

# Marvellous Millets

# 2024



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**Millets, a collection of coarse grains recognized for their nutritional richness and adaptability across various climates, have a longstanding history of use in diverse recipes handed down through generations.**

**Gujarati cuisine warmly welcomes dishes crafted from these millets, such as the timeless Bajra na rotla or the special occasion delicacy, sama ni kheer. Much like other regions in India, Gujarati dietary habits incorporate millets regularly.**

**In 2023, the United Nations designated it as The International Year of Millets due to the unique qualities these grains possess. As we move forward into the current year, let's continue to recognize and embrace the usage of millets in our daily lives.**

**This yearly planner displays various recipes that include millets such as Jowar, Bajri, Ragi, and more, serving as a helpful reminder when deciding on your upcoming meal preparations. Have a healthy 2024!**



### Sama (Little Millet) Khir:

- Soak sama (1/4 cup samvat chawal / barnyard millet) (soaked in water for at least 20-30 mins. Rinse well then drain and set aside.
- Add this to boiling milk (2 and 1/2 cups). Let it cook in simmer.
- Once the millet is cooked, just mash until it is soft.  
Add cardamom powder (a generous pinch ) and saffron strands.
- Simmer and add sugar (3 and 1/2 tbsp) sugar. Mix well, cook until it's thick and creamy.
- Finally add chopped nuts and raisins (1 tbsp chopped almonds)
- Serve the khir warm.

# 2024

# JAN 01

SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

14 - Makar Sankranti

### NOTE

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### Bajra (Pearl Millet) Vada:

- Mix bajra (1 cup) and wheat flour (1/4 cup) along with the finely chopped fenugreek leaves (1 cup), coriander powder (1/2 tsp), salt (to taste), green chilli (1) and yoghurt in a bowl (1/4 cup).
- Mix all the ingredients properly with hands. Combine the ingredients well add a little water to bring it together, Knead it into a stiff dough.
- Set the dough aside in the same mixing bowl and cover it. Let it rest for 15-20 mins.
- In a small bowl combine the cumin seeds, sesame seeds (1 tsp) and carom seeds (1 tsp). Set aside till required.
- Preheat oil in a kadhai over a medium heat. While the oil is getting heated up, divide the prepared dough into a small marble sized portions.
- Take each ball and roll it between your palms to make a smooth ball. Flatten each ball out with your fingers, into a small disc. Ensure that the edges along the circumference are not cracked
- Sprinkle a pinch of the seeds mixture over the vada and press them gently with your fingers, to embed them into the vada and fry them.

# 2024

# FEB 02

SUN	MON	TUE	WED	THU	FRI	SAT
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04	05	06	07	08	09	10
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02 - World Wetlands Day  
28 - National Science Day

### NOTE

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### Kodri (Kodo Millet) Khichdi:

- Wash and soak ( $\frac{3}{4}$  cup) kodo millet and ( $\frac{1}{4}$ ) dal moong dal together for 20-25 minutes.
- Heat ghee (2 tbsp) in a thick bottom pan, add cumin seeds (1/2 tsp) & once they splutter add 1 onion, garlic (8 finely chopped cloves), green chillies (2 finely chopped) and curry leaves (8-10). Saute till onion becomes translucent.
- Further add vegetables (1 cup mix )and saute for a couple of minutes.
- Then add soaked millet and dal and 3 cups of water. Add salt (as per taste, ginger (1 tbsp finely chopped) and mix well.
- Once it starts boiling, slowdown the flame, cover it and let it cook.
- Serve warm with curd and papad.

# 2024

## MAR

# 03

SUN	MON	TUE	WED	THU	FRI	SAT
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03 - World Wildlife Day  
 04 - National Safety Day  
 15 - World Consumer Rights Day  
 20 - World Sparrow Day  
 21 - World Forestry Day  
 22 - World Water Day

### NOTE

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### Rajagra (Amaranth) Puri

- Grate potatoes (2-3 medium) into a bowl. Add ginger-green chilli paste (3 tbsp), coriander leaves (1 tbsp) & rock salt (sendha namak) and mix well.
- Add rajgira flour (1 cup), little by little, mix and knead into a stiff dough.
- Add ghee (2 tbsp) and knead again . Set aside for 10-15 minutes.
- Heat sufficient ghee/ oil in kadai.
- Divide the dough into small equal portions and roll into balls. Place each ball on a greased plastic sheet and gently pat into a puri.
- Deep-fry puris in hot oil / ghee, one by one, till puffed up and golden. Drain on absorbent paper.
- Serve hot with aloo sabzi.

# 2024

## APR

# 04

SUN	MON	TUE	WED	THU	FRI	SAT
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21	22	23	24	25	26	27
28	29	30				

07 - World Health Day  
18 - World Heritage Day

22 - World Earth Day  
28 - World Day of Safety  
and Health at work

### NOTE

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### Rajagra (Amaranth) Laddu

- Add rajgira (2 cup) in a bowl with chopped almonds (2 tbsp) and raisins.
- Now take a pan, add ghee (2 tbsp) in it and put on low flame.
- As the ghee melts, add jaggery (1 cup) and water (1/4 cup) in it.
- Let the jaggery melt.
- Put the melted jaggery and ghee into rajgira. Use a strainer so that any impurity in jaggery gets strained.
- Mix the mixture properly and let it cool down a bit
- Wet your hands and take a small amount of mixture and roll it between your palms to make laddoo.
- Let the laddoo harden up for couple of hours before consuming.

2024

MAY

05

SUN	MON	TUE	WED	THU	FRI	SAT
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26	27	28	29	30	31	

13 - World Migratory Bird Day  
22 - International Biodiversity Day  
23 - World Turtle Day

#### NOTE

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### Bajra (Pearl Millet) Raab

- Heat the ghee (1 tbsp) in a non-stick kadhai, add the bajra flour (1 1/2 tbsp) and saute on a medium flame for 1½ minutes, or till the flour turns light brown.
- Add 1 cup of water and jaggery (1 tbsp), mix well and cook on a medium flame for 1½ minutes, while stirring continuously with a whisk.
- Add the carom seeds (1/8 tsp) and ginger powder 1/8 tsp), mix well and cook on a medium flame for ½ minute, while stirring continuously.
- Serve the raab immediately.

2024

JUN

06

SUN	MON	TUE	WED	THU	FRI	SAT
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05 - World Environment Day    17 - World Day to Combat  
 08 - World Ocean Day            Decertification  
 15 - Global Wind Day            21 - International Day of Yoga

### NOTE

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### Rajagra (Amaranth) Shiro

- Heat ½ cup of ghee (clarified butter) in a pan over medium flame
- Once the ghee is hot, add ¾ cup of Rajgira flour to the pan and mix it well with ghee using a ladle. Make sure there are no lumps.
- Roast the flour until it turns golden brown in color and a nutty aroma starts to come (10-12 mins.)
- Keep stirring frequently while roasting to avoid the flour from burning at the bottom of the pan
- Once the flour is golden brown in color, add 1 cup of warm milk to the pan and cook until all the milk is soaked by the flour (1-2 mins.)
- Keep stirring continuously to avoid the formation of lumps and Add ½ cup sugar or Jaggery Powder
- Garnish with 2 tablespoon of mixed almonds and pistachios silvers and dried rose petals

2024

JUL 07

SUN	MON	TUE	WED	THU	FRI	SAT
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01 to 07 - Van Mahotsav Week  
 28 - World Nature Conservation Day  
 29 - International Tiger Day

#### NOTE

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### Kuler (Pearl Millet)

- Take bajra flour ( $\frac{3}{4}$  cup) and jaggery ( $\frac{1}{3}$  cup) in a bowl
- Rub it with fingers to break jaggery lumps and mix really well. It will take good 5-7 minutes. You can use jaggery powder to skip this step.
- Melt the ghee in a small pan and add it into the flour-jaggery mixture.
- Again mix well with your fingers. If the mixture looks dry, add  $\frac{1}{2}$  tablespoon of ghee at a time.
- Make small balls of this mixture and your kuler laddoo are ready.

2024

AUG

08

SUN	MON	TUE	WED	THU	FRI	SAT
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11	12	13	14	15	16	17
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10 - International Biodiesel Day

12 - World Lion Day

12 - World Elephant Day

### NOTE

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### Bajariyu (Pearl Millet)

- Soak hulled Millet (100 grams) in water (200 ml) for one hour
- Cook it in the same water for 5 to 10 minutes
- Add Buttermilk (400 ml) and salt (For taste) in it
- When cooked, a dense sludge texture will be formed
- Add dry dates (1 bowl) in it
- Garish it with ghee (For taste) and serve hot

Recipe by Ms. Divya Thakker (Home Chef)

# 2024

## SEP

# 09

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
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15	16	17	18	19	20	21
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16 - International Ozone Day  
18 - International Coastal Clean-up Day  
28 - Green Consumer Day

### NOTE

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### Kaangvo (Foxtail Millet)

- Soak Foxtail Millet (1 Bowl) for 7-8 hours in water
- Drain the excess water and spread the millet on a cotton cloth for drying
- After drying, Roast it properly and make its flour using a mixture grinder
- Combine milk (1 Cup) and clarified butter in a pan, heat until thoroughly blended.
- Pour milk and ghee mixture in Flour and mix it properly
- Let it settle down for 30 minutes
- Strain the mixture properly for even texture
- Roast this mixture in pan on medium heat till it become golden brown
- After roasting, take the mixture (Ghasiyo) in a bowl
- Take ghee (½ Cup) in another pan and add jaggery in it and mix it properly
- Put this jaggery and ghee mixture in ghasiyo and make the laddu out of it

Recipe by Ms. Divya Thakker (Home Chef)

# 2024

## OCT

# 10

SUN	MON	TUE	WED	THU	FRI	SAT
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06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

01 to 07 - Wildlife Week  
 04 - World Animal Day  
 13 - International Day for  
 Natural Disaster Reduction

14 - World Standards Day  
 24 - International Day of  
 Climate Action

### NOTE

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### Kodo Millet Pulao

- Wash kodo Millet (1 cup) and soak in water for two hours before cooking
- Put oil, and spices (Salt to taste, ½ tsp Red chili powder, ½ tsp Turmeric powder, ½ tsp cumin seeds) in a pressure cooker
- Add vegetables (1 Cup (Beans, Peas, Carrot, Capsicum, Maize) and soaked kodo Millet in cooker
- Add 4 Cups of water and mix everything well
- Cook the millet till the cooker whistles for 4 times
- After cooking let the release the vapors from the cooker and allow it to cooldown
- Serve the pulao and garnish it with coriander leaves

2024

NOV

11

SUN	MON	TUE	WED	THU	FRI	SAT
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### NOTE

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### Ragi (Finger Millet) Idli

- Mix Ragi (2 Cups), Oats (½ Cups), Semolina (2 tsp) and Curd (3 tsp) in water
- Let it settle for 1-2 Hours
- Saute the vegetables (French beans, Carrots, Corn) and add salt (For taste), turmeric and chili powder
- Add green chilli paste and grate paneer in vegetables
- Add the vegetable mixture and add eno (1 tsp) in the soaked ragi
- Now prepare the steamed idli in the pressure cooker with this ragi mixture

# 2024

## DEC 12

SUN	MON	TUE	WED	THU	FRI	SAT
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22	23	24	25	26	27	28
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02 - National Pollution Prevention Day

14- National Energy Conservation Day

05- World Soil Day

24- National Consumer Rights Day

11 - International Mountain Day

### NOTE

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# Know Your Millets



Sorghum Millet	Pearl Millet	Finger Millet	Foxtail Millet	Proso Millet	Kodo Millet	Little Millet	Barnyard Millet	Brown top Millet	Amaranth Millet	Buckwheat Millet
జ్వార	బాజరా	రాగి	కంగనీ	చెనా	కోదో	క్రూకీ	సంవా	ఱి కంగనీ	రాజగిరా	క్రూ
జువార	ఱాజరీ	నాగలీ	కంగా	ఱెనో	కోదరీ	గజరీ	సామీ	ఱి కంగా	రాజగారి	క్రూ
జ్వారి	బాజరీ	నాగలీ	కాంగా	వరీ	కోదరా	సావా	శామూల	మకరా	రాజగిరా	బాటరావితా
జూల	సజ్జ	రాగి	నవణ	బరగు	అక	సామ	ఱాదలు	కూరళు	రాగి	నీరు కణిగు
జీన్నలు	సజ్జలు	రాగులు	కీరలు	వరిగలు	అరికలు	సామలు	కూదలు	అండుకీరలు	కీలకూర గింజలు	బులుగురు గింజలు
ఱొంజం	కంగాం	నణణి పుణ్ణి	ఱిగా	నగినివఱిగ	కూనివఱిగ	ఱింఱ	కూనింక పుణ్ణి	ఱింఱ ఱొంకఱింక	ఱుణ్ణి ఱింక	ఱింకఱింక
కొణణం	కంకం	కొణ్ణివఱిగ	ఱిణణ	నణివఱిగ	వఱిగ	కాణణం అఱిగ	కొణ్ణివఱిగ	నణ్ణివఱిగ	ఱుణ్ణివఱిగ	ఱుణ్ణివఱిగ
నణ్ణి	కాణ్ణి	ఱింక	వఱిగ	కీణ	వఱిగ	కాణ్ణి	కాణ్ణి	వఱిగ	కాణ్ణి	ఱుణ్ణి
కొణ్ణి	కాణ్ణి	ఱుణ్ణి	కాణ్ణి	కీణ	వఱిగ	కాణ్ణి	కాణ్ణి	వఱిగ	కాణ్ణి	ఱుణ్ణి

Consumer Education and Research Centre Environmental Information, Awareness, Capacity Building and Livelihood Programme (EIACP) Programme Centre- Resource Partner on "Environment Literacy - Eco-labelling & Eco-friendly Products"



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