

# Indi - Genius

food healthy recipes



**Celebrating 75 years of India's Independence**







# About the book

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Grains are the primary staple food of India. Grains are nutritionally rich and deliver recommended nutrients to the body. The history of food, especially in the Indian context, will be left incomplete without giving due importance to millets. Consumption of millets in different civilizations of India can be observed from the literature. Today, there is an increase in the demand for millets in India as well as the rest of the world. The regular recipes are replaced by millets and are equally relished. Efforts are also being taken to educate farmers about better millet growing techniques. A lot of importance is given to millets due to their non-gluten tendency and other health benefits.

Recently the UN General Assembly adopted a resolution sponsored by India to declare the year 2023 as 'International Year of Millets'. The resolution considers the "urgent need to raise awareness of the climate-resilient and nutritional benefits of millets and to advocate for diversified, balanced and healthy diets through the increased sustainable production and consumption of millets."

With this backdrop, a healthy recipe contest named "Indi-Genius Food Challenge", was launched on the occasion of 75 years of India's independence. The challenge not only sensitized people to learn about the benefits of indigenous millets and other ingredients but also encouraged them to use them innovatively. For the challenge the following category of the foods were selected:

1. Amaranth/Ramdana
2. Barnyard millet/samak chawal
3. Buckwheat/Kuttu flour
4. Sago/Sabudana
5. Water chestnut/Singhara flour

This book features all the winning recipes. The nutritive value is calculated based on the amounts submitted by participants according to NVIF (1989), IFCT (2017), USDA (2017). The calculations provide an estimate and are not exact. The value may vary depending on individual portions and the variety of food products available in different regions. We hope this book will provide innovative recipes which you can try and enjoy with your family with the goodness of added nutritional benefits.



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*Buckwheat*



*Sago*



*Water chestnut flour*

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# Amaranth Recipes





## NUTRITIVE VALUE

(Per serving)

Energy	400 Kcal
Protein	9 g
Fat	11 g
Carbohydrate	60 g

Submitted by- Tanush Rao



# RAMDANA RAINBOW SALAD



Preparation Time  
- 10 mins



Cooking Time  
- 20 mins



Serving Size  
- 2

## INGREDIENTS

- Ramdana-1 cup
- Red cabbage-1 cup, shredded
- Apple - ½ cup
- Pineapple- ½ cup
- Red & Green capsicum- ½ cup
- Spring onion- ½ cup
- Nuts- ¼ cup  
(walnuts/pecan/peanuts)
- Cranberries- 1 Tbsp
- Oregano- 1 Tbsp
- Lemon juice- 1 Tbsp
- Back pepper- 1 Tbsp
- Sesames/peanut oil- 1 Tbsp
- Salt to taste

## INSTRUCTIONS

1. Boil the Ramdana seeds with 3 cups of water for 8-10 minutes till they fluff up .
2. In a pan sauté all the remaining ingredients for 5 minutes then cover & cook for another 5-6 min, stir occasionally.
3. Now add the boiled Ramdana and mix well.
4. Serve immediately.





### NUTRITIVE VALUE

(Per serving)

Energy	450 Kcal
Protein	8 g
Fat	5 g
Carbohydrate	42 g

Submitted by- Thavanesh Rao



# AMARANTH APPLE PIE



Preparation Time  
- 10 mins



Cooking Time  
- 10 mins



Serving Size  
- 4

## INGREDIENTS

Amaranth- 1 cup  
Almond milk- 1 cup  
Apples- 2  
Butter- 1 Tbsp  
Flax seed - 1 Tbsp, soaked  
Mixed seeds - 1 Tbsp(sesame,  
sunflower, pumpkin)  
Cinnamon powder- 1tsp  
Coconut oil- 1tsp

## INSTRUCTIONS

1. In a pan cut the apples into very small pieces and cook for about 5 minutes with a tsp of cinnamon and  $\frac{1}{2}$  tbsp of coconut oil and let it cool.  
Combine all the seeds with the mixture to form a
2. thick batter. Keep aside and let it cool
3. Mix the amaranth with oil and water and knead to a smooth dough
4. Prepare the crust by making 2 sheets of your dough  
Lightly grease a cooking pan with some olive oil and place one sheet
5. Place the filling on top of the sheet and cover with another sheet
6. Place in a preheated oven at 180 degrees for 35-40 mins or until golden brown.
7. Leave the pie to cool for half an hour and then cut and serve





### NUTRITIVE VALUE

(Per serving)

Energy	420 Kcal
Protein	11.5 g
Fat	7.5 g
Carbohydrate	30 g

Submitted by-Manish Sharma



# CHOCORAJ LADDU



Preparation Time  
- 15 mins



Cooking Time  
- 15 mins



Serving Size  
- 2

## INGREDIENTS

- Rajgira- 30g
- Jaggery- 10g
- Water- one tbsp
- Pumpkin seeds- 5g
- Watermelon seeds- 5g
- Almond- 5g
- Pistachio- 5g
- Amul pure dark chocolate- 5g
- Honey- 5g
- Coconut dry- 5g
- Roasted groundnut- 5g
- Cardamon- 2g
- 

## INSTRUCTIONS

1. Puff the rajgira, then make Jaggery Syrup and add half puffed rajgira in it with all the dry fruits, elaichi powder and dry coconut.
2. Make a laddoo with the ingredients.
3. Then melt the dark chocolate, honey, rajgira and some dry coconut.
4. Mix well and refrigerate for 10 minutes
5. Serve the laddoo in this bowl.





## NUTRITIVE VALUE

(Per serving)

Energy	390 Kcal
Protein	11 g
Fat	14 g
Carbohydrate	40 g

Submitted by- Renuka Sharma



# RAMDANA POHA



Preparation Time  
- 20 mins



Cooking Time  
- 15 mins



Serving Size  
- 4

## INGREDIENTS

- Puffed ramdana- 2 cups
- Mixed vegetables( Carrot, Beans, Peas)- 2 cups, boiled
- Sprouts (Green moong, Kala chana)- 1 cup
- Peanuts- 1 Tbsp
- Bhel - 1 Tbsp
- Chopped onions- 1 Tbsp
- Tomato- 1, chopped
- Coriander leaves- 1 Tbsp, chopped
- Rai seeds- ½ tsp
- Jeera - ½ tsp
- Dhania powder- ½ tsp
- Chaat masala- ½ tsp
- Lemon juice- 1 tsp
- Green chilli- 1 tsp, chopped
- Oil- 1 tsp
- Salt to taste

## INSTRUCTIONS

1. In a pan heat oil and add rai seeds
2. Once it sputters, add jira , dhania powder, onion and chopped tomato. Sauté for a few minute, then add the chopped vegetables alongwith sprouts.
3. Cook for 5-6 min. Now add all the remaining ingredients and cook.
4. After removing from heat sprinkle some lemon juice and coriander leaves and garnish with 1 tbsp bhel, add salt to taste.
5. Serve fresh



A close-up photograph of a white ceramic bowl with a light blue handle, filled with a vibrant yellow lentil soup. The soup is garnished with fresh green vegetables, including what appears to be green bell peppers and leafy greens. A silver spoon is positioned over the bowl, its bowl resting on the surface of the soup. The background is a blurred wooden surface.

## NUTRITIVE VALUE

(Per serving)

Energy	455 Kcal
Protein	15 g
Fat	20 g
Carbohydrate	65 g

Submitted by- Navya Vupparapalli



# AMARANTH SESAME SOUP



Preparation Time  
- 15 mins



Cooking Time  
- 5 mins



Serving Size  
- 1

## INGREDIENTS

- Amaranth leaves - 1 Bunch
- Cumin seeds - ½ tsp
- Sesame seeds- 20g
- Amaranth seeds- 50g
- Onion- 1 large
- Chillies & garlic- 1 tsp
- Tamarind paste - 1 tsp
- Masala powder - 1 tsp
- Turmeric powder - 1 tsp
- Asafoetida - 1/3 tsp
- Oil- 1 Tbsp
- Salt (as required)
- Water - as per requirement

## INSTRUCTIONS

1. Cut the whole bunch of amaranth into about 2.5 cm slices, from the stems to the head. If the stems are very coarse and fibrous, discard them.
2. Pour oil in a pan and fry garlic, cumin, onion and chillies together until it gets roasted.
3. Now, cook the amaranth with the fried mix.
4. Add the tamarind paste, turmeric, salt, and masala powder.
5. Boil well and add the sesame powder and amaranth powder. Mix very well and bring back to the boil again.
6. Add the asafoetida water and mix well while the soup simmers.
7. Boil for 2 min and soup is ready.
8. Serve and enjoy!





## NUTRITIVE VALUE

(Per serving)

Energy	420 Kcal
Protein	15 g
Fat	17 g
Carbohydrate	50 g

Submitted by- Dr. Shelvi Agarwal



# AMARANTH ENERGY BAR



Preparation Time  
- 15 mins



Cooking Time  
- 10 mins



Serving Size  
- 3

## INGREDIENTS

- 1 cup (puffed) Amaranth
- 1 cup (crushed/powdered) Jaggery
- 2/3 cup (chopped/flaked) Dry fruits (almonds, walnut, coconut)
- 1 tsp Desi ghee
- ½ cup Water
- Few drops Rose water (optional)

## INSTRUCTIONS

1. Dissolve jaggery in water.
2. In hot pan, add ghee, then add dissolved jaggery, continuously stir it on slow to medium flame and make a syrup of single thread consistency.
3. Minimize the flame, immediately add puffed amaranth, dry fruits, and rose water into it, and mix. Stir it for another 15-30 sec.
4. Take out this mix in a greased plate, flatten it with a spatula.
5. When set after some time, cut into long bars and Keep bars and Freeze.





## NUTRITIVE VALUE

(Per serving)

Energy	340 Kcal
Protein	11 g
Fat	25 g
Carbohydrate	47 g

Submitted by- Anusha Vijay



# AMARANTH PUDDING LAYERED WITH FRUITS AND DRY FRUITS



Preparation Time  
- 20 mins



Cooking Time  
- 15 mins



Serving Size  
- 1

## INGREDIENTS

- 1/4 Cup Amaranth / Ramdana / Rajgira
- Yoghurt- 2 Tbsp
- Chickoo / sapodilla - 1 Nos.
- Dates / khajur - 2 Nos.
- Anjeer - 2 Nos.
- Banana (small) - 1 Nos.
- Jaggery - 1 tsp
- Honey - 1 Tbsp
- Makhana / fox nuts / lotus seeds - 5-6 Nos.
- Ghee / clarified butter - 1 Tbsp
- Soaked almonds - 5 Nos.
- 3/4 Cup Water
- Sesame seeds- 1 tsp

## INSTRUCTIONS

1. Wash the amaranth well. Put it in a pot. Add thrice the quantity of water.
2. Keep this pot on a high flame and let the water come to a boil. Once it comes to a boil, lower the flame, cover the pot and let it cook on a low flame for 15-20 minutes until all the water gets absorbed. Keep stirring from time to time during this process. Let it cool down.
3. Now add the yoghurt and honey to it, and mix well. You can skip the honey if you don't want the pudding to be too sweet.
4. Chop the chickoo, dates, anjeer and soaked almonds.
5. Add the chopped chickoo to a pan and let it caramalise a little on a low flame. Add the chopped dates, sesame seeds and some jaggery as well. Jaggery can be skipped if you don't want the pudding to be too sweet.
6. Heat some ghee in a pot, add the jiggery to it and let it melt to form a syrup. Now add the sesame seeds and mix once. Add the makhanas and coat them well with the syrup.
7. Let them cool down. Crunchy makhanas are ready, and will be used as a garnish.
8. Chop the banana.
9. Take a glass or bowl to present the pudding.
10. Make layers of the amaranth, caramelised chickoo, banana, almonds and anjeer. Put the crunchy makhanas on top.





## NUTRITIVE VALUE

(Per serving)

Energy	343 Kcal
Protein	7 g
Fat	7 g
Carbohydrate	37 g

Submitted by- Shreyas Kishore Surve



# AMARANTH TART



Preparation Time  
- 10 mins



Cooking Time  
- 45 mins



Serving Size  
- 1

## INGREDIENTS

- Amaranth flour-50g
- Vanilla essence- 3-4 drops
- Desi Ghee- 1 tsp
- Water

## INSTRUCTIONS

1. Add the flour, vanilla essence, ghee into a mixing bowl.
2. Slowly add water to form a semi soft dough.
3. Let it rest for 10mins
4. Now roll the dough into thin sheet
5. Mark the sheets for the lining and base of the tart
6. Firstly, cut the lining for the tart.
7. Now make a roll of the lining place it in the centre of the mould and unfold it while pressing the sides.
8. Once that is done mark the base and apply water onto it. (so that the base sticks to the wall properly.)
9. Now place the mould on the marked surface and press so that the mould cuts the base.
10. Now check for any leaks and if all is done properly poke the base with fork so it doesn't puff up when baked.
11. Now bake it at 180° C for 15-20 mins till you see brown spots.
12. Once brown spots are visible take out the tart and give it milk wash and now bake till is fully cooked.





### NUTRITIVE VALUE

(Per serving)

Energy	215 Kcal
Protein	8 g
Fat	3.2 g
Carbohydrate	35 g

Submitted by- Shilpi Agrawal

# AMARANTH OATS IDLI



Preparation Time  
- 15 mins



Cooking Time  
- 20 mins



Serving Size  
- 4

## INGREDIENTS

- Amaranth grain-1/2 cup
- Oat- 1/2 cup
- Carrot- 1 grated
- Zucchini-1 grated
- Fresh coriander 100gm
- Green chillies-3-4
- Ginger paste- 1tbsp
- Curd- 2 cup
- Baking soda/ eno-1tsp
- 

## INSTRUCTIONS

1. Dry roast Amaranth at medium heat till slightly golden colour.
2. Place it in a bowl after roasting and let it cool down.
3. Grind the Amaranth (Ramdana) and Oats separately and make fine powder.
4. In mixing bowl, add amaranth powder, oats powder curd and salt.
5. Now add grated zucchini, carrot, ginger paste and fresh coriander finely chopped and make a batter.
6. Mix all ingredients very well. Batter should be not very thin nor very thick. Cover it and keep it aside for 1/2 hr.
7. Boil the idli steamer with water at high heat. Grease the idli mould with some oil. Mix baking soda / eno into batter. Place 2 Tbsp batter in each idli mould cavity. Fill all idli mould with batter.
8. Place the idli mould into the hot steamer, cover it and bring the temperature to medium heat. Let it steam for 15 minutes.
9. Once it's done, turn off the heat. Let it rest for 5 minutes in steamer then remove it from steamer.
10. Let it cool. Once it's lukewarm, remove from mould using a spoon. Make rest of the idlis, following the same process.
11. Amaranth (ramdana) oats idlis are ready .
12. Serve with green chutney or coconut chutney.





## NUTRITIVE VALUE

(Per serving)

Energy	400 Kcal
Protein	10.5 g
Fat	13 g
Carbohydrate	60 g

Submitted by- O P S Rao



# AMARANTH PEANUT BUTTER BALLS



Preparation Time  
- 15 mins



Cooking Time  
- 20 mins



Serving Size  
- 4

## INGREDIENTS

- Amaranth seeds- 1 cup
- Butter- ¼ cup
- Gur- ¼ cup
- Mixed dry fruits - ¼ cup (Dates, raisins, figs, etc).
- Baking powder- 1 tsp
- Flax seed powder- 1 Tbsp
- Warm water- ¼ cup
- Cocoa powder- 1 tsp
- Peanut butter- 2 Tbsp

## INSTRUCTIONS

1. Dry roast the amaranth seed powder till a nice aroma comes.
2. Let it cool.
3. Combine all the ingredients in a bowl and mix properly.
4. Add water 1 tbsp. at a time to make the dough stiff.
5. Now make small balls. Store in fridge





## NUTRITIVE VALUE

(Per serving)

Energy	485 Kcal
Protein	45 g
Fat	16 g
Carbohydrate	40 g

Submitted by- Kapil Agarwal

# AMARANTH MANGO SMOOTHIE



Preparation Time  
- 3 mins



Cooking Time  
- 5 mins



Serving Size  
- 1

## INGREDIENTS

- 1/2 Cup (Puffed) Amaranth
- 1/2 cup (washed, clean, peeled, cut pcs) Mango
- Milk 200 ml (chilled)
- A pinch Cinnamon powder
- 1-2 cube Ice cube (optional)

## INSTRUCTIONS

1. First blend mango in a blender jar
2. Then add remaining ingredients,.
3. Blend them and serve cold.





## NUTRITIVE VALUE

(Per serving)

Energy	340 Kcal
Protein	15 g
Fat	20 g
Carbohydrate	16 g

Submitted by- Dr Swati Bhardwaj

# RAMDANA UPMA



Preparation Time  
- 10 mins



Cooking Time  
- 15 mins



Serving Size  
- 2

## INGREDIENTS

- Ramdana: 1 cup
- Potato: 1 medium sized  
[washed, peeled and diced into small pieces]
- Peanut: 1/4 cup [roasted and crushed]
- Ginger: 1/2 teaspoon [finely chopped]
- Green chili: 1/2 teaspoon [finely chopped]
- Cumin seeds: 1/4th teaspoon
- Curry leaves: 4-5
- Salt: 1 teaspoon
- Black pepper: 1/2 teaspoon [powdered]
- Lemon juice: 1-2 teaspoons
- Coriander leaves: 5-6 sprigs
- Oil: 2 teaspoon [10 ml]
- Water: 3 - 4 Cups

## INSTRUCTIONS

1. Heat oil in a pan, add cumin seeds, curry leaves, ginger and chili. Stir for 30 seconds.
2. Add diced potato and saute.
3. Add crushed peanuts, sauté again for 2 minutes in medium flame.
4. Add Ramdana, salt, black pepper. Mix well.
5. Sauté for another 2 minutes in medium flame.
6. Add water, mix and cover the pan with a lid for 7-8 minutes.
7. Turn off the heat. Add coriander leaves and lemon juice.  
Serve hot.
8. Serve with Mint coriander chutney





## NUTRITIVE VALUE

(Per serving)

Energy	190 Kcal
Protein	4 g
Fat	7 g
Carbohydrate	25 g

Submitted by- Himanshi Mahajan

# AMARANTH FLOUR COOKIE



Preparation Time  
- 15 mins



Cooking Time  
- 10 mins



Serving Size  
- 4

## INGREDIENTS

- Amaranth flour- 1 cup
- Butter- ¼ cup
- nutmeg-1/2 tsp
- cinnamon-1 tsp
- cardamom powder-1/2 tsp
- ginger powder-1/4 tsp
- lemon juice-1/2tsp
- Baking soda- 1 tsp
- Sugar- 2 tsp
- Honey/maple syrup- 3 Tbsp
- Dark sugar free choco chips- 1 Tbsp
- Raisins- 1 Tbsp
- Salt- a pinch

## INSTRUCTIONS

1. Preheat oven at 180°C.
2. Combine amaranth flour, baking powder, salt, ginger, Nutmeg, cinnamon and cardamom in a large bowl and mix well.
3. In a medium bowl, combine sugar, melted butter and maple syrup/honey.
4. Mix wet ingredients with dry ingredients using a spatula until just combined.
5. Gently stir in the raisins.
6. In a baking tray scoop the batter and sprinkle dark choco chips (can be replaced with roughly chopped dark chocolate). Bake it for 10- 12 minutes.
7. Remove from the oven and allow it to cool.









*Barnyard Millet  
Recipes*





### NUTRITIVE VALUE

(Per serving)

Energy	240 Kcal
Protein	05 g
Fat	03 g
Carbohydrate	36 g

Submitted by- Inoshi Sharma

# STEWED PUMPKIN SAMAK RICE



Preparation Time  
- 15 mins



Cooking Time  
- 15 mins



Serving Size  
- 2

## INGREDIENTS

- Samak rice - 1 cup
- Yellow pumpkin - 2 cups , soaked
- Mushrooms- 1 cup, chopped
- Onion - 1 Tbsp, chopped
- Ginger - 1 tsp, chopped
- Garlic (optional).
- Coconut milk- 1 Tbsp
- Dhania powder- 1 tsp
- Jeera- 1 tsp
- Garam masala- 1 tsp
- Salt- as per taste
- Pepper powder - ½ tsp
- Oil/ ghee - 1 tsp

## INSTRUCTIONS

1. In a heavy bottom pan heat oil, add the onion and ginger.
2. Cook till they turn brown.
3. Now add the chopped pumpkin, mushroom, garlic, dhania powder, jeera powder and garam masala.
4. Cook for 5 min stirring occasionally till the raw smell goes.
5. Now add the samak rice and 2 cups of water.
6. Cover up the pan and cook for 10 min.
7. Alternately you can also pressure cook for 2 whistles,
8. Just before it is done add the coconut milk, pepper and salt for taste.
9. Serve hot





### NUTRITIVE VALUE

(Per serving)

Energy	350 Kcal
Protein	8 g
Fat	5 g
Carbohydrate	75g

Submitted by- Valantina Preeta A

# BARNYARD MILLET DUMPLINGS/ KUTHIRAIVALI KOLUKATTAI



Preparation Time  
- 30 mins



Cooking Time  
- 10 mins



Serving Size  
- 4

## INGREDIENTS

- Barnyard Millet- 1 cup
- Water- 2 and ½ cups
- Coconut Oil- 1 tbsp
- Chana Dal- 1 tsp
- Urad Dal- 1 tsp
- Mustard Seeds- ½ tsp
- Green Chillies- 1-- 2 ,finely chopped
- Coconut - 2 Tbsp, freshly grated
- Hing or asafoetida- a pinch
- Curry leaves, few, torn into pieces
- Salt to taste
- 

## INSTRUCTIONS

1. Wash and Soak barnyard millet for atleast 15 to 20 mins.
2. After 20 mins, drain the water and keep aside.
3. Heat a thick bottom kadhai or pan, add coconut oil, mustard seeds, urad dal, chana dal, green chillies, hing, curry leaves.
4. Once mustard seed crackles, add water and salt to taste.
5. Once the water starts boiling, reduce the flame and slowly add the soaked and drained barnyard millet. Keep mixing while you add the millets.
6. Now add the grated coconut and keep mixing it. The millets would thicken up after a few minutes.
7. Once it forms a thick mass, switch off the flame and let it cool slightly.
8. Meanwhile prepare a steamer for steaming the kozhukattais.
9. Shape the kozhukattai and place them in the hot steamer. Steam them for atleast 10 minutes until soft. Serve immediately with coconut chutney





## NUTRITIVE VALUE

(Per serving)

Energy	370 Kcal
Protein	6 g
Fat	8.6 g
Carbohydrate	66 g

Submitted by- S.Priyadharshini

# BARNYARD MILLET PUTTU



Preparation Time  
- 10 mins



Cooking Time  
- 20 mins



Serving Size  
- 11

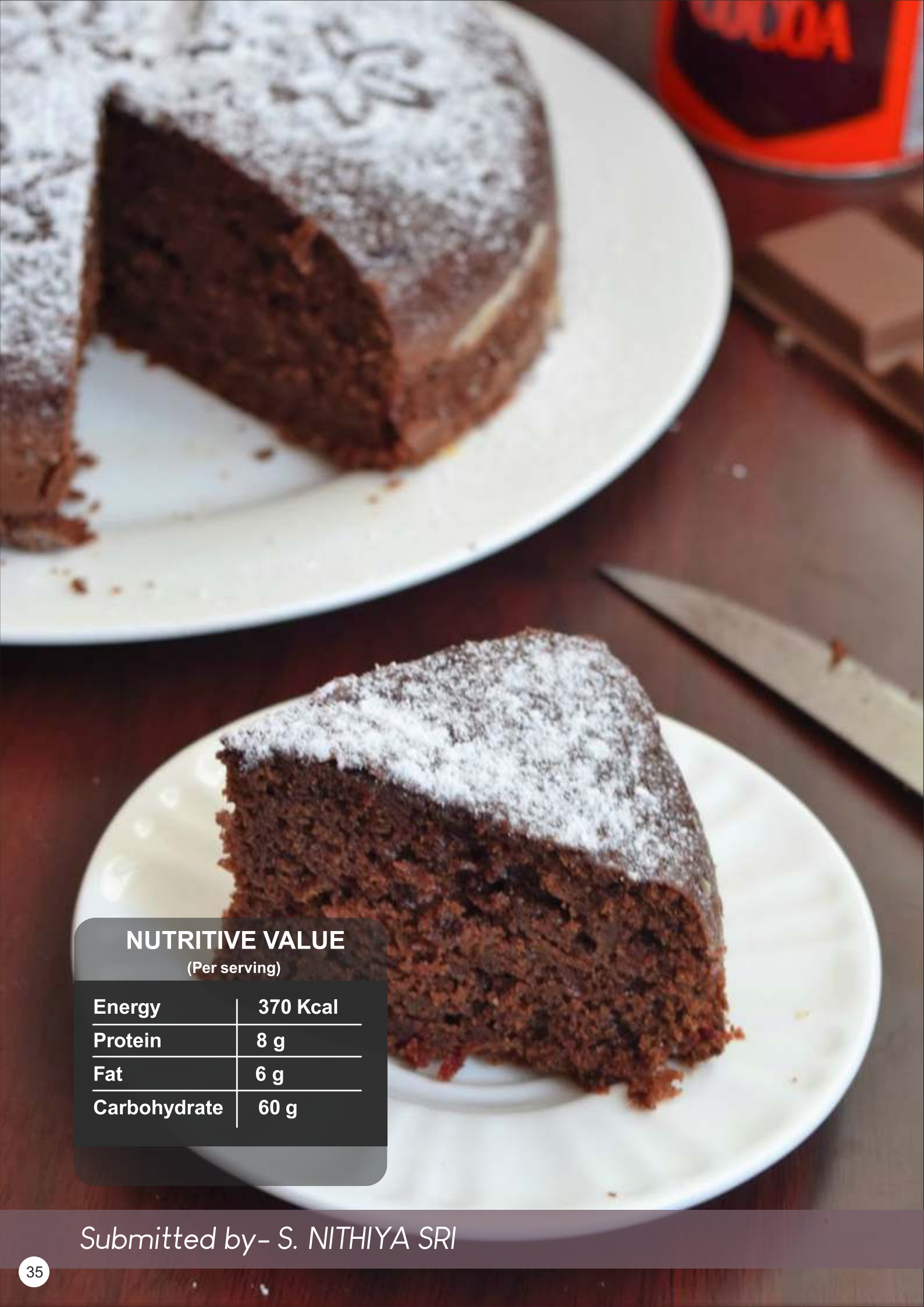
## INGREDIENTS

- 1 kg Barnyard millet
- 200g Coconut
- Salt as desired

## INSTRUCTIONS

1. Take 1 cup barnyard millet flour and salt(as desired ) in a mixing bowl or a pan, now sprinkle 1/2 cup water all over.
2. Begin to mix the rice flour with the water with your fingertips. Mix very well.and when you press a small portion of the flour between your palms. It should form a lump
3. Grind this barnyard millet flour mixture in a grinder to break lumps ND pour 2 to 3 cups water in the base vessel of the puttu kudam. Keep on stove top & let it get heated.
4. Meanwhile, first place the perforated disc inside the cylindrical vessel. Then add 2 to 3 tablespoons fresh coconut in the cylindrical vessel of the puttu kudam and spread evenly.
5. Gently add the puttu flour till it reaches half of the cylindrical vessel. Layer Cover the top with the lid. Place the cylindrical portion on top of the base vessel in which the water must have come to a boil.
6. Steam puttu on medium flame till you see steam releasing from the top vent of the cylindrical vessel and switch off the flame.
7. Remove the cylindrical part from the base vessel and allow the puttu inside to cool for 3 to 4 minutes.
8. Then using a wooden skewer remove the steamed puttu. Serve puttu hot or warm with kadala curry or veg stew.





## NUTRITIVE VALUE

(Per serving)

Energy	370 Kcal
Protein	8 g
Fat	6 g
Carbohydrate	60 g

Submitted by- S. NITHIYA SRI

# BARNYARD MILLET CHOCO BEETROOT AND CARROT CAKE



Preparation Time  
- 40 mins



Cooking Time  
- 30 mins



Serving Size  
- 6/8pcs

## INGREDIENTS

Barnyard millet flour - 150 g  
Sugar - 150 g  
Butter - 150 ml  
Milk - 50 ml  
Curd / Yogurt - 50 ml  
Baking powder - 5 g  
Baking soda - 5 g  
Cocoa Powder - 60 g  
Beetroot - 75 g  
Carrot - 75 g (1 Small carrot + 1  
Small beetroot)  
Vanilla essence - 5 g  
salt - 1 pinch

## INSTRUCTIONS

1. Sieve barnyard millet flour, cocoa, baking powder, baking soda and salt set aside.
2. Take butter ,sugar in a bowl and beat till creamy.
3. Now add in milk vanilla essence, and curt mix well.
4. Then add the dry ingredients and fold to combine.
5. Add the grated beetroots and carrot mix well.
6. Spoon this into a square pan and bake for 30 to 40 min.
7. Remove from oven and let it cool down.
8. Tab the cake pan on a countertop to release any large air bubbles.
9. Put cake pan into the preheated oven and bake it for 1 hour.





### NUTRITIVE VALUE

(Per serving)

Energy	290 Kcal
Protein	11 g
Fat	4 g
Carbohydrate	50 g

Submitted by- S. NITHIYA SRI



# SAMAK CHAWAL IDLI



Preparation Time  
- 15 mins



Cooking Time  
- 10 mins



Serving Size  
- 3

## INGREDIENTS

- Samak chawal coarse powder- 300g
- Black gram powder- 150g
- Finger millet powder (raagi)- 150g
- Curd - 1 1/2 cup
- Curry leaves - 15-20 leaves chopped.
- Mustard seeds- 2 tsp
- Asafetida powder- pinch
- Chana dal- 4 tsp
- Carrots- 1 medium grated
- Cashew- 10 pieces chopped
- Black sesame - 2 tsp
- Water (if required)
- Baking soda - 3/4 tsp
- Salt - 1 1/2 tsp

## INSTRUCTIONS

1. Mix Samak chawal, black gram, finger millet powder, curd and salt and leave for half an hour. If the batter is very thick then add water accordingly (like idly batter consistency).
2. Stir fry curry leaves, chana dal, mustard seeds till aromatic and add Asafetida powder after turning off the stove. Mix this in the batter properly.
3. Take 2 spoons of lukewarm water and add 3/4 teaspoon of baking powder. Mix it thoroughly with batter.
4. Take an idly stand and grease it with oil. Add a glass of water to the base of the stand for steam formation.
5. Added grated carrot to each of the bases on the stand along with 2-3 pieces of cashew and black sesame. Add the batter to the base and steam it for 10 minutes.
6. Serve warm along with Coriander chutney for enhancing the taste.



A close-up photograph of a white ceramic cup with a textured pattern, filled with a smooth, yellow soup. The soup is garnished with fresh green herbs and saffron threads. The cup is set against a dark green background with a white beaded necklace and red flowers in the background.

## NUTRITIVE VALUE

(Per serving)

Energy	320 Kcal
Protein	9 g
Fat	4 g
Carbohydrate	63 g

Submitted by- Mahesh Chhagan Londhe

# BARNYARD MILLET MANGO MILK SHAKE



Preparation Time  
- 5 mins



Cooking Time  
- 20 mins



Serving Size  
- 1

## INGREDIENTS

- Barnyard millet milk - 100 ml
- Normal Milk - 100 ml
- Mango Fruit - 50g
- Sugar- 25g
- Water as required

## INSTRUCTIONS

1. Soak the dehulled barnyard millet in excess amounts of water overnight.
2. Wash the grains properly and grind the millet adding water in 1:1 ratio (Barnyard millet: Water)
3. Extract the 100 ml milk from the barnyard millet and filter it.
4. Blend the barnyard millet milk to the regular milk and boil for 5-10 minutes.
5. After boiling, cool at room temperature and keep it aside. Peel the mango and cut into slices.
6. Now add mango slices and sugar in a blender and make pulp.
7. Add blended milk and mango pulp to blender and mix it
8. Remove from the blender and filter it
9. Decorate with almonds and saffron.





## NUTRITIVE VALUE

(Per serving)

Energy	340 Kcal
Protein	3 g
Fat	25 g
Carbohydrate	40 g

Submitted by- Tejaswini Vijay Bandgar

# DRY FRUITS BARNYARD MILLET BURFI



Preparation Time  
- 45 mins



Cooking Time  
- 20 mins



Serving Size  
- 2

## INGREDIENTS

- Barnyard Millet -100 g
- Milk- 250 ml
- Sugar- 50 g
- Ghee-50 ml
- Dry Fruits - handful
- 

## INSTRUCTIONS

1. Wash and grind the Barnyard Millet
2. Heat 50 ml ghee in a pan and mix it with barnyard millet
3. flour on low flame with continuous stirring for 10 minutes  
Boil milk and sugar in another pan to make condensed
4. milk  
Finally combine all the ingredients and continuously stir
5. to prepare the final dish





## NUTRITIVE VALUE

(Per serving)

Energy	186 Kcal
Protein	4 g
Fat	1.5 g
Carbohydrate	36 g

Submitted by- Vimal raj. V

# BARNYARD MILLET COMPLIMENTARY FOOD



Preparation Time  
- 10 mins



Cooking Time  
- 60 mins



Serving Size  
- 1

## INGREDIENTS

- Barnyard Millet - 100g
- Black gram - 1 tsp
- Red gram- 1 tsp
- Bengal gram - 1tsp
- Green gram - 1tsp
- Almond -6-8
- Sugar as required
- 

## INSTRUCTIONS

1. Add all ingredients in a bowl and clean with water.
2. Dry them on a towel(1hrs)
3. Place it in a plate
4. Add them on a frying pan.
5. Fry them 6-5 minutes on moderate flame, stirring occasionally and cool it.
6. Add it into a mixer and grind them into fine powder





## NUTRITIVE VALUE

(Per serving)

Energy	430 Kcal
Protein	7 g
Fat	3 g
Carbohydrate	90 g

Submitted by- Anusha Vijay



# BARNYARD MILLET AND SAGO MINI DOSAS WITH TOMATO COCONUT CHUTNEY & SAUTEED VEGETABLES



Preparation Time  
- 30 mins



Cooking Time  
- 25 mins



Serving Size  
- 1

## MINI DOSAS

### INGREDIENTS

- Samak chawal- ½ cup
- Sago / sabudana powder - ¼ cup
- Buttermilk - As required
- Coriander leaves - ¼ cup
- Green chillies- 2
- Salt To taste
- Oil As required

### INSTRUCTIONS

1. Finely chop the coriander leaves and green chillies.
2. Wash the samak chawal well.
3. Put it in a stainless steel or glass vessel. Add the sago powder.
4. Now add the buttermilk little by little and keep mixing, until a batter of pouring consistency has formed.
5. Now add the chopped coriander leaves, green chillies and salt. Mix well.
6. Grease a pan with some oil and pour enough batter.
7. Spread this batter in a circular motion using a spoon.
8. Cook on a medium flame until it turns golden brown from both the sides. Follow the same procedure for all the dosas.
9. Mini dosas are ready!



# TOMATO COCONUT CHUTNEY

## INGREDIENTS

- Tomatoes (medium) - 2
- Onion (medium) - 1
- Curry leaves - 5
- Hing / asafoetida powder - 1/4 tsp
- Whole Kashmiri red chillies - 3
- Mustard seeds / rai ka dana - 1 tsp
- Urad dal / split and skinned black gram - 1/2 tsp
- Cumin seeds / jeera - 1 tsp
- Ginger - 1/2 Inch
- Garlic cloves - 5
- Green chilli - 1
- Tamarind pulp - 1 tsp
- Coconut milk - 2 Tbsp
- Salt - To taste
- 

## INSTRUCTIONS

1. Roughly chop the tomatoes, onion and ginger.
2. Heat the oil in a pan. Add the urad dal, whole red chillies and mustard seeds. Lightly sauté.
3. Add the cumin seeds, garlic cloves, ginger, curry leaves, onions and green chilli. Don't brown the onions. Just sweat them.
4. Now add the tomatoes. The ratio of tomatoes to onions should be 2:1. Add salt to taste and toss well.
5. Now add the tamarind pulp to give a hint of sourness to the chutney.
6. Cover and cook this mixture for about 10 minutes until the tomatoes get mushy.
7. Let the mixture cool down.
8. Grind it into a smooth chutney.
9. Take the required amount of chutney, add the coconut milk to it, mix well and heat it once.
10. Tomato coconut chutney is ready!



# SAUTEED VEGETABLES

---

## INGREDIENTS

- Broccoli (medium sized) - 7-8
- Baby corn - 3-4
- Yellow zucchini - 2-3 Inch

## INSTRUCTIONS

1. Remove the ends of baby corns. Slit them and cut them into medium sized pieces.
2. Chop the zucchini in the same way.
3. Heat some olive oil in a pan.
4. Add the baby corns first because they take longer to cook. Cover the pan and let it cook/
5. After 2-3 minutes, add the broccoli florets. Cover the pan again.
6. After 2-3 minutes, add the zucchini and cook for 2 minutes.
7. Sauteed vegetables are ready.
8. Now assemble the mini dosa, tomato onion chutney
- 9 and sauteed vegetable in a plate and enjoy!







### NUTRITIVE VALUE

(Per serving)

Energy	150 Kcal
Protein	3 g
Fat	1 g
Carbohydrate	35 g

Submitted by- Meenal Sharma

# INDIAN STYLE SAMAK RICE NOODLES



Preparation Time  
- 30 mins



Cooking Time  
- 60 mins



Serving Size  
- 1

## INGREDIENTS

- Samak rice- 1 cup
- Urad (white) dal- 1 cup
- Chopped vegetables/salad leaves - 1 cup
- Tofu pieces- ½ cup
- Jeera- 1 tsp
- Dhania powder- 1 tsp
- Garam masala- 1 tsp
- Oil- 1 tsp
- Salt for taste
- 

## INSTRUCTIONS - FOR NOODLES

1. Firstly, soak samak rice for two hours in normal water.
2. After this, wash them and grind into fine paste with adequate amount of water.
3. Add 150ml of water into it and stir well.
4. Add salt and mix it well and your batter is ready.
5. Take a greased dhokala plate and spread the very thin layer of batter and steam it with the help of a steamer for 4-5 minutes.
6. After 5 minutes cool it down and remove it from the plate carefully and keep it aside & repeat this for the left over batter.

## INSTRUCTIONS - FOR GRAVY

1. Take ginger, green chilli, tomato and make puree out of it
2. Then take wok and add 1 Tbsp of oil and heat it after this add the puree
3. Add hing and all dry spices, cook the mixture until the oil separates
4. Add salt and half cup of water, bring this to a boil and add cooked noodles into the gravy also add roasted crushed makhana.
5. Mix and serve with the sprinkled roasted makhana.





## NUTRITIVE VALUE

(Per serving)

Energy	350 Kcal
Protein	3 g
Fat	10 g
Carbohydrate	60 g

Submitted by- Meenal Sharma

# SAMAK RICE WRAP



Preparation Time  
- 15 mins



Cooking Time  
- 10 mins



Serving Size  
- 2/3

## INGREDIENTS

- Samak rice- 1 cup
- Urad (white) dal- 1 cup
- Chopped vegetables/salad leaves - 1 cup
- Tofu pieces- ½ cup
- Jeera- 1 tsp
- Dhania powder- 1 tsp
- Garam masala- 1 tsp
- Oil- 1 tsp
- Salt for taste
- 

## INSTRUCTIONS

1. Soak the samak rice and white urad dal overnight. Next day grind them to make a thick batter.
2. Sautee the vegetables and tofu with all the dry masala with 1 tsp oil.
3. Alternately you can use oregano, tomato and black pepper instead of the garam masala.
4. On a non-stick pan pour a small bowl of the batter and make it like cheela or dosa.
5. Once done on both sides, place the vegetable mixture in the centre and you can also put mint chutney, humus, salad leaves or peanut butter(etc) to make the wrap.





### NUTRITIVE VALUE

(Per serving)

Energy	310 Kcal
Protein	15 g
Fat	3 g
Carbohydrate	30 g

Submitted by- Thavanesh Rao

# SAMAK RICE SAVOURY CAKE



Preparation Time  
- 20 mins



Cooking Time  
- 20 mins



Serving Size  
- 2

## INGREDIENTS

- Samak rice- 1 cup, soaked overnight
- Green moong dal - 1 cup, sprouted
- Gram flour- 2 Tbsp
- Haldi- 1 tsp
- Lemon juice- 1 tsp
- Chopped ginger- 1 tsp
- Eno salt- 1 tsp
- Oil- 1 tsp

### For tempering:

- Rai seeds - 1 tsp
- Curry leaves- 1 sprig
- Salt for taste
- Water- 2 Tbsp
- Sugar- ½ tsp

## INSTRUCTIONS

1. Grind the soaked samak rice and green moong sprouts with very little water.
2. Pour into a bowl, now add the gram flour, oil, lemon juice, haldi, ginger with little water to make a thick batter, it should be cover the back of the spoon but should not be runny.
3. Pour the mixture in a microwave safe bowl.
4. Now add the eno salt and mix thoroughly. Immediately microwave at 600 for 7-8 min. Alternately you can steam it for 10-15 min.
5. Place a knife in the centre, if it comes out clean, it is done.
6. For the tempering heat oil and add the rai seeds, once it splutters add the curry leaves and water, switch off gas and add the salt and gur/sugar, mix all well.
7. Now pour this over the cake.
8. Serve with chutney of choice.



## NUTRITIVE VALUE

(Per serving)

Energy	250 Kcal
Protein	12 g
Fat	3 g
Carbohydrate	50 g

Submitted by- Dr. Renuka Mainde

# BARNYARD BIRYANI



Preparation Time  
- 20 mins



Cooking Time  
- 15 mins



Serving Size  
- 5

## INGREDIENTS

- Samak chawal- 60g
- Curd-50g
- Carrot-20g,
- Oil-1tsp, salt to taste,
- Red chilli powder-1/4th tsp
- Green chilli -non spsicy-1 small,
- Ginger- 1 inch piece

## INSTRUCTIONS

1. Take a dhokala steamer pan. Apply oil and keep it ready. Add water to dhokala steamer and keep it ready.
2. Pound ginger and green chili into paste.
3. Add paste of green chili and ginger to soaked batter of samak chawal and curd. Add salt and mix it properly.
4. Pour batter in oil coated dhokala pan. Sprinkle red-chilli powder, sesame seeds on top and allow it steam for 15 minutes checking in-between.
5. Once steamed properly, transfer it into serving dish.
6. Heat the oil in pan, add curry leaves, cumin seeds and sprinkle the seasoning on dhokala, served with mint coriander chutney.





### NUTRITIVE VALUE

(Per serving)

Energy	310 Kcal
Protein	9 g
Fat	12.5 g
Carbohydrate	31 g

Submitted by- Chetan P S Rao



# TOFU CHULAI SAMA RICE SOUP



Preparation Time  
- 20 mins



Cooking Time  
- 30 mins



Serving Size  
- 2

## INGREDIENTS

- Samak Rice -1 cup. soaked
- Chopped Tofu Pieces - 1 cup
- Chopped red chulai leaves- 1 cup
- Ginger chopped- 1 inch
- Tomato chopped-1
- Jeera -1 tsp
- Dhania powder -1 tsp
- Ghee - 1 tsp
- Coconut milk -1/2 cup
- Turmeric- 1 tsp
- Salt to taste

## INSTRUCTIONS

1. In a heavy bottom pan, heat oil and add the ginger.
2. Cook till it changes its colour .
3. Add jeera and then chopped tomato.
4. Add dhania powder, turmeric and chulai leaves and cook for 5-6 minutes.
5. Add samak rice, tofu and coconut milk and cook it for 8-10 minutes.
6. Serve in bowls and garnish it with coriander leaves.





## NUTRITIVE VALUE

(Per serving)

Energy	240 Kcal
Protein	5 g
Fat	12 g
Carbohydrate	24g

Submitted by- Preethi V

# BARNYARD MODAK



Preparation Time  
- 15 mins



Cooking Time  
- 60 mins



Serving Size  
- 4

## INGREDIENTS

- Barnyard millet- 2 cups
- Jaggery- 1/4 cup (Powdered)
- Peanut- 1/4 cup (Coarsely ground)
- Sesame seed-1/4 cup (Coarsely ground)
- Coconut-1/4 cup (Grated)
- Cardamom- 1 tsp (powdered)
- Water as required
- Salt as required

## INSTRUCTIONS

### Dough preparation

1. Take 2 cups of barnyard millet and soak it in water for 1/2 hour.
2. Dry the soaked millet and grind it into fine powdered flour.
3. In a pan boil water and add the barnyard millet flour and salt as required.
4. Stir the mixture until dough like consistency is achieved.

### Stuffing preparation -

5. Add grated coconut, coarsely ground peanut, sesame seeds, powdered jaggery and cardamom powdered in a bowl and mix it well.
6. Take small amount of dough and shape it into modak.
7. Modak can be shaped using mould or by flattening the dough and sealing the edges.
8. Fill the stuffing inside the modak and seal it.
9. Steam the modak in cooker for 10 - 15 minutes.
10. Remove immediately and serve



The image shows two bowls of yellow dal, likely a lentil soup, garnished with green herbs and a small amount of oil. The bowls are dark brown and filled with a thick, yellowish-orange dal. The background is dark and textured.

## NUTRITIVE VALUE

(Per serving)

Energy	300 Kcal
Protein	9.5 g
Fat	6 g
Carbohydrate	50 g

Submitted by- Mrs Rashmi

# SAMAK MANGO PHIRNI



Preparation Time  
- 20 mins



Cooking Time  
- 10 mins



Serving Size  
- 2

## INGREDIENTS

- Milk-500 ml ,toned
- Samak-½ cup [soaked in water for half an hour]
- Mango pulp- ½ cup
- Cardamom powder- 1/2 tsp
- Sugar-30g

## INSTRUCTIONS

1. Wash samak, and soak it for 20 minutes  
Coarsely grind the soaked samak[ensure it is grainy]
2. Boil milk and add cardamom powder
3. Once it starts boiling add samak and sugar to the milk.
4. Stir on a low flame till it starts to thicken.
5. Gradually add mango pulp.
6. Serve chilled.





## NUTRITIVE VALUE

(Per serving)

Energy	416 Kcal
Protein	13 g
Fat	4.5g
Carbohydrate	60 g

Submitted by- Renu Tiwary

# SAMAK CHAWAL DHOKLA



Preparation Time  
- 20 mins



Cooking Time  
- 10 mins



Serving Size  
- 2

## INGREDIENTS

- Samak: 3/4 Cup
- Sour yogurt: 1 Cup [thick consistency; 200 ml]
- Ginger- 5g
- Curry leaves- 6-7
- Dried whole red chilli- 2
- Green chillies: 2
- Lemon juice: 2-3 tsp
- Sugar- 1 tsp
- Cumin seeds: ½ tsp
- Salt: to taste
- Oil: 1 Tbsp
- Fresh coconut- 2 tsp, shredded
- Coriander: 3-4 sprigs [chopped]

## INSTRUCTIONS

1. Soak samak for 2 hours
2. Grind it until smooth with ginger and green chillies.
3. Add curd and just enough water to make a dropping consistency batter.
4. The batter should be smooth. Ensure that it is not grainy.
5. Leave the batter overnight to ferment.
6. Grease a plate/tin with little ghee and pour the batter into it.
7. Place the plate/tin into the steamer and let cook for 12-15 minutes.
8. Test if it is done with knife/toothpick.
9. Once done, take it off the heat and then let it cool.
10. For the seasoning: Heat ghee in a pan. Add cumin, whole red chillies, and curry leaves.
11. Take it off the fire and add sugar, lemon juice and mix well.
12. Now pour it over the dhokla.
13. Cut the dhokla into pieces and garnish with the coriander leaves and shredded coconut.









# Buckwheat Recipes





### NUTRITIVE VALUE

(Per serving)

Energy	270 Kcal
Protein	9 g
Fat	17 g
Carbohydrate	14 g

Submitted by- Inoshi Sharma

# BUCKWHEAT PANCAKE



Preparation Time  
- 10 mins



Cooking Time  
- 10 mins



Serving Size  
- 2

## INGREDIENTS

- Buckwheat flour - 1 cup
- Chikoo - 3, mashed ( should be about 1 cup)
- Coconut milk-  $\frac{3}{4}$  cup
- Flax seed- 2 tbsp, grounded
- Cinnamon powder-  $\frac{1}{2}$  tsp (optional)
- Mixed nuts- 2 tbsp (chia, pumpkin, sunflower, almond, walnut etc)

## INSTRUCTIONS

1. Mix all ingredients well.
2. If it becomes dry then add water or milk to make a
3. thick batter.
4. Pour on a non-stick pan to make small circles.
5. Cook on low flame till both sides are done.
6. You can also used very ripe bananas or stewed
7. apple in place of chikoo
8. Serve hot





## NUTRITIVE VALUE

(Per serving)

Energy	160 Kcal
Protein	3.8 g
Fat	0.6 g
Carbohydrate	30 g

Submitted by- Tanush Rao

# BUCKWHEAT GROATS RISOTTO



Preparation Time  
- 20 mins



Cooking Time  
- 10 mins



Serving Size  
- 2

## INGREDIENTS

- Buck wheat grains - 2 cup
- Chopped mushrooms- 400g
- Spring onion-1/2 cup
- Garlic chopped-2 cloves
- Pepper-1/2 tsp
- Vegetable stock- 1 cube
- Oregano- 1 tsp
- Salt for taste
- Oil/butter - 1 tsp

## INSTRUCTIONS

1. Boil the buck wheat groats for 8 to 10 min till soft.
2. In a pan put the oil and mushrooms and garlic.
3. Sautee for 5 min till raw smell goes.
4. Now add the spring onion and Sautee for 2 min.
5. Take the cube of vegetable stock and place it in half cup of hot water.
6. Stir to dissolve.
7. Pour this water over the mushrooms along with salt, pepper and oregano.
8. Now add the buck wheat groats and cook till water evaporates. Serve hot.





## NUTRITIVE VALUE

(Per serving)

Energy	230 Kcal
Protein	10 g
Fat	3 g
Carbohydrate	35 g

Submitted by- Thavanesh Rao

# KUTTU BEETROOT TIKKI



Preparation Time  
- 15 mins



Cooking Time  
- 15 mins



Serving Size  
- 2

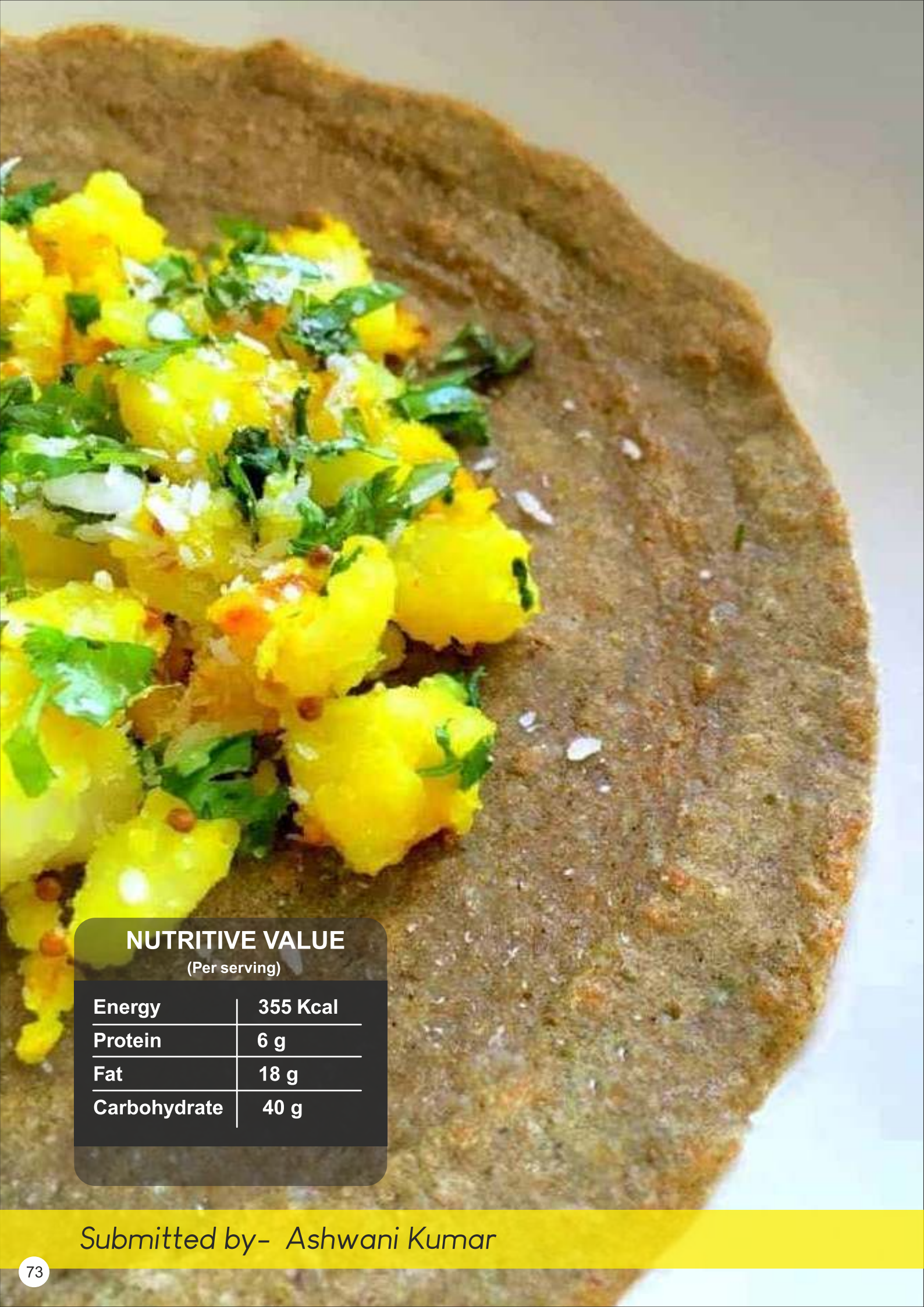
## INGREDIENTS

- Kuttu flour- 1 cup
- Beetroot- 2 medium, boiled and mashed
- Oil/butter-1 Tbsp
- Flax seed -1 Tbsp, powder
- Peanuts- 1 Tbsp, chopped
- Jeera- 1 Tbsp, roasted
- Red chilli flakes/ Green chillis/  
1Black pepper- 1 tsp
- Ginger- 1 inch, chopped
- Chaat masala- 1 tsp
- Salt to taste

## INSTRUCTIONS

1. Combine all the ingredients and make small balls.
2. Now flatten them on your palm.
3. A well oiled non stick pan cook on both sides and serve hot with any home made chutney.





### NUTRITIVE VALUE

(Per serving)

Energy	355 Kcal
Protein	6 g
Fat	18 g
Carbohydrate	40 g

Submitted by- Ashwani Kumar

# KUTTU CREPES/DOSA - HEALTHY BUCKWHEAT



Preparation Time  
- 15 mins



Cooking Time  
- 5 mins



Serving Size  
- 2

## INGREDIENTS

### For Crepes/Dosa:

- Buckwheat Flour- 1 Cup
- Samak Chawal- 1/2 Cup
- Spinach - 1/4 Cup ,Fresh or Frozen
- Plain Yogurt-1/2 Cup
- Water-1/4 Cup
- Salt - as per taste
- Olive Oil -2 Tbsp

### Vrat Aloo ki Sabji:

- Boiled Potato -2, peeled and cut into bite-size
- Green Chili - 1, chopped
- Mustard Seeds-1/4 tsp
- Coconut Flakes - 2 Tbsp, Optional
- Olive Oil - 1 Tbsp, For cooking

## INSTRUCTIONS

### For Making Crepes/Dosa:

1. Using a hand blender or food processor, grind buckwheat flour, sama ka chawal and spinach together.
2. Add yogurt, water, salt to form a smooth batter (Batter should be slightly thick and not runny). Keep aside.
3. Heat a tsp of oil in a large skillet/non-stick pan for about a min. Pour about 2 ladle of batter and swirl to form the shape of crepe and cook for about 2 minutes on low flame.
4. Lightly, flip the crepe to another side and cook for another 2 minutes (You can cook more or less as per taste. For crispy brown, you may cook for another minute).

### For Making the Potato Scramble:

1. Heat 2 tbsp oil for a minute.
2. Add mustard seeds, as soon as they crackle, salt and potatoes.
3. Stir potatoes to mix with oil and mustard seeds.
4. Cook over medium heat till potatoes are nicely cooked and browned (Takes about 2-3 minutes).
5. Turn off the heat and add chopped cilantro, chili and coconut flakes.
6. Toss them lightly and serve separately or filled in each crepe.
7. Serve with Curd





## NUTRITIVE VALUE

(Per serving)

Energy	400 Kcal
Protein	9 g
Fat	20 g
Carbohydrate	25 g

Submitted by- Vinay Singh

# BUCKWHEAT FLOUR COOKIE/BISCUIT



Preparation Time  
- 10 mins



Cooking Time  
- 20 mins



Serving Size  
- 10

## INGREDIENTS

- Buckwheat flour - 1 cup
- Almonds- 1/4 cup, powdered
- Ghee- 50g
- Sugar- 1/2 cup, powdered
- Green Cardamom- 1/2 teaspoon powdered
- Salt - as per taste

## INSTRUCTIONS

1. Mix together desi ghee, powdered sugar, cardamom powder and sendha namak. Add the kuttu ka atta and water as required to knead into a dough.
2. Keep covered for 10 minutes and then make small balls out of the dough. Flatten and place them on the baking tray.
- 3.

Pre-heat the oven and bake at 150°C for 10 minutes or till they are firm. If you feel they have not baked enough, flip them over and bake them well on the other side too.





## NUTRITIVE VALUE

(Per serving)

Energy	230 Kcal
Protein	3 g
Fat	13 g
Carbohydrate	14 g

Submitted by- Linga Murthy M

# BUCKWHEAT SALAD



Preparation Time  
- 25 mins



Cooking Time  
- 5 mins



Serving Size  
- 6

## INGREDIENTS

- 1 cup uncooked buckwheat (100 g)
- 1 large bunch parsley, finely chopped
- 1 large bunch mint, finely chopped
- 1 large red onion, finely chopped
- 2 cucumbers, diced
- 2-3 tomatoes, diced
- 2 lemons, juiced
- 1 apple, peeled and chopped into chunks
- 1 Tbsp ground cumin
- 4 Tbsp olive oil
- Salt and pepper to taste

## INSTRUCTIONS

1. Cook buckwheat with 500 ml water in a rice cooker.
2. Once cooked, rinse well with cold water and let drain.
3. Place parsley, mint, red onion, cucumbers, tomatoes and buckwheat into a large salad bowl. Set aside.
4. In a liquidizer, blend lemon juice, olive oil, cumin and apple until smooth. Season with salt and pepper.
5. Toss with the buckwheat salad and serve.





### NUTRITIVE VALUE

(Per serving)

Energy	220 Kcal
Protein	2.14 g
Fat	11 g
Carbohydrate	21 g

Submitted by- Abirami A K

# BUCKWHEAT TAPIOCA MOMOS



Preparation Time  
- 20 mins



Cooking Time  
- 10 mins



Serving Size  
- 3

## INGREDIENTS

- Buckwheat flour- 20g
- Boiled Tapioca -15g
- Cabbage -15g
- Carrot -10
- Mung beans - 2 tsp
- Coconut- 10 g
- Onion - 10g
- Green chili- One or two
- Jackfruit seed- 10g
- Garlic - 1 clove
- Ginger - ½ inch
- Soy sauce- 1tsp
- Oil - 5 tsp
- Black pepper powder- 1.5 tsp
- Sugar - 1.5 g
- Salt to taste
- Water - to knead the flour
- 

## INSTRUCTIONS

1. Mix Buckwheat flour, tapioca, oil and salt in a bowl and slowly add warm water if required to make a smooth dough and set aside
2. Steam jackfruit seeds for 5 mins.
3. To make the vegetable filling heat oil in a wide pan and add garlic. Sauté for a minute, add the chopped onions and chilly and sauté for three mins till they turn translucent.
4. Add the chopped carrot and cabbage and cook for 3-4 mins on medium heat.
5. Add steamed jackfruit seed, coconut and microgreens to the mixture
6. Add soy sauce, black pepper powder. Turn off the heat and allow to come to room temperature.
7. Just before placing the filling on the rolled out circle, add salt and mix.
8. To make the momos, knead the dough again for few mins and pinch out a small lemon sized ball of the dough. Roll out each ball into 3" or 4" diameter circle. It should not be too thick or too thin in thickness.
9. Place a tablespoon of the prepared vegetable filling in Centre of each rolled out circle. Do not overstuff.
10. Steam this on high heat for 10mins. (Yield 1 serving, 3 momos)





### NUTRITIVE VALUE

(Per serving)

Energy	170 Kcal
Protein	7 g
Fat	4 g
Carbohydrate	22 g

Submitted by- Sivaranjani S

# BUCKWHEAT CHOCO LOLLIES



Preparation Time  
- 20 mins



Cooking Time  
- 30 mins



Serving Size  
- 4

## INGREDIENTS

- Buckwheat - 120 g
- Honey -1 tsp
- Sesame seeds - 1 Tbsp
- Brown sugar - 2 tsp
- Mixed nuts- 2 tsp
- Salt- as per taste
- Dates- 1 Tbsp
- Chocolate- 20g
- Butter- 2 Tbsp

## INSTRUCTIONS

1. Roast buckwheat, sesame seeds and nuts of required quantity separately.
2. Grind dates in the mixer.
3. In a bowl, add Roasted mixture one by one.
4. With this add grinded dates and desired quantity of brown sugar & salt.
5. Then add honey to this.
6. Mix this and mould the mixture into ball shape.
7. Freeze the balls over night to maintain the integrity of balls.
8. Prepare a chocolate molten mass using milk compound chocolate and butter
9. After freezing dip the balls in the chocolate mass and coat with the finely grinded nuts(optional).
10. Keep it in freezer for 2 hours, then it is ready to serve.





## NUTRITIVE VALUE

(Per serving)

Energy	430 Kcal
Protein	10 g
Fat	12 g
Carbohydrate	65 g

Submitted by- Sivaranjani S

# BUCKWHEAT MILKSHAKE



Preparation Time  
- 15 mins



Cooking Time  
- 30 mins



Serving Size  
- 1

## INGREDIENTS

- Buckwheat-40g
- Milk-1 litter
- Jaggery- 250 g
- Peanut powder- 10g
- Cardamon power as required

## INSTRUCTIONS

1. 40g roasted broken buckwheat and 1/2 cup milk buckwheat mix it and leave for minimum 3 hours or to
2. overnight.  
After add some milk with that soaked / soft turned
3. buckwheat and blend it.
4. Now add rest of the ingredients ( jaggery powder,
5. cinnamon powder, peanut powder, milk) into the blender.

Your delicious creamy upvas Smoothie is ready to be served.





## NUTRITIVE VALUE

(Per serving)

Energy	310 Kcal
Protein	4 g
Fat	13 g
Carbohydrate	35 g

Submitted by- Dr. Shelvi Agarwal

# KUTTU-GUR PANJIRI



Preparation Time  
- 30 mins



Cooking Time  
- 10 mins



Serving Size  
- 6

## INGREDIENTS

- Kuttu atta- 1 cup (seived)
- Gur- 2/3 cup  
(crushed/powdered)
- Dried coconut-3 Tbsp (Grated)
- Melon seeds - 2 Tbsp
- Foxnut - Handful
- Dry fruits (almonds, walnut) 1/2 cup  
(chopped/flaked)
- Desi ghee- 2 Tbsp
- Water- 1/2 cup

## INSTRUCTIONS

1. Toast grated coconut, foxnut and melon seeds separately.
2. Take out in a plate. Coarsely powder the foxnut.
3. Dissolve jaggery in water. In hot pan, add dissolved jaggery, continuously stir it on slow to medium flame and make a syrup of single thread consistency.
4. Simultaneously, in a hot pan, add desi ghee, then add kuttu ka atta, toast it on slow to medium flame till colour changes or rawness of flour is not there, stir it continuously. Now add, toasted coconut, foxnut and melon seeds. Mix it. Add jaggery syrup and again mix it and roast it for another 15 sec.
5. Take out this mixture in a greased plate, flatten it. Top it up with dry fruits. Slightly dab with a spatula. Keep them in Freeze.



## NUTRITIVE VALUE

(Per serving)

Energy	180 Kcal
Protein	6 g
Fat	8 g
Carbohydrate	15 g

Submitted by- Dhanashree Kurwa



# DAL DHAOKLI



Preparation Time  
- 30 mins



Cooking Time  
- 10 mins



Serving Size  
- 6

## INGREDIENTS

### For Dal:

- Toor dal (rinsed)- ½ cup
- Water-1½ cup
- Oil-1 tsp
- Peanuts- 2 Tbsp
- Ghee / clarified butter- 1tsp
- Mustard- 1 tsp
- Cumin / jeera - 1 tsp
- Chilli - 1/2
- Hing / asafoetida- a pinch
- Curry leaves- a few
- Tomato- 1, (finely chopped)
- Ginger garlic paste- 1 tsp
- Water- 1½ cup
- Turmeric- ½ tsp
- Kashmiri red chilli powder- ¾ tsp
- Cumin powder- ¼ tsp
- Coriander powder - ½ tsp
- Garam masala- ¼ tsp
- Jaggery / gud- small piece
- Salt - as per taste
- Lemon juice - 1 tsp
- Coriander - 1 Tbsp(finely chopped)

### For Dhokli:

- Buckwheat - 1 cup
- Turmeric - ½ tsp
- Kashmiri red chilli powder - ½ tsp
- Ajwain / carom seeds - ½ tsp
- Salt as per taste
- Oil - 2 tsp

## INSTRUCTIONS

1. In a large kadai heat 1 tsp ghee and splutter tempering.
2. Further add 1 tomato, 1 tsp ginger garlic paste and saute until tomatoes turn soft and mushy.
3. Add in cooked dal, 1½ cup water and mix well adjusting consistency as required.
4. Also add ¼ tsp turmeric, ¾ tsp chilli powder, ¼ tsp cumin powder, ½ tsp coriander powder and ¼ tsp garam masala.
5. Combine well making sure all the spices are mixed well.
6. Additionally add cooked peanuts, small piece jaggery, ¾ tsp salt and 1 tsp lemon juice.
7. Once the dal comes to a boil, drop in dhokli pieces and give a good mix well.
8. Cover and boil for 10-15 minutes or until dhokli is cooked completely.
9. Finally, add 2 tbsp coriander and enjoy dal dhokli.
10. Garnish with chopped onion, tomatoes and Farsan of your choice.





## NUTRITIVE VALUE

(Per serving)

Energy	340 Kcal
Protein	5 g
Fat	20 g
Carbohydrate	30 g

Submitted by- O P S Rao

# BUCKWHEAT COFFEE GINGER CAKE



Preparation Time  
- 45 mins



Cooking Time  
- 5 mins



Serving Size  
- 4

## INGREDIENTS

- Buckwheat flour - 1 cup
- Oil/butter - 25 g
- Flax seed powder- 2  
tbsp,soaked
- 1 tsp coffee powder or 1 tbsp  
cocoa powder
- Apple cider vinegar - 1 Tbsp
- Ginger paste - 1 tsp
- Baking powder- 1 tsp
- Nuts- ½ cup (almond , cashew,  
walnuts etc)
- Gur - ½ cup
- Chopped dry fruits - 1/2 cup  
date, raisins , figs etc
- Pinch of salt
- Warm water - ½ cup
- 

## INSTRUCTIONS

1. Combine all the ingredients to make a thick batter. You may add more water to get the desired consistency.
2. Oil a baking dish, pour and bake for 40 min at 180 Celsius.
3. Top the dough with chopped dark chocolate if you want.
4. Bake till crust is hard and brown.
5. The inside will remain soft and moist.





### NUTRITIVE VALUE

(Per serving)

Energy	320 Kcal
Protein	3 g
Fat	16 g
Carbohydrate	35 g

Submitted by- Rubel Farma Dogra

# BUCKWHEAT FLOUR TIKKI WITH BUCHANANIA LANZAN



Preparation Time  
- 10 mins



Cooking Time  
- 15 mins



Serving Size  
- 3

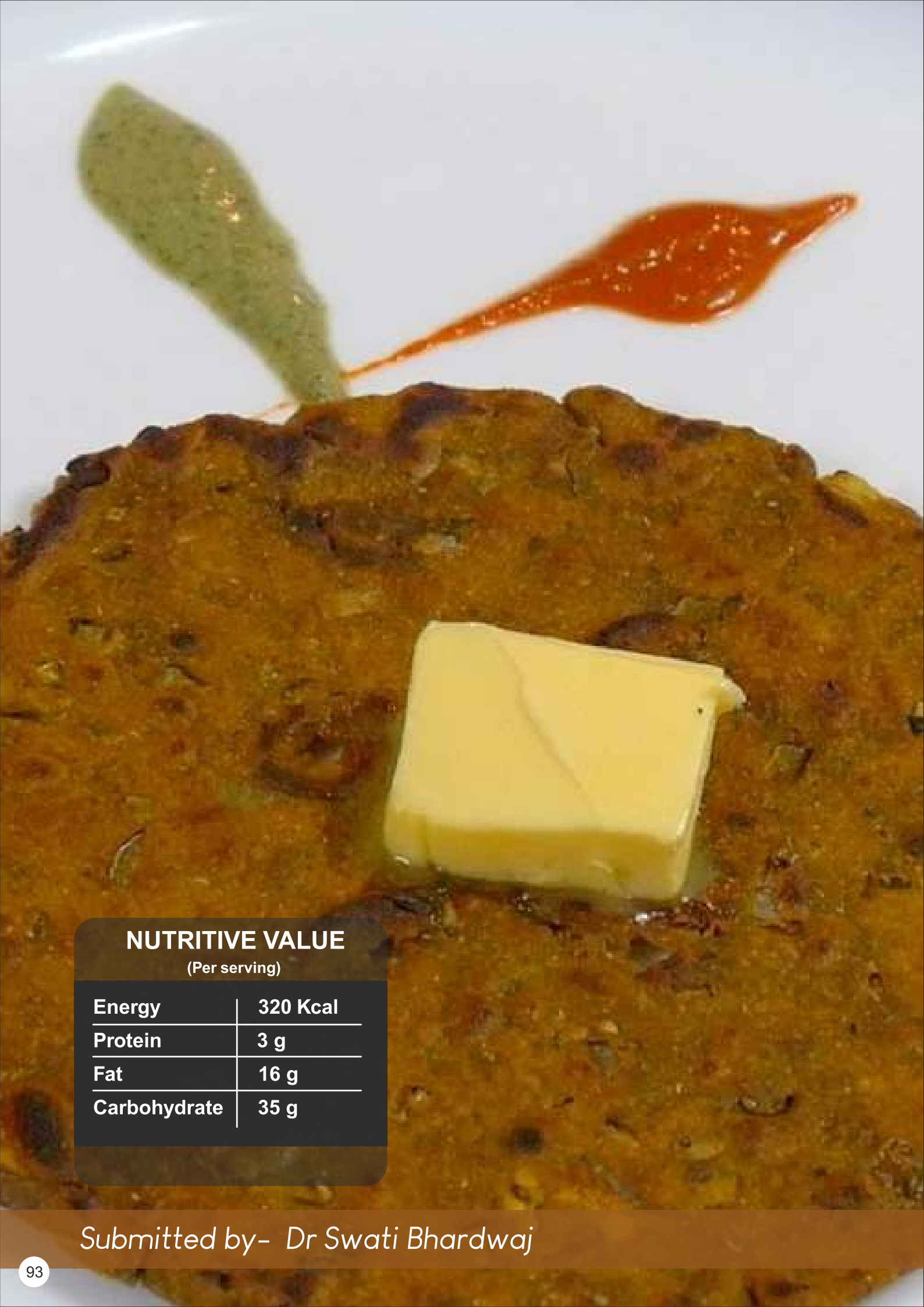
## INGREDIENTS

- Buckwheat Flour - 2 cups
- Buchanania lanzan/Chironji -  
¼ cup
- Arrowroot Powder- ¼ cup
- Ghee- 3 Tbsp
- Green chilli-2
- Cumin Seeds- 1tsp
- Cardamom Powder- ½ tsp
- Black Pepper Powder- ½ tsp
- Boiled Potato -2
- Salt to taste

## INSTRUCTIONS

1. Boil 3½ cups water in a pan.
2. In a bowl add Buckwheat Flour and Arrowroot Powder and mix it.
3. Dip Chironji in one cup boiled water.
4. Add Ghee-1tbsp, Himalayan salt and the mixture of
5. Buckwheat Flour and Arrowroot Powder from the bowl and mix well. Take out this mixture in a plate.
6. Make a paste of Chironji.
7. Add Ghee in a heated pan, now add cumin seeds, Chironji paste, chopped green chilli, Cardamom Powder, salt, Black Pepper Powder.
8. Add this mixture in a bowl of mashed potatoes and make small balls of it.
9. Divide the flour mixture into equal parts into small flat round tikkis and add the potato balls into it.
10. Heat oil into a pan and shallow fry the tikkis until done.
11. Serve the tikkis with mint or tamarind chutney.





### NUTRITIVE VALUE

(Per serving)

Energy	320 Kcal
Protein	3 g
Fat	16 g
Carbohydrate	35 g

Submitted by- Dr Swati Bhardwaj

# BUCKWHEAT THALIPEETH



Preparation Time  
- 30 mins



Cooking Time  
- 20 mins



Serving Size  
- 2

## INGREDIENTS

- Kuttu (buckwheat flour) - 1/2 cup
- Chana Flour - 1/4th cup
- Raw banana: - 1
- Cumin powder - 1 tsp
- Coriander powder - 1 tsp
- Red chilli powder - 1 tsp
- Turmeric Powder - 1 tsp
- Asafoetida (Hing) - 1 pinch
- Coriander - 5-6 sprigs
- Chilli - 1
- Oil - 3 tsp

## INSTRUCTIONS

1. In a pan/kadhai - dry roast the buckwheat flour and chana flour. While roasting add red chilli powder, asafoetida powder and turmeric powder, cumin powder. Once done, let it cool.
2. Boil the banana and allow to cool.
3. In a bowl add chopped coriander leaves, finely chopped green chilli and salt.
4. Grate or finely mash the raw banana and add to the bowl and mix.
5. Add the dry roasted flour mix to this and mix well.
6. Add little warm water to form a soft dough.
7. Make tennis ball sized rounds of this dough mix.
8. On a butter paper, flatten the dough mix by gently patting it with hand.
9. Use little water to help it spread evenly.
10. Heat a non-stick flat pan/ skillet, add few drops of oil.
11. Gently transfer this thalipeeth into the pan/griddle with help of the butter paper (paper side up)
12. Remove the butter paper.
13. Make 4 small holes near the centre of the thalipeeth - add few drops of oil into these holes. This helps in uniform spreading of oil underneath the thalipeeth.
14. Cover the griddle/pan. Allow to cook for 3-4 minutes on low flame to medium flame.
15. Uncover the griddle and flip the thalipeeth carefully and evenly cook the other side.





### NUTRITIVE VALUE

(Per serving)

Energy	171 Kcal
Protein	5.5 g
Fat	7 g
Carbohydrate	22 g

Submitted by- Mudit Mahajan

# BUCKWHEAT VEGETABLE PASTA



Preparation Time  
- 15 mins



Cooking Time  
- 10 mins



Serving Size  
- 1

## INGREDIENTS

- Buckwheat- 200g
- Mushroom- 100g
- Corn- 50g
- Broccoli- 50g
- Milk- 100ml
- Water- 200 ml
- Butter- 1 Tbsp
- Cheese- 1 tsp
- Oregano- 1 tsp
- Black pepper- 1 tsp
- Sugar- 1tsp
- Chilli flakes- 1 tsp
- Salt taste

## INSTRUCTIONS

1. Take the flour in a bowl, add water and make a hard dough.
2. Roll the dough very thin and cut it into thin strips.
3. Boil water in a pan, add salt and drop of oil. Boil the buckwheat flour strips for 2-4 minutes and remove in bowl and add cold water.
4. Meanwhile in a non stick pan add butter. Sauté for a minute then add chopped mushrooms, broccoli and corns.
5. Now add cheese and milk. Cook on low flame for 2 min. Add water and seasonings. Bring it to boil. Add the pasta and cook for another 2-3 minutes.
6. Garnish with parsley and roasted sesame seeds. Serve hot.





## NUTRITIVE VALUE

(Per serving)

Energy	86.2 Kcal
Protein	1.6 g
Fat	5.4 g
Carbohydrate	8 g

Submitted by- Renu Lamba

# BUCKWHEAT BANANA BREAD



Preparation Time  
- 15 mins



Cooking Time  
- 40 mins



Serving Size  
- 5

## INGREDIENTS

- Chia seeds - ½ Tbsp
- Banana - 2 medium
- Buckwheat flour - 1 cup
- Oats- 1/4 cup
- Maple syrup/honey- ¼ cup
- Milk - ¼ cup
- Olive oil- ¼ cup
- Vanilla extract - 1 tsp
- Baking powder - 1 tsp
- Baking soda- 1 tsp
- Salt as per taste
- Cinnamon - 2tsp

## INSTRUCTIONS

1. Preheat the oven to 180°C. Grease and line a 9×5 inch loaf pan with parchment paper.
2. In a large bowl, combine the mashed bananas, oil, milk and honey. Stir well.
3. In a smaller bowl, combine all the dry ingredients.
4. Add the dry ingredients to the banana in three batches, mixing well after each addition. Mix until well combined. Now add vanilla extract.
5. Transfer the banana bread batter to the prepared pan. If desired, sprinkle the top with chocolate chips and or nuts. Bake for around 30-40 minutes or until the bread has turned golden brown. It will be a moist bread.
6. Take out and cool on the rack for 10 minutes. Cut slices and serve.







A close-up photograph of a burlap bag filled with white sago pearls. The bag is made of a coarse, woven natural fiber and is positioned diagonally across the frame. The pearls are small, round, and have a slightly translucent appearance. The background is a dark, textured surface, possibly a wooden table. In the bottom right corner, there is a dark orange, brush-stroke-like banner with the text "Sago Recipes" written in a white, elegant cursive font.

# Sago Recipes





## NUTRITIVE VALUE

(Per serving)

Energy	72 Kcal
Protein	3 g
Fat	4 g
Carbohydrate	5 g

Submitted by- Payal Somani

# NATURAL RANGILA SAGO



Preparation Time  
- 15 mins



Cooking Time  
- 15 mins



Serving Size  
- 3

## INGREDIENTS

- Sago- 50g
- Milk- half liter
- Honey- 15g
- Cardmon- 2g
- Saffron- 10 strands
- Coco powder- 1 tsp
- Cashew- 1 tsp
- Pista- 1 tsp
- Almond- 1 tsp
- Walnut- 10g
- Fig- 15 g
- Raisins- 1 tsp
- Black raisins- 1 tsp
- Basil- 10 leaves

## INSTRUCTIONS

1. Soak the sago for one hour
2. Boil the milk in a pan then add sago in it stir well till it thickness and sago become transparent, add elachi powder mix well turn off the flame then add honey mix well, then add all dryfruits in it mix well divide it in 3 portion in bowl
3. Add cocoa powder in first bowl for coco sago, add saffron in second bowl for saffron sago and third is as elachi flavoured sago, serve with all three colourful layers and in between chopped dryfruits and basil on the upeer most layer with some garnishing dryfruits





## NUTRITIVE VALUE

(Per serving)

Energy	190 Kcal
Protein	3 g
Fat	6 g
Carbohydrate	28 g

Submitted by- Ashwani Kumar



# SABUDANA APPAM



Preparation Time  
- 20 mins



Cooking Time  
- 30 mins



Serving Size  
- 3

## INGREDIENTS

- Sabudana - 1/2 cup
- Boiled and Mashed Potatoes -4
- Ginger- green chili paste- 1/2 tsp
- Rock salt - to taste
- Oil - 1 tsp
- Chopped coriander - 1 cup

## INSTRUCTIONS

1. Firstly wash the sabudana and soak it in water for 2 hours. After 2 hours, put it in a sieve and filter it.
2. Add mashed potatoes, ginger-green chili paste, rock salt to the sabudana and mix it well.
3. Make small appam sized balls of this mixture. Heat the appam pan and grease its molds with a little oil.
4. Place the sabudana balls one by one in these moulds. Cover and cook on medium flame for 3-4 minutes.
5. When cooked from both the sides, transfer the appam to a plate and serve hot.





## NUTRITIVE VALUE

(Per serving)

Energy	160 Kcal
Protein	3 g
Fat	2.5 g
Carbohydrate	30 g

Submitted by- Khushi Somani

# SABUDANA BHEL



Preparation Time  
- 15 mins



Cooking Time  
- 7 mins



Serving Size  
- 2

## INGREDIENTS

- Sabudana - 50g
- Oil/ghee- 1 tsp
- Potato - 1 medium, boiled
- Some finely chopped coriander
- Pomegranate- 3/4 tbsp (20gm)
- Salt as per taste
- Red chilli powder - 1/2 tsp
- Lemon juice - 1/2 cup
- Roasted peanuts- 2 Tbsp
- Potato sticks - 4 Tbsp

## INSTRUCTIONS

1. Take a mixing bowl,
2. Add 1/2 cup of sabudana (rinse it well and soak in water for 5-6 hours before)
3. Add 1 tsp oil/ghee, mix it well
4. Steamer, bring some water and place the food strainer (greased with oil) on it.
5. Put sabudana in the strainer when water starts boiling and cover the lid for 4-5 mins on low to medium flame
6. Then after check the steamer, sabudana is cooked nicely then turn off the stove and leave it in the strainer for 2 mins to make it softer.
7. Then Take it in a mixing bowl and add boiled chopped potatoes and red chilli powder.
8. Add some finely chopped coriander
9. Add pomegranate, salt, roasted peanuts, lemon juice and potato sticks. Mix all the ingredients well.
10. Sabudana bhel is ready to serve.





## NUTRITIVE VALUE

(Per serving)

Energy	105 Kcal
Protein	1 g
Fat	0.7 g
Carbohydrate	23 g

Submitted by- Thavanesh Rao

# SAGO COCONUT PUDDING



Preparation Time  
- 20 mins



Cooking Time  
- 1 hour



Serving Size  
- 2

## INGREDIENTS

- ½ cup sago
- 2 cup coconut milk
- 1 tsp. cinnamon powder
- 1tbsp. chopped blanched almonds
- For sweetener can use 1 stewed apple, 1 mashed banana, 2-3 chopped dates , ½ cup chopped mangoes or 2 cheekoo chopped.
- 1 cup water

## INSTRUCTIONS

1. Soak the sago in coconut milk and ½ the water for an hour.
2. In a pan combine all the ingredients except the sweetener and cook for about 8-10 min, till the sago swells up and some are transparent.
3. Then turn off the heat, let it cool and add the sweetener.
4. Serve warm or chilled.





### NUTRITIVE VALUE

(Per serving)

Energy	120 Kcal
Protein	4 g
Fat	1.8 g
Carbohydrate	20 g

Submitted by- Preethi Rathinam



# SAVORY MILLET WAFFELS



Preparation Time  
- 20 mins



Cooking Time  
- 1 hour



Serving Size  
- 2

## INGREDIENTS

- Roasted sabudana flour 1/2cup
- Roasted Rajgira flour 1/2cup
- Roasted Barnyard millet flour 1/2 cup
- Roasted cumin powder 1tsp
- Roasted peanut powder 1tbsp
- Boiled mashed potato 1tbsp
- Green chilli paste 1tsp
- Curd 1 tbsp
- Salt to taste
- Oil 1tbsp

## INSTRUCTIONS

1. Mix all flours in a bowl
2. Add Roasted cumin powder, roasted peanut powder, mash potato, green chilli paste, salt, curd. Mix well.
3. Make a dough, and make small balls.
4. Heat the waffle iron and place dough balls. Make waffles add some oil in this stage.
5. Let it cool then remove from waffle iron.
6. Serve crispy and tasty waffles with curd.





### NUTRITIVE VALUE

(Per serving)

Energy	315 Kcal
Protein	11 g
Fat	7 g
Carbohydrate	50 g

Submitted by- VaniSree

# SAGO IDLI



Preparation Time  
- 20 mins



Cooking Time  
- 2 hour



Serving Size  
- 2

## INGREDIENTS

- Sago-50g
- Rava-50g
- Curd-50ml
- Roasted Bengalgram- 30g
- Carrot- 50g
- Coriander-20g
- Oil-5ml

## INSTRUCTIONS

1. Firstly soak sago for 5-6hrs.
2. Then drain the water from sago, add Rava+curd to sago.
3. Add sufficient amount of water to it to turn into batter consistency.
4. Then let it ferment! Add carrot+ coriander to the batter, mix well.
5. Now grease the idli pan with oil and pour batter in the pan.
6. Steaming time may take 15-20mins! Now idli is ready.





## NUTRITIVE VALUE

(Per serving)

Energy	375 Kcal
Protein	3.5 g
Fat	6 g
Carbohydrate	25 g

Submitted by- Nandana M P

# SAGO SMOOTHIE



Preparation Time  
- 10 mins



Cooking Time  
- 10 hour



Serving Size  
- 2

## INGREDIENTS

- 1½ cup soaked sago
- 1½ cup milk
- 2 tablespoons custard powder
- 1 chopped apple
- 3 smashed dates
- 4 almonds
- 4 cashew nuts

### For Garnishing:

- 2 chopped almonds
- 2 chopped cashew nuts

## INSTRUCTIONS

1. 1½ cup of milk is taken in a pan to boil
2. 2 tablespoons of custard powder is added to the boiled milk and is stirred continuously at a low flame
3. Allow the prepared mixture to cool by keeping at rest(1)\*
4. 1 cup of soaked sago is grinded along with 4 almonds and 4 cashew nuts(2)\*
5. 1 chopped apple and 3 smashed dates is grinded along with the previously grinded sago mixture (2)\* and custard mixture(1)\*
6. The whole mixture is grinded well(3)\*
7. The remaining ½ cup of soaked sago is boiled with water for 5 min
8. The boiled sago is separated from the water
9. Now mix the boiled sago along with the prepared mixture(3)\* and the smoothie is ready
10. Now serve the sago smoothie to a glass and garnish it using the chopped almonds and cashew nut





## NUTRITIVE VALUE

(Per serving)

Energy	225 Kcal
Protein	3 g
Fat	1.6 g
Carbohydrate	50 g

Submitted by- A.Prabha

# MANGO SAGO ICE CREAM



Preparation Time  
- 2 hrs



Cooking Time  
- 1 day



Serving Size  
- 1

## INGREDIENTS

- Sago -100gm
- Mango -2(cut slicely)
- Condensed milk - 1/2cup
- White butter cream- 1cup

## INSTRUCTIONS

1. Take a bowl of water and heat it and put 100gm of sago in it and let it boil.
2. After it boils separate it from the water and keep it in the plate.
3. For condensed milk , take 1/2 litre milk and put into the pan and add 1cup of sugar to cook until it gets a creamy structure.
4. To make milky butter cream take 1/2 litre of milk put into the pan without adding anything cook until to get a butter structure .Then take butter and keep in the refrigerator for 1/2hr to get a Thicker butter structure
5. Take butter and mix with a 1cup of Milk stirred it to get a milky butter cream
6. Then Take two freshly cut mangoes sliced into small pieces.
7. Take a half Mango piece , sago and mix with another half amount of mangoes to stir it.
8. Mix condensed Milk, milky butter cream and mango sago Mixtures and put these into a box.
9. Then take a separated amount of mangoes, stir it And add to the box to get the attractive Colour. Put the box into the refrigerator And keep it overnight
10. You can decorate it using chocolate Syrup, chocolates, crispy choco balls..etc





## NUTRITIVE VALUE

(Per serving)

Energy	225 Kcal
Protein	3 g
Fat	1.6 g
Carbohydrate	50 g

Submitted by- V. Angaleswari

# SAGO FRUIT BALLS



Preparation Time  
- 30 mins



Cooking Time  
- 4 hrs



Serving Size  
- 1

## INGREDIENTS

- Sago- 200g
- Green Gram Dhal- 100g
- Pineapple- 15gms
- Ripe mango- 10gms
- Salt- ¼ tsp
- Pepper- ¼ tsp
- Chili powder- ¼ tsp
- Ghee- ¼ tsp

## INSTRUCTIONS

1. Dry roast sago and green gram dhal.
2. Grind the roasted ingredients into fine powder.
3. In a bowl, add the grinded powder, salt and water to make the dough.

### SAUTED PINEAPPLE:

1. Chop pineapple into cubes and add salt, pepper and chili powder and mix it well.
  2. In a pan, add ghee and pineapple to sauted it.
- Note: Partial cooking of pineapple is sufficient.

### SAGO FRUIT BALLS:

1. Press the dough similar to wheat flour dough.
2. Incorporate sauted pineapple to the dough along with freshly chopped mango cubes.
3. Add water to the steamer.
4. Steam the balls for 10 mins.





## NUTRITIVE VALUE

(Per serving)

Energy	370 Kcal
Protein	2 g
Fat	0.8 g
Carbohydrate	88 g

Submitted by- Anusha Vijay

# SAVOURY SABUDANA MODAKS STUFFED WITH GREEN CHUTNEY AND MOONG FILLING



Preparation Time  
- 10 mins



Cooking Time  
- 25 mins



Serving Size  
- 2

## INGREDIENTS

- Sago / sabudana powder - 1 Cup
- Sprouted moong / green gram - 2 Tbsp
- Coriander leaves - 2 Handful
- Green chillies - 2 Nos
- Peanuts - 1 Tbsp
- Ginger - 1/4 Inch
- Salt - To taste
- Ghee (clarified butter) - As required
- Water - As required

## INSTRUCTIONS

1. Steam the sprouted moong in a double boiler.
2. Dry roast the peanuts on a low flame. Once they start getting blackish spots, switch off the flame and peel them.
3. Add these roasted peeled peanuts to a mixer grinder jar along with the coriander leaves, ginger, steamed sprouted moong and salt. Add very little water and grind it in a smooth chutney.
4. Take sago powder in a big bowl.
5. Boil some water in a vessel.
6. Add this water little by little into the bowl and keep mixing until it forms a dough.
7. Grease your hand with some ghee and divide the dough into small balls.
8. Grease a modak mould with some ghee and use it to shape the modaks. Make some space to add the filling. Add enough amount of filling and then cover with some more dough so that the filling stays intact while steaming.
9. Grease the steamer basket of the double boiler with some ghee.  
Place the modaks, leaving some space between each modak.
10. Cover with a lid and steam the modaks for 5-6 minutes.  
When the modaks start shining, it is an indication that they're
11. ready.  
Let them cool down properly. This is a very important step since the sago coating is much more delicate as compared to the normal rice coating which is usually used for modaks, and it
12. takes some time to set.  
Once they are cooled down a little, serve them along with some
13. extra green chutney.  
These savoury modaks are now ready!





## NUTRITIVE VALUE

(Per serving)

Energy	155 Kcal
Protein	3 g
Fat	10 g
Carbohydrate	25 g

Submitted by- Shilpi Agrawal

# GOL GOL SABUDANA APPE



Preparation Time  
- 15 mins



Cooking Time  
- 15 mins



Serving Size  
- 1

## INGREDIENTS

- Sabudana - 20 g
- Sweet potato - 100g
- Refined oil - 3 Tbsp
- Jeera- 1 tsp
- Ginger grated - 1 tsp
- Curry leaves - 10g
- Chili flakes - 2 tsp
- Salt as per taste
- 

## INSTRUCTIONS

1. Soak Sabudana in hot water for 30 mins, boil it until well cooked and grind it to coarse paste.
2. To this add boiled mashed sweet potato and all other ingredients and mix well.
3. Divide the mixture into equal parts and shape them into round cutlets.
4. Heat the oil in a pan and shallow fry the cutlets until done.
5. Serve them hot with mint chutney.





## NUTRITIVE VALUE

(Per serving)

Energy	350 Kcal
Protein	12 g
Fat	9 g
Carbohydrate	40 g

Submitted by- Dr. Renuka Mainde

# GULSHELA-SAGO RED-PUMPKIN KHEER-LACTOSE FREE



Preparation Time  
- 15 mins



Cooking Time  
- 10 mins



Serving Size  
- 1

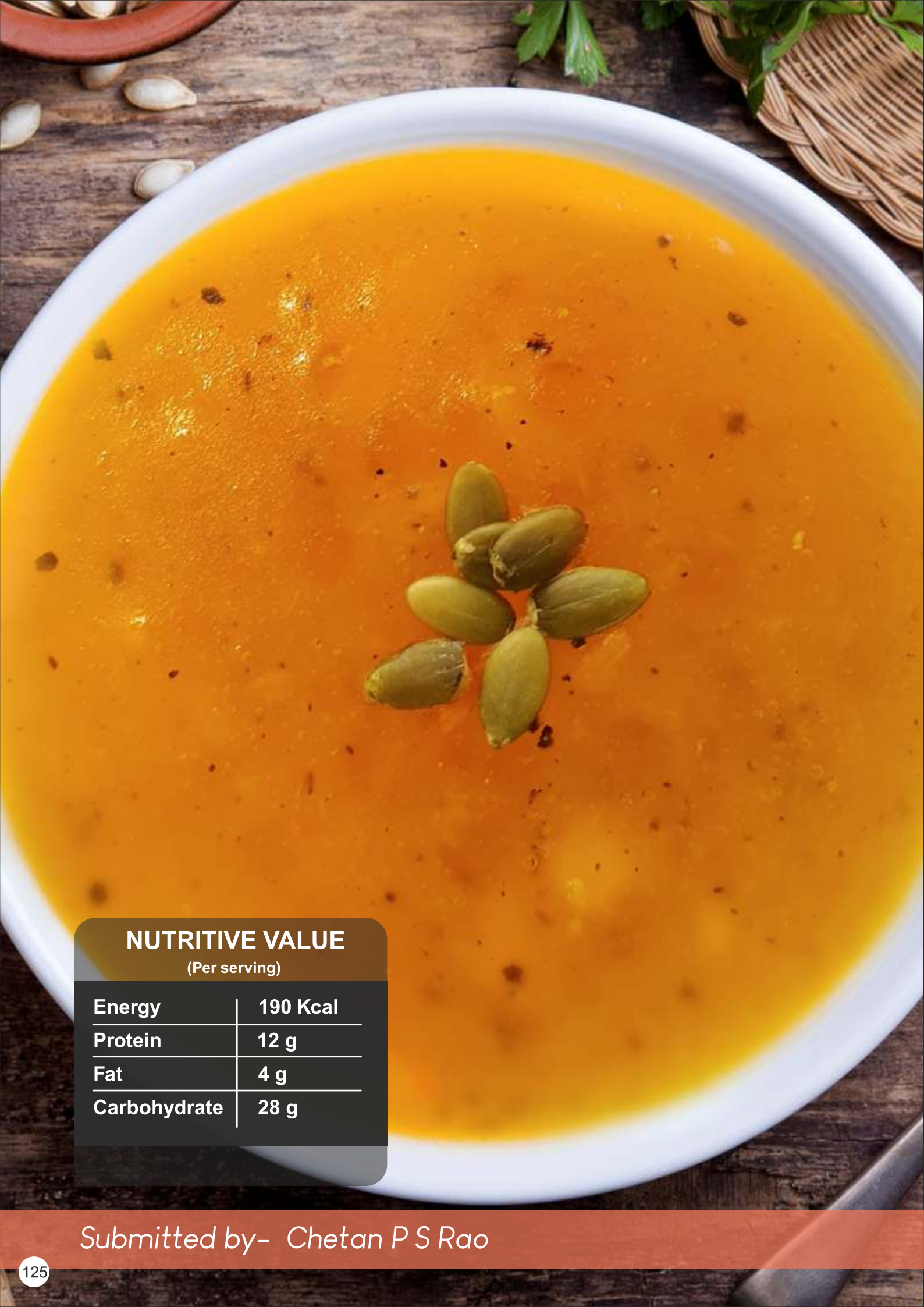
## INGREDIENTS

- Sago-30g
- Red-pumpkin- 30g
- Jaggery-30g
- Coconut milk-250ml
- Ghee-1 tsp
- Almond and cashew-10g each
- Cardamom powder, 1/4 tsp

## INSTRUCTIONS

1. Take 30gm piece of red-pumpkin, wash it properly , remove its back part and grate red pumpkin.
2. Finely chop almond and cashew
3. Heat 1tsp of ghee in pan, add red pumpkin and sauté it for 2-3 minutes.
4. Drain the water from sago and add sago to pan, cook together sago and red pumpkin. Add 1 cup of water allow it cook for further 2-3 minutes.
5. Add jaggery string occasionally.
6. Add coconut milk , almonds cashews and allow to cook further for 2-3 minutes.
7. Add cardamom powder at the end, garnish with few almond and cashew piece.
8. Allow it to cool. Transfer in serving bowl.
9. Serve chilled or can be served warm as well





### NUTRITIVE VALUE

(Per serving)

Energy	190 Kcal
Protein	12 g
Fat	4 g
Carbohydrate	28 g

Submitted by- Chetan P S Rao

# SAGO TOFU TOMATO SOUP



Preparation Time  
- 20 mins



Cooking Time  
- 30 mins



Serving Size  
- 2

## INGREDIENTS

- Sago soaked for ½ hour -1/2 cup
- Chopped Tofu Pieces - 1/2 cup
- Boiled and skinned tomatoes -2
- Jeera - 1 tsp
- Black pepper - ½ tsp
- Turmeric -1/2 tsp
- Oil -1 tsp
- Water - 2 cups
- Salt to taste

## INSTRUCTIONS

1. Blanch tomatoes in hot water by boiling them for 3-4 minutes.
2. Remove and put them in cold water.
3. Remove the outer skin and puree it in a blender / mixie. In a heavy bottom pan, heat oil, add jeera and tofu and sauté it for 2 minutes.
4. Add water and the remaining ingredients and cook for 6-8 minutes till sago is done.





### NUTRITIVE VALUE

(Per serving)

Energy	250 Kcal
Protein	4 g
Fat	2 g
Carbohydrate	5 g

Submitted by- Dr Kavita Bakshi

# SAGO LADDOO



Preparation Time  
- 10 mins



Cooking Time  
- 15 mins



Serving Size  
- 1

## INGREDIENTS

- Sago- 100 g
- Almonds- 10 g
- Pumpkin seeds- 25 g
- Pure ghee- 25 g
- Sugar- 50 g
- Milk (skimmed) -20ml

## INSTRUCTIONS

1. Roast sago and grind into fine powder.
2. Grind almonds and pumpkin seeds.
3. Grind sugar
4. Mix all powders- sago, pumpkin seeds, almonds and sugar.
5. Add liquid pure ghee and milk.
6. Make round laddoos and serve immediately





## NUTRITIVE VALUE

(Per serving)

Energy	200 Kcal
Protein	12.5 g
Fat	4 g
Carbohydrate	25 g

Submitted by- Dr Kavita Bakshi

# SAGO FINGERS



Preparation Time  
- 10 mins



Cooking Time  
- 15 mins



Serving Size  
- 2

## INGREDIENTS

- Raw/Unsoaked Sabudana Powder- 50 g
- Unsoaked Sabudana- 50 g
- Green Chili- 1
- Boiled Potato - 1
- Roasted Peanut Powder- 1 Tbsp
- Coriander leaves- 1 sprig
- Lemon juice- 1 tsp
- Salt to taste
- Water
- Oil- 1 Tbsp

## INSTRUCTIONS

1. Grind half sago, roasted peanuts together.
2. In a bowl mix sabudana, sabudana powder, peanut powder, boiled potato, green chilli, coriander, lemon juice and salt
3. Mash the mixture and a dough consistency is formed.
4. Spread the mixture on a flat surface and cut 5 inch finger shaped cutlets.
5. In a pan heat oil and shallow fry the fingers.
6. Once done serve it with mint or tamarind chutney.





A white ceramic bowl filled with a fine, light-colored powder, likely water chestnut flour, is shown in the upper left corner. The background is a dark, textured surface with some dark, leaf-like shapes scattered around. A diagonal orange brushstroke graphic is positioned across the lower right, containing the text.

*Water chestnut  
flour Recipes*





### NUTRITIVE VALUE

(Per serving)

Energy	205 Kcal
Protein	2.5 g
Fat	6 g
Carbohydrate	35 g

Submitted by- Thavanesh Rao



# SINGHARA BEAN MUFFIN



Preparation Time  
- 10 mins



Cooking Time  
- 15 mins



Serving Size  
- 2

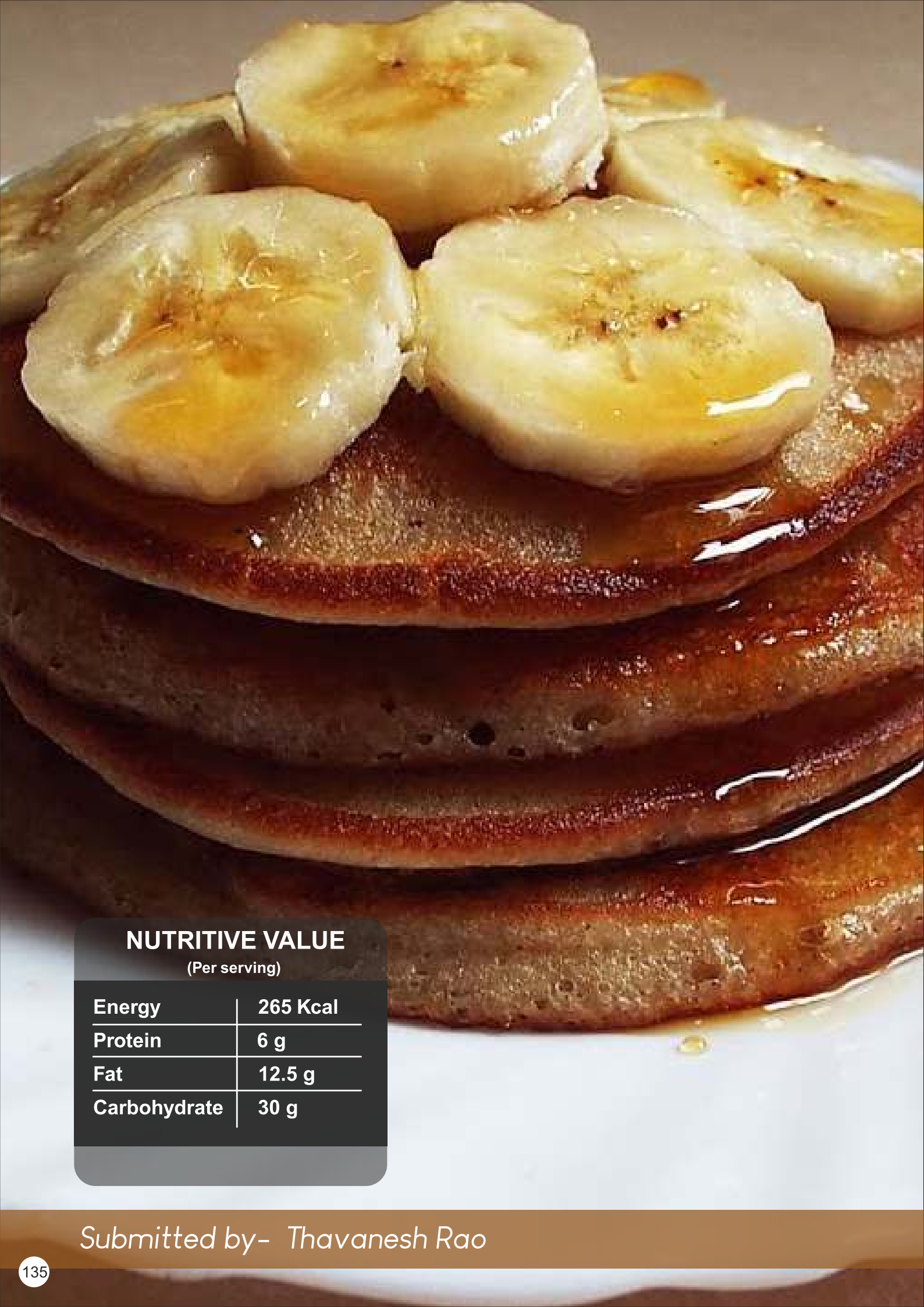
## INGREDIENTS

- ghara bean breakfast muffins
- Singhara flour - 1 cup
- Beans- 1 cup (mix of rajma, rongi, kala chana,soya etc) soaked overnite
- Mixed vegetables- 1 cup like carrots, cauliflower,broccoli,peas,beans etc
- Oil/butter - 1 Tbsp
- Flax seed powder - 1 Tbsp
- Mixed seeds - 1 Tbsp (sesame, sunflower, pumpkin)
- Oregano- 1 Tbsp
- Jeera - 1 Tbsp
- Red chilli flakes- 1 tsp
- Lemon juice- 1 Tbsp
- Black pepper- 1 tsp
- Clove - ½ tbsp
- Spring onion- ½ cup
- Water- 1 cup
- Garlic- 1,chopped ( optional)
- 1 inched ginger chopped)

## INSTRUCTIONS

1. Boil the beans in cooker with little water till tender and mash with the remaining water to form a thick paste.
2. Combine all the ingredients with 1 cup of warm water to form a thick batter.
3. Pour the batter in baking tray or muffin cups.
4. Bake for 30 mins at 180°C and serve hot with any home made chutney.
5. You can also replace the beans with 1 cup of mashed tofu or paneer.





## NUTRITIVE VALUE

(Per serving)

Energy	265 Kcal
Protein	6 g
Fat	12.5 g
Carbohydrate	30 g

Submitted by- Thavanesh Rao

# SINGHARA BANANA MINI PANCAKE



Preparation Time  
- 15 mins



Cooking Time  
- 10 mins



Serving Size  
- 2

## INGREDIENTS

- Singhara flour- 1 cup
- Milk-1 cup
- Bananas- 2, mashed
- Oil/butter- 1 Tbsp
- Flax seed powder- 1 tsp, soaked in 2 tbsp warm water for 10 minutes
- Mixed seeds- 1 Tbsp ( sesame, sunflower, pumpkin)
- Cinnamon powder- 1 tsp

## INSTRUCTIONS

1. In a kadhai dry roast the singhara flour for 6-8 minutes till slightly brown, let it cool.
2. Combine all the ingredients to form a thick batter.
3. Pour the batter spoonfuls on a well oiled non stick pan .
4. Cook on both sides, serve hot with yogurt, honey or peanut butter





## NUTRITIVE VALUE

(Per serving)

Energy	335 Kcal
Protein	4 g
Fat	17 g
Carbohydrate	40 g

Submitted by- Anusha Vijay



# SINGHARA METHI MOONG LAUKI MUTHIYA WITH MASALA CHAACH



Preparation Time  
- 30 mins



Cooking Time  
- 20 mins



Serving Size  
- 3

## INGREDIENTS

### FOR MUTHIYA-

- Singhara atta / water chestnut flour - 1 Cup
- Bottle gourd / lauki (grated) - 1 Handful
- Fresh fenugreek / methi leaves - 1 Handful
- Sprouted moong - 3 Tbsp
- Onion (small) - 1 Nos.
- Curry leaves - 5-6 Nos.
- Coriander leaves - 3 Tbsp
- Yoghurt - 1 Tbsp
- Ginger - 1/2 Inch
- Garlic cloves - 6 Nos.
- Green chillies - 2 Nos.
- Ajwain seeds - 1/2 tsp
- Haldi / Turmeric powder - 1/4 tsp
- Kashmiri mirch powder / Kashmiri red chilli powder - 1/2 tsp
- Cumin seeds / jeera - 1/2 tsp
- Sesame seeds / til - 1 Tbsp
- Asafoetida powder / hing - 1/4 tsp
- Sesame oil or olive oil - 2 tbsp
- Salt - To taste
- Water - As needed

## INSTRUCTIONS

1. Combine all the ingredients except oil and make small balls.
2. Now flatten them on your palm.
3. Take a fork and poke once or twice,
4. On a well oiled non stick pan cook on both sides.
5. Alternately you can bake at 180 degree for 25 minutes turning their sides after 10 minutes.





# MASALA CHAACH / SPICED BUTTERMILK-

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## INGREDIENTS

- Yoghurt / dahi - 3 Tbsp
- Dhaniya ke beej / Coriander seeds - 1/2 tsp
- Saunf / fennel seeds - 1/2 tsp
- Mustard seeds - 1/2 tsp
- Coriander leaves - 1/4 Cup
- Mint leaves - 2 Tbsp
- Cumin seeds / jeera - 1 Tsp
- Curry leaves 5-6 - Nos.
- Ginger - 1/4 inch
- Salt - To taste
- Asafoetida powder / hing - 1/4 tsp
- Oil - For tadka
- Water - As required

## INSTRUCTIONS

1. Finely chop the coriander leaves and mint leaves.
2. Crush the green chillies, ginger, coriander seeds and fennel seeds using a mortar and pestle / hamam dasta.
3. Take the yoghurt in a vessel. Mix it well to make it smooth, and then add water to it as per the desired consistency. Mix well.
4. Now add all the ingredients mentioned in the ingredient list except oil, mustard seeds, curry leaves, cumin seeds and asafoetida powder. Mix well.
5. For tadka, heat some oil in a small vessel. Add the cumin seeds, mustard seeds, curry leaves and asafoetida powder. Once it starts to splutter, remove from the heat and add it to the buttermilk. Mix well.
6. The buttermilk is ready!





## NUTRITIVE VALUE

(Per serving)

Energy	90 Kcal
Protein	2 g
Fat	1 g
Carbohydrate	19 g

Submitted by- Batul Sakerwala



# CHESTNUT FLOUR TRENCHES WITH PANEER FILLING



Preparation Time  
- 45 mins



Cooking Time  
- 60 mins



Serving Size  
- 4

## INGREDIENTS

- Chestnut flour-100g
- All purpose flour - 200g
- Salt- 1 tsp
- Baking powder- 1 tsp
- Warm water- 150ml
- Oil-2 tbsp
- Paneer -250g
- Carrots - 1 medium sized
- Capsicum -2 no.
- Red chili powder or chili flakes- 1tsp
- Salt- to taste
- Soy sauce- 1 Tbsp
- Oil- 3 tbsp
- Onion - 2 bulb
- Cheese- 100g
- Mayonnaise- 5 Tbsp
- Green chili sauce or any hot sauce- 10ml
- Mustard sauce- 1 squirt
- Lime juice - 1 squirt

## INSTRUCTIONS

1. First start with the flatbread, take a bowl mix both the flours ,add salt and baking powder, start adding warm water and make a smooth dough in a clean bowl grease with oil and keep the dough covered for 30 minutes.
2. Wash and chop vegetables, slice the onions. Cut the paneer into ½ inch cubes.
3. Add oil to a pan and then add half the onions and let it cook for 15-20 minutes until it's caramelized.
4. Then add the other half of the onions and deep fry them for garnish.
5. Now start with the filling, add oil to a pan, add paneer and cook for 5 minutes for a golden brown color. Now add your vegetables, add chili powder, soy sauce and salt to taste. Your filling is ready, keep it aside.
6. For the spread take a bowl add mayonnaise, mustard sauce, chili sauce, lime juice and mix it well.
7. Now divide your dough ball into 6 and roll them according to your liking, mine was ¼ inch thick. Heat a skillet or tava or a pan cook your flatbread both the sides. Both the sides should have some golden brown freckles.
8. Now start the assembly, take your flatbread I've cut my flatbread in circles with a cutter, next step is to apply the spicy mayo, add caramelized onions, add the filling, add the cheese and garnish with fried onions.
9. Now enjoy your mini flatbread sandwich.



## NUTRITIVE VALUE

(Per serving)

Energy	360 Kcal
Protein	15 g
Fat	12 g
Carbohydrate	48 g

Submitted by- K. Kiruthika

# WATER CHESTNUT RUSK



Preparation Time  
- 45 mins



Cooking Time  
- 60 mins



Serving Size  
- 4

## INGREDIENTS

- Water chestnut flour - 2cups
- Sugar - 1/2 cup
- Yeast - 2 Tbsp
- Salt - 1/2 tsp
- Melted butter - 1/4 cup
- Milk powder - 1/4cup
- Water - 3/4cup

## INSTRUCTIONS

1. Add salt, sugar, milk powder and pour water then stir them fine.  
Take 2 cup of flour in a separate bowl and add yeast and the above batter and make them into an dough.
2. Cover and wait 60 minutes allow the dough to raise.
3. After add sugar and butter knead the dough for 5 minutes until it becomes soft and sticky dough.
4. Make cylinder shape bread shape cover and wait for 20 minutes to allow the dough to raise.
5. Bake in a pre -heated oven 350°F (180°C) 25 minutes and after let it to cool.
6. Cut the bread into a even pieces and bake in a pre -heated oven 350°F (180°C) for 15 minutes.
7. After 15minutes , take out the tray and flip the rusks and again bake 350°F (180°C) for 15 minutes.
8. And finally serve gluten free and healthy rusk.





## NUTRITIVE VALUE

(Per serving)

Energy	650 Kcal
Protein	8 g
Fat	50 g
Carbohydrate	40 g

Submitted by- O P S RAO

# SINGHARA APPLE CINNAMON CAKE



Preparation Time  
- 45 mins



Cooking Time  
- 10 mins



Serving Size  
- 6

## INGREDIENTS

- Singhara flour- 1 cup
- Oil/butter-1/3rd cup
- Apple- 1, finely grated
- Flax seed - 2 Tbsp
- Cinnamon powder- 1 tsp
- Apple cider vinegar/ Lemon juice- 1 Tbsp
- Baking powder- 1 tsp
- Nuts-1/3rd cup ( almond , cashew, walnuts )
- Gur - ½ cup
- Salt- as per taste
- Water- ½ cup

## INSTRUCTIONS

1. Combine all the ingredients to make a thick batter except the sliced apples.
2. You may add more water to get the desired consistency.
3. Oil a baking dish, pour and bake for 40 min at 180 Celsius.
4. Top the dough with thinly sliced apples.
5. Bake till crust is hard and brown.
6. The inside will remain soft and moist.





## NUTRITIVE VALUE

(Per serving)

Energy	650 Kcal
Protein	8 g
Fat	50 g
Carbohydrate	40 g

Submitted by- Ruchika Wadhwa

# FRUITY WATER CHESTNUT DIAMOND DROPS



Preparation Time  
- 20 mins



Cooking Time  
- 40 mins



Serving Size  
- 4

## INGREDIENTS

- Ghee- 2 Tbsp
- Water chestnut flour- 1 cup
- Sugar-1/2 cup
- Orange juice-1 and 1/2 cup
- Pomegranate juice-1 cup
- Mawa- 1/2 cup grated
- Cardamom powder- ½ tsp
- Pistachios and almonds as required

## INSTRUCTIONS

1. Heat some ghee in a non-stick pan and add water chestnut flour (singhara atta) & sauté on medium flame till it becomes light brown.
2. In a different pan take sugar, pomegranate and orange juice. Mix them properly and boil it. Add grated mawa and the roasted water chestnut flour to it. Keep stirring till ghee leaves the sides of the pan.
3. To this, add cardamom powder, raisins and chopped almonds and mix well. Keep stirring for 1-2 minutes.
4. Grease a tray with some ghee and pour the cooked mixture into the greased tray and level the top. Refrigerate for 10 minutes. Then cut into the shape as required.
5. Garnish with sliced almonds, orange sliced and pomegranate seeds (if required), and serve.





## NUTRITIVE VALUE

(Per serving)

Energy	650 Kcal
Protein	8 g
Fat	50 g
Carbohydrate	40 g

Submitted by- Chetan P S Rao

# METHI STUFFED SINGHARA ROTI WITH PUMPKIN DIP



Preparation Time  
- 15 mins



Cooking Time  
- 10 mins



Serving Size  
- 3

## INGREDIENTS

### For Roti

- Singhara flour - 1 cup
- Methi leaves- 1 cup, chopped
- Potato- 1 cup boiled and mashed
- Jeera powder - 1 tsp
- Green chilli- 1 tsp
- Salt- as per taste
- Oil- 1 tsp

### For Dip

- Pumpkin seeds- 1/2 cup finely  
chopped or powdered
- Curd- 1 cup
- Jeera- 1/2 tsp
- Salt to taste

## INSTRUCTIONS

1. For the roti combine all the ingredients to make soft dough.
2. Now take a small roti, smear ghee/butter once the roti is done on one side.
3. For the dip beat the hung curd with jeera, rock salt and pumpkin seeds





## NUTRITIVE VALUE

(Per serving)

Energy	291 Kcal
Protein	9 g
Fat	11 g
Carbohydrate	39 g

Submitted by- Dr. Kavita Bakshi

# SINGHARA TIKKI



Preparation Time  
- 20 mins



Cooking Time  
- 20 mins



Serving Size  
- 2

## INGREDIENTS

- Shingada peeth 100gms
- Sweet Potato 250 gms
- Groundnut 50 gms
- Jeera 8.5 gms
- Lemon Juice 1 tspn
- Green chilli 2 no
- Oil 22 ml
- Salt (tata iodised) To taste
- Curd 100ml

## INSTRUCTIONS

1. Boil sweet potato. cool, peel and mash it.
2. Add shingada powder, groundnut powder, jeera powder.
3. Add Finely cut green chillies, lemon juice and salt.
4. Mix well and make a dough.
5. Make tikkis and shallow fry.
6. Serve with curd /Imli chutney





### NUTRITIVE VALUE

(Per serving)

Energy	255 Kcal
Protein	5 g
Fat	16 g
Carbohydrate	22 g

Submitted by- Mrs Renu Tiwary

# SINGHARA KADHI



Preparation Time  
- 15 mins



Cooking Time  
- 20 mins



Serving Size  
- 2

## INGREDIENTS

- Kuttu ka aata- 100g
- Spinach (boiled and pureed)- 100g
- Tomato- 50g
- Capsicum- 50 g
- Tofu- 50 g
- Cheese- 2 tsp
- Salad leaves- 2
- Oil- 3 tsp
- Organo- 1 tsp
- Chilli flakes- 1 tsp
- Baking powder- ½ tsp
- Salt to taste

## INSTRUCTIONS

1. Take all the dry ingredients (singhara flour, salt, sugar) in a bowl.
2. Add curd and whisk it well until the mixture is smooth.
3. Add water and whisk again.
4. In a separate pan, heat oil.
5. Add cumin seeds, curry leaves and dried red chilli.
6. Add the curd mixture.
7. Turn the heat on medium. Keep stirring it frequently to avoid curdling.
8. Let it simmer for 5-8 minutes or until thickens.
9. Add chopped coriander leaves and serve hot.





## NUTRITIVE VALUE

(Per serving)

Energy	315 Kcal
Protein	12 g
Fat	12 g
Carbohydrate	32 g

Submitted by- Parag Somani



# WATER CHESTNUT HEALTHY TACOS



Preparation Time  
- 20 mins



Cooking Time  
- 45 mins



Serving Size  
- 3

## INGREDIENTS

- Kuttu ka aata- 100g
- Spinach (boiled and pureed)- 100g
- Tomato- 50g
- Capsicum- 50 g
- Tofu- 50 g
- Cheese- 2 tsp
- Salad leaves- 2
- Oil- 3 tsp
- Organo- 1 tsp
- Chilli flakes- 1 tsp
- Baking powder- ½ tsp
- Salt to taste

## INSTRUCTIONS

1. Take singhara flour and left over dad, salt and make a semi-hand dough.
2. Take approx 25gm and roll it out in circle
3. Cook it on a hot griddle like a parutha

### Steps for Filling

4. Take all in the ingredients and add it to the mashed boiled potatoes.
5. Add the masalas, salt and chickpea flour and shape into croquettes.
6. Deep fry the croquettes.
7. Spread, Make a makhni gravy. Heat oil, add the khada masala.
8. Add ginger, garlic and green chilles and cook a little on a slow flame.
9. Add onions and salt and cook till it caramelize. Add tomatoes and masala and saute
10. Add water to cover the tomatoes and cook with the lid on for 15-20 min or till the tomatoes are mashy. Allow it to cool down.
11. Blend it with some milk and strain
12. Cook the gravy again with some butter.

### Caramelized onions

Fry chopped garlic on a medium hot oil

### Cashew Cream

Soak cashew for 4-5 hours and then bland it with 2:1 ratio of cashew and water, olive oil and lemon juice and zest Blend it and make a smoothie texture





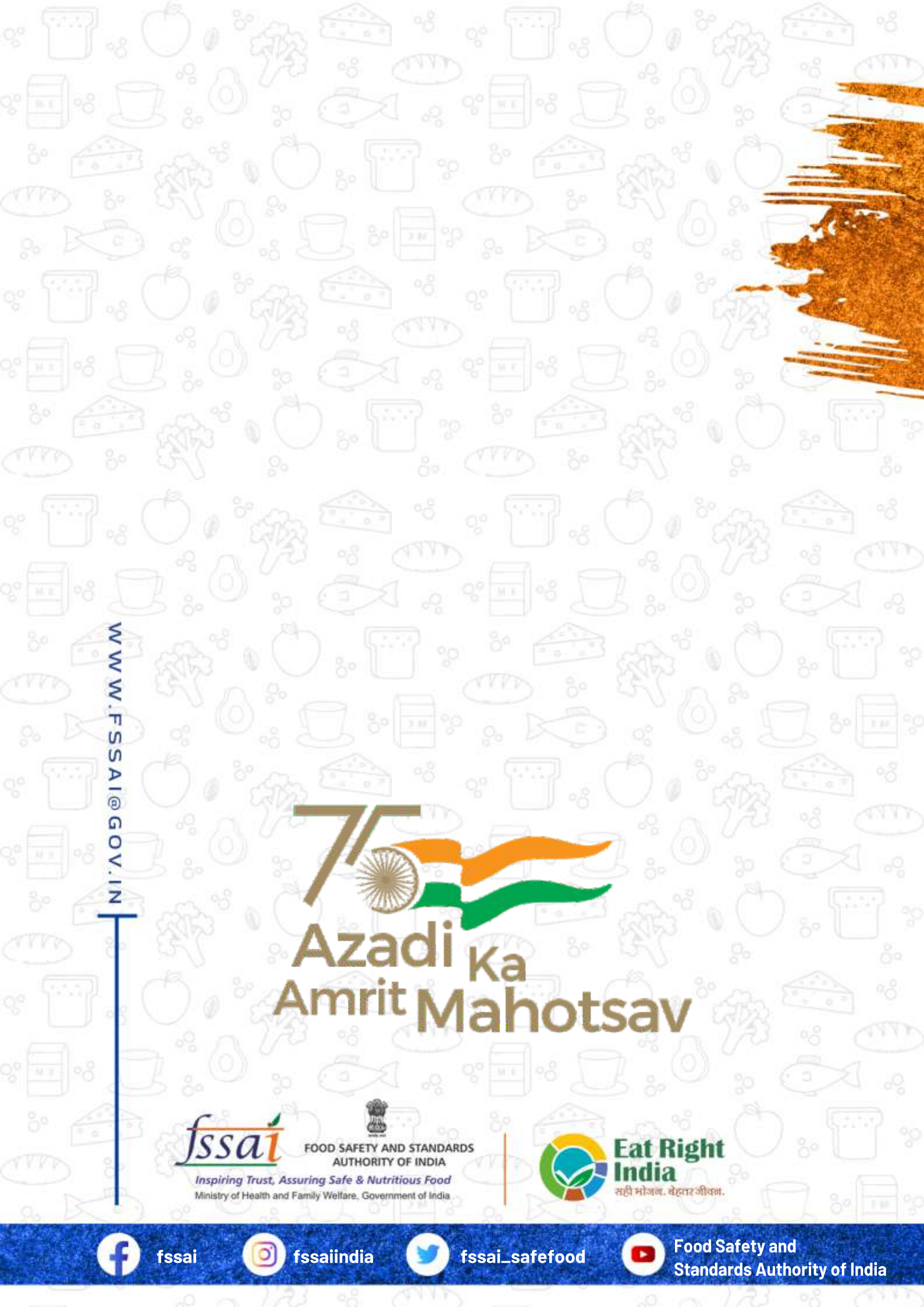
**Compiled and Edited by**  
**Dr. Joshita Lamba, Deputy Lead, FFRC**  
**Ms. Tanisha Zulfiqar, Intern, FFRC**

**Designed by**  
**Ms. Sonia Thakur, Graphic Designer, FSSAI**

# CONTRIBUTORS

NAME OF PARTICIPANT	STATE	OCCUPATION
A.PRABHA	TAMILNADU	STUDENT
ABIRAMI A K	KERALA	STUDENT
ANUSHA VIJAY	MAHARASHTRA	STUDENT
ASHWANI KUMAR	DELHI	WORKING
BATUL SAKERWALA	MAHARASHTRA	STUDENT
CHE TAN P S RAO	HARYANA	GOVERNMENT SERVICE
DHANASHREE KURWA	KARNATAKA	STUDENT
DR SHELVI AGARWAL	UTTAR PRADESH	SERVICE
DR SWATI BHARDWAJ	HARYANA	TECHNICAL ADVISOR NUTRITION
DR. KAVITA BAKSHI	MAHARASHTRA	NUTRITIONIST
DR. RENUKA MAINDE	MAHARASHTRA	CORPORATE NUTRITIONIST
HIMANSHI MAHAJAN	UTTAR PRADESH	HOMEMAKER
HRI TIKA SOLANKI	TELANGANA	STUDENT
INOSHI SHARMA	DELHI	GOVERNMENT SERVANT
K. KIRUTHIKA	TAMILNADU	STUDENT
KAPIL AGARWAL	UTTAR PRADESH	BUSINESS
KHUSHI SOMANI	GUJARAT	STUDENT
KORTUTI JAYANI	DELHI	GOVERNMENT EMPLOYEE
LINGA MURTHY M	ANDRA PREDESH	GOVERNMENT EMPLOYEE
M.NITHYA	TAMIL NADU	STUDENT
MAHESH CHHAGAN LONDHE	MAHARSHTRA	START-UP
MANISH SHARMA	RAJASTHAN	ASSISTANT MANAGER
MEENAL SHARMA	RAJASTHAN	STUDENT
MRS RASHMI	DELHI	TEACHER [RETIRED]
MRS RENU TIWARY	HARYANA	HOUSE WIFE
MUDIT MAHAJAN	UTTAR PRADESH	ENTREPRENEUR
NANDANA M P	TAMILNADU	STUDENT
NAVYA VUPPARAPALLI	ANDHRA PRADESH	BSC FOOD TECHNOLOGY
O P S RAO	HARYANA	RETIRED GOVT SERVICE
PAYAL SOMANI	GUJARAT	STUDYING
PREETHI RATHINAM	TAMIL NADU	STUDENT - PERIYAR UNIVERSITY
PREETHI V	TAMILNADU	M.SC - FOODS AND NUTRITION
PREM AGRAWAL	UTTAR PRADESH	HOUSEWIFE
RAVI LAMBA	DELHI	BANK CONSULTANT
RENU TIWARY	HARYANA	HOUSE WIFE
RENUKA SHARMA	NOIDA	HOUSEWIFE
RUBEL FARMA DOGRA	DELHI	CONSULTANT
RUCHIKA WADHWA	DELHI	STUDENT
S. NITHIYA SRI	SALEM	COLLEGE
S.PRIYADHARSHINI	TAMIL NADU	STUDENT.(FOOD SCIENCE AND NUTRITION,PERIYAR UNIVERSITY ,SALEM-11)
SHILPI AGRAWAL	UTTAR PRADESH	DESIGNER
SHREYAS KISHORE SURVE	MAHARASHTRA	STUDENT
SIVARANJANI S	TAMIL NADU	RESEARCH SCHOLAR
TANUSH RAO	DELHI	STUDENT
TEJASWINI VIJAY BANDGAR	MAHARASHTRA	DIATETION
THAVANESH RAO	DELHI	STUDENT
V. ANGALESWARI	TAMIL NADU	STUDENT
VALANTINA PREETA.A	TAMILNADU,CHENNAI	DIETICIAN
VANISREE	ANDHRA PRADESH	STUDENT
VIMAL RAJ. V	TAMILNADU	STUDENT
VINAY SINGH	DELHI	STUDENT





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