional requirements of an individual's body can vary based on factors such as age, sex, weight, physical activity level, and overall health. However, millets can contribute to meeting several essential nutritional needs. Here are some key nutrients found in millets and their potential role in fulfilling body requirements:



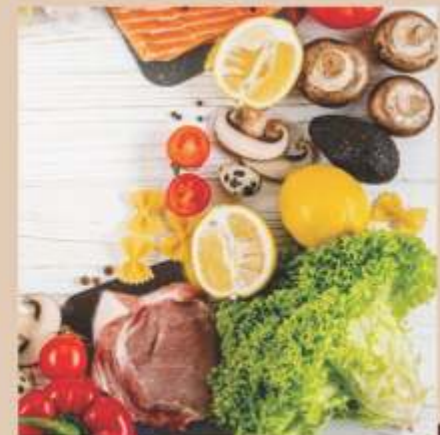
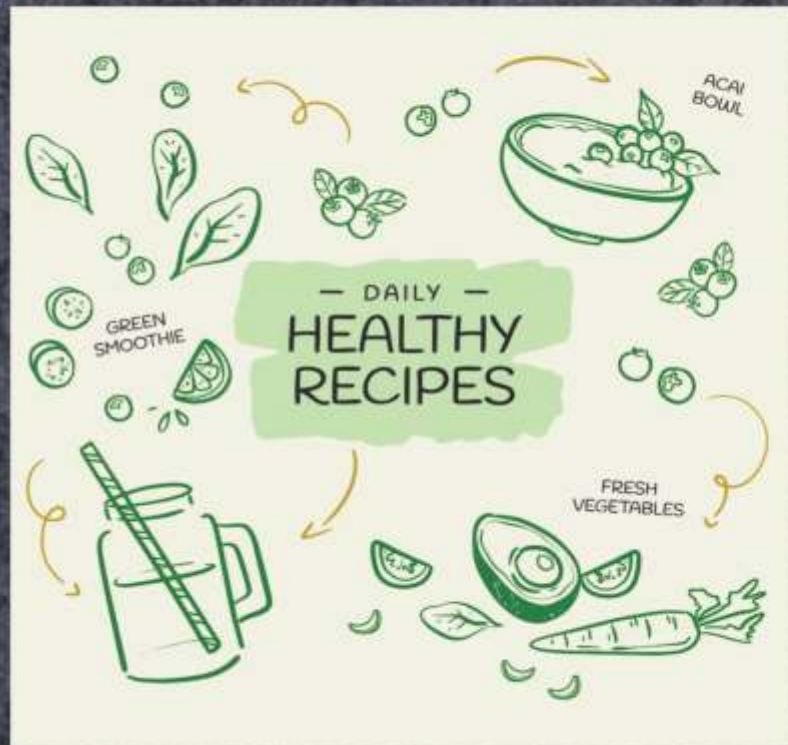


- 1. CARBOHYDRATES:**
Millets are a good source of complex carbohydrates, providing sustained energy. Carbohydrates are the body's primary energy source, supporting various physiological functions.
- 2. PROTEIN:**
Millets contain protein, which is essential for tissue repair, muscle building, and overall growth. While millets are not as high in protein as some animal products, they are a valuable plant-based protein source.
- 3. FIBER:**
Millets are rich in dietary fiber, promoting digestive health, preventing constipation, and contributing to a feeling of fullness. Adequate fiber intake is also associated with a lower risk of certain chronic diseases.
- 4. VITAMINS:**
Millets, particularly those in the B-complex group, such as niacin (B3) and folic acid (B9), play crucial roles in metabolism, energy production, and the formation of red blood cells. These vitamins are important for overall health and well-being.
- 5. MINERALS:**
Millets contain various minerals, including iron, magnesium, phosphorus, and zinc. These minerals are essential for functions such as oxygen transport in the blood, bone health, energy metabolism, and immune function.
- 6. ANTIOXIDANTS:**
Some millets, like finger millet (ragi), contain antioxidants that help neutralize free radicals in the body. Antioxidants contribute to cellular health and may play a role in reducing the risk of chronic diseases.
- 7. Healthy Fats:**
Millets generally have a low fat content, but the fats they contain are predominantly unsaturated fats, which are considered heart-healthy. These fats are important for nutrient absorption and overall cardiovascular health.

8. PHYTONUTRIENTS:

Millets may contain various phytonutrients, including polyphenols, which have antioxidant and anti-inflammatory properties. These compounds contribute to overall health and may play a role in preventing certain diseases.

It's important to note that while millets offer several nutritional benefits, a well-balanced diet should include a variety of foods from different food groups to ensure a broad spectrum of nutrients. Additionally, individual dietary needs can vary, and consulting with a healthcare professional or a registered dietitian can provide personalized guidance based on specific health goals and requirements.



Health Benefits of Millets

Niacin, found in millet, aids the body in more than 400 enzymatic processes. Niacin is necessary for a healthy immune system and healthy skin and organs. Because it's such a vital component, it's typically added to processed foods as a supplement.

Beta-carotene is abundant in millet, particularly the darker kinds. This natural pigment functions as an antioxidant and a precursor to vitamin A to protect your eyes and your body from free radicals.

Millet is a low-glycemic index (GI) as well as a non-acid forming food because it is low in simple carbohydrates and high in complex carbohydrates. Therefore, millet flour requires more time in the digestive process. People with diabetes can better control their blood sugar levels by eating meals with a low glycemic index (GI).

Insoluble and soluble fibre can be found in millet. As a prebiotic, millet's insoluble fibre promotes the healthy microorganisms in your intestines. In addition to helping keep you regular and decreasing your chance of colon cancer, this particular form of fibre helps bulk up stools.



Millet's soluble fibre may help lower bad cholesterol levels, which is a risk factor for the development of atherosclerosis. In the stomach, soluble fibre forms a gel that absorbs cholesterol, allowing it to exit the body safely.

According to some research, Millet may also raise your “good” cholesterol levels and lower your triglycerides. Eating millet regularly may assist in keeping your heart healthy because it lowers cholesterol levels.

Millets offer a range of health benefits due to their nutritional content and unique characteristics. Here are some of the key health benefits associated with the consumption of millets:

1. **RICH IN NUTRIENTS:**

· Millets are a good source of essential nutrients, including carbohydrates, protein, fiber, vitamins (B-complex vitamins, particularly niacin and folic acid), and minerals (such as iron, magnesium, phosphorus, and zinc).

2. **GLUTEN-FREE:**

· Millets are naturally gluten-free, making them suitable for individuals with gluten sensitivities or celiac disease. They provide a nutritious alternative to gluten-containing grains like wheat, barley, and rye.

3. **HIGH IN FIBER:**

· Millets are rich in dietary fiber, which promotes digestive health, helps prevent constipation, and supports a feeling of fullness, aiding in weight management.

4. **LOW GLYCEMIC INDEX:**

· Millets generally have a lower glycemic index compared to refined grains, which means they have a slower impact on blood sugar levels. This makes them a good choice for individuals managing diabetes or those looking to regulate blood sugar levels.



5. ANTIOXIDANT PROPERTIES:

- Some millet, such as finger millet (ragi), exhibit antioxidant properties due to the presence of compounds like polyphenols. Antioxidants help protect the body's cells from oxidative stress and inflammation.

6. HEART HEALTH:

- The fiber, magnesium, and potassium content in millets can contribute to heart health by helping regulate blood pressure, cholesterol levels, and reducing the risk of cardiovascular diseases.

7. WEIGHT MANAGEMENT:

- The combination of fiber, protein, and complex carbohydrates in millets can help promote a feeling of satiety, making them a satisfying and nutritious option for those aiming to manage their weight.

8. BONE HEALTH:

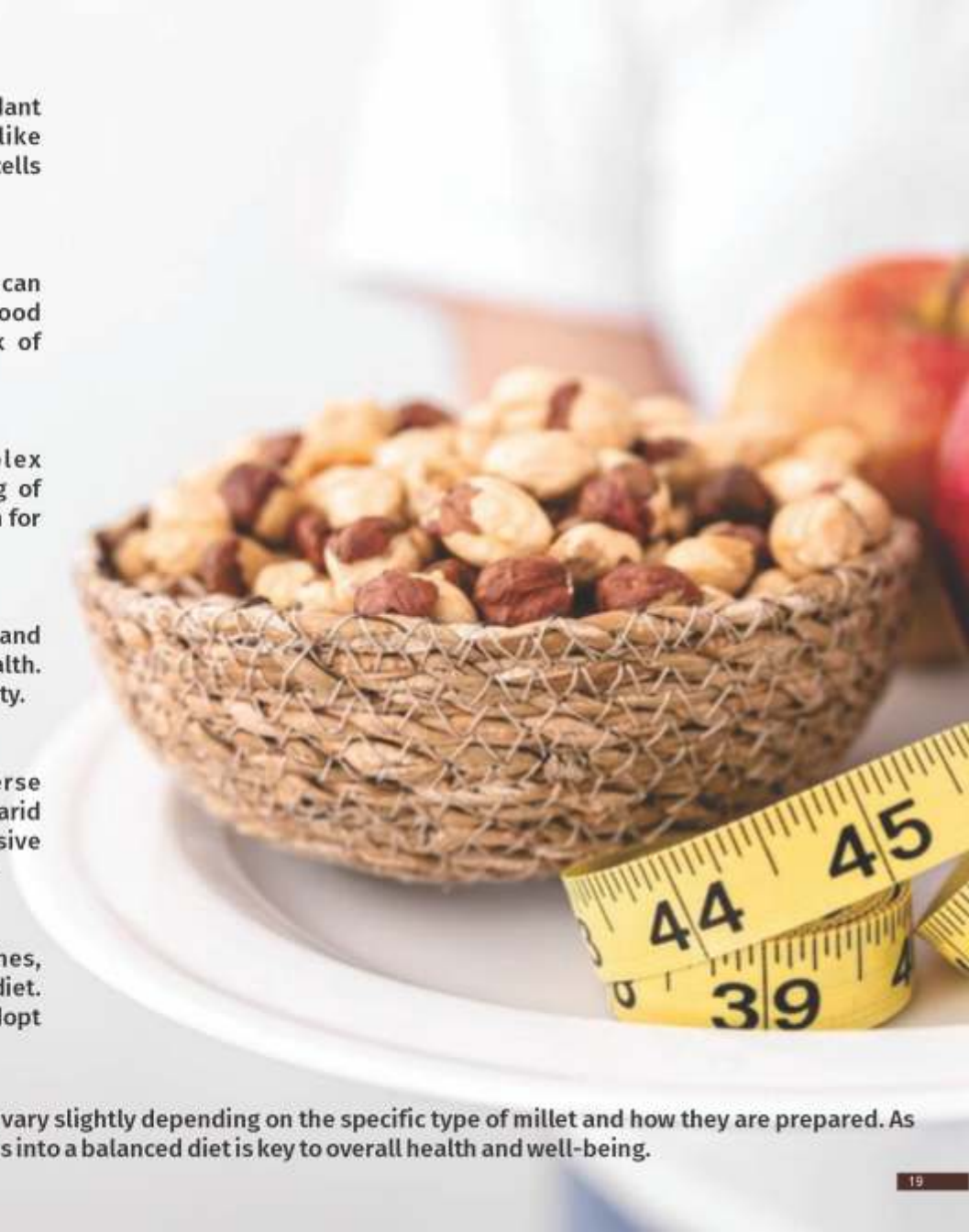
- Millets contain important minerals like phosphorus and magnesium, which contribute to maintaining bone health. These minerals are crucial for bone formation and density.

9. ADAPTABILITY TO VARIOUS CLIMATES:

- Millets are hardy crops that can thrive in diverse environmental conditions, including arid and semi-arid regions. Their ability to grow in less water-intensive conditions makes them a sustainable and resilient crop.

10. VERSATILE CULINARY USE:

- Millets can be incorporated into a variety of dishes, providing a versatile and nutritious addition to the diet. This versatility makes it easier for individuals to adopt millets into their regular meals.



It's important to note that the health benefits of millets can vary slightly depending on the specific type of millet and how they are prepared. As with any food, incorporating a variety of nutrient-dense foods into a balanced diet is key to overall health and well-being.



WIDE CAPACITY FOR ADOPTION

Millet is a resilient small-seeded grass that grows well as a rain-fed crop under marginal soil fertility and moisture conditions in dry regions. The earliest domestically farmed cereal grain millets are Sorghum, Finger Millet, Foxtail Millet, Proso Millet, and Barnyard Millet. While rice and wheat require a lot of water and fertiliser, millets can thrive in dry areas since they are rain-fed crops. They are low in fat, low in glycemic index, and high in dietary fibre.



According to agronomics, the resurgence of millet production in the southern states of Karnataka, Andhra Pradesh, and Telangana is a step toward more environmentally friendly farming methods that preserve the region's rich biodiversity. Millets have several advantages over other crops in terms of sustainability.



When comparing the amount of water required cultivating rice and millets, it is clear that rice requires more water. An ICRISAT study has found that a single rice plant requires approximately 2.5 times the amount of water as a single millet plant of most kinds. This global research organisation is striving to popularise millets.



During the Kharif (April-October) season, it was a staple food in the northern and southern Karnataka regions during the Kharif (April-October) season. It was grown alongside groundnuts and other crops by farmers in Dharwad, Bagalkot and the surrounding areas. When rice and wheat arrived in the region three to four decades ago, millet was supplanted as the primary source of food for farmers in the Mandya and Tumakuru regions.

GOVERNMENT MEASURES TO INCREASE MILLETS PRODUCTION

Despite its multiple advantages, Millet use is confined to traditional consumers, i.e., tribal communities. There aren't many ready-to-eat millet-based goods available to consumers.

Millets have recently received attention, and attempts are being made to obtain easy and value-added processed products from them. Millets, such as jowar, bajra, ragi, and other varieties, are important food sources for many households in dry and hilly regions. As a result, it has been advocated that the Public Distribution System add millets to its food supply.

Millets have been acknowledged as an important part of the food chain by the government. The NFSM's first projections for increasing food grain production by 25 million tonnes include a 2 million-ton share for millets or 8 percent of the increased food grain output.

USES OF MILLETS IN COOKING

Millets are versatile grains that can be used in a variety of culinary applications. They can be cooked and consumed in a manner similar to other grains like rice or oats. Here are some common ways millets are used in cooking:

1. **Cooked Grains:** Millets can be cooked and served as a side dish or as a main course, similar to rice or quinoa. The cooking method involves boiling or steaming the millets until they are tender. Different millets may have varying cooking times, so it's essential to follow specific instructions for each type.
2. **Porridge:** Millets can be used to make porridge, especially popular for breakfast. For instance, finger millet (ragi) is commonly used to make a nutritious and hearty porridge.
3. **Flour:** Millets can be ground into flour, which is then used to make various products such as bread, pancakes, chapatis (flatbreads), and noodles. Finger millet flour, for example, is used to make ragi roti (flatbread).
4. **Baking:** Millet flour can be incorporated into baking recipes, adding a nutty flavor and nutritional benefits. It can be used to make cookies, muffins, and other baked goods.





5. **Puffed Millets:** Some millets, like pearl millet, can be puffed and used as a crunchy cereal or snack. Puffed millets are often added to muesli or granola mixes.
6. **Fermented Products:** In some regions, millets are used to make fermented products like dosa (a type of pancake) and idli (steamed cake), similar to how rice and urad dal are used in traditional South Indian recipes.
7. **Salads and Pilafs:** Millets can be added to salads and pilafs to enhance their texture and nutritional content. They work well in both cold and warm dishes.
8. **Millet-based Beverages:** Millet-based beverages, such as millet milk or millet-based drinks, are becoming more popular as alternatives to dairy or other plant-based milks.

It's important to note that different types of millets may have distinct flavors and textures, so experimenting with various recipes can lead to discovering new and tasty ways to incorporate millets into your diet. Additionally, millets are often appreciated for their nutritional value, as they are rich in fiber, vitamins, and minerals.

POINTS TO BE KEPT IN MIND WHILE COOKING MILLETS

Cooking millets is a straightforward process, and the method may vary slightly depending on the type of millet you're using. Here is a general guide for cooking millets:

INGREDIENTS AND TOOLS:

- Millets of your choice (e.g., foxtail millet, pearl millet, finger millet)
- Water
- Salt (optional)

Instructions:

1. Rinse the Millets:

· Before cooking, rinse the millets thoroughly under cold water to remove any dust or debris. Some millet may have a natural coating that can be a bit bitter, so rinsing helps improve the taste.

2. Toasting (Optional):

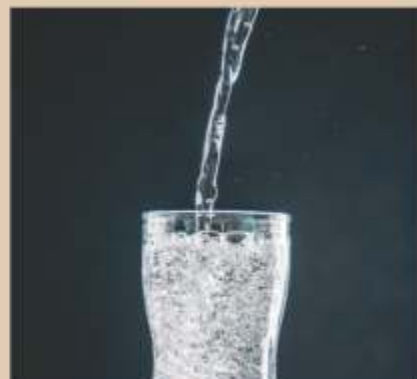
· Dry toasting millets in a pan before cooking can enhance their nutty flavor. Heat a pan over medium heat and add the millets. Stir them continuously until they become fragrant and slightly golden. Be careful not to burn them. After toasting, rinse the millets before cooking.

3. Water-to-Millet Ratio:

The water-to-millet ratio varies for different millets. As a general guideline, you can use a 2:1 ratio of water to millet. For example, if you have 1 cup of millet, use 2 cups of water.

4. Soaking (Optional):

· While not always necessary, some people choose to soak millets for a few hours (4-6 hours) or overnight to reduce cooking time and enhance digestibility. If you choose to soak, be sure to drain the water before cooking.



5. **Cooking on the Stovetop:**

- Bring the water to a boil in a saucepan.
- Add the rinsed and drained millets to the boiling water.
- Reduce the heat to low, cover the saucepan with a lid, and simmer for the recommended time (typically 15-25 minutes, depending on the type of millet).
- Check for doneness by fluffing the millets with a fork. They should be tender and have absorbed the water.

6. **Cooking in a Rice Cooker:**

- Use the same water-to-millet ratio and add both to the rice cooker.
- Turn on the rice cooker and let it cook until the millets are tender and the water is absorbed.

7. **Seasoning (Optional):**

- You can add a pinch of salt or seasonings of your choice during the cooking process for added flavor.

8. **Fluff and Serve:**

- Once cooked, fluff the millets with a fork to separate the grains.
- Serve them as a side dish, in salads, or as a base for various recipes.

9. **Cooking Times for Common Millets:**

- Finger Millet (Ragi): 20-25 minutes
- Foxtail Millet: 15-20 minutes
- Pearl Millet (Bajra): 20-25 minutes
- Proso Millet: 15-20 minutes
- Sorghum (Jowar): 30-40 minutes

Adjust the cooking time based on your preference for the texture of the millets. Some people prefer a softer texture, while others like them a bit firmer.

Remember, these are general guidelines, and the cooking time may vary based on factors such as the type of millet, altitude, and personal preference. It's always a good idea to check the package instructions for specific recommendations.

CONCLUSION

It has several advantages, including low-maintenance, disease resistance, nutritional value, market demand, fodder value, and ecological benefits.

Millets, often known as C4 crops, are extremely effective at absorbing and utilising CO₂. Most millet are well-known for their toughness and ability to produce grains and fodder, even when subjected to protracted periods of drought and high heat.





Chef Gagandeep Singh Chahal (HOD, CCHMCT)

He has more than 18 plus years of vast expertise in the hospitality Industry. Have associated with domestic airlines & five-star properties like ITC Maurya, Taj Group, Fortune Klassic, Hyatt Group & Park Plaza. Expertise in developing training programs, budgets, checklists, and S.O.P's for the culinary practices. Certified Hyatt on Skills -trainer by Hyatt hotels and is prominent member for the associations like Indian Culinary Federation Association, Chefs Association of Five Rivers and Indian Culinary Arts. Have initiated many of the chef competitions and associated with overall project coordinator for Baba Chicken, Zirakpur, Pink Salt, Surat, Gujrat, By the Falls-C.M Valley, Jainpur-Ludhiana, Asian Empire- Greater Noida and Big Mugs- Hisar list to few.

Choco Jwar

Ingredients

Jwar puff	250 gms
Chocolate syrup	500 gms

Method of Preparation

Take chocolate syrup in a bowl and put on a double boil. Add jwar puff. Mix it well.

Then, put the mixture in desired moulds and keep it in a refrigerator for atleast 20 minutes for setting.

De mould and serve.

Note- Double boiling shall be done on slow flame.



Jwar ki barfi

Ingredients

Jwar puff- 250 gms
Chocolate syrup- 500 gms

Ingredients

Jwarwheat	1000gms
Sugar	1000 gms
Ghee	50 gms
Water	As per requirement

Method of Preparation

Sieve the jwar wheat in a bowl.

Take a non stick pan. Add desi ghee and roast the jwar wheat without letting it to change its colour.

Prepare the sugar syrup and add the same to the mixture in a dripping consistency. Stir it well so that lumps shall not be formed.

Cook it till it leaves oil from its corners

Then layered the mixture in a tray.

You may cover it with silver wrap.

Cool it and cut into desired shapes.

Note- Double boiling shall be done on slow flame.

Shelf life of the product can be for 04 months if stored properly.



Ragi Idli and Dosa

Ingredients

Ragi	1 cup
Rice for idli	1 cup
Urad dal	¼ cup
Methidana	1 tsp
Water	1 cup
Salt	as per taste

Method of Preparation

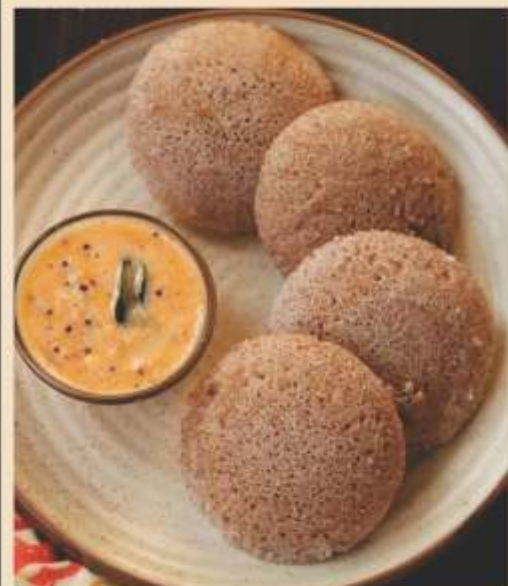
Soak rice, dal and bajra along with methidana for 30 minutes.

Drain water and then grind the mixture to smooth batter. While grinding, you may add water and salt. Place aside the batter for atleast 12 hours for proper fermentation.

In idlimould, grease with ghee and you cook idli

With the same batter, you may come up with the dosa

Serve with coconut chutney.





Chef Varun Mishra is a Lucknow-born, classically trained chef and culinary professional with 18 years of dedicated service experience as a chef and working as a culinary educator in one of Chandigarh's most prestigious catering colleges (CGC-Landran, Mohali). Proven team-building leader with a track record of success. Knowledge of international cuisines is essential, as is the ability to work under duress. Extensive experience sourcing organic ingredients in order to provide high-quality produce. Dedicated to food safety and providing high-quality food service.

Schooling was completed at Colvin Taluqdars College in Lucknow, followed by IHM at CHTSIHMCT in Lucknow. Chef Varun published research papers, patents, articles in a national and international scale, and he also won several culinary-related prizes and awards during the education as well as working with companies. Chef Varun participated on day 734 of world's largest live recipe show on Amul's Facebook page; he prepared his unique recipe of "Millet (Sorghum) Tarts filled with Mango Panacotta". He was awarded with second place in a healthy street food competition hosted by Pushpa Gujral Science City in Jalandhar, in 2021, where he prepared "Bajra papdi Chaat" to promote millets. Judged various cooking competitions in and around Chandigarh and been awarded as "Guest of Honor" in the events.

On the occasion of Navratri 2020 and Diwali 2020 hosted TV show along with a team of two students on Channel Divya, celebrated the essentials and the essence of feasting Indian dishes & sweets in order to produce delicious sweets and savouries like the Vratwala Dosa, Gulabi Sabudana Khichdi, Kachche Kele ki Kheer and many more... 8 episodes for Navratri 2020 for the show "Navratri Rasoi" & 3 episodes for Diwali 2020 for the show "Mishthaan Bhandar" were recorded and telecasted. Also

Chef Varun is a great source of inspiration to the aspiring budding chefs and hospitality students.

Millet Papdi Chaat

(Crispy Papdi with Spicy Peanut Chaat (Chakhna))

Category: Snacks

Serves: 2 nos.

Preparation Time: 20 mins.

Baking/Cooking Time: 20 mins

Ingredients: For Millet Papdi

Ingredients	Quantity
bajra flour	1.5 cups
Urad dal flour or Besan	½ cup
ajwain seeds	5 gm.
red chilli powder	3 gms.
oil	75 ml.
Salt to taste	

Ingredients	Quantity
bajra flour	1.5 cups
Urad dal flour or Besan	½ cup
ajwain seeds	5 gm.
red chilli powder	3 gms.
oil	75 ml.
Salt	to taste
Peanuts, boiled (Soaked in water for an hour then boiled for 5 mins)	125 gm.
Onion, finely chopped	10 gm
Green Chillies, finely Chopped	5 gms.
Red, Yellow, Green Bell Peppers, finely chopped	60 gms (20 gm each)
Cucumber, peeled, deseeded and finely chopped	20 gms.



Tomato, finely chopped	20 gm
Cabbage, finely chopped	10 gm.
Purple Cabbage, finely chopped	10 gm
Fresh Pomegranate Seeds	1 small
Chaat Masala Powder	10 gm.
Red Chilli Powder	3 gm.
Green Chutney (Dhania Pudina)	10 ml.
Imli Khajur Chutney	10 ml
Lemon juice	5 ml
Nylon Sev	10 gm.
Fresh Coriander Leaves, finely chopped	5 gm

Method of Preparation for Millet Papdi

- Preheat the oven at 150 deg C.
- Take bajra flour, urad dal flour in a big mixing bowl. Add ajwain seeds, red chilli powder, and salt. Mix well. Add oil and rub it in the flour.
- Gradually add warm water and knead the dough very well.
- Divide the dough into eight balls. Using two plastic sheets roll out each ball into a disc.
- Using a jar lid or a cookie cutter cut out rounds. Prick these with a fork.
- Make balls of the left over dough from the rounds and roll and cut like done before.
- Bake in a preheated oven for 12 – 15 minutes or till golden and crisp. Do check in between and rotate the tray once.
- In a pressure cooker add Peanuts (soaked in water for 1 hour).
- Add some water and salt to taste and pressure cook up to 2 whistles on medium flame.
- Once cooled, take it in a mixing bowl.
- Add a small piece of finely chopped Cucumber.
- Add 1 spoon finely chopped Onion.
- Add finely chopped Green Chillies (as per taste).
- Add some finely chopped Bell Peppers.
- Add 1 medium sized finely chopped Tomato.
- Add some finely chopped White Cabbage.
- Add some finely chopped Purple Cabbage
- (Add vegetables as per your choice).
- Add some Pomegranate Seeds.
- Add some finely chopped Coriander.
- Add few roughly chopped Mint Leaves.
- Add 1 tsp Chaat Masala.
- Add Red Chilli Powder (as per taste).
- Add 2 spoon Dhaniya Pudina Chutney.
- Add 2 spoon Imli Chutney.
- Add 1 Lemon Juice.
- Add Salt as per taste & mix everything well.
- Add Sev (optional) & again mix it.
- Take it on a serving plate and top bajra papdi's with some boiled peanut chaat, sev and mint & coriander leaves.

So here's your Healthy, Tasty Millet papdi & boiled peanut chaat ready!



Nutritional Facts:

Calories	160 kcal
Total Fat	13.4 gm
Cholesterol	----
Carbohydrate	52.5 gm
Sugar	60 gm
Protein	11.5 gm
Iron	----

Millet Poha

Millet Poha is a healthy take on the regular poha recipe where the poha (flattened rice) is replaced with barnyard millet. It is perfect to serve for breakfast or evening snacks (vegan, gluten-free).

Category: Snacks

Serves: 2 nos

Preparation Time: 20 mins.

Baking/Cooking Time: 10 mins

Ingredients	Quantity
Barnyard Millet (Samo)	1 cup
Oil	2 tbsp.
Ground Tomato Paste	
Turmeric Powder	¼ tsp.
Coriander Powder	10 gm.
Red Chilli Powder	3 gm.
Fresh Cream	½ cup
Kasuri Methi, toasted and crushed	8 gm.
Garam Masala Powder	5 gm.
Kofta Balls	
Fresh Coriander leaves, chopped	10 gm
Fresh Coriander leave	For garnish

Nutritional Facts:

Calories	200 kcal
Total Fat	12 gm
Cholesterol	-----
Carbohydrate	22 gm
Sugar	84 gm
Protein	5.5 gm
Iron	-----

Method

1. Heat a nonstick pan. Add banyard millet and roast on medium heat for 4-5 minutes.
2. Add 2 cups water, cover and cook on high heat till water is absorbed.
3. Lower the heat and cook for 5 minutes.
4. Heat oil in a nonstick pan. Add peanuts and sauté till golden brown. Drain and set aside.
5. Add mustard seeds and once they begin to splutter, add cumin seeds, green chillies, curry leaves and mix well.
6. Add onions and mix well. Add salt, turmeric powder and mix well. Sauté on medium heat for 2-3 minutes.
7. Add sugar and mix. Add cooked banyard millet and mix.
8. Sprinkle 2 tsps water, cover and cook for 2-3 minutes.
9. Squeeze lemon, add the peanuts, coriander and mix well.
10. Transfer into a serving bowl, garnish with coriander sprig and serve hot.



Millet Malai Kofta

(Soft millet & bottle gourd dumplings steeped in rich creamy tomato gravy)

Category: Main course

Serves: 2 nos

Preparation Time: 20 mins.

Baking/Cooking Time: 20 mins.

Method

1. Set a deep pan on medium flame, add oil and onions, cook the onions until its becomes transparent.
2. Add tomatoes, garlic cloves, ginger and green chillies & cashew nuts and cook for 2-3 minutes.
3. Add water, cover and cook for 4-5 minutes, switch off the flame and cool down to room temperature, transfer it to a grinding jar and grind to fine paste and keep aside for later use.

Nutritional Facts:

Calories	200 kcal
Total Fat	12 gm
Cholesterol	-----
Carbohydrate	22 gm
Sugar	84 gm
Protein	5.5 gm
Iron	-----

For making Millet Kofta Balls

Methods:

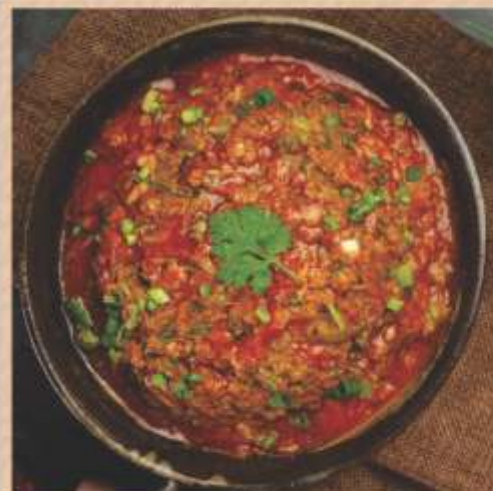
- Add all the millet to a mixing bowl, further add paneer, grated bottle gourd, corn flour, salt, coriander leaves and powdered spices, mix and combine well.
- Take a spoonful of mixture and shape into small ball.
- Set a pan filled with oil on medium heat, deep fry these balls until golden brown in colour, remove it on absorbent paper and keep aside for later use.
For making the final gravy

Ingredients: For Onion Tomato Paste

Ingredients	Quantity
Oil	2 tbsp
Onion, sliced	2no.
Garlic cloves	8-10 nos.
Green Chillies	2 no.
Tomatoes	2 nos.
Cashewnut	10 nos.
Water	½ cup



Ingredients	Quantity
Cooked Kodo Millet (You can use any millet)	½ cup
Paneer, grated	½ cup
Bottle Gourd/Lauki, grated (Squeezed the juice)	½ cup
Red Chilli Powder	3 gm
Corian der Powder	3 gm.
Garam Masala Powder	1 gm
Cornflour	10 gm.
Coriander leaves, chopped	10 gm
Salt	Taste
Oil	For frying



Ingredients	Quantity
Oil	2 tbsp.
Ground Tomato Paste	
Turmeric Powder	¼ tsp.
Coriander Powder	10 gm.
Red Chilli Powder	3 gm.
Fresh Cream	½ cup
Kasuri Methi, toasted and crushed	8 gm.
Garam Masala Powder	5 gm.
Kofta Balls	
Fresh Coriander leaves, chopped	10 gm

Methods:

1. Set a pan on medium heat, add oil, grounded tomato paste, turmeric powder, red chilli powder, garam masala powder and coriander powder, add salt, stir cover and cook well for 4-5 minutes.
2. Add fresh cream, kasuri methi stir and cook for another 2-3 minutes, add the fried kofta balls and stir gently without damaging the delicate kofta balls.
 - And finally add freshly chopped coriander leaves.
 - Your millet malai kofta is ready to be served, serve hot with chapati, parotta or jeera rice.

Nutritional Facts:

Calories	160 kcal
Total Fat	15.5 gm
Cholesterol	----
Carbohydrate	55.5 gm
Sugar	60 gm
Protein	20.4 gm
Iron	----





Chef Deepak Rao Alumnus of Dr. Ambedkar Institute of Hotel Management & Catering Technology, Chandigarh in the year 2014 and has many years of culinary experience in fine dining. Chef has 8 years of rich experience in academics and published many research papers and patents Chef Rao is a great source of pillar and inspiration to aspiring budding chefs at Chandigarh College of Hotel Management & Catering Technology since 2017.

Foxtail Millet Custard

A mouth watering and healthy dessert topped with seasonal fruits and makes it unique with using foxtail millet

Category: Dessert

Serves: 2 nos.

Preparation Time: 10min

Cooking Time: 20min

Method of Preparation for Foxtail millet Custard

1. Soak the millet in sufficient water for 10-15 minutes. Then drain well.
2. Heat ghee in a pan and sauté the soaked millet for 1-2 minutes. Pressure cook in 1 & 1/2 cups water for 4-5 whistles till it is cooked well and slightly mushy.
3. Meanwhile, add the custard powder to 1/4 cup milk and mix well. Keep aside.
3. In a saucepan, bring the remaining milk to a boil along with the bay leaves and a pinch of salt.
4. Add the cooked millet and simmer for 4-5 minutes on a low flame.
5. Now add the sugar, followed by the cardamom powder & simmer till the sugar dissolves.
7. Pour in the custard mix & keep stirring for 2-3 min. till it starts to thicken.
8. When done, add the rose water, chopped banana, apple & pomegranate. Allow it to cool down before you refrigerate.



Ingredients	Quantity
Foxtail millet	75gm
Toned Milk	500ml
Jaggery powder	30gm
Custard Powder	15gm
Cardamon powder	5gm
Rose water	1tsp
Salt	A pinch
Ripped banana	1
Pomegranate seeds	50gm
Apple	100gm

Nutritional Facts:

Calories	320 Kcal
Total Fat	7.4 gm
Cholesterol	----
Carbohydrate	196 gm
Sugar	103
Protein	9.5 gm
Iron	6.13 mg

*Tips & Techniques for the recipe: (If, any)



Foxtail Millet Pancake

Category: Breakfast

Serves: 2 nos.

Preparation Time: 15min

Cooking Time: 25min

Ingredients	Quantity
Foxtail millet flour	200g
Ripe Banana	4
Milk	125ml
Butter	10gm
Honey	20gm
Baking Soda	A pinch
Baking Powder	5gm
Vanilla Extract (optional)	5gm
Cinnamon Powder	A Pinch



Method of Preparation

1. Add all dry ingredients like millet flour, baking powder, baking soda, and cinnamon powder and mix them well in a bowl.
2. Add mashed bananas, milk, vanilla extract and whisk them smooth (no lumps). Keep the batter aside for 10min.
3. Meanwhile, heat a pan on low flame and grease it with butter. Then, scoop out 1/3 cup of batter and pour it onto the lightly buttered pan.
4. Cook on low flame until there are small bubbles on the top and the bottom of the pancake is golden brown. Flip and cook the other side too.
5. Serve the delicious fluffy millet pancake by stacking them over each other and topping with some banana, berries, peanut butter and honey.

Nutritional Facts:

Calories	320 kcal
Total Fat	17.4 gm
Cholesterol	----
Carbohydrate	181gm
Sugar	99.5
Protein	8.5 gm
Iron	16.3 mg

*Tips & Techniques for the recipe: (If, any)





Chef Himanshu an Alumnus of B.Sc H&H.A from Institute of Hotel Management Catering & Nutrition, Jaipur in 2013-2016. Chef has completed his Masters in Hotel Management from National Council of Hotel Management & Catering Technology, Noida. He has published 5 patents and 4 book chapters in the field of publication. Chef has more than 5 years of teaching experience in reputed catering colleges and associated with CCHMCT, Landran as an Assistant Professor since 2019.

Little Millet Rice Phirni

Category: Desserts
Serves: 2 nos.
Preparation Time: 40 min
Cooking Time: 45 min

Method of Preparation

- 1) Wash and soak the little millet for ½ hour to one hour.
- 2) Then grind it into a coarse paste using the mixie with little water.
- 3) Take 2 tbsp of warm milk and soak the saffron.
- 4) Cut the almonds and pistachios into a thin slices.
- 5) Powder the cardamom coarsely.
- 6) Heat the milk in a heavy bottom pan. Add the ground little millet paste when the milk starts to boil. Now keep the flame at simmer.
- 7) Stir continuously using the whisk to avoid forming lumps. Cook till the mixture becomes thick. It will take 5-7 minutes.
- 8) Now add the sugar, cardamom powder and saffron mixture milk. Stir well and allow it to cook till the mixture becomes thick. Add the chopped nuts and mix well.
- 9) Allow it to cool down and refrigerate at least for an hour. Serve it with mud clay pots and garnish with chopped nuts.

Ingredients	Quantity
Little Millet	2 tbsp
Milk	3 cups
Sugar	1/2 cup
Almonds	5 nos.
Pistachios	5 nos.
Saffron	Few strands
Green Cardamom	4 no.

Nutritional Facts:

Calories	986 kcal
Total Fat	52 gm
Cholesterol	-----
Carbohydrate	230 gm
Sugar	161 gm
Protein	8.2 gm
Iron	2.0 mg

*Tips & Techniques for the recipe: (If, any)

Foxtail Millet and Dal Chilla

Category: Breakfast snacks

Serves: 2 nos.

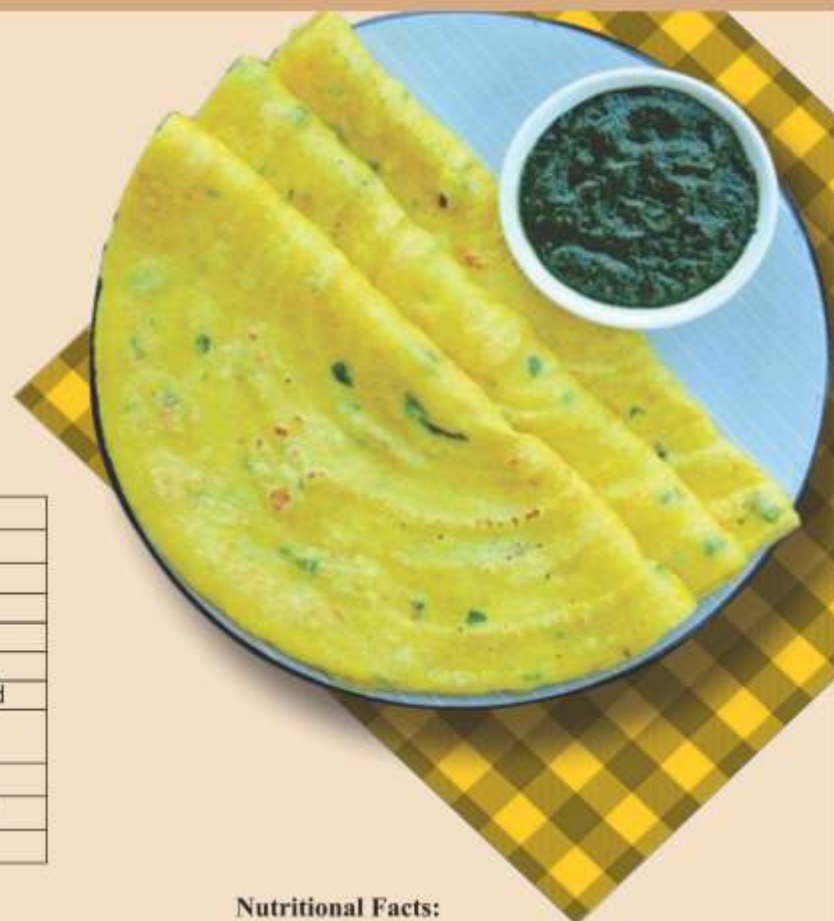
Preparation Time: 45 min

Cooking Time: 25 min

Ingredients	Quantity
Foxtail millet	1 tbsp
Green moong dal	1tbsp
Chana dal	1tbsp
Black urad dal	1tbsp
Green chillies	1 no.
Ginger	1 inch grated
Coriander leaves (Dhania)	few finely chopped
Asafetida (Hing)	a pinch
Salt	as per taste
Oil	½ tsp

Method of Preparation

1. Soak the whole green gram, chana dal, millet and whole urad dal together in enough water for 5 to 6 hours.
2. Once soaked well, drain the excess water. Grind all the dals and millet together along with ginger, coriander leaves, and chillie in a mixer grinder to smooth batter adding little water at a time. Add salt, asafoetida and transfer the millet & dal chilla batter to a mixing bowl.
3. To make the millet & dal chilla, preheat a skillet over medium heat. Pour a laddleful of batter into the skillet and spread it in a circular motion inside out to make a thin chilla.
4. Drizzle ½ tsp of oil around the sides and inside and cook till it turns golden brown on both the sides. Once done, remove from the pan and serve with your favourite chutney or sauce.



Nutritional Facts:

Calories	108 kcal
Total Fat	5 gm
Cholesterol	-----
Carbohydrate	14 gm
Sugar	2.02 gm
Protein	10 gm
Iron	3.21 mg

*Tips & Techniques for the recipe: (If, any)



Chef Madan Kumar is an Assistant Professor at Chandigarh College of Hotel Management & Catering Technology, Landran, Mohali. He has six years of industry experience (I.T.C. Welcome Hotel, New Delhi) as well as academic training (Institute of Hotel Management & Catering Technology, Kufri, Shimla and National Finishing Cookery Institute, Chamba (H.P.)). He also contributes to a number of Government-Sponsored Initiatives in IHM Kufri Shimla, including IDIPT-HP, The Skill Development Program, Hunar Se Rozgar, and many more.

Ragi Malted Drink

(Ragi Malt is Nutritious drink made with Ragi flour, jaggery and coconut milk.)

Category: - Beverage (serve cold)

Serves: 2 nos.

Preparation Time: 15 min

Cooking Time: 5 min

Ingredients	Quantity
Ragi Flour	100 gms
Jaggery powder	100 gms
Coconut Milk	20 ml
Fennel Seed	5 gms
Pistachio (garnish)	2 gms
Water (cold)	150 ml

Method of Preparation

1. Take a non-stick pan and dry roast the ragi flour. Keep aside for a while till it cools down.
2. Mix jaggery powder and water to make a liquid form consistency.
3. Take roasted ragi flour, jaggery liquid, coconut milk and nuts. Blend it in a mixer jar.
4. Make a smooth drink and garnish with sliced pistachios, serve if it cold.

Nutritional Facts:

Calories	785 kcal
Total Fat	7.83 gm
Cholesterol	----
Carbohydrate	172 gm
Sugar	99
Protein	15 gm
Iron	9.86 mg

- * Tips & Techniques for the recipe: (If, any)- Dry roast the ragi on low flame.
- * Use 2-3 ice cubes as per the requirement.

Bathu ki kheer (Amarnath kheer)

(Rajgira is also called amaranth/ramdana and it is a sweet dish made from amaranth seed, cooked with milk, sugar, dry nuts.)

Category: - Dessert

Serves: 2 nos.

Preparation Time: 6-10 min

Cooking Time: 16-20 min



Ingredients	Quantity
Amaranth grain/Rajgira	250 gm
Milk	1 ltr
Almond	10 gm
Raisin	10 gm
Green Cardamom (pwd)	5 gm
Coconut powder	10 gm
Jaggery powder	90 gm
Cahew nuts	10 gm
Saffron (Garnish)	1-2 threads



Method of Preparation

1. Take a pan start with roasting Rajgira in a thick bottom pan.
2. Keep stirring continuously until they puff up well. Then sieve roasted Rajgira in a small amount and keep the puffed rajgira in a bowl.
3. Add 2 cup of milk in a heavy bottom pan, when it comes to boil simmer on a flame to 6 to 7 times. Add puffed rajgira do keep on stirring at internals so kheer does not stick or get browned from the base. Add milk powder.
4. Stir again and simmer the kheer for 2 minutes more lasting add sliced almond and cashewnuts . add green cardamom powder.
5. Serve Bathu ki kheer hot or warm or cold as per your choice.



Nutritional Facts:

Calories	1264 kcal
Total Fat	61 gm
Cholesterol	-----
Carbohydrate	279 gm
Sugar	61
Protein	123 gm
Iron	26mg

*Tips & Techniques for the recipe: (If, any) - Add the jaggery at last. When the rajgira is fully cooked.





Mr. Mandeep Dhiman is presently working as an Assistant Professor, Chandigarh College of Hotel Management & Catering Technology at Chandigarh Group of Colleges Landran, Mohali. He has 10 years of experience in Teaching & Industry. Prior to CCHMCT he worked with IES University Bhopal, Chandigarh University, Gharuan, Mohali and in industry Kenilworth Resort Goa & Majorda Beach Resort Goa. He is specialized in Indian curry & Tandoor. He is an alumnus of CHITKARA School of Hospitality from the batch of 2007-2010. Mr. Dhiman is a research scholar in Tourism & Hospitality from Chandigarh University.



Kodo Millet Kheer

A sweet dish made by boiling milk, sugar & Kodo Millet

Category: Dessert

Serves: 2 nos.

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Ingredients	Quantity
Milk	2 liter
Almonds	8 no
cardamom powder	2 pinch
sugar	75 grams
kodo millet	100 grams
Pista	10 no
Saffron	5-6 threads

Method of Preparation

1. Soak kodo millet in 120 ml water (about ½ cup) for 30 minutes. Drain.
2. Place a heavy saucepan over high heat and pour in milk. Bring to a boil, stirring to ensure that it doesn't catch the bottom of the pan. Reduce heat and cook on a fast simmer for about 5 minutes.
3. Tip in drained kodo millet and continue to cook on medium heat, stirring and scraping the bottom of the pan till the milk has thickened and reduced by half, about 25 minutes.
4. Add sugar, green cardamom powder. Stir to dissolve the sugar and then cook, stirring continuously, for another 2 to 3 minutes. Be careful that the kheer does not catch the bottom of the pan.
5. Remove from heat and transfer into serving bowl.
6. Garnish with almonds, pista & kesar. Serve hot or chill for 30 minutes before serving.



Nutritional Facts:

Calories	2925 kcal
Total Fat	148 gm
Cholesterol	----
Carbohydrate	288 gm
Sugar	89 gm
Protein	103 gm
Iron	8.26 mg

Foxtail Millet Pulao

An easy millet based dish made with spices and vegetables in a pot

Category: Main course

Serves: 2 nos.

Preparation Time: 20 mint

Cooking Time: 20 mint

Ingredients	Quantity
foxtail millet	½ cup
water	1½ cups
Salt	To taste
Turmeric powder	1 tsp
Desi ghee	1 tbsp
Fresh coriander	For garnish
carrots,	60 gm
beans,	40 gm
peas,	20 gm
small onion sliced,	20 gm
Mushroom	30 gm
bay leaf	1 no
green cardamoms	3 no
Cloves	3 no
Cinnamon stick	1 inches



Method of Preparation

1. Wash and soak millets in lot of warm water for about one hour.
2. Heat a pan with oil, saute dry spices till they begin to sizzle.
3. Add vegetables fry for 3 to 4 minutes, till the raw smell goes away.
4. Pour water and add salt as needed.
5. Bring it to a boil.
6. Drain off the water from millets, add them to the boiling water
7. Cook on a medium to low flame till they are cooked fully. Cook any excess moisture on a high flame just evaporate the water. Off the stove
8. Keep it covered for about 7 minutes.
9. Serve foxtail millet pulao with raita or chutney.

Nutritional Facts:

Calories	216 kcal
Total Fat	5.6 gm
Cholesterol	----
Carbohydrate	36.4 gm
Sugar	13 gm
Protein	6.7 gm
Iron	19 mg





Started his career in 1989, is being awarded with chef cap of Honour by Royal Chef Brigade of United Kingdom, **Chef Mandeep** is known for his historical approach to cuisines and innovative exploration to fusion various cuisines. Presently working as Assistant Chef at CCHMCT, CGC, Landran.

Vegan Pearl Millet Tostada with Roasted Pepper Salsa

Category: APPETIZER

Serves: 2 nos.

Preparation Time: 01 Hr

Cooking Time: 15 mnts

Ingredients	Quantity
Pearl Millet flour	250 GMS
Hot Water	To knead
Salt & Pepper	To Taste
Oil	To Shallow Fry
for salsas & Roasted bell peppers	
tomatoes	150 gms
onion	150 gms
coriander leaves	a bunch of
green chillies	To Taste
lemon juice	01 lemon
fresh pineapple	150 gms chopped
ginger	20 gms chopped
jaggery powder	to taste
Mixed bell peppers cut to match sticks	200 gms
mint	a sprig of
mushrooms sliced fine	100 gms
Tofu sliced to 1"	100 gms
Rock Salt	to taste
cinnamon powder	½ tspn
chilliflakes	to taste
cider vinegar	50 ml
Parsley	to Garnish

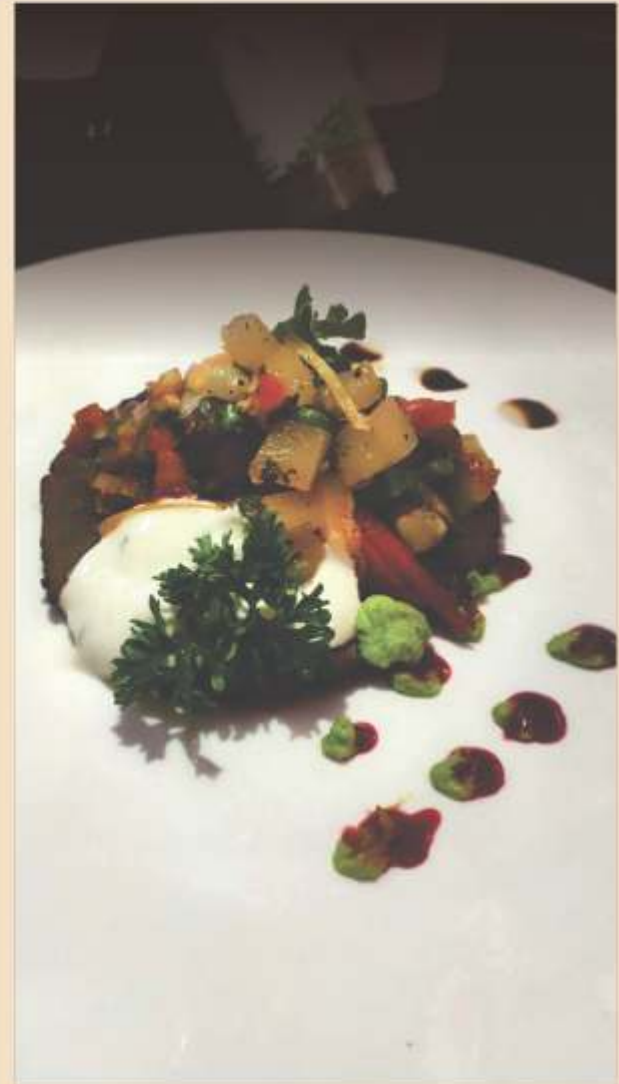
Method of Preparation

1. For tostada - mix in salt & pepper to flour and knead tight with hot water. Keep aside for 30 mnts
2. For tomato salsa - chop tomatoes and mix in 125 gms chopped onions, green chillies, coriander leaves and lemon juice. Add in salt and chili flakes. refrigerate
3. For Pineapple salsa, mix in chopped pineapple, jalapeno, salt, Lemon juice, a pinch of cinnamon powder and jaggery powder. Bruise a few leaves of mint and add in. Refrigerate
4. For bell peppers, heat oil in a pan and add in bell peppers. Add in salt and chilli flakes and stir fry till wilted and charred. Remove and reserve.
5. In the same pan, add in sliced tofu and stir fry till browned. Season and reserve.
6. Slice remaining onions and caramelize in the same pan. When browned, add in cider vinegar, salt, chili flakes and jaggery powder. Cook till fully browned. Reserve
7. Stir fry the mushrooms with salt and pepper & Garlic. Reserve
8. Cut baby onions to half and char till the flakes separate. separate the onion flakes and reserve
9. Roll the pearl millet dough to small chapati and shallow fry till crisp
10. To serve, arrange the millet tostada on a plate and top up with bell peppers, layer up with sliced tofu and season a little. Line up with tomato salsa
11. Line up mushrooms over it and top with caramelized onions. Top up with charred onion halves. Pour pineapple salsa in onion halves and serve garnished with parsley & Mint leaves

Nutritional Facts:

Calories	1173 kcal
Total Fat	16 gm
Cholesterol	-----
Carbohydrate	210 gm
Sugar	-----
Protein	49 gm
Iron	-----

*Tips & Techniques for the recipe: (If, any)



Barnyard Millet Encrusted Chhena Chilli Roulade with Green Pea Puree & Beetroot & Orange Glaze

Category: MAINS

Serves: 2 nos.

Preparation Time: 01 Hr

Cooking Time: 15 mnts

Ingredients	Quantity
MILK	1 LTR
LEMON	01
JALAPENO	25 GMS
RED CHILLI PICKLE	25 GMS
SALT & PEPPER	TO TASTE
MINT	01 SPRIG
RED & YELLOW BELL PEPPERS	01 EACH FINELY CHOPPED
BARNYARD MILLET	250 GMS
GREEN PEAS	100 GMS
GARLIC FINE CHOPPED	20 GMS
ONION FINE CHOPPED	100 GMS
PARSLEY	TO GARNISH
BEETROOT	01
ORANGE JUICE OF	01
JAGGERY POWDER	TO TASTE
AAM PAPAD	50 GMS
OIL	TO SHALLOW FRY



Method of Preparation

1. Heat the milk and split it by adding lemon juice. strain and reserve the chhenna
2. In a pan add in orange juice with beetroot and bring to a boil. season with salt, pepper and jaggery powder
3. Add ½ of chopped aam papad to this and cook to a rolling boil. add in corn flour and water mixture and stir briskly. turn off the heat and allow cool and then blend
4. In a pan add ghee and saute garlic and onion. add in salt and pepper followed by barnyard millet.
5. Saute till the millet is white. add in enough water to cover it and simmer till the millet is done. allow cool
6. Blanch green peas and puree with mint and jalapenos. add a little water if too thick. adjust the seasoning
7. To the chhenna, add in remaining aam papad and red chili pickle along with seasoning if required. mix in chopped bell peppers
8. On a cling film sheet, spread cooked millet.
9. Spread chhena mix over it and roll to a barrel. and refrigerate for 30 minutes
10. When cool, spread green puree over the plate.
11. Place the barrel over it and glaze with orange and beet glaze. garnish with parsley and serve cold.

Calories	1932
Total Fat	68
Cholesterol	-----
Carbohydrate	287
Sugar	-----
Protein	71
Iron	-----

*Tips & Techniques forth recipe: (If,any)





Puneet Kumar Sethi, BHMCT, MHM, is currently working as assistant professor / pastry chef at Chandigarh College of Hotel Management & Catering Technology Landran Mohali, Punjab. With about 9 years of teaching and industry experience in the field of bakery and confectionery.

Chocolate Chip Millet Cookies

Category: Snacks/Appetizers

Serves: 10 nos.

Preparation Time: 45mins

Cooking(baking) Time: 15mins

BAKING TEMPERATURE: 180°C

Ingredients	Quantity
BUTTER	75GMS
SHORTENING	75GMS
GRANULATED SUGAR	120GMS
BROWN SUGAR	120GMS
SALT	4GMS
EGGS	90GMS
VANILLA ESSENCE	5ML
WHOLE WHEAT FLOUR	150GMS
FOX TAIL FLOUR	150GMS
BAKING SODA	4GMS
CHOCOLATE CHIPS	300GMS
CHOPPED WALNUTS	120GMS

Method of Preparation

1. Butter and sugar should cream for 10 min at low speed.
2. Add eggs and liquid if any.
3. Then mix it properly, until looks smooth paste like texture.
4. Add dry ingredients and make a soft dough – rest it about 30-45 min at cool temperature.
5. Make a 20gms ball shape of whole dough – place them on baking tray and bake it at preheated oven. Cool it until it gets harden. Enjoy

*Tips & Techniques for the recipe: (If, any)

* Make at cool air conditioned room.



Whole Millet Sandwich Bread

Category: _ Baking & Breads

Serves: 10 nos.

Preparation Time: 3 HOURS

Cooking (baking) Time: 30 MINS

BAKING TEM-200°C

Ingredients	Quantity
BAJRA	185GMS
WHOLE WHEAT FLOUR	375GMS
FOX TAIL MILLET	185GMS
WATER	500GMS
SUGAR	12-15GMS
GLUTAIN POWDER	7-8GMS
NON FAT MILK SOLID	22GMS
SHORTENING	30GMS
SALT	15GMS
FRESH YEAST	25GMS



Method of Preparation

1. All in one method applied. (mix all ingredients together) until develops gluten.
2. Rest for about 45-1 hours to gets proofing and then cutting in desire shape and size.
3. Give the egg wash or milk wash before baking. Bake it at preheated oven.
4. Serve

*Tips & Techniques for the recipe: (If, any)

Bread molds should be properly be greased with oil.

Italian Organic Pizza

Category: Snacks/Appetizers

Serves: 5 nos.

Preparation Time: 1 HR

Cooking (baking) Time: 7-8 MINS

BAKING TEM-230°C

Ingredients	Quantity
FOX TAIL MILLETS	425 GMS
WATER	450 GMS
FRESH YEAST	20 GMS
SALT	15 GMS
GULATIN POWDER	7-8 GMS
OLIVE OIL.	100 ML
FRESH BASIL	WHOLE BUNCH
MOZZERELLA CHEESE	500 GMS
WHOLE WHEAT FLOUR	325 GMS
TAMATOS	500 GMS
GARLIC -FRESH	50 GMS

Method of Preparation

1. All in one method applied.) mix all ingredients together) until develops gluten.
2. Rest for about 45-1 hours to gets proofing and then cutting in desire shape and size.,
3. Make a disk shape flatten base of dough of approx. 10-12 mm of thickness and apply tomatoes pure sauce and spread some cheese on.
4. Drizzle some oil over on top and make it and serve hot with dash of basil oil too.

*Tips & Techniques for the recipe: (If, any)

APPLY SOME OIL OVER THE EDDGES OF THE BAKED PIZZA TO GET SOME SHINE AND IMPOROVES TASTE.



Organic Olive Focaccia

Category: Snacks/Appetizers

Serves: 5-7 nos.

Preparation Time: 45mins

Cooking (baking) Time: 20mins

BAKING TEM-200°C

Ingredients	Quantity
WATER	500ML
FRESH YEAST	15GMS
PEARL MILLET (BAJRA)	375GMS
WHOLE WHEAT FLOUR	375GMS
SALT	15GMS
OLIVE OIL	50ML
CHOPPED PITTED OIL CURED BLACK OLIVES	250GMS
ITALIAN SPICE MIX	10-15GMS

Method of Preparation

1. All in one method applied. (mix all ingredients together) until develops gluten. Rest for about 45-1 hours to gets proofing and then cutting in desire shape and size., Make a disk shape flatt/en base of dough of approx. 15-18 mm of thickness and Apply some olives of the top of dough and drizzle some oil over and proof it for 45 min at 30*c tem.
2. After proofing sprinkle some spice mic over top and bake it for 20-25 min max.

*Tips & Techniques for the recipe: (if, any)

*FLAT TRAY REQUIRED FOR THE MAKING OF SPECIFIC BREAD





Sumeet Kumar, an accomplished Assistant Professor with an MHM&CT degree from Kurukshetra University. With a decade of experience in teaching and academics, he has been a valuable asset at CGC Landran for the past five years. Sumeet is a prolific researcher, having published numerous research papers and secured patents, contributing significantly to the academic world's growth and innovation.

Millet Fresh Fruit Tart

(Tart is a baked dish consisting of a filling over a pastry base with an open top not covered with pastry.)

Category: Desserts

Serves: 4 nos.

Preparation Time: 30 mins

Cooking Time: 15 mins

Ingredients	Quantity
Foxtail Millet	90gm
Butter	60gm
Milk	300ml
Powder sugar	30+50gm
Custard Powder	30gm
Fresh Strawberry	100gm
Kiwi	2 Pieces
Pappaya	1 Piece

Method of Preparation

1. For tart case take butter and sugar cream them.
2. When it will fluffy add flour and milk as required
3. Give shape and bake at 175°C
4. Fill tart cake with milk custard and whipped cream and garnish with fresh fruits

Nutritional Facts:

Calories	956 kcal
Total Fat	45 gm
Cholesterol	---
Carbohydrate	176 gm
Sugar	120 gm
Protein	18 gm
Iron	3.31 mg

*Tips & Techniques for the recipe: (If, any)

Millet Mango Ginger Cheese Cake

(Cheesecake is a sweet dessert made with a soft fresh cheese eggs, and sugar. It may have a crust or base made from crushed cookies)

Category: Desserts

Serves: 4 nos.

Preparation Time:30 mins

Cooking Time:15 mins

Ingredients	Quantity
Foxtail Millet	60gm
Butter	60gm
Little Millet	30 gm
Powder Sugar	50gm
Milk	50ml
Mascopone Cheese	150ml
Whipped Cream	100ml
Mango Purce	50gm
Fresh Mango	250gm
Ginger Powder	10 gm



Method of Preparation

1. For Cheese cake base make crumble with butter and sugar and millet flour
2. Bake it at 175°C and make crumble add butter to set in desired shape.
3. Whisk mascarpone cheese and whipped cream add mango puree and fresh mango dices
4. Fill in the mould and freeze it overnight. And after that de mould and garnish and serve.

Nutritional Facts:

Calories	598 kcal
Total Fat	31.8gm
Cholesterol	---
Carbohydrate	337 gm
Sugar	120.5 gm
Protein	19.5 gm
Iron	6.63 mg

*Tips & Techniques for the recipe: (If, any)



Millet Apple Galette

(A galette is a term used in French cuisine for various types of flat, round or freeform crust cake.)

Category: Desserts

Serves: 4 nos.

Preparation Time: 30 mins

Cooking Time: 15 mins

Ingredients	Quantity
Foxtail Millet	60gm
Butter	60gm
Little millet	30 gm
Powder sugar	50gm
Milk	50ml
Phillo Pastry	5 sheets
Large apple	3 pieces
White Butter	50 gm
Cinnamon Powder	2gm

Method of Preparation

1. For crumble take butter and sugar and millet flour add milk to bind all together.
2. Bake it at 175°C and make crumble.
3. caramelized apple after that keep it aside
4. Make a ring of phillo pastry and deep fry it.
5. Ring of phillo pastry fill with crumble and caramelized apple and garnish and garnish with drop of bavariious cream and mint leave

Nutritional Facts:

Calories	1241 kcal
Total Fat	32 gm
Cholesterol	-----
Carbohydrate	483 gm
Sugar	23 gm
Protein	18 gm
Iron	4.17 mg

*Tips & Techniques for the recipe: (If, any)





Chef Alok Kumar is an Assistant Professor in Chadigarh College of Hotel Management & Catering Technology, Landran Mohali Punjab. He is an academican & skilled professional with 7 Yrs of Industry and academic experience. He has worked with hotels like Radisson, Clarks, HHI & Ramada. He has taught budding hoteliers in colleges like SAMS IHM Varanasi.

Bajra & Moong ki Khichdi

(Khichdi made with millets, lentil and vegetables)

Category: Main course

Serves: 4 to 6 nos

Preparation Time: 25 min

Cooking Time: 10 min

Ingredients	Quantity
Bajra(black millet)	250gms
Moong dal	250gms
Ghee	80gms
Cumin seeds	25gms
Asafoetida (hing)	few pinch
Turmeric powder	few pinch
Broccoli	1no.
Beans	100gms
Carrot	100gms
Capsicum	1no
Tomato	2medium



Green peas	50gms
Green chill	As required
Green coriander	as required
Onion	100gms
Ginger	10gms
Garlic	20gms

Method of Preparation

- (1) Take whole bajra and both dal in a bowl
- (2) Wash through running cold tap water
- (3) Take ginger, garlic and green chili into mortar and pestle.
- (4) Crush them roughly. Instead you can use ginger garlic paste and chopped green chilies, but freshly crushed gives nice different flavor.
- (5) Heat the oil in a pressure cooker on medium heat. Then add cumin seeds
- (6) Now add green chilies and saute for few seconds.
- (7) Add chopped onion and crush ginger, garlic, chili.
- (8) Mix and saute till onions get soft and translucent or light pink in color.
- (9) Now add all the vegetables, salt, spice powders (turmeric, red chili, coriander, cumin, garam masala powder), dal and bajra. Mix well.
- (10) Add water and stir. Cover with lid on medium heat, then turn off the stove.
- (11) Open the lid once pressure releases. Mix with spatula and serve

Nutritional Facts:

Calories	1387kcal
Total Fat	84gm
Cholestero	10
Carbohydrate	170gm
Sugar	4gm
Protein	62gm
Iron	19mg

*Tips & Techniques for the recipe: (If, any)



Millet dosa

(Dosa made with millets and lentins)

Category : Breakfast

Serves : 4 nos.

Preparation Time : 30 min

Cooking Time : 10 min

Ingredients	Quantity
Littlemillet/Kutki	1 Cup
Kodo millet	1 Cup
Urad dal	1 Cup
Poha	½ Cup
Fenugreek seed	¼ Teaspoon
Water add as required	(½ Cup)
Salt	as required

Method of Preparation

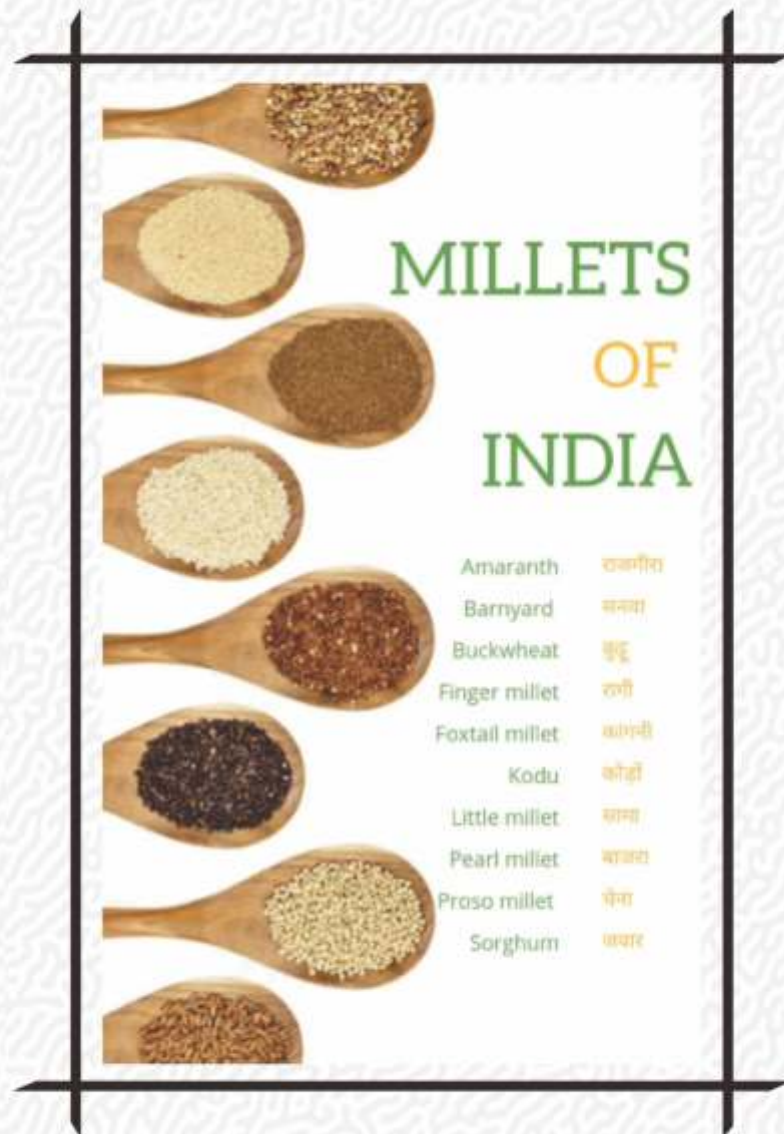
- (1) Place all 3 millets in a 1st container, 1 Cup Foxtail millet/Kangni, 1 Cup Little millet/ Kutki, 1 Cup Kodo millet
- (2) Place urad dal, fenugreek seeds in 2nd container. 1 Cup Urad dal, ¼ Teaspoon Fenugreek seeds/Methi seeds
- (3) Rinse and wash couple of times with cold water and soak them for 8 hours Soak flattened rice flakes for 20 minutes, ½ Cup Poha (Flattened rice flakes) Drain the water from urad dal, flattened rice flakes and millets.
- (4) Now grind millets along with urad dal and flattened rice flakes (poha) until smooth adding little water when necessary ½ Cup Water. Transfer the batter into a container, close it with lid and allow batter to ferment.
- (5) Once batter ferments well, add salt, required water and mix until well combined.
- (6) Heat dosa tava on medium heat, pour ladle full batter and spread it in circular motion just like pancake with back of ladle.
- (7) Drizzle 1 teaspoon oil all around dosa.
- (8) Once the base is crispy, loosen the dosa from edges, fold gently and place it on a plate.
- (9) Enjoy hot and crispy dosa with sambar and chutney.



Nutritional Facts:

Calories	595 kcal
Total Fat	4 gm
Cholesterol	0
Carbohydrate	112 gm
Sugar	0
Protein	22 gm
Iron	4.8 mg

*Tips & Techniques for the recipe: (If, any)





Chef Siddharth Singh is an academician & skilled professional with 14 yrs of industry (Vail Resort USA, Resent Seven Seas Cruises) and having vast academic experience. He has published research papers and patents also.

Ragi Badam Soup

(Thick soup made with ragi flour and badam paste)

Category: Soup

Serves: 2 nos.

Preparation Time: 25 min

Cooking Time: 10 min

Ingredients	Quantity
Ragi Flour	50gram
Onion	50 gram
Ginger	20gram
Carrot	50gram
Almonds	1/2 cup
Beans	1/4 green
Salt	to taste
Black Paper	to taste
Clarified Butter	1 tsp
Cumin Powder	to taste

Method of Preparation

1. First soak the almonds in hot water for 15-20 minutes and then peel them and grind them to make a smooth paste.
2. Now make slurry with ragi flour and then mix with the almond paste.
3. Now pressure cook the carrots, green peas by adding a pinch of salt.
4. Take a sauce pan and heat the oil and then sauté onion and ginger.
5. Once onions are translucent add ragi slurry, add water. Boil it. Check the consistency as well.
6. After 3-4 minutes add cooked vegetables and then add chilli powder, cumin powder and cook for another 2 minutes.
7. Garnish with almonds and coriander leaves.

Nutritional Facts:

Calories	679 kcal
Total Fat	40 gm
Cholesterol	31 mg
Carbohydrate	64 gm
Sugar	18 gm
Protein	22 gm
Iron	16 mg

Foxtail Millet Pulao

(Pulao is made up with vegetables and millets)

Category: Main course

Serves: 2 nos.

Preparation Time: 30 min

Cooking Time: 10 min



Ingredients	Quantity
Foxtail millet hulled/ korra biyyam/ thinai arisi	1/2 cup
Water	1½ cups
Salt	to taste
vegetables Chopped, (carrots, beans, peas, potatoes, small onion sliced)	½ to ¾ cup
Mint Leaves	Few Chopped
Ginger Garlic Paste	1tsp
Bay leaf	1
Green Cardamoms	4
Cloves	2
Cinnamon	stick Small

Method of Preparation

1. Wash and soak millets in lot of warm water for about one hour
2. Heat a pan with oil, saute dry spices till they begin to sizzle
3. Add ginger garlic paste and fry till you get a nice aroma
4. Add vegetables and mint, fry for 3 to 4 minutes, till the raw smell goes away
5. Then add millets and water and cooked for 15 min on low heat
6. Garnish with mint leaves

Nutritional Facts:

Calories	410 kcal
Total Fat	3 gm
Cholesterol	0
Carbohydrate	82 gm
Sugar	40 gm
Protein	13 gm
Iron	24 mg



Buckwheat Halwa

(Sweet dish made up with buckwheat flour and ghee)

Category: Desserts

Serves: 2 nos.

Preparation Time: 10 mins

Cooking Time: 10 mins

Ingredients	Quantity
Ghee	4 tbsp
Buckwheat flour (ROASTED)	1 cup
water	1.5 cup
Sugar	1/2 cup
cardamom powder	1/2 tsp
Cashew	1/2 tbsp
Almonds	1/2 tbsp

Method of Preparation

1. In a pan add ghee and let it heat. Then add buckwheat flour and roast.
2. Then add water, ghee, sugar & cardamom powder.
3. Cook until the color changes. At last add cashews & almonds.
4. Mix them well & serve it hot!

Nutritional Facts:

Calories	1110 kcal
Total Fat	32 gm
Cholesterol	60mg
Carbohydrate	193.6 gm
Sugar	71gm
Protein	23 gm
Iron	0

*Tips & Techniques for the recipe: (If, any)





Swksha Chaturvedi currently working as an Assistant Professor (Nutrition and Dietetics) in Chandigarh Group of Colleges, Landran, Mohali. She has 5 years of academic experience and also worked with Max Multi specialty Hospital as Clinical Nutritionist. She has obtained as her Master's Degree in Food and Nutrition from Meerut University. She has published many research papers. Her area of interests is Clinical Nutrition and food product development.

Savory Little Millet Sattu Cake

Savoury Cake packed with nutrient-rich little millet and channa sattu offering a wholesome and delicious snack option.

Category: Snack

Serves: 2 nos.

Preparation Time: 20min

Cooking Time: 25min

Ingredients	Quantity
Little Millet Flour	75 gm
Channa Sattu	150 gm
Diced Red Bell Pepper	50 gm
Chopped Green Onion	50 gm
Grated Carrot	50 gm
Nutritional Yeast	15 gm
Unsweetened Almond Milk	50 gm
Baking Powder	5 gm
Olive Oil	10 gm
Cumin Powder	10 gm
Salt	To taste
Black Pepper	To taste

Method of Preparation

1. With an oven rack in the middle position, preheat oven to 375 degrees Fahrenheit. Grease the baking sheet with olive oil evenly.
2. Stir fry red bell pepper, grated carrot, and green onion. Combine all of them with nutritional yeast, little millet flour and sattu in large mixing bowl. Mix them well.
3. In a separate bowl, whisk together the almond milk, olive oil, baking powder, ground cumin, salt and black pepper.
4. Pour the wet ingredients over the dry ingredient mix. Stir until all the ingredients are well combined and forms a thick batter.
5. Spread the batter evenly in baking tin, filling about $\frac{3}{4}$ of the tin.
6. Bake in the preheated oven for approx. 20-25min or until turns golden brown.
7. Once baked, let it cool for few min, then cut it into pieces and serve with mint and coriander chutney.

Nutritional Facts:

Calories	140 kcal
Total Fat	5 gm
Cholesterol	0 mg
Carbohydrate	22 g
Sugar	0 g
Protein	6 g
Iron	1.8 mg

*Tips & Techniques for the recipe: (If, any)

Little Millet Kheer

Kheer is a popular dessert from Indian sub-continent. Millet kheer is made to increase its nutritional quality.

Category: Dessert

Serves: 2 nos.

Preparation Time: 10min

Cooking Time: 30min

Ingredients	Quantity
Little Millet (Whole)	60 gm
Toned Milk	500 ml
Jaggery	20 gm
Cardamon Powder	5 gm
Almonds	10 gm
Raisins	10 gm
Cashew Nuts	10 gm



Method of Preparation

1. Wash Little millet properly and boil it until half done.
2. Add milk in a pan, boil it on low flame, then add cardamon powder to it.
3. Add half done millet to the boiled milk and stir it continuously on low flame until milk reduced to half and millet cooked properly.
4. Turn off the flame and add jaggery and stir it well until mixed properly.
5. Transfer the kheer to the bowl and garnish with some almonds, cashew nuts and raisin.

Nutritional Facts:

Calories	190 kcal
Total Fat	5 gm
Cholesterol	0 mg
Carbohydrate	28 gm
Sugar	20 gm
Protein	6 gm
Iron	2.9 mg

*Tips & Techniques for the recipe: (If, any)

Baked Millet Zucchini Falafel

Falafels are delicious balls of chickpea, millet and herb goodness that you find in Middle Eastern cooking

Category: Breakfast/Snack

Serves: 2 nos.

Preparation Time: 20min

Cooking Time: 25min

Ingredients	Quantity
Ragi Flour	60 gm
Chickpea	125gm
Zucchini	50 gm
Bell Peppers	50 gm
Onion	50 gm
Coriander Leaves	15gm
Green Chilly	10 gm
Garlic	15 gm
Olive Oil	20 gm
Sesame Seeds	5 gm
Cumin Powder	10 gm
Salt	To taste
Black Pepper	To taste



Method of Preparation

1. With an oven rack in the middle position, preheat oven to 375 degrees Fahrenheit. Grease the baking sheet with olive oil evenly.
2. In a food processor or in a blender combine the soaked and drained chickpeas, ragi, roughly chopped onion, zucchini, bell peppers, coriander, garlic, salt, Black pepper, cumin, and the remaining 1 tablespoon of olive oil. Grind for about 1 minute.
3. Using your hands, scoop out about 2 tablespoons of the mixture at a time. Shape the falafel into small patties, about 2 inches wide and ½ inch thick. Place each falafel on your oiled pan. Sprinkle some sesame seeds on the top.
4. Bake for 25 to 30 minutes, carefully flipping the falafels halfway through baking, until the falafels are deeply golden on both sides. These falafels keep well in the refrigerator for up to 4 days, or in the freezer for several months.

Nutritional Facts:

Calories	290 kcal
Total Fat	10 gm
Cholesterol	0 mg
Carbohydrate	46 gm
Sugar	0 mg
Protein	13 gm
Iron	3.1 mg

*Tips & Techniques for the recipe: (If, any)





Dr. Sonia Minhas. Currently working as Assistant Professor (Nutrition and Dietetics), HMCT, Chandigarh Group of colleges, Landran, Mohali. PhD (Food Science and Nutrition) from CSKHPKV Palampur having 10 years of teaching experience. Qualified National Eligible Test conducted by CBSE University Grant Commission. Awarded merit certificate for standing first during academic sessions (2007-2010) in PhD (Food Science and Nutrition) by CSKHPKV, Palampur. Awarded appreciation of "Kejriwal Award"-2009 for the paper entitled "Storage studies of cheese-whey and Soy-whey based Bael Squash" has valuable contribution to the growth and development of Food Processing Industries.

Coconut Burfi

Category:Dessert

Serves:10 nos

Preparation time:10 minutes

Cooking time:15 minutes

Ingredients	Quantity
Coconut (Fresh)	1
Ghee	3-4 teaspoon
Little Millet (Powder)	100 gm
Milk	1/2 glass
Corn Flour	3 teaspoon
Jaggery	250 gm



Method of Preparation

1. Add 2 teaspoon ghee and roast little millet powder until light brown.
2. Heat milk in pan.
3. Remove coconut shell and then add grated coconut in pan.
4. Mix corn flour in little amount of cold milk.
5. Stir the mixture to boil and cook it 10-15 minutes on low flame.
6. Add jaggery and cook it until no excess moisture in coconut burfi.
7. Cook the mixture till it leave the pan.
8. Transfer it into greased pan and press it with the help of spatula.
9. Let it to cool and set it for 3-4 hours.

Nutritional Facts	
Calories	1635
Total fat	24
Cholesterol	0
Carbohydrate	337
Sugar	0
Protein	16
Iron	0

Millet Dhokla

Category: Snacks

Serves: 3 nos

Preparation time: 10 minutes

Cooking time: 40 minutes

Method of Preparation

1. Mix all ingredients and curd to prepare batter.
2. Add eno and salt keep it for 10-15 minutes.
3. Heat the steamer by adding 2-3 cups of water.
4. Grease the container and pour mixture in it.
5. Steam the mixture for 30-40 minutes.
6. Insert a knife into dhokla to check whether it is cooked properly. It should not stick with knife.
7. Remove container from steamer and cool it for 5 minutes.
8. Add one teaspoon oil in pan add mustard seeds in it, it begin to crackle than add sesame seeds and curry leaves.
9. Pour it over dhokla and each dhokla is coated well with tempering.

Ingredients	Quantity
Little Millet Powder	30 gm
Gram flour	30 gm
Semolina	100 gm
Finger Millet Powder	30 gm
Eno	1 Pouch
Curd	1 Katori (Medium Size)
Sesame Seed	1 Teaspoon
Curry Leaves	10-12
Mustard Seeds	1/2 Teaspoon
Salt	According to taste

Nutritional Facts

Calories	617
Total Fat	3.53
Cholesterol	0
Carbohydrate	127
Sugar	0
Protein	19
Iron	0





Dr. Pooja Bhatt, working as Assistant Professor (Nutrition and Dietetics) at Chandigarh Group of Colleges, Punjab, India. She is also hosted a Zee Punjabi Cookery Show as Nutritionist Host "SwaadAa Gaya 2, Sehat de naal". She has been awarded with first prize in Oral Presentation at one day International seminar on "Opportunities and Challenges in Food Processing Sector", TNAU, 2021 and also awarded with best oral presentation at International conference on Clinical Nutrition and Dietary Lifestyle, Bangalore, India. She actively participated in various conferences, seminars, events, and workshop and nutrition talks. She is a lifetime member of the Indian Dietetics Association (IDA) and IAPEN, India.

Jamun Energy Bar

Low sugar energy bar suitable for all age groups

Category: Snacks

Serves: 2 nos.

Preparation Time: 15-20 mins

Cooking Time: 30 mins

Ingredients	Quantity
Jamun	15 (n)
Oats	80g
Foxtail Millet	50g
Almonds	70g
Cashew	65g
Peanut	70g
Dates	8 (n)
Honey	1 tbsp



Method of Preparation

1. Take the jamun and dates and let them boil till a thick puree is made.
2. Roast the oats and foxtail millet.
3. Crush the dry fruits and roast them too.
4. Grind the roasted oats and foxtail millet.
5. Blend the jamun-date to a thick paste.
6. Mix all the ingredients together and add honey as per taste.
7. Shape the mixture like a bar and divide it into 10 equal parts.
8. Let it freeze in the freezer.
9. The bar is ready to consume.

Nutritional Facts: per serving (44g)

Calories	202 Kcal
Total Fat	11.75g
Cholesterol	-
Carbohydrate	20g
Protein	5.85g
Iron	20mg

*Tips & Techniques for the recipe: (If, any)

- Keep the consistency of the jamun-date paste more on the denser side to get a chewy texture while eating.
- Season the bar with chopped jamun for a stronger jamun flavor.

Ragi Tri Colour Soup

High in nutrients, control diabetes and Good for bone health suitable for all age groups

Category: Soups

Serves: 2 nos.

Preparation Time: 15 mins

Cooking Time: 30 mins



Ingredients	Quantity
Ragi Flour	50 gram
Onion	1\2
Carrot	1
Green beans	4
Sweet corns	100 gram
Green peas	100 gram
Mushrooms	2
Ginger	1/3
Garlic cloves	4
Water	Acc. to consistency

Nutritional Facts:

Calories	164 kcal
Total Fat	1.1g
Carbohydrate	34g
Protein	6g
Calcium	45mg

*Tips & Techniques for the recipe: (If, any)

Method of Preparation

1. Finely chopped the onion, carrot, green beans, mushrooms, ginger and garlic.
2. In a pot heat a little olive oil and saute the chopped onions until they turn translucent.
3. Add the chopped ginger and garlic and saute for a minute until fragrant.
4. Now add the chopped carrots, green beans, sweet corns and green peas. Cook for a few minutes until the vegetables become slightly tender.
5. In a separate bowl, mix 2-3 tablespoons of ragi flour with some water to form a smooth paste.
6. Add the ragi paste to the pot and mix well with the vegetables.
7. Pour in enough water or vegetable broth to achieve the desired consistency of the soup. Still well to avoid any lumps.
8. Season the soup with salt and pepper according to your taste preferences.
9. Let the soup simmer on low heat for about 15-20 minutes, stirring occasionally, until the vegetables are fully cooked and the soup thickens slightly.
10. Adjust the seasoning if needed and serve the delicious ragi tri colour soup.

Millet Mini tacos

Healthy and Mellicious (Millet+delicious) tacos.

Category: snacks/ appetizer

Serves: 2 nos.

Preparation Time: 30-45 minutes

Cooking Time: 15 min

Ingredients	Quantity
Finger millet	70 g
Wheat flour	30 g
Kidney beans	100 g
Tomatoes, moong-sprouts	50 g, 30 g
onion	20 g



Method of Preparation

1. PREPARE THE FILLING:

- In a large skillet, heat the olive oil over medium heat. Add the chopped red onion and jalapeño pepper. Sauté for 2-3 minutes until softened.
- Add the minced garlic and cook for another 30 seconds until fragrant.
- Stir in the ground cumin, chili powder, paprika, salt, and pepper. Mix well to coat the vegetables in the spices.
- Add the mixed sprouts, diced cherry tomatoes, corn kernels, and black beans to the skillet. Cook for 5-7 minutes, stirring occasionally, until the sprouts are slightly tender but still crunchy. Adjust seasoning if needed. Remove from heat.

2. PREPARE THE TORTILLAS:

- While the filling is cooking, mix the finger millets and wheat flour forming a dough.
- Now, dissect the dough into six parts, then flatten the dough and cook them.
- You can do this by heating them in a dry skillet over medium heat on each side.

3. ASSEMBLE THE TACOS:

- Take a warm tortilla and spoon a generous amount of the sprout filling onto the center.
- Garnish with fresh cilantro leaves for added freshness and flavor.
- Squeeze a lime wedge over the filling to add a burst of citrusy tang.

4. SERVE AND ENJOY:

- Repeat the process for the remaining tortillas.
- Arrange the prepared vegetarian sprout tacos on a serving platter.
- Serve them while they are still warm and enjoy this delicious and healthy vegetarian taco option!

Feel free to adjust the seasonings and toppings to suit your taste preferences. You can also add some sliced radishes, shredded lettuce, or a drizzle of hot sauce for extra flavor and crunch.

Nutritional Facts:

Calories	300
Total Fat	5g
Cholesterol	N/A
Carbohydrate	150g
Sugar	N/A
Protein	45g
Iron	5mg

*Tips & Techniques for the recipe: (If, any)



Millet Trails

In our constant endeavour to promote and support Millets as the nutritious cereals, we at CGC Landran have taken following initiatives for mainstreaming millets as a major component of the food basket.

RESEARCH & DEVELOPMENT

- Our student's manuscripts on "Development and evaluation of millet based weaning products enriched with beetroot powder and moringa powder for infants" are accepted for publication in the Journal of Chemical Health Risks (JCHR) Scopus with ISSN: 2251-6719 Paper ID: JCHR_2014.
- Our BSc. Nutrition & Dietetics faculty Ms Nivedhika Rai Vaid & Pooja Bhatt contributed their work as an author on millets in the Book "Millets-Role in Health and Disease" by submitting their chapters on Role of Millets in Obesity and Millets as Role in Stress Management in the respective book.
- Our faculty members Ms. Sweksha Chaturvedi, Chef Deepak Rao & Mr. Abhimanyu Sharma filed patent against Formulation of oats, millet-the nutri cereal and dates enriched sweet. Paper is also authored by Ms. Sweksha Chaturvedi on same in the UGC Care Journal with ISSN No.2393-9443.



INDIA BOOK OF RECORDS

Chandigarh College of Hotel Management Catering Technology achieved a remarkable feat on November 11, 2022, by securing a coveted place in the India Book of Records. In a collaborative effort that showcased the ingenuity of both students and faculty members, the institution successfully crafted a staggering 111 types of millet-based cookies. This culinary endeavor not only demonstrated the creative prowess within the college's community but also emphasized the importance of embracing nutritious alternatives in the culinary world.

This achievement not only adds a prestigious accolade to the college's name but also serves as an inspiration for aspiring chefs and culinary enthusiasts. It reflects the institution's ethos of fostering creativity, teamwork, and a forward-thinking approach in the field of hospitality and culinary arts.

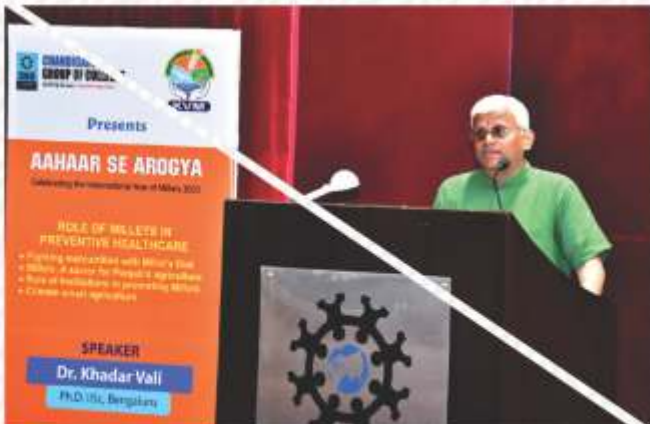


Millet Based Food Competition

- We are thrilled to share the incredible achievements of our talented students of B.Sc. Nutrition & Dietetics who participated in the Poster and Recipe Competition held at Paras Hospital, Panchkula, as part of the National Nutrition Month 2023 celebrations.
 1. Gursaharn Kaur - First Prize in Poster Competition
 2. Manisha Gaur: Second Prize in Poster Competition
 3. Ashima and Palak: Second Prize in Recipe Competition

Millet man of India at CGC-Landran

- It was an honour to have the Millet man of India Dr. Khader Vali grace the campus of Chandigarh Group of Colleges, Landran Mohali as an event was organized by Chandigarh College of Hotel Management & Catering Technology and Department of Student welfare in collaboration with KhetiVirasat Mission (KVM) hosted "Aahar se Arogya " and highlighted the theme 'Role of Millet in Preventive Healthcare'. Together with him, Umender Dutt, Executive Director Kheti Virasat Mission, Meghna Shukla, Millets Chef and Trainer, and Gurharminder Singh, Joint Director, Directorate of Environment and climate, Change cum nodal officer for Mission Tandurst Punjab joined the event and shared their valuable insights. Various Millet Based stalls were also laid up in the campus.



250-300 guests were catered during the event with innovative millet based dishes like Ragi malt drink, Paneer makhani, Subz jalfrazie, Dal makhani, Bajre ki kachori, Millet Poori, Moong dal and Millet Halwa, Kabuli Chana & Millet Shami Kebab, Bajre ki Kheer and Millet brownie. All the dishes were prepared in A2 milk, A2 Ghee, Coconut milk and Coconut Oil.

- In order to promote the International Millet year, we organized a millet food stall on “Aahar se Arogya” event in our CGC-Landran Central Park to raise awareness and encourage people to try this nutritious grain. We offered millet based dishes like Millet veg cutlets, Foxtail laddoo, Ragi malt, Ragi premix and sell them on affordable price. Overall, our millet food stall was a great success in promoting the International Millet year and encouraging people to incorporate this nutritious grain into their diet.

Expert Talk on Millets

- The nutrient-rich crop - #millets are losing their sheen and for this reason year 2023 has been declared as the #InternationalYearOfMillets by the #UN. To commemorate this, our Chandigarh College of Hotel Management & Catering Technology undertook an initiative to promote the nutritional and ecological benefits of millets among the students by organizing a #GuestLecture on “Knowledge of Ancient Gluten Free Superfood Grain: Millets Are Back”. The session was taken up by Dr. Sheetal Thakur, Assistant Prof, Food Technology, Maharishi Markandeshwar University, Haryana.



Promotion of Millets in Nutrition Month

- We celebrate National Nutrition Month from 1st Sep to 30th Sep every year. This month, would be dedicated to raise awareness about proper eating habits and also about nutrition.
- On this particular theme our students has organized 3 days of Healthy Food Stall and made Ragi And Jaggery Muffins, Ragi Cookies & Foxtail Chat to raise awareness about the importance of millets and to celebrate INTERNATIONAL YEAR OF MILLET 2023 and sell them with minimum profit margin. It was the great real time learning exposure for students.



Millet Based Food Stalls

- Students of Bachelor (Honors) Nutrition and Dietetics from the Chandigarh College of Hospitality bagged first price for Most Nutritious Culinary Competition held at AIMS, Mohali in CME on "Nutrition: Fuel for the Future" conducted under the auspices of Punjab Medical Council on 22 September 2023. Students make Amaranth Bars and foxtail millet laddu to promote consumption of millets in various snacks. In the CME others colleges like Chandigarh university, KV DAV, Karnal, Government Home Science College Chandigarh, CGC Jhanjeri participated.
- The Chandigarh Group of Colleges, Landran, Mohali, organized its Annual Function, "Parivartan 2023." As part of the event, a stall featuring millet-based products was planned and showcased. Various recipes incorporating millets were introduced at this stall, adding a diverse and nutritious culinary experience to the festivities. The initiative aimed to promote awareness and appreciation for millet-based foods among the attendees. The recipes were introduced as:
 - i. High protein Millet drink
 - ii. Nutritious Chat
 - iii. Healthy millet Bars
 - iv. Nutritious bhel
 - v. Millet Phirni



Millet Awareness Camp

- Activity was planned for pre-parivartan activity at village Rasulpur and Govt. Middle School Batalana. Lecture was delivered on importance of millets in life. Recipes were distributed of millets were chart, burfi and cake. Using games as a tool to convey messages about the importance of nutrition can be an engaging and effective approach, especially when targeting students and ladies. Here are some game ideas that can be utilized to promote nutrition awareness.
- One-day awareness camp by our chefs on importance of breakfast, lunch, iron-rich recipes prepared with local millets of Punjab. Students were familiarizing about various types of millets available in Punjab and also provided information regarding how these millets help them prevent anemia. Chandigarh College of Hotel Management & Catering Technology conducted a one-day awareness camp at Government High Smart School, Landran in collaboration with ACIC, RISE wherein the students and faculty made the adolescent girls aware of girl health stressing the importance of breakfast, lunch, iron-rich recipes prepared with local millets of Punjab as they also help prevent anemia. The prepared dishes were distributed among the girls present in the camp who thoroughly enjoyed the session!



Our faculty Chef Varun Mishra bagged the 2nd position in one of the Millet based recipe video competition organised by Nutrihub-IIMR-IICR, Hyderabad on 28th November 2023.

AMUL's Facebook LIVE

Chef Varun Mishra on 734 day & world's largest Live recipe show on Amuls Facebook page to make the summers super interesting with its 3326th session where he prepared Millet Tarts filled with Mango Panacotta.

Hands on training with Millets

- Millets are nutritious and versatile grains that can be incorporated into a variety of dishes while their regular class practicals where students will learn about the nutritional benefits of millets, practice cooking techniques using millets and understand how to create a balanced and flavorful millet-based meal.
- We introduced millet based item in our college canteen "SIP N BITE" to encourage our students and staff to try our dishes and experience the many benefits of this nutritious grain. By incorporating millet into our menu, we provided our students with a healthy and delicious option with dishes like Foxtail Millet Laddu & Foxtail Millet Cutlets at very nominal price.

