

# Pāka Siri

Cooking made easy with Siridhanya



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When food is right no medicine is needed  
When food is wrong no medicine works  
- 'Krishi Ratna' Dr. Khadar Vali

Written by:

Sai Latha | Anuradha | Hyma Kiran

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PUBLICATIONS



# *Dedication*



We dedicate this book with utmost reverence and gratitude to a true biophilian **Dr. Khadar Vali**, his better half **Smt. Usha Khadar** and his daughter **Dr. Sarala**.

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E-mail: biophilians@hotmail.com

Copies: 1000

First Edition: October, 2020

Price: Rs. 200/-



# 6-2-959, Dakshin Bharat Hindi Prachar Sabha Complex,  
Khairtabad, Hyderabad - 500 004  
Phone: 040 - 2339 5979, 9676 79 77 77

Printed At:

**Rythu Nestham Press**

Plot No. 17, IDA Balanagar,

Hyderabad- 500 037

Ph: 7416 045 979

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**Dr. Khader Vali**

# Foreword

*SIRIDHANYA - Kodo, Foxtail, Barnyard, Little and Browntop millets with their carbohydrate / fiber ratio being in single digit - are now proven grains that can eradicate modern day diseases from its roots. These are the native grains of many countries across the globe that can be real alternative staple food which can mitigate many problems of the earth.*

*The centralised present day industrial food culture is one of the important reasons for present problems that our globe is facing for the last 3 to 4 decades. Water, desertification, global warming, carbon foot print are some of the grave problems that can find solution in the use of these five positive grains by future generations.*

*All over the world these wonderful positive grains and their cooking methods have been wiped out by the corporate, industrialized food culture all across the globe.*

*Last two to three years Mrs. Hyma Kiran, Mrs. Anuradha and Mrs. Sai Latha have been working sincerely to revive the cooking methods of forgotten recipes. In the month of April 2019 these three women brought out a wonderful book "PĀKA SIRI" in Telugu Language. This book has been published by Rythu Nestham with utmost commitment to reach the public. Now these ladies and Rythu Nestham are at it again - this time in English with lot more information and recipes.*

*I, (Dr. Khadar Valli) am the happy man seeing this publication in English, reaching the international audience - being the preceptor of this concept and methods to heal the human race of these modern dry diseases.*

With love

(Dr. Khadar Valli)

# THANKS

**PĀKA SIRI** is the brainchild of **Dr. Khadar Vali**. We three have been able to get back to normal health by following the **Ashtanga Siri Jeevana Marga** laid down by **Dr. Khadar Vali**. He had motivated us to compile the recipes of all the Siridhanya dishes prepared by us for the benefit of those who wish to make Siridhanya their staple food. This book was originally published in Telugu and now in English at the behest of **Dr. Khadar Vali**.

We are very grateful to **Smt. Usha Khadar** who had given two days of her precious time going through the ingredients used and procedures adopted for each of the recipes and gave her valuable suggestions.

All the information provided in the introduction chapter had been taken from the lectures delivered by **Dr. Khadar Vali** and **Dr. Sarala** on various platforms. We are indebted to **Dr. Sarala** for her lucid and crystal clear explanation of every aspect of this lifestyle.

We express our heartfelt gratitude to 'Padmashri' awardee Dr. Yadlapalli Venkateswara Rao of **Rythu Nestham** Publications for his support in publishing this book.

We are ever indebted to The Almighty God for giving us this golden opportunity and guiding us all through in realising our dream.

- **SAI LATHA**  
**ANURADHA**  
**HYMA KIRAN**



## Good Health for Long Life

Globalization and modern technology have completely changed human life. Revolutionary changes were noticed in the lifestyle, infrastructure and basic amenities. The whole scenario of education, medicine and agriculture changed. All other sectors have shown phenomenal progress. But due to rapid changes in agriculture have pushed the man in to unhealthy problems. Whatever food grains used by our ancestors became a rare and precious food for present generations. If any one asks a question what is the most common food used by the people.... most of them says rice, wheat, milk, eggs and meat. But the independent scientist, food and health specialist 'Krishi Ratna' Dr. Khadar Vali says that the main reason for health problems can be attributed to consumption of food derived from cultivation of different crop varieties developed by Bio-Tech research. Instead of this we have to take food of our ancestors prepared out of Korralu, Andu Korralu, Arikalu, Samalu and Udal. 'Rythu Nestham' group is working with Dr. Khadar Vali to build a healthy society.

With the efforts of Dr. Khadar Vali people are attracted towards 'Siridhanyalu'. Many of us are using variety of foods made up of with rice, wheat and wheat flour, however Siridhanyalu and its flour can also be used to make all kinds of recipes like Biryani, Idli, Dosa, Vada, Upma, Pulihora, Pakodi, Biscuits, Pudding, Karam Bundi and Vadiyalu. Milk and Curd can be made ourselves with Siridhanyalu. This facilitates the things possible to prepare food items loved by people of all ages. Natural food can be enjoyed with mouth watering flavors. One can keep away the diseases like B.P., Diabetis, Thyroid, Heart related diseases and other health problems by following the diet advised by Dr. Khadar Vali all the time and perfect health can be owned.

Rythu Nestham Publications have decided to provide the information on preparation of variety of recipes with 'Siridhanyalu' to the people. **Sai Latha, Anuradha** and **Hyma Kiran** experts in Siridhanyalu cuisine have transcribed over hundred different recipes. I am grateful to **Dr. Khadar Vali**, to his wife Smt. **Usha Khadar**, their daughter **Dr. Sarala** in brining out a nice and useful book in the name of 'Pakasiri'. My thanks to book authors. I hope that this book will bring rapid changes in the food consumption behaviour of the people. I whole heartedly wish every home to be filled with good health and prosperity.

**(Dr. Yadlapalli Venkateswara Rao)**

Rythu Nestham Publications

# NUTRIENTS AND FIBRE IN 100 G OF SIRIDHANYA

(Based on Information From Dr. Khadar Vali) - Ratio of Carbohydrate to Fibre Must Be in Single Digit

ధాన్యం పేరు Name of Grain	నియాసిన్ Niacin mg (B3)	రిబోఫ్లేవిన్ Riboflavin mg (B2)	థయామిన్ Thiamine mg (B1)	కెరోటీన్ Carotene ug	ఐరన్ Iron mg	కాల్షియం Calcium g	ఫాస్ఫరస్ Phosphorus g	ప్రోటీన్ Protein g	ఖనిజాలు Minerals g	పిండి పదార్థం Carbo- Hydrate g	పీచు పదార్థం Fiber g	పిండిపదార్థము/ పీచు నిష్పత్తి Carbohydrate/ Fiber Ratio
కొర్రలు (Foxtail)	0.7	0.11	0.59	32	6.3	0.03	0.29	12.3	3.3	60.6	8.0	7.57
ఉండలు (Barnyard)	1.5	0.08	0.31	0	2.9	0.02	0.28	6.2	4.4	65.5	10.0	6.55
అరికలు (Kodo)	2.0	0.09	0.33	0	2.9	0.04	0.24	6.2	2.6	65.6	9.0	7.28
సానులు (Littile)	1.5	0.07	0.30	0	2.8	0.02	0.28	7.7	1.5	65.5	9.8	6.68
అందుకొర్రలు (Browntop)	18.5	0.027	3.2	0	0.65	0.01	0.47	11.5	4.21	69.37	12.5	5.54

## సరిధాన్యాలు (Positive Grains)

## తటస్థ ధాన్యాలు (Neutral Grains)

సజ్జలు (Pearl)	2.3	0.25	0.33	132	8.0	0.05	0.35	11.6	2.3	67.1	1.2	55.91
చాగులు (Finger)	1.1	0.19	0.42	42	5.4	0.33	0.27	7.1	2.7	72.7	3.6	20.19
వొరిగలు (Proso)	2.3	0.18	0.20	0	5.9	0.01	0.33	12.5	1.9	68.9	2.2	31.31
జొన్నలు (Great Millets)	1.8	0.13	0.37	47	4.1	0.03	0.28	10.4	1.6	72.4	1.3	55.69
మొక్కజొన్న (Corn Maize)	1.4	0.10	0.42	90	2.1	0.01	0.33	11.1	-	66.2	2.7	24.51

## నష్టదాయక ధాన్యాలు (Negative Grains)

గోధుమలు (Wheat)	5.0	0.17	0.35	64	5.3	0.05	0.32	11.8	1.5	76.2	1.2	63.50
వరి బియ్యం (Paddy Rice)	1.2	0.06	0.06	0	1.0	0.01	0.11	6.9	0.6	79.0	0.2	395.0



## EFFICACY OF EACH MILLET



**Foxtail millet** may be considered the most balanced grain of all the five Siridhanyas as it has all the nutrients in right proportion. Foxtail millet has the ability to cleanse the nervous system and respiratory system.



**Little millet** has the unique ability to cleanse the reproductive organs. All the health issues related to the reproductive system both in men and women can be resolved by the consumption of this grain. For example, PCOD, Fibroids, infertility, oligospermia (low sperm count), etc.



**Kodo millet** is endowed with the amazing ability to cleanse the bone marrow (blood production centre). Therefore any health issue related to the components of blood like anemia, blood cancer, low platelet count, etc, can be cured by consuming this grain.



**Barnyard millet** has incredible capacity to cleanse the liver. So all the diseases and disorders related to liver can be cured by consumption of this millet. Examples: Jaundice, Hepatitis A, Hepatitis B, Hepatitis C, Liver Cirrhosis, liver infections. It also helps in cleansing all the soft organs like kidneys, urinary bladder and gal bladder.



**Browntop millet** can detoxify each and every part of the human body from head to toe. The consumption of this grain cures all the ailments related to the alimentary canal like constipation, gastric ulcers, piles, etc. This is one and only grain that can provide relief from all types of cancers.

THESE FIVE GRAINS MUST BE TAKEN AS STAPLE FOOD FOR A COMPLETE HEALTH BENEFIT



Eminent independent scientist, food and nutrition expert, Dr. Khadar Vaili being honoured with 'Krishi Ratna' award by Honourable Vice President of India Sri. Venkaiah Naidu in I. V. Subba Rao Rythu Nestham awards distribution ceremony held at Swarna Bharat Trust, Hyderabad, jointly organized by Muppavarapu Foundation and Rythu Nestham on Oct 7, 2018.

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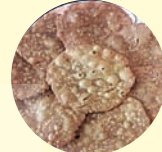


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## MILK & CURD

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## A. 'ASHTA AMSHA SIRI JEEVANA MARGA'

The primeval Indian wisdom on various subjects is a massive treasure house preserved well in our ancient scriptures like Vedas and Puranas. However with the passing of the time they have gone into oblivion due to various reasons one of which being the influence of the Western culture and education. Our food habits have undergone a drastic change so much so that almost all the healthy staple food grains and cooking methods of the yore have become extinct. The modern lifestyle that we borrowed from the West has forced us to march towards hospitals which made us their perennial visitors.

At this crucial juncture comes Dr. Khadar Vali, the man who envisions a disease-free world inhabited by nature-conserving rather than nature-consuming people who lead their lives in harmony with nature.

He is leaving no stone unturned to unearth the treasure of our traditional knowledge and share it to all in a lucid way that can be understood and practiced even by a common man.

As a part of his selfless efforts he had devised an ideal lifestyle comprising eight crucial aspects which may aptly be called '**Ashta Amsha Siri Jeevana Marga**', with Siridhanya occupying the pivotal position.

'**Ashta Amsha Siri Jeevana Marga**' is to be followed by every individual to ensure that every creature on this planet (everywhere) enjoys the 'Wealth of Wellness'. By following it we will be putting into action the basic doctrine of Sanathana Dharma '**Sarve Janaah Sukhino Bhavantu**'. One may have a doubt as to why only humans have to follow this path. The answer is simple. It is only man who drifted away from the natural path and so he alone is responsible for the current deplorable state of Mother Earth - Our Home. It is therefore our responsibility to clean up the mess and initiate the rejuvenation process. The eight aspects that form the bedrock of this path of the natural rejuvenation process of universal wellness are...



- |                                       |                                   |
|---------------------------------------|-----------------------------------|
| 1) Sasyahara                          | 2) Siridhanya                     |
| 3) Surya Namaskara (Kaashaya)/Walking | 4) Kashayaas                      |
| 5) Ghana Oils                         | 6) Palm Jaggery                   |
| 7) Jungle Krishi or Jungle Farming    | 8) Natural Personal Care Products |

A sincere adherence to this path will correct all the imbalances prevailing everywhere including human body and bring about **universal balance**. A brief explanation of each of the above mentioned aspects is furnished below.

## 1. SASYAHARA

Dr. Khadar Vali warns us '**Beware! Man's birth is not meant for meat eating**'. Man is born to be a Sasyahari, meaning that our digestive system is designed to assimilate only food derived from the plant kingdom. All the macro nutrients (carbohydrates, proteins and fats) and micro nutrients (calcium, zinc, iron, magnesium, vitamins, etc.) need to be obtained only from the plants and plant based sources. A **Satwik Sasyahari** is one who does not burden the environment by his/her food choices. We need to grow and consume only those grains, vegetables, fruits, the cultivation of which does not cause any ecological imbalance.

For example, extension of land under cultivation of rice, wheat, sugarcane, by construction of mammoth water projects has caused severe ecological imbalance. Extension of land under coffee and tea plantations by cutting down the forests has resulted in extreme conditions like the drying up of perennial rivers (on account of reduction in rainfall) on the one hand and massive floods on the other. Loss of biodiversity too is yet another consequence of deforestation. So there is no use being a Sasyahari whose staple food is rice and wheat and consumes sugar, tea and coffee. Today, man's behaviour is akin to a foolish man who cuts the branch on which he is sitting.

### What Should Be The Food Of A Satwik Sasyahari ?

The five **Siridhanyas** should be taken as the staple grains by the whole of the mankind. These grains help us overcome **Glucose Imbalance**. Ambali - fermented gruel prepared with these being the chief source of prebiotics and probiotics corrects the **Microbial Imbalance**.

The different types of **legumes and oil seeds** should be the source of protein.

Milk prepared from plant-based sources such as sesame seeds, coconut, groundnuts, finger millet, pearl millet, sorghum etc., should be the source of calcium and the curd prepared with such milk, the source of probiotics and Vitamin B12. Consumption of dairy milk, according to Dr. Khadar Vali is the main cause for **Hormonal Imbalance**. By switching over to **plant-based milk** even this imbalance can be corrected.

Palm Jaggery prepared from the sap of trees belonging to Palmaceae family alone should be used as sweetening agents.

All the varieties of vegetables, greens and fruits that are native to a region and naturally grown shall be the prebiotics.

## 2. SIRIDHANYA

Dr. Khadar Vali coined a new term 'Siridhanya' which refers to five wonder millets namely Kodo millet (Adi Beeja), Little millet, Barnyard millet, Foxtail millet and Browntop millet. They are aptly called 'Siridhanya' as they confer the 'wealth of health' on those who consume it and a decent livelihood to the farmers who grow them.



Siridhanya occupies a pivotal role in this jeevana vidhana. Dr. Khadar Vali calls these as 'The Food of the Entire Human Race'. What makes him say so? To understand that, we should first know the properties of food. A substance to be called as food should satisfy the following conditions.

- Slow release of glucose into the blood
- Satiety
- Standalone source of nutrients
- Ability to flush out the metabolic wastes from the body on a regular basis
- Ability to restore and maintain health

Let us now examine whether Siridhanya satisfy the above mentioned conditions.

**a) Slow Release of Glucose Into The Blood:** This happens to be a very essential feature of food. Sudden spurts or spikes of glucose into the blood is the primary cause for most diseases. Presence of adequate amount of fibre in a grain ensures slow release of glucose into the blood. The five Siridhanya are the only grains known to the mankind

ధాన్యం పేరు Name of Grain	నియాసిన్ Niacin mg (B3)	రిబోఫ్లేవిన్ Rivoflavin mg (B2)	థయామిన్ Thiamine mg (B1)	కెరోటిన్ Carotene ug	ఐరన్ Iron mg	కాల్షియం Calcium g	ఫాస్ఫరస్ Phosphorous g	ప్రోటీన్ Protein g	ఖనిజాలు Minerals g	పిండి పదార్థం Carbo Hydrate g	పీచు పదార్థం Fiber g	పిండిపదార్థము/ పీచు నిష్పత్తి Carbohydrate/ Fiber Ratio
<b>సిరిధాన్యాలు (Positive Grains)</b>												
కొర్రలు (Foxtail)	0.7	0.11	0.59	32	6.3	0.03	0.29	12.3	3.3	60.6	8.0	7.57
ఊదలు (Barnyard)	1.5	0.08	0.31	0	2.9	0.02	0.28	6.2	4.4	65.5	10.0	6.55
అరికలు (Kodo)	2.0	0.09	0.33	0	2.9	0.04	0.24	6.2	2.6	65.6	9.0	7.28
సామలు (Little)	1.5	0.07	0.30	0	2.8	0.02	0.28	7.7	1.5	65.5	9.8	6.68
అందుకొర్రలు (Browntop)	18.5	0.027	3.2	0	0.65	0.01	0.47	11.5	4.21	69.37	12.5	5.54
<b>తటస్థ ధాన్యాలు (Neutral Grains)</b>												
పల్లెలు (Pearl)	2.3	0.25	0.33	132	8.0	0.05	0.35	11.6	2.3	67.1	1.2	55.91
రాగలు (Finger)	1.1	0.19	0.42	42	5.4	0.33	0.27	7.1	2.7	72.7	3.6	20.19
వొరిగలు (Proso)	2.3	0.18	0.20	0	5.9	0.01	0.33	12.5	1.9	68.9	2.2	31.31
జొన్నలు (Great Millets)	1.8	0.13	0.37	47	4.1	0.03	0.28	10.4	1.6	72.4	1.3	55.69
మొక్కజొన్న (Corn Maize)	1.4	0.10	0.42	90	2.1	0.01	0.33	11.1	-	66.2	2.7	24.51
<b>నష్టదాయక ధాన్యాలు (Negative Grains)</b>												
గోధుమలు (Wheat)	5.0	0.17	0.35	64	5.3	0.05	0.32	11.8	1.5	76.2	1.2	63.50
వరి బియ్యం (Paddy Rice)	1.2	0.06	0.06	0	1.0	0.01	0.11	6.9	0.6	79.0	0.2	395.0

(till now) that are endowed with the right proportion of carbohydrates and fibre. The above table clearly depicts a comparison of nutritional information of different types of grains (Positive, Neutral and Negative grains).

The last column in the above table shows the ratio of carbohydrate to the fibre present in each of the grains. For example, carbohydrate content per 100 grams of Browntop millet is 69.37 grams while its fibre content is 12.5. The carbohydrate to fibre ratio is a meagre 5.54 which is far less than 10. It is true with all the five Siridhanya. It is this feature of the five Siridhanya that ensures slow and steady release of glucose into the blood.

One may argue that even by consuming plenty of vegetables along with rice or wheat, flooding of glucose into the blood can be regulated. It is a myth. Once the food is gulped down the throat, vegetables, fruits, rice, etc., do not move together. Therefore glucose spikes cannot be evaded. It is not so in case of our Siridhanya. The very structure/formation of these grains is unique in the sense that every molecule of carbohydrate is bound to a molecule of fibre unlike in the rest of the grains where fibre forms just the outer layer. As carbohydrate and the fibre travel together through the digestive tract, glucose is released into the blood slowly and steadily in a regulated manner. This is the reason why the consumption of these grains helps in eliminating **Glucose Imbalance**.



**b) Satiety:** For a substance to be called food, satiety is yet another character to be satisfied. When a person partakes a substance and does not feel hungry for four to five hours, such a substance can be called food. By consuming the right amount of Siridhanya one feels contented and satisfied and will not feel hungry for the next five to six hours. So, Siridhanya passes this test too.

**c) Standalone Source of Nutrients:** From a careful observation of the table furnished above we can understand that these positive grains are endowed with most of the micro and macro nutrients needed for the sound functioning of our body. Even if we do not consume vegetables and fruits for a few days, Siridhanya can take care of our basic nutritional needs.

**d) Ability To Flush Out Metabolic Wastes From The Body:** Food to be called food should not only satisfy our hunger and nutritional needs, it should also have the ability to create a state of **Nirmala** (free from wastes) in our body. During various metabolic processes, some substances which cannot be used by our body called metabolic wastes are created. They need to be excreted to maintain health. The fibre present in the food we eat helps in flushing them out. Siridhanya are rich in soluble and insoluble fibre. The fibre present in each of them is distinct. For example, the soluble fibre present in Little millet has the ability to cleanse our reproductive system while the soluble fibre present in Kodo millet cleanses the bone marrow and solves all the health issues related to blood and its components. Absence of insoluble fibre in food causes constipation which in turn results in several other health issues. The insoluble fibre present in Siridhanya adds bulk to the solid wastes in the large intestine and helps in their excretion as faeces/stools.

**e) Ability To Restore And Maintain Health:** Restoration and maintenance of health is the forte of Siridhanya which no other grain (accessible at present) can compete. Then what makes these grains so unique? In addition to all the above mentioned attributes, the fibre of these grains is laden with lignans. Lignans act as antioxidants and have the ability to eliminate cancer causing conditions in human body. Different grains have different lignans. The beneficial gut microbiome act on the lignans, make them bioavailable and help us derive the health benefits. This is the reason why Dr. Khadar Vali advises us to consume each of the five Siridhanya in the form of fermented porridge/gruel (AMBALI).

Yet another interesting piece of information about the role of Siridhanya shared by Dr. Khadar Vali in curing even dreadful diseases, inherited health conditions and unfathomable diseases is its ability to regenerate healthy cells.



Our body is made up of trillions of cells of different kinds like the blood cells, bone cells, skin cells, nerve cells, etc. Almost all cells degenerate and regenerate. Of course the lifespan of the cells differs. For example, the lifespan of red blood cells is approximately 120 days while that of skin cells is anywhere between two and three weeks. Degeneration and regeneration of the cells is a continuous process. Therefore, when right food is taken by an individual, the regenerated cells emerge healthier. As a consequence of consumption of right food, a state of complete health is established in one's body. Each of the five Siridhanya as mentioned earlier has the ability to cleanse a given set of organs. **Sampoorna Arogya Siri** will be all ours if all the five Siridhanya are consumed as staple food in a systematic way.

**Ambali:** No discussion on Siridhanya is complete without a mention of **Siri Rice Ambali - The Elixir**.

Dr. Khadar Vali emphasises that the best form in which Siridhanya should be partaken in order to get maximum benefit is Ambali i.e., fermented Siri Rice porridge/gruel.

Our digestive system is not equipped to assimilate all the food that is consumed and produce the required inputs to carry out the biochemical processes. It is the beneficial microbiome present in our gut that plays a crucial role in nutrient utilization. The more diverse our gut bacteria (beneficial) is the more diverse will be the nutrients available for utilization. The gut microbiome has a tremendous impact on our immune system, metabolism and production of essential biocompounds. Today, it is the microbial imbalance that is the cause for several nutritional deficiencies such as Vitamin B12 deficiency, irritable bowel syndrome, diabetes, etc. Ambali is a repertoire of prebiotics and probiotics. By consuming Ambali made with different types of Siri rice at least at regular intervals, we will be able to fortify our gut with diverse microbiota which in turn boost our immunity, eliminate nutritional deficiencies and create healthy environment in our body. Healthy gut means healthy body.

Do Siridhanya still need any further justification as 'The Food for the Entire Human Race'?

### 3. SURYA NAMASKARA (KAASHAYA) AND WALKING

Since time immemorial Indians have been worshipping Sun God by offering Surya Namaskara and Sandhya Vandana at Sunrise (Pratah Sandhya) and Sunset (Sayam Sandhya). Except for the nocturnal creatures all other forms of life on earth rise a little before sunrise and get ready to welcome the ever giving Visible God (Pratyaksha Daivam) Surya Bhagawan. The birds start chirping greeting the rising Sun in gratitude. Plants eagerly wait for the sunrise such that they can start preparing food. It is just the unfortunate humans who fail to realise the benefits of sunrays and shut themselves indoors and forego the bounty. In all magnanimity and benevolence, The Sun God showers His rays in abundance which awaken, energise and heal. In the absence of Sun, all forms of life on Earth will cease to exist.



Dr. Khadar Vali in almost every lecture of his has been making us understand the importance of Surya Namaskara and fifteen minutes of meditation at sunrise and sunset. He says that during the first seven minutes of sunrise and the last seven minutes of sunset, the bright Ochre (Kaashaaya Varna) Sun rays have amazing benefits on our body and mind. He explains that when we drench ourselves in the rays from the Rising Sun (at Arunodaya Samaya), biochemical reactions in our body get well regulated. Some of the benefits we derive from these rays are dealt below.

It is a common misconception that through consumption of adequate amount of calcium, bone health can be maintained. In the absence of Vitamin D our body cannot absorb calcium even if it is from the best plant-based source leave alone the over the counter calcium supplements. Sun's rays alone can help our body produce Vitamin D which is the reason why it is also called Sunshine Vitamin. Thus both Vitamin D and Calcium are needed to maintain bone health.

We may think that the problem of Vitamin D deficiency can be overcome by just popping the supplements. When too much of it is taken by way of supplements, it results in toxicity and damage to several vital organs like the kidneys. In the event of Vitamin D deficiency, Dr. Khadar Vali advises the inclusion of sundried mushrooms twice a week in our diet.

Exposure to the ochre sun rays can boost our immunity too.

These rays have a profound impact on our mental health as they boost the production of feel good hormone, Serotonin. Exposure to these rays also corrects and maintains circadian rhythm. Distortions in these rhythms result in mental disorders such as depression, bipolar disorder, etc. This is the reason why Dr. Khadar Vali emphasizes that no person should forego the opportunity to offer Suryanamaskar at sunrise and sunset.

Skin diseases, heart ailments, diabetes, respiratory problems, anemia and other issues related to blood, nervous disorders, vision problems, etc. get cured gradually by bathing in these marvellous life giving rays regularly.

Who can sanitise us better than the all powerful Sun? Drying grains, food material, linen and other things in Sun to free them from harmful pathogens/microbes is an ancient practice. Similarly when we humans get exposed to sunrays, all the harmful pathogens that inhabit our skin perish. On the other hand as specified earlier immunity is developed internally in our body on account of exposure to sunrays. Thus both internal and external sanitisation is achieved by a mere exposure to rays of rising and setting Sun.

These are just a few benefits of sunrays that man has been able to identify with his limited perception. There may be many more which are far beyond our comprehension.

Bathing in the Divine rays of the Sun can take care of every organ, every gland, every biochemical reaction in our body from top to toe. Our ancient texts have rightly stated **Aarogyam Bhaskaraadicchet** meaning one should ask Sun God for health.

Dr. Khadar Vali also stresses on walking as yet another important activity to be carried out as a part of our daily routine during sunrise and sunset. He calls it as **Sahaja Yoga**. Walking for a minimum of one and a half hours everyday at a stretch helps us use up five to six grams of glucose in our blood. Walking keeps us fit, flexible and healthy.

#### 4. KASHAYAS - SELECTED LEAF AND OTHER PLANT BASED DECOCTIONS

Kashayas suggested by Dr. Khadar Vali are simple plant-based decoctions prepared by boiling certain selected fresh leaves (like tulsi) or bark (like cinnamon) or tuber (like turmeric or ginger) for three to four minutes. These decoctions help us in several ways. They are

**Strengthening The Immune System:** They work at molecular level in producing antibodies to counter varied diseases. Intake of decoctions of different types of leaves will

introduce different types of antigens into the bone marrow where the blood cells are manufactured. Then the antigen specific antibodies are produced by the plasma cells present in the bone marrow. The more diverse the leaves used for kashayas are, the more diverse will be the kind of antigens introduced and the corresponding antibodies produced. Our body will then be well equipped to fight and eliminate any kind of pathogen be it Dengue, or H1N1 or any new virus. This is how kashaayas help in boosting immune system in a human body.

**Eliminating The Metabolic Waste:** The phytochemicals and antioxidants present in the leaves of plants like Gongura (Kenaf), Guava, etc. will directly take part in various biochemical reactions going on in our bodies and aid in excretion of several types of metabolic wastes. The phytochemicals which are present at micro level, act as catalysts in various metabolic processes. These phytochemicals get released into water when



heated. Eg. Gongura - Protocatechuic acid, Turmeric - Curcumin, Ginzer - Zinziber, etc.

**Acting As Prebiotics:** The plant molecules that get infused into the decoctions act as prebiotics and provide food and congenial environment for gut microbes to thrive. They in turn produce essential nutrients for our existence.

Many leaves harbour their own combination of microbes. So, when we partake various greens and vegetables we also infuse many symbiotic bacteria into our gut.

Intake of Kashaya as the first thing in the morning prepares our entire system to carry out the day's activities in full vigour.

**A WORD OF CAUTION :** Not all leaves are suitable for kashayas. Only the ones identified to have medicinal properties, water soluble molecules and non toxic in nature should be taken.

## 5. GHANA OILS

Fats too are an important macro nutrient needed for efficient functioning of our body. Edible oils and ghee are the two sources of fats used in cooking. Ghee prepared by melting the butter obtained by churning desi cow milk curd manually is known to be the best.

### What Are Ghana Oils?

With the progress in civilization man has gradually evolved the art of extracting oils from locally available oil seeds and started using them in cooking. The best known technique of oil extraction which was in vogue till about four decades ago is animal driven wooden press. In South India it is the bull driven wooden press (Edla Ganuga in Telugu). The oil extracted thus is the healthiest with all the nutrients intact. The oil is extracted at room temperature, with right pressure at three to four rotations per minute. The whole of the equipment is in wood and hence the temperature remains normal. Sesame seeds, groundnut, coconut, mustard, niger seeds and safflower seeds are commonly used for oil extraction in India.

Unfortunately, the whole of the human race has been weaned away from these wonderful oils by the avaricious corporates. Today, the oil being sold in the market has not a single ingredient that can do us good. It is refined using harmful chemicals, adulterated with mineral oil or oil from animal carcasses and packed in plastic containers. This is what we are feeding our children in their growing years.

Even the oils being sold as cold pressed oils should be avoided as they are expelled with high pressure at high rpm that heats up the oil. Heating up oil during extraction releases free radicals which are again very harmful.



This is one of the most important reasons why Dr. Khadar Vali has been encouraging each of us to switch over to bull driven Ghana oils. Use of these oils in cooking helps us in maintaining health. He also suggests the intake of these oils as remedy to correct certain disorders.

Any of these oils can be used for oil pulling once a week.

By consuming these oils we will be saving the bulls from entering the slaughter houses.

On the other hand, the farmer will be able to get some additional income during null season by producing these oils. Farmers' economic status and thereby the village economy will improve.

When cooking oils are heated to high temperatures, as with deep-frying, they can become oxidized, creating cancer causing free radicals. This adverse effect gets further enhanced when cooking oils are reused. Antioxidants have the ability to scavenge the free radicals.

Turmeric and mustard seeds are known for their antioxidant properties. Therefore adding a pinch of turmeric or mustard seeds to oil before deep frying or sauteing or tempering will reduce the adverse effect of free radicals to a large extent.

## 7. JUNGLE KRISHI

Jungle Krishi or Jungle farming is an innovative, environment friendly, sustainable farming technique conceptualized and being practised in his own farm by Dr. Khadar Vali after extensive research and experimentation.

He has adopted regenerative practices which have negative carbon footprint - the urgent need of the hour and the times to come. As years pass by more and more mouths to be fed get added



## 6. PALM JAGGERY

No celebration is complete without a sweet dish. Then what should that one ingredient that adds sweetness to the dish be? Dr. Khadar Vali says that it must and should be the jaggery prepared by cooking the sap from any of the trees belonging to Palmaceae family. Why should only this jaggery be used?

- It mainly contains fructose and hence its consumption does not lead to blood glucose spikes in non-diabetics.
- Palm trees grow naturally without any human intervention. They do not need any special arrangement for irrigation. Therefore consumption of palm jaggery does not cause any harm to the environment.
- Palm jaggery manufacture is carried out by cottage industries in villages. When we consume the products that come from villages, the villages become self reliant. The villagers will no longer migrate to cities in search of their livelihood.

More about palm jaggery is dealt in detail in the coming sections.



up. Jungle farming with Siridhanya as the staple grain will be the only answer.

The key features of this technique are

- Rain water harvesting to irrigate the farm.
- Environment friendly yet economically viable cropping pattern.
- Development of forest in at least one third of the farm.
- **Atavi Chaitanyam, Atavi Sahitam And Atavi Prasadam** as the key inputs.
- Protecting the farm from chemical pesticides and fertilizers from neighbouring farms.



The farm in this method is a self sufficient unit that does not require any inputs from external sources.

Anyone interested in learning this amazing farming technique can visit Dr. Khadar Vali's farm and be overwhelmed by the experience of a walk through the forest in the farm filled with pleasant fragrance emitted by a wide variety of huge trees, sandalwood trees, bamboo clusters and water pools.

## 8. NATURAL PERSONAL CARE PRODUCTS

The personal care products such as the tooth powder, bath powder, comb, shampoo, etc. should be natural and devoid of all chemicals.

Dr. Khadar Vali advises the use of tooth powder made from activated charcoal obtained by charring coconut shells with salt and cloves added to it. Almost every toothpaste available in the market has sugar and chemicals in it which do more harm than good to our teeth. He also suggests the use of neem, pongamia or meswak twigs to cleanse our teeth and gums. By use of these, all oral health issues can be kept at bay.



Instead of using the chemicals laden bath soaps he advises the use of handmade natural soaps, bath powders, aloe vera gel and natural fibre like sponge gourd fibre for cleaning the body.

In the place of commercial shampoos he recommends the use of soapnuts for washing the hair and a wooden comb instead of a plastic comb.

Use of natural products is good for us, for the environment and also the villagers who sell them and earn their livelihood.



## B. PROTEINS - THEIR ROLE AND SOURCES

### 1. IMPORTANCE OF PROTEIN IN OUR DIET

India is home to a wide variety of legumes (pulses, beans and lentils) like no other country in the world. Red gram, green gram, black gram, cowpea, bengal gram, peas, kidney beans, broad beans, horse gram and several others.

Since time immemorial Indians have been sprouting grams and beans such as green gram, horse gram, cowpea, bengal gram and consuming them. For instance Karnataka's Kosambari, Andhra's Vadapappu (soaked and marinated sprouted green gram) guggillu, etc., are offered to God as Prasad and served during all auspicious occasions. Sprouted bengal gram and green gram along with betel leaves, areca nut and fruits are given as return gift to women who attend religious functions or Pujas.

We Indians prepare a wide variety of dishes with pulses. Right from Sambar, Rasam, Horse Gram Soup, Dal Chutneys to Vadas, Pakoras, Dokhlas, PuranPoli and so on.

A careful observation of our traditional cuisine throws light on the ancient Indian knowledge on significance of proteins, carbohydrates, fats, etc., in our diet. There is science behind the methods adopted by them in food preparation, preservation and consumption.

### 2. UNIQUENESS OF SPROUTED LEGUMES (PULSES AND BEANS)

Just as how each of the Siridhanya fibre is unique in nutrient composition, the fibre in each of these legumes too has unique health benefits.



For example, the outer layer of sprouted horse gram has capacity to regulate blood sugar levels. The 4% fibre contained in sprouted green gram provides relief from cardiac diseases.

The fibre in sprouted turkish gram (Matki in Hindi) has a unique property to strengthen bone marrow.

The outer pink layer of groundnut seeds contains an antioxidant called Resveratrol which has innumerable health benefits. It

is especially useful in controlling cancer, has capacity to mitigate age related ailments, provides relief from pains and inflammation, controls bacterial infections and so on.

It is ideal to consume the produce that is grown locally in a given season whether it is pulses or fruits or vegetables. God/Mother Nature provides us a wide variety of grains depending upon the weather conditions of a given season and of a given region. By including these diverse foods containing a variety of nutrients in our diet we can stay healthy.

### 3. IMPORTANCE OF PROTEIN FOR CHILDREN

For healthy growth of children protein intake is a must. They should be given different varieties of sprouted gram. Just a fistful (fist of the child) and not more of one variety of sprouts one day in a week will ensure their healthy growth. They should also be given one laddu/chikki prepared with either sesame or groundnut using palm jaggery once a week.

#### A Word of Caution

Avoid the intake of Soya beans which are a genetically modified beans variety. These seeds contain harmful chemicals which disable the very system involved in blood cell production of our body. Lend a deaf ear to the commercial advertisements which promote that soya beans are the richest source of protein with 36% protein.

Just 6% to 8% of our total food intake in a day (and not more) should be proteins. The diverse pulses grown naturally in our country contain 22% to 26% proteins. Hence soya beans should find no room in our kitchens. Too much of protein in our diet can result in kidney ailments.



### 4. CONFLUENCE OF LENTILS AND SIRIDHANYA - FOOD FOR THE GUT

To make idlis and dosas, black gram dal (urad dal) and siridhanya batters are mixed and fermented. This whole process imparts innumerable health benefits to the batter. One may wonder what happens to the microbes when exposed to heat while cooking idlis or dosas. The microbes may perish but would have imparted nutrients into the batter during the process of fermentation.

Although there is no refuting the fact that proteins have significant health benefits, not more than two fistfuls of sprouted leguminous grains should be consumed per week.

#### An Important Note:

Today, doctors, dieticians, nutritionists, food scientists have been harping about the importance of proteins in our diet and that they should be taken in large quantities.

The so called health drink companies are leaving no stone unturned in misleading us through their make-believe advertisements that proteins alone are the most crucial component of children's diet.

The intake of the three macro nutrients namely Carbohydrates, Proteins and Fats should necessarily be in balance. Any imbalance in their ratio will cause ill health.

Two fistfuls of Siridhanya and half a fistful of lentils are sufficient per day per person. Excess intake of proteins should be avoided as they may result in kidney diseases.

## 5. WHICH IS THE RIGHT SOURCE OF PROTEIN? PLANTS OR ANIMALS?

Plants (being autotrophs) make their own food. They absorb the basic elements available in nature and prepare starch and protein. Basic elements in a protein molecule are carbon, hydrogen, oxygen and Nitrogen. Plants are not capable of using nitrogen in its readily available form. For example, leguminous plants (Fabaceae family) depend on bacteria that reside near their roots in the soil to convert nitrogen into nitrates. Nitrates absorbed by the plants through the roots facilitate production of amino acids which form proteins.

**SAVING WATER - THE REAL PATH**

MEAT	SIRIDHANYA
To grow 1kg - 50,000L of water	To grow 1kg - 300L of water
We can grow $\frac{50000}{300} = 166$ kg Siridhanya	
1kg Meat can be fed to 5 people	1kg Siridhanya can be fed to 10 people
With just 50,000L of water 166kg Siridhanya can be grown and fed to $166 \times 10 = 1,660$ people	
Ratio SIRIDHANYA : MEAT = $1660 : 5 = 332 : 1$ per 50,000L of water i.e., Water consumed is 332 times more in case of Meat.	
To feed 1,660 people we need 332 kg of Meat. To grow 332 kg of Meat we need $50000 \times 332 = 1,66,00,000$ L of water.	

**To feed 1660 people we need**  
**50,000L Water for Siridhanya = 1,66,00,000L Water for Meat**

- People talk of saving Water. Here is the real and only way for human race.
- Eat Siridhanya and avoid rice, wheat, milk, eggs, coffee, tea etc if you want your next generation to drink some water.
- People do not want to talk about the real thing.
- You can harvest any amount of water but of no use unless you change these important water guzzling habits of human race.

**DR. KHADAR VALI**  
 Independent Scientist  
 Food & Health Specialist

The best protein for humans is the protein obtained from the plant kingdom and not the animal kingdom. Even the purest source of animal protein cannot be compared to plant based protein. Plant based proteins are lower in calories and fat and higher in fibre and nutrients as compared to animal proteins. In fact human alimentary canal is not designed to digest food from animal sources. Just not that. The social and environmental costs of consuming animal based proteins are extremely high. We are exploiting all the natural resources indiscriminately depriving the future generations of their share and right over them. According to Dr. Khadar Vali, production of one kilogram of meat costs

us a whopping 50,000 litres of water - a very precious natural resource. He has given the following comparison which is clearly an eye opener to all who believe and propagate that animals are the main source of protein to human race.

- To produce one kilogram of meat 50,000 L of water is needed while a meagre 300 L of water will suffice to grow one kilogram of Siridhanya (which is a balanced food).
- One kilogram of meat can be fed to just five people while one kilogram of Siridhanya can be fed to ten people to their heart's content.
- Using 50,000 L of water, 166 KG of Siridhanya can be grown which can feed 1,660 people ( $50,000 \div 300 = 166$ ).
- To feed 1,660 people, 332 KG of meat is needed (as one Kg can be fed to five people). To produce 332 KG of meat we need a whopping  $50,000 \times 332 = 1,66,00,000$  L of water.
- In short, to feed Siridhanya to 1,660 people we need 50,000 L of water whereas to feed meat to the same number of people 332 times more water i.e. 1,66,00,000 L of water is required. What a water guzzling source of protein is Meat!

On the one hand we have Siridhanya, legumes and other wonderful plant-based sources of protein which are light on the environment (with negligible carbon footprint) and on the other hand we have animal-based proteins, the production of which has an adverse impact on the environment with very high carbon footprint.

How wise is it to depend on animal kingdom as a source of food? Let us not cut the branch which we are sitting on. Our greed should not deprive our posterity of fulfilling their need.

## 6. PHYTIC ACID

Food grains may be classified into Monocots and Dicots. It is a good practice to soak any type of grain before cooking or consuming it in any form.

The five Siridhanya, finger millet, pearl millet, Sorghum, etc., are the monocots which are our cereals and are a rich source of complex carbohydrates. However, they contain a small percentage of protein. These grains need to be rinsed and soaked well. The micro nutrients present in these grains leach into the water in which they are soaked. Therefore that water should be used up for cooking and not discarded.

Even when millets like Ragi, Jowar or Bajra are soaked for milk extraction, the water in which these grains are soaked may be used up during milk extraction.

Protein rich dicot seeds such as the pulses and oil seeds when soaked in water, certain natural chemical substances like Phytic acid leach into the soaked water. These are actually essential for the sprouting of the seeds. Several studies have found them to impair the ability of our digestive tract to absorb micronutrients. It is therefore very essential to discard the water in which these seeds are soaked.

The water in which dals are soaked before cooking, the water in which dals like urad dal are soaked for grinding, the water in which sesame and goundnuts are soaked before milk extraction must and should be discarded.

## C. CALCIUM IN DAIRY MILK - A MYTH

### IS MILK A COMPLETE FOOD?

The Almighty has endowed all female mammals with a marvellous process of lactation (milk secretion) post pregnancy to enable them nourish their new borns. Milk may be defined as an **'unstable liquid that is produced by female mammals to be fed into the mouth of the baby directly from its mother's breast'**.

The first milk called as **Colostrum** produced by mother immediately after delivery, contains not just nutrition but also immune cells and antibodies which strengthen the immune system in the new born baby.

The nutritional requirements constantly change as the child is growing. The nutrient composition of the breast milk too constantly changes in accordance with the baby's needs. It may be observed that the composition of the breast milk secreted at birth is

far distinct from that secreted in subsequent stages of baby's growth. What an amazing arrangement has God set up in a mother's body!

A mother's milk acts as complete food just for her baby and none else. If a mother has a two year old child and a new born one, her milk is meant for the new born and not the older child. Similarly a cow's milk is meant for its calf alone and not us the humans. The growth process of a calf is glaringly different from that of a human child. Then how can cow's milk be beneficial for our children? It will cause more harm than good.

In normal humans the enzyme that aids digestion of milk stops being produced between two and four years of age. The nature itself indicates that we do not need milk after we turn three or four years old.

The so called food scientists, nutritionists and doctors have propagated enough and more a dangerous myth that 'Milk is a complete food'. Even the most illiterate people living in remote villages have come to strongly believe that milk is essential. The dairy industry has multiplied the production of milk by injecting steroids and oxytocin to the bovine creatures. New breeds that yield large quantities of milk have been evolved. The scientists proudly call this as 'White Revolution'. They are blind to all the havoc that milk and milk products are causing to the health of the whole of the human race.

Almost all the women today suffer from some health issue or the other caused by hormonal imbalance due to milk consumption. Girls are experiencing menarche at a very early age of nine or ten instead of thirteen or fourteen.

Dr. Khadar Vali through his experimentation and empirical studies has been successful in figuring out that the main cause for hormonal imbalance is milk consumption. It has been observed that by merely giving up the consumption of milk, several patients got relief from 90% of the hormonal imbalance issues.

### **WHERE DO WE GET CALCIUM FROM, IF NOT FROM MILK?**

One litre of milk contains 980 mg of calcium of which, our body can absorb just 180 mg. On the other hand milk made from 100 g of soaked sesame seeds contains one gram (1000 mg) of calcium. Our body absorbs the whole of it.

Our digestive system is designed for absorbing nutrients from plant-based foods. Therefore, milk extracted from coconut, sesame seeds, pearl millet, peanuts, etc is essential for the ideal growth (physical and mental) of children. The milk from these sources is rich not only in calcium but also several micro nutrients.

Consumption of curd and buttermilk made from plant-based milk gives us adequate quantity of vitamin B12. Curd and buttermilk made from the milk of desi cow is also good. Dairy milk as such is not good. However, fermentation process in the making of curd removes all the harmful elements in the milk.



## D. Dr. KHADAR VALI'S TIPS ON COOKING OILS

Refined oils should be barred from entering our kitchens. Consumption of food prepared with such oils can cause havoc to our health.

The best oils for cooking are the ones extracted by using bull driven wooden press (ghani).

These oils should be stored either in glass, ceramic or stainless steel containers.

For deep frying (Poori, Samosa, Pakodas, Papad etc) coconut and safflower oils are the best. Peanut/groundnut oil may also be used.

When oil is heated during the cooking process, sometimes cancer causing free radicals get generated. In order to scavenge them, Dr. Khadar Vali has advised us to adopt the age old Indian practice of adding a few seeds of mustard or turmeric powder when the oil is heated as they have antioxidant properties.

For preparing pickles, chutneys or spicy curries sesame oil may be used to enhance their flavours. In fact pickles made with sesame oil and mustard oil remain fresh for longer time.

For all regular dishes like dals, sambars and curries peanut oil may be used.

Niger seeds are one of the best gifts of Nature to mankind. Oil extracted from these seeds is very nutritious and must definitely find place in our kitchens. This oil has unique flavour and aroma that go well with Pulihora and some of the sweet dishes. In ancient temples naivedya like Sweet Pongal, Laddu were made using niger seed oil.

No chemical preservatives are added to these oils during extraction so they have a shorter shelf life. It is better to buy oils sufficient for a month or two.

One to one and a half litres of oil is adequate per person per month. Children can take a little more.



## E. IS IT POSSIBLE TO LIVE WITHOUT SUGAR?

### ARE THERE ANY NATURAL SUBSTITUTES TO SUGAR?

Sugar/jaggery prepared from sugarcane is one of the primary causes of all the dreadful and chronic diseases that mankind is suffering today. **Their consumption is the main reason for glucose imbalance in our system.** Sugar consumption has become a very harmful addiction ruining the whole of the human race. Thanks to the attractive advertisements aired by the soft drinks manufacturers luring the people and drawing them into the 'World of Disease'.

A question that immediately arises in our mind is 'weren't our ancestors consuming sweet dishes?' If yes, which sweetening agents were they using to add sweetness to their food preparations? The answer to this was given by Dr. Khadar Vali. Since time

immemorial Indians were preparing (cooking) jaggery with the sap collected from the trees of Palm family which grew in their respective regions. In the south it was predominantly Palmyra palm while in the north of our country it was the Date Palm. Fishtail Palm sap too was used in several pockets of the country.

## DISTINCTION BETWEEN PALM JAGGERY AND SUGAR

Mainly four types of palm trees are used in jaggery preparation. They are Palmyra Palm, Date Palm, Fishtail Palm and Coconut Palm. Of the four, the first three have been identified to be the best by Dr. Khadar Vali. During the season of inflorescence, an incision is made near the kernels on the palm trees and a clay pot is tied to the tree such that the sap from the incision gets collected in the pot. This sap (unfermented) is then collected before sunrise and boiled until it forms a thick syrup and poured into moulds. On cooling it solidifies into jaggery. On the other hand jaggery from sugarcane is prepared by boiling juice extracted from sugarcane.




Palm jaggery (all the three varieties) is mainly made of fructose. Fructose is a cousin of glucose and is sweet in taste. But to provide energy it is glucose that is burnt by oxygen and not fructose. Fructose does not get converted into glucose immediately after its consumption. It is first carried into the liver and after undergoing several bio chemical

processes, just 40% to 50% of it gets converted into glucose. This is the reason why the person who consumes palm jaggery is not at danger of getting a sugar shock. On the contrary, the jaggery made from sugarcane juice is very high in glucose content. Hence, within minutes of its consumption glucose gets flooded into blood resulting in harmful health consequences. This is the reason why palm jaggery is far better than sugarcane jaggery.

All the three types of Palm Jaggery have exceptional power to enhance our body's immunity. They are rich in antioxidants and micro nutrients such as iron, manganese, magnesium, etc. They have a unique capacity to strengthen the bone marrow in young children within six weeks of their

### SAVING WATER - THE REAL PATH

SUGAR	PALM JAGGERY
<ul style="list-style-type: none"> <li>➤ To produce 1kg – 28,000L of water</li> <li>➤ Palm Trees grow on their own along coasts. They needn't be watered.</li> <li>➤ Average production of sugar in India per year is approximately 30 billion kilograms.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To produce 1kg – 0L of water</li> <li>➤ Palm Jaggery is very nutritious and good for health while Cane Sugar only invites diseases.</li> <li>➤ Palm Jaggery helps the rural folks make a livelihood with ZERO investment.</li> </ul>
<p><b>Sugar production alone guzzles 30 billion × 28000 litres of water</b></p> <p><b>= 8400 trillion litres of water.</b></p> <p>By giving up sugarcane production in just one year we can save so much water.</p>	
<p>➤ This saves a lot of money being spent on mammoth water projects which also cause ecological imbalance.</p>	
<p><b>Replace Sugar with Palm Jaggery and SAVE 28000L of WATER per kg</b></p>	
<ul style="list-style-type: none"> <li>• People talk of saving Water. Here is the real and only way for human race.</li> <li>• Eat Siridhanya, Palm Jaggery and avoid rice, wheat, milk, eggs, coffee, tea etc if you want your next generation to drink some water.</li> <li>• People do not want to talk about the real thing.</li> <li>• You can harvest any amount of water but of no use unless you change these important water guzzling habits of human race.</li> </ul>	



**DR. KHADAR VALI**  
Independent Scientist  
Food & Health Specialist



consumption and thereby enhance their immunity power. On the other hand, by feeding your children with sugarcane jaggery, you will be transforming your children's body into a disease haven.

Diabetics can consume palm jaggery if their HbA1c is less than eight. Never ever take resort to natural sweetener like stevia or any artificial sweeteners available in the market to please your sweet tooth. Artificial sweeteners cause havoc in our system while Stevia (leaf extract) though natural should not be consumed on regular basis.

Sugarcane cultivation is a water guzzling activity. Palm trees grow effortlessly. They do not need any irrigation facilities. We have been greedily using up the resources meant for the generations to come. A permanent shift of the society from sugarcane jaggery to palm jaggery will have an enormous positive impact on the environment. We will be saving our water resources. We are too late. Nevertheless our posterity will be able to inherit a world with clean environment and adequate natural resources if we wake up at least now.

Shift to palm jaggery helps a great deal in providing livelihood to the rural folk with small/no means. Instead of depending on Government or some entrepreneur for employment they can set up palm jaggery producing micro enterprises with meagre investment. It gives them self esteem and self reliance. Sugar industry on the other hand is a centralised one and all the profits pour into a few hands. It does not help the rural folk except for reducing them into labourers.

Thus a shift to Palm jaggery restores health of human race, environment and village economy with no burden on public exchequer.

## F. SIGNIFICANCE OF PICKLES IN INDIAN CUISINE

Pickles have been occupying an important place on Indian platter since centuries. It is no exaggeration to say that there is not a single Indian whose mouth fails to water by the very sight of pickles.

Pickle is one of the very few items on our food menu which is both tasty as well as healthy if consumed in limited quantity.

People of all regions in India have the tradition of making pickles with almost all vegetables/fruits that are sour in taste. These pickles contain Alpha Hydroxy Carboxylic Acids, Gallic Acid, Protocatechuic Acid and such others. These acids aid in controlling and eliminating disease causing agents and rejuvenate our digestive system.

Tamarind pickle is loaded with Tartaric Acid while Gooseberry pickle is rich in Ascorbic Acid. Lemon and Citron pickles contain Citric Acid whereas Oxalic Acid is found in Tomato pickle. Mango pickle has Gallic Acid and Kenaf/Roselle (Gongura in Telugu & Pitwaa in Hindi) is a rich source of invaluable Protocatechuic Acid.

All the above mentioned pickles although have sourness in common, they have distinct flavours and offer diverse health benefits. Tartaric Acid, Ascorbic Acid, Citric Acid

and Oxalic Acid fall under the category of Alpha Hydroxy Carboxylic Acids. These act as anti oxidants and also possess a unique property of eliminating unnecessary and disease causing cations. These acids act as 'chelators'. Protocatechuic Acid which is abundantly available in Kenaf (Gongura/Pitwaa), is a stabilised chemical. Its chemical properties remain intact despite being subject to different cooking processes like frying, boiling, cooking, etc. It offers an efficacious remedy (RamaBana) for all gynaecological disorders. It is due to this unique quality of Kenaf that Dr. Khadar Vali has constantly been advising women to take this Kashaya for their gynaecological issues.

### PRECAUTIONS TO BE TAKEN IN MAKING PICKLES

Utmost care must be taken while making pickles to ensure that they stay fresh for at least a year and do not get spoilt.

- ❖ They should be prepared in a clean environment devoid of moisture.
- ❖ The containers, knives, and all the ingredients of the pickles should be dried well in the sun.
- ❖ Sea salt, turmeric powder, fenugreek seed powder, mustard powder, red chilli powder and such other ingredients which act as natural preservatives should be added in adequate quantities. They protect the pickle from the onslaught of harmful microorganisms.
- ❖ Only bull driven wooden ghana oils should be used. South Indians generally use gingelly/sesame oil or groundnut oil while the North Indians use mustard oil.
- ❖ Artificial chemical preservatives should never be used in pickle preparation.
- ❖ Pickles should always be stored in ceramic or glass containers and never in plastic containers. By using plastic for storing food items we will be inviting cancer causing agents into our body.
- ❖ Use of ginger, garlic, asafoetida, pepper, etc., makes the pickles flavourful.

In addition to the pickles that are traditionally made, good connoisseurs can use their sense of taste and creativity and make pickles using vegetables like cauliflower, carrot, bittergourd etc., by adding some sour natural ingredient such as tamarind, lemon or mango.

### IN WHAT QUANTITY SHOULD PICKLE BE TAKEN?

Doctors have been misguiding the human population against the consumption of pickles stating that they cause hypertension. This is sheer misconception. Our body needs sodium and potassium. Though pickles are good for health they should be consumed in very small quantities (about a teaspoon). However persons with hypertension should limit their salt consumption.



## Dr. KHADAR VALI'S ADVICE TO THE YOUTH

Young Indians should learn to make these wonderful and health giving pickles. Never buy pickles being sold in the market as they are made in unhygienic conditions, using artificial chemical preservatives to enhance their shelf life and are stored and packed in plastic containers. Make it a practice and a habit to make pickles with the fruit/vegetable available in each of the seasons and carry on our ancient and unique tradition of pickle making.

## G. GREENS, VEGETABLES AND FRUITS

### THE RIGHT WAY TO CONSUME VEGETABLES AND FRUITS

Vegetables may broadly be classified into four categories. They are

- Gourds (Bottle gourd, Ash gourd, Pumpkin, Cucumbers, etc.)
- Tubers (Potatoes, Radish, Carrot, Beetroot, etc.)
- Legumes (French Beans, Cluster Beans, Cowpea, Peas, etc.)
- Miscellaneous (Brinjal, Okra, Cabbage, Cauliflower, etc.)

We are used to combining two or three vegetables to prepare a dish. Dr. Khadar Vali advises us not to combine and cook any two or three vegetables belonging to the same family/category. For example, carrot and potato should not be combined to make a curry. Not just that. We should avoid eating two different vegetables belonging to the same family in a given day.



No two types of green leafy vegetables should be combined in a dish.

One vegetable from each family can be combined and cooked. For example, brinjal, potato and peas can be combined.

However, certain vegetables like onion, tomato, garlic, ginger, etc which form important taste enhancers in our everyday cooking may be exempted from this rule as they are used only in small quantities.

In a given day only one type of fruit should be consumed. Only when a given fruit is consumed in adequate quantity will our body be able to derive all the nutrients that it provides. It is not right to mix several fruits and consume them as fruit salad. By doing so we fail to get nutrients adequately.

### WHY SHOULD VEGETABLES AND FRUITS BE CONSUMED?

The whole of our alimentary canal (from mouth to anus) is inhabited by millions of beneficial microbes which create healthy environment in our body. Their presence is crucial for maintaining a balance in our system. Hence there is every need to maintain

## HOW SHOULD THE FRUITS AND VEGETABLES BE CLEANED?

Today, approximately ninety percent of the fruits and vegetables available in the market have residues of harmful pesticides sprayed during their cultivation. Consumption of such fruits and vegetables has been causing dire health consequences. To mitigate the ill effects of these harmful chemicals (pesticides, herbicides) on human health, Dr. Khadar Vali has suggested a simple and practical tip.

The tip is to immerse the vegetables and fruits to be consumed for the day, in a bowl / pail filled with diluted tamarind solution for about fifteen minutes. Due to this process of cleaning, the tartaric acid in the tamarind solution reduces the adverse affects of harmful chemicals considerably. They should then be cleaned with structured water.

To prepare tamarind solution, a lemon sized (about 30 g) ball of tamarind fruit should be soaked in water overnight. The tamarind pulp may be extracted the following morning and added to three litres of structured water. This solution can be used throughout the day.



a congenial atmosphere in our alimentary canal for their existence. This atmosphere can be created by consuming a wide variety of fruits and vegetables. The fibres in them act as prebiotics. The more diverse the fruits and vegetables consumed is, the more diverse will be the microbiome in our gut. It is the microbiome that provides us with all the nutrients required. It must be remembered that the vegetables and fruits that we consume do not directly give us all the nutrients required. If one has to get all the nutrients from vegetables, eighteen kilograms of leafy vegetables and about 4.5 kilograms of vegetables should be consumed per day. Is this possible?

Indiscriminate use of antibiotics is eliminating all the microbiome in our gut and thereby causing **Microbial Imbalance**. This is the cause for our poor immunity levels.

## ARE DRY FRUITS BENEFICIAL FOR OUR HEALTH?



Dry fruits are very rich in fats. Dry fruit consumption is not essential for the climatic conditions prevailing in our country (India). To enhance their shelf life, they are drenched in chemical preservatives and dried. As a result their consumption causes more harm than good. Dates from some sources are smeared with sugar syrup before they are dried. Such dates should not be

consumed. In some regions where cashews are grown, Endosulfan, an extremely toxic insecticide is sprayed aerielly. This chemical has a very adverse impact on human health and environment. Due to all the above mentioned reasons Dr. Khadar Vali is discouraging people from consuming dry fruits. Occasionally the dry fruits which are cultivated in natural and nontoxic environment (i.e. organic dry fruits) may be consumed.

Why should we (Indians) consume dry fruits when micronutrient rich peanuts, sesame, coconut, pumpkin seeds, melon seeds, etc. are grown and are easily available in our country? They are rich in several micronutrients. By consuming these we, as well the farmers who produce them will stand to benefit.

Likewise, people living in different parts of the globe should consume what is grown naturally in their respective countries.

### WHICH FRUITS ARE THE MOST BENEFICIAL TO US?

Fruits that grow naturally on this planet are meant not just for human race but also for several species of animal kingdom like birds, monkeys, elephants, etc. Only the fruits that fall on the ground after they are fully ripe and the fruits that can be reached by us easily are meant for us.



'One kind of fruit a day' is what Dr. Khadar Vali advises. It is not right to consume two or three kinds of fruit in a day or eat them as mixed fruit salad. Fruits ripened artificially using harmful chemicals should be totally avoided.



It is ideal to consume the fruits naturally grown in a given season in our region. For example, fruits like Strawberries and Kiwi that do not grow naturally in our country may be avoided.



Guava is a powerhouse of nutrients endowed with amazing health benefits. It is rightly called Amrit Phal (Fruit of Ambrosia). Custard apple is a rich source of calcium and is very useful for those with calcium deficiency. Passion fruit is a unique fruit that has the capacity to calm the nervous system and provide relief to people suffering from anxiety.



Decoction/Kashaya/Kadha prepared with plantain fruit grown and ripened naturally helps people suffering from insomnia get a good night's sleep.

Diabetics too can consume locally grown fruits in moderation if they have adopted Siridhanya as their staple food and have their HbA1c less than or equal to eight.

## H. TASTE ENHANCERS

### 1. SALT

Common salt (Sodium Chloride) just doesn't add flavour to your food, it also provides essential minerals that are needed for important body functions.

Salt as such cannot cause Hypertension. Hypertensive people should restrict salt intake. It is just not possible for any person to consume excess salt.

It is an age old practice all over the globe to use it as a food preservative.

The iodised free flowing salt available in the market should be avoided at all costs since harmful anti-caking agents are added.

The salt that absorbs water when left in the open is the right kind of common salt fit for use in food. The following three types of salt may be used.

Non iodised, unrefined **common sea salt** is what should be used in cooking and preparation of pickles.

**Brown salt** harvested in Sanikatta village near Gokarna (Karnataka) which is non refined natural salt can also be used.

**Himalayan rock salt** if procured from reliable sources can be used occasionally.

### 2. SOURING AGENTS

**Can natural souring agents be used in cooking? If yes, is there a limit to the amount of these agents that can be consumed by a person per day?**

We Indians use several natural souring agents in our cuisine depending on the region to which we belong.

For example, South Indians use tamarind fruit as an essential souring agent while the North Indians use Amchoor (dried mango powder) liberally on a regular basis.

#### **Ati Sarvatra Varjayet**

Dr. Khadar Vali in almost all his lectures advises that no single fruit/vegetable/grain should be consumed in excess or at a stretch for several days in a row.

Souring agents are no exception to this.

He suggested that one individual should consume not more than three to four grams of one or two souring agents in all per day.

(For example, in rasam or sambar we may use both tamarind and tomatoes. Both put together the intake per person should be limited to three to four grams).

Citrus fruits like lemon, mango, tomato, gooseberry, tamarind fruit, green sorrel, kokum, etc are some of the common natural souring agents used. Dr. Khadar Vali advises us to keep changing the souring agents that we use in our cooking. He says it is ideal to take them in rotation.

Each of these is rich in a certain acid. For example,

- Tomato is rich in oxalic acid,
- Citrus fruits like lemon are loaded with citric acid,
- Gooseberry has ascorbic acid in abundance,
- Green sorrel (kenaf/roselle) has an amazing acid called protocatechuic acid
- Tamarind is rich in tartaric acid while
- Mango has gallic acid.

He says, that it is ideal to take all these souring agents in rotation as each of them has a unique health benefit.

## I. HOW & WHEN TO DRINK WATER?

Dr. Khadar Vali suggests that we must drink approximately two litres of water. We should drink water just to quench our thirst. One need not drink three to four litres of water per day. Physical exercise and sweating leads to exertion. One should drink water at such times.

Some people have the habit of drinking boiled and cooled water or warm water all the time as it is devoid of harmful microbes. This practice is good when we are sick. But making it a daily habit brings down our immunity level.

Drinking clean structured water kept at room temperature helps to improve our immunity.

Structured water can be obtained by placing a copper plate in a mud/steel pot for seven hours or overnight. This water may be used for drinking and cooking purposes. Copper plate helps in removing viruses, harmful microorganisms and plastic nano particles.

Best structured water can be obtained by adding two crushed dried drumstick/moringa seeds to a pot of water along with copper plate/sheet.

**NOTE:** Copper plate should be cleaned everyday using tamarind/lemon/tomato and salt.



## UTENSILS/ CONTAINERS TO BE USED FOR DIFFERENT PURPOSES



- ◆ Earthenware is the best for cooking Siri rice and gruel/porridge. In case of its non availability stainless steel cookware may be used. However fermentation of porridge for Ambali must and should be done only in earthenware.
- ◆ Iron/cast iron pans must be used for making dosas and rotis.
- ◆ Brass, bronze and iron utensils should not be used for cooking sour dishes.
- ◆ Copper pots/utensils should be used only for storing water and not for cooking food.
- ◆ Aluminium vessels, cans, pots, etc. should not find place in the kitchen. Do not use aluminium wraps or disposable containers for packing food. Aluminium is very harmful for health and therefore should not come in contact with food we eat.
- ◆ Dr. Khadar Vali says do not stick to non-stick cookware. The non-stick (Poly tetra fluoro ethylene) coating is extremely harmful to our health. Discard them immediately and protect your health.
- ◆ Salt and tamarind can be stored in ceramic, glass or stoneware containers.
- ◆ Pressure cookers especially the aluminium ones should be avoided. Pressure cooking is not good as the nutrient content of the food is lost to a large extent.
- ◆ All plastic (including virgin/ food grade) lunch boxes, water bottles, disposable plastic spoons should not be used. By using them we will only be inviting cancer.
- ◆ Storing cooked food in the refrigerator should be avoided to the extent possible. Freshly cooked food is the best food for us and our family. Too cold or too hot food should be avoided.



# THE DAILY ROUTINE LAID DOWN BY DR. KHADAR VALI IN LINE WITH THE IDEAL LIFESTYLE ADVISED BY HIM

- **'Sarve Janaah Sukhino Bhavantu'** (May all forms of life enjoy the state of well-being) is the essence of the lifestyle advised by **Dr. Khadar Vali**. We being part of Nature, should lead a life that doesn't burden or harm Her (Nature) in any way. This alone will result in the well-being of the millions of living beings (including mankind) that inhabit and belong to Mother Earth. Only then will the Environment be able to function efficiently.
- Arise at least fifteen minutes before sunrise and cleanse your mouth and teeth with tooth powder made with active charcoal. At least twice a week use twigs of Neem or Pongamia or Meswak to clean your gums and teeth.
- It is ideal to use either lukewarm water or water at room temperature for bath and not hot water.
- At dawn look into the ochre (Kaashaayam) rays that emerge from the rising Sun which have a positive impact on the bio chemical reactions in our body. With gratitude pay obeisance to Sun God and meditate for ten minutes.
- Then walk for 75 minutes at a stretch at your own pace.
- Drink *Kashaya* (made with structured water) prescribed for your health condition on empty stomach. Ensure that it is either at room temperature or lukewarm.
- Half an hour after the intake of *Kashaya*, take in the oil (extracted using bull driven wooden press) that is prescribed for your health condition.
- Half an hour after taking oil, breakfast made of *Siridhanya* can be taken. Please ensure that the same *Siridhanya* variety is used throughout the day. The ones who wish to follow this lifestyle must necessarily give up non-vegetarian food, eggs, rice, wheat, maida (all purpose flour), sugar, milk, tea, coffee, refined oils and dry fruits.
- It is ideal for those who are forty years of age and older to restrict to two meals a day (morning - night). If required they can take seasonal fruit and diluted buttermilk made with milk of native cow/ sesame/coconut/groundnuts/safflower in the afternoon.
- If possible even in the evening try to walk for forty-five minutes to one hour, look into the ochre rays of setting sun and meditate for ten minutes.
- In the evening too, drink the same *Kashaya* as taken in the morning. Give a gap of half an hour after *Kashaya* and then have dinner. Dinner should be had at least 90 minutes before going to bed.
- Sleep in pitch dark bedroom. Avoid usage of devices with screens such as mobiles, laptops, tablets, etc., in the bedroom. Place a bucket/tub of water in the bedroom to counter the drop in humidity level on account of usage of air conditioners and fans.
- Make it a practice to spend at least sometime everyday in nature, moving amidst trees and plants. Mould and sensitise your children/grand children in such a way that caring for plants, animals and environment becomes their inherent nature. Children follow their elders.
- Every family should inculcate the habit of growing at least green leafy vegetables in their balconies or backyards. As a result even children will start loving plants and caring for the environment right from a tender age.
- It is good to discuss on useful topics with co-travellers during our journeys. We can share what little knowledge we have with them and acquire useful information from them.
- Spend at least half an hour everyday in activities that benefit others.
- Adoption of this daily routine will result in our well being and also the well being of generations to come. It causes revitalisation, rejuvenation and regeneration of the environment of our Planet.

## 1. FOODS WE SHOULD CONSUME & AVOID

	FIT FOR CONSUMPTION (✓)	UNFIT FOR CONSUMPTION (✗)
<b>GRAINS</b>	Everyone should eat Siridhanya - the positive grains. Neutral grains like Finger Millet (ragi), Pearl Millet, Sorghum(jowar), Corn etc can be consumed by people who are not having any health issues. All dicot grains that are not genetically modified can be consumed as well by all.	All types of Paddy Rice, Wheat, Soya Beans, Sweet Corn should be avoided.
<b>OILS/ GHEE</b>	Oils extracted from bull driven ghani like sesame oil, coconut oil, groundnut oil, safflower oil, niger seed oil and mustard seed oil can be used. Homemade ghee extracted from A2 cow milk-curd (desi cow milk) can be taken. Its good for growing children.	Oils extracted using machinery and all types of refined oils should not be used. All types of ghee available in stores.
<b>SALT</b>	Dr. Khadar Vali advises the use of sea salt on a regular basis. Other natural salts such as the rock salt (from different sources) and black salt may be had occasionally to add specific flavours to the food.	Salts made in food factories, iodised salt.
<b>SWEETENERS</b>	Palm jaggery, Indian date palm jaggery, Kithul jaggery and the Kalakanda extracted from the above jaggery's.	One should avoid Sugarcane jaggery (including organic jaggery), sugar, honey sold in markets, artificial sweeteners.
<b>DRY FRUITS, FRUITS</b>	All seasonal fruits that are grown naturally like Guava, Mango, Banana, Custard Apple, Jackfruit, Jamun (Syzygium cumini), Passion Fruit, Sapota, Papaya, etc.	Fruits that are grown in artificially created environment, dry fruits, dates, fruits imported from other countries.
<b>VEGETABLES</b>	All types of locally and naturally grown vegetables and leafy vegetables should be used as explained in the book 'PĀKA SIRI'.	All vegetables imported from foreign countries and genetically modified varieties.
<b>SNACKS</b>	Laddoos made from sesame, coconut, groundnut can be taken as snacks. All the sweets and savouries made using Siridhanyas, whole pulses preparations such as chaats etc.	All types of bakery foods, chocolates, noodles, instant foods, ice creams. Food items made from maida, sago, vermicelli, semolina should be avoided.
<b>BEVERAGES</b>	Milk extracted from finger millet, sesame seeds, coconut, groundnut. Buttermilk, lassi made from the curds of above milk. Curd and buttermilk made from desi cow milk (A2 milk), coconut water.	Cold drinks and the so called health drinks like Horlicks, Complan etc.

**NON-VEGETARIAN:** There is not a single entity in non-vegetarian category that is fit for human consumption. Human digestive system is not designed for non-vegetarian food. Killing and consumption of flesh of innocent creatures like cows, sheep, hens, etc., and aquatic animals like fish, shrimps, etc., will only cause havoc to our health. Hence these don't find place in our food chart.

**No smoking - No liquor**

## RIGHT FOOD AT RIGHT AGE (FOOD FOR CHILDREN)

It is very important to introduce the baby to this food and lifestyle right from its journey in the mother's womb. The foetus will then develop into a healthy baby. The baby should be breast fed by its mother till it is nine months old. The parents especially the mother should strictly adhere to the food and lifestyle suggested by Dr. Khadar Vali to ensure that the child receives all the right nutrients from mother's milk.

**Plant-Based Milk:** The baby can then be introduced first to coconut milk and then sesame milk in a diluted form. All other plant-based milks such as pearl millet milk, ragi/finger millet milk, sorghum milk, safflower seed milk, groundnut milk etc. can be given subsequently. One week one variety of milk may be given. All the other information regarding milk extraction and dilution are dealt in plant-based milk section on page no. 158.

**Sapta Patra Kashayas For Immunity:** To help the children build/rejuvenate their immunity, Sapta Patra (Seven Leaf) Kashayas should be given to them once in six months after they turn nine months old.



### Food:

**i) Siridhanya:** All the five siridhanyas should be fed to the children for their optimal growth. Initially they should be given as porridge/soft gruel. Siridhanya should be introduced in the following order for a period of five weeks. Thereafter give them each of the five millets two days each and repeat the cycle preferably in the same order.

Little millet

Kodo millet

Barnyard millet

Foxtail millet

Browntop millet

Feed them Siridhanya Ambali for one meal a day.

**ii) Sprouted legumes** such as green gram, cowpea, bengal gram, groundnuts, etc. provide essential micro nutrients along with proteins to children.

### How should they be given to children?

Dr. Khadar Vali suggested the right way to consume sprouted legumes.

Mix just two teaspoonfuls of any one variety of the above mentioned sprouts (once in a week) with a teaspoonful of fenugreek sprouts. Steam for 4 to 7 minutes and then temper them. The children may be served these at breakfast. That means every week the type of legume used for sprouting changes but fenugreek seed sprouts remains constant.

**iii) Greens, Vegetables and Fruits:** Ensure that any one kind of green leaf vegetable (like amaranth, sorrel, fenugreek leaves, mustard greens, etc.), one kind of vegetable (like beans, ivy gourd, cucumber, ash gourd, carrots, etc) is included in every meal. Dr. Khadar Vali says that a child should have eaten all the varieties of greens, vegetables and fruits grown locally during each of the seasons by the time he reaches seven years of age. It strengthens the child's immunity. Regular intake of fruits locally grown too is very important.

**iv) Snacks:** The children should also be given sesame (til), coconut or peanut laddu/chikki made with palm jaggery. Avoid giving milk on those days that laddu is given. Any snacks prepared with siridhanya too can be given to children.

### **Mental Development - Parents Role**

- ◆ Development includes mental and emotional progress along with physical growth. For this Dr. Khadar Vali advises parents and elders at home to follow the right lifestyle.
- ◆ Train the children to rise at sunrise.
- ◆ Help them spend at least an hour each day in Nature (Prakriti) and gardening. Let them learn to grow two or three easy-to-grow plants at home. Only then they will understand the value of clean and green environment.
- ◆ Ensure that the children get adequate physical exercise.
- ◆ Make them experience the joy of sharing and giving.
- ◆ Inculcate in them the habit of helping elders at home.

Parents must definitely spend time with their children everyday. Children learn from what we do and not what we say. Parents should be very cautious about their own behaviour.

# INTRODUCTION TO RECIPES



## FOOD MATH

1 CUP = 180ml

1/2 CUP = 90ml

1/3 CUP = 60ml

1/4 CUP = 45ml

1 tablespoon = 15ml

1/2 tablespoon = 7.5ml

1 teaspoon = 5ml

1/2 teaspoon = 2.5ml

All the recipes are made using structured water, sea salt and bull driven ghani oils.



1. For cooking a cup of Siri (millet) Rice, we need anywhere between two to three cups of water depending upon the quality and type of siridhanya used.
2. Aged Siridhanya require more water when compared to the new grains.
3. Addition of a spoon of desi cow ghee or any bull-driven ghani oil while cooking Siri Rice makes it fluffy and grainy.
4. Cooking Siri Rice in mud pots enhances its taste and nutrition.
5. A little salt may be added to Siri Rice to enhance its taste.
6. For rice dishes that require cooked rice to be grainy and separate, in addition to adding oil at the time of cooking, spread the cooked siri rice in a wide plate before further processing it.
7. For Dosa recipes, the ratio of skinned black gram to siridhanya has to be 1:4.
8. For crispy dosas, use Foxtail Millet or Kodo Millet. For soft dosas, use Little Millet or Barnyard Millet.
9. Siri Beaten Rice (Millet Poha/Flakes) is also available now. Millet Poha of the same variety may be added while making Siri Idli/Dosas.
10. If millet poha is not available, cooked siri rice of the same millet may be added towards the end of grinding the batter.
11. Idlis may be made using siri rava. Add 3 cups of rava to 1cup of skinned black gram. They have to be soaked separately.
12. Store bought rava needs six to eight hours of soaking while homemade rava needs just two to three hours of soaking.
13. Iron cookware should be used for preparing dosas, chapatis and for any deep fried recipes.
14. Use thick iron tawa for making dosas. To prepare the pan for making crispy dosas spread two or three tiny dosas before proceeding to spread bigger ones.
15. By rubbing the iron dosa tawa with half cut onion or potato will make the tawa non-stick.
16. When cooking oils are heated to high temperatures, as with deep-frying, they can become oxidized, creating cancer causing free radicals. Therefore, adding a pinch of turmeric or mustard seeds to oil before deep frying or sauteing or tempering will reduce the adverse effect of antioxidants to a large extent.

## SIRIDHANYA (MILLET) FLOUR AND RAVA PREPARATION AT HOME

- ◆ Multigrain recipes should be avoided at all cost.
- ◆ To make siri flour or rava the millet should be soaked for six to eight hours and then dried in sun for atleast two days.
- ◆ Rava can be made at home either by using mixer grinder or a mill stone. To get fine flour the grain has to be milled at commercial flour mills.
- ◆ Instant dosa, rotis, thapilent, bajji, pakora, murukku, laddus etc may be prepaed using Siridhanya Flour.
- ◆ Upma, khichdi, halwa, idli etc may be prepared using Siridhanya Rava.



### NOTE:

- ◆ The grains must be soaked in water just adequate to immerse the millet
- ◆ The water in which the siridhanya are soaked should not be discarded. It can be used for cooking of sambar, rasam, dal, gruel, ambali etc.
- ◆ Just one or two millets may be soaked per day to avoid wastage of water in which the millet is soaked.
- ◆ Skinned black gram flour can be made just by wiping it with a dry cloth.
- ◆ Dosa, Murukku, Chapathi, Puri etc., can be prepared by combining millet flour and skinned black gram flour.
- ◆ It is enough if the rava and flour made from presoaked grain are soaked for one hour and half an hour respectively prior to cooking.

## RAYALASEEMA ERRA KARAM

### INGREDIENTS:

- |                      |   |                 |
|----------------------|---|-----------------|
| 1. Dry Coconut       | : | 40 g            |
| 2. Red Chilli Powder | : | 1/3 cup         |
| 3. Salt              | : | 2 1/2 teaspoons |
| 4. Onions            | : | 6 medium        |

### PROCEDURE:

Make a fine powder of dry coconut pieces, salt and red chilli powder in a mixer grinder. To it add the diced onions and grind once again either coarsely or to a fine paste depending upon your liking. This is a good combination for idli, dosa, chapathi etc.



Receipe by: **HYMA KIRAN**, Proddatur

## SIRI BEATEN RICE (POHA)



**KODO MILLET POHA**



**BARNYARD MILLET POHA**



**LITTLE MILLET POHA**

- ◆ To make soft siri idlis and dosas siri poha can be added at the time of grinding the batter.
- ◆ The grain is soaked for making Siri Poha. Hence it can be used instantly for making breakfast recipes like upma.
- ◆ Snacks like chaat, mixture etc can be made as well.
- ◆ Combination of siri poha, coconut milk, palm jaggery syrup can be given as a snack to kids.
- ◆ For making certain snack items like vegetable bullets/cutlets etc where bread crumbs are generally used, coarsely ground siri poha can be used.

## NIGER SEEDS SPICY POWDER

### INGREDIENTS

- |                          |   |                 |
|--------------------------|---|-----------------|
| 1. Niger Seeds           | : | 250 grams       |
| 2. Dry Coconut Powder    | : | 1 tablespoon    |
| 3. Coriander Seeds       | : | 2 - 3 teaspoons |
| 4. Cumin Seeds           | : | 2 teaspoons     |
| 5. Garlic                | : | 8 - 10 pods     |
| 6. Turmeric Powder       | : | 1 teaspoon      |
| 7. Dry Red Chillies      | : | to taste        |
| 8. Salt                  | : | to taste        |
| 9. Tamarind Fruit/Amchur | : | 1 teaspoon      |
| 10. Oil                  | : | 1 teaspoon      |



**PROCEDURE:** Dry roast niger seeds, coriander seeds, cumin seeds separately. Heat oil in a kadai. Add split red chillies, garlic pods and tamarind. Fry them for two to three minutes. Add all the ingredients and grind them to a fine powder. Niger seeds, flax seeds and such other oil seeds preparations turn rancid if stored for long. It is therefore better to prepare these in small quantities sufficient for a week or two.



## LEMON PICKLE (ANDHRA STYLE)

### INGREDIENTS:

1. Lemons : 25
2. Common Salt : 100 - 150 g
3. Turmeric : 1½ teaspoons
4. Fenugreek Seeds : 1 tablespoon
5. Mustard Seeds : 2 tablespoons
6. Red Chilli Powder : 50 - 75 g (depending on your taste)
7. Red Chillies : 10 - 15
8. Sesame Oil : 250 ml
9. Hing : ½ teaspoon



**HOW TO CHOOSE THE RIGHT LEMONS FOR PICKLE:** The almost ripe but not fully ripe lemons with thin skin/peel are ideal for making pickle. They should neither be too hard nor too soft. They should just be firm with greenish yellow colour and no spots.

### PROCEDURE:

Wash the lemons and dry them well on a clean cloth. Use only common sea salt and not iodised salt especially for pickles. It has to be dried well in the sun.

After they dry well cut fifteen lemons into one inch pieces and place them in a clean and dry, wide yet deep glass or stainless steel bowl / basin. Eliminate the seeds while cutting them. Squeeze out the juice of the remaining ten lemons and add to the lemon pieces. Add salt and turmeric powder. Mix them all well and collect it into a clean and dry porcelain pickle jar or a glass jar. Leave it for three days.

Dry roast fenugreek seeds and 2 tea spoonful of mustard seeds till they emit nice aroma. By then fenugreek seeds turn dark brown. Grind them to a fine powder.

On the fourth day squeeze out the juice of the lemon pieces into a bowl.

Dry the lemon extract and the lemon pieces in hot sun for a day.

Combine both the extract and the dried lemon pieces and store them in a dry porcelain jar.

(We can preserve this sundried pickle without processing it further. Whenever required, just the required amount of the pickle can be tempered after adding red chilli powder and other spices to it.)

Next morning empty the pickled lemon pieces into a dry basin. Mix the roasted fenugreek+mustard powder in the pickle. Bring the pickle close and make a pit in the middle.

Heat oil in a kadai. Add mustard and split dried red chillies. Turn off the stove and add hing. Let the temperature of the oil come down to a little over lukewarm. Then add red chilli powder to the oil. Mix well and pour it into the pit of the pickle. Keep it covered for a while. Mix all the ingredients well.

Add a little pickle in rice and taste it. If required add salt to the pickle. Mix well and store it in a clean and dry ceramic/glass jar.

Ensure that throughout the process the pickle doesn't come in contact with even a drop of water.

Receipe by: **SAI LATHA**, Hyderabad

## KENAF (SOUR SPINACH / GONGURA / ROSELLE) PICKLE

### INGREDIENTS:

- |                                   |                                       |
|-----------------------------------|---------------------------------------|
| 1. Kenaf Leaves                   | : 500 g                               |
| 2. Dry Red Chillies               | : 75 g                                |
| 3. Mustard Seeds                  | : 1 teaspoon                          |
| 4. Common Sea Salt                | : 75 g                                |
| 5. Ghana Oil                      | : 4 tablespoons<br>(Sesame/Groundnut) |
| 6. Hing                           | : 1 teaspoon                          |
| 7. Roasted Fenugreek Seeds Powder | : 1½ teaspoons                        |



### TEMPERING:

- |                              |              |
|------------------------------|--------------|
| 8. Ghana Oil                 | : 100 ml     |
| 9. Split Dry Red Chillies    | : 4 to 5     |
| 10. Hing                     | : ½ teaspoon |
| 11. Garlic Cloves (optional) | : 50 g       |

### HOW TO CHOOSE THE RIGHT KENAF?

The leaves of kenaf should neither be too tender nor too mature. Only the medium mature leaves have the ideal taste and texture to prepare pickle. Kenaf is of two varieties - red and green. Red variety is more sour than the green one. Tamarind fruit is therefore included as an ingredient if the pickle is being made with the green kenaf.

### PROCEDURE:

Separate Kenaf leaves from the bunches. Rinse them in water and dry them in shade on a clean cotton cloth for two to three hours till all the water on the leaves gets dried.

Heat two tablespoons of oil in a large thick bottomed kadai and add the kenaf leaves. Keep on turning the leaves till they get cooked well and soft. Well cooked leaves turn olive green in colour.

Heat two tablespoons of oil in another kadai. Add mustard seeds. Once they start to splutter, add split dry red chillies. Fry them well for a minute. Turn off the stove. Add hing and turmeric powder to it.

Allow all the cooked and fried items reach room temperature. Then coarsely grind the fried red chillies and mustard along with salt. Then add the cooked kenaf leaves, roasted fenugreek seeds powder and grind for just fifteen to twenty seconds and not more. Empty the contents into a dry container and mix them all thoroughly.

If using garlic give them a light pound. Heat the oil meant for tempering in a kadai.

Add mustard seeds and allow them to splutter. Then add split red chillies and garlic. Once garlic turns light golden add hing n turn off the stove.

Once the tempering drops to room temperature pour it over the pickle and mix well.

Taste the pickle for salt. If you find it less add required salt, mix well and store it in a porcelain pickle jar. It is simple and ideal to grind this pickle in stone mortar and pestle. The texture of the pickle will also be good.

The amounts of salt and chillies specified are only approximate. Depending on how sour the kenaf leaves are and your taste, these quantities need to be adjusted.

Recipe by: **SAI LATHA**, Hyderabad

# RECIPES FROM Dr. KHADAR VALI



## 1. KHARA BATH RECIPE

### INGREDIENTS:

1. Foxtail Rava : 1 cup (grain soaked, sundried, milled rava)
2. Water : 1½ cups
3. Water : ½ cup (to moist rava)
4. Curry Leaves : 1 sprig
5. Tempering Ingredients : 1 teaspoon

### VEGETABLES:

1. Onion : 1 big
2. Carrot : 1
3. Tomatoes : 2
4. Green Chillies : 5 nos  
(slit lengthwise)
5. Green Peas : ¼ cup
6. Salt : to taste



### PROCEDURE:

Dry roast foxtail millet rava in an iron kadai on a low flame, until it gives out nutty aroma. After the rava cools down, sprinkle water and soak the rava for atleast an hour (if it's a store bought rava soak it for atleast two hours). Cover it with a lid. As and when the rava turns dry sprinkle more water and mix the rava well and keep it covered.

**STEAMING:** Place a grid in a steamer vessel and bring approximately three cups of water to a boil. Place the moist rava vessel on stand (ensure that rava vessel doesn't come in contact with water) and steam for six to seven minutes. Turn off the stove and rest it for two minutes. Then remove the steamed rava vessel and mash the lumps if there are any.

Meanwhile dice onion, tomatoes, carrot and keep aside. Heat a heavy bottomed steel pan and add oil to it. Once the oil is hot enough add the tempering ingredients and fry them until the mustard seeds crackle. Then add curry leaves, onion, tomatoes, carrot, green peas one after the other and sauté them well. Then add the green chillies and sauté for a minute. Later add the water, salt and bring to a boil. Then reduce the flame to minimum, add the steamed rava gradually and stir continuously to ensure that no lumps are formed. Keep it covered. Keep stirring in between and cook on a low flame until done.

## 2. SWEET BATH RECIPE



### INGREDIENTS:

1. Foxtail Rava : 1 cup (grain soaked, sundried, milled rava)
2. Water : 2 cups
3. Palm Jaggery Syrup : 1 cup (adjust to your liking)
4. Desi Cow Ghee / Niger Seed Oil : 2<sup>1</sup>/<sub>2</sub> tablespoons
5. Pumpkin Seeds : 1 tablespoon
6. Watermelon Seeds : 1 tablespoon

### PROCEDURE:

Dry roast foxtail millet rava in an iron kadai on a low flame, until it gives out nutty aroma. After the rava cools down, sprinkle water and soak the rava for atleast an hour (if it's a store bought rava soak it for atleast two hours). Cover it with a lid. As and when the rava turns dry sprinkle more water and mix the rava well and keep it covered.

**STEAMING:** Place a grid in a steamer vessel and bring approximately three cups of water to a boil. Place the moist rava vessel on stand (ensure that rava vessel doesn't come in contact with water) and steam for six to seven minutes. Turn off the stove and rest it for two minutes. Then remove the steamed rava vessel and mash the lumps if there are any.

Heat a heavy bottomed steel pan and add ghee/oil to it. Once the oil is hot enough add pumpkin seeds and saute until half done. Then add the watermelon seeds, fry until done and keep them aside. Next pour water into pan and bring it to a boil. To it add the steamed foxtail rava gradually and stir continuously to ensure that no lumps are formed. Keep it covered. Keep stirring at regular intervals and cook on a low flame until done. Next add the palm jaggery syrup and cook for five more minutes. Garnish with pumpkin/watermelon seeds.

**NOTE:** Add palm jaggery syrup only after the foxtail millet is cooked completely.

# MILLET STUFFED VEGETABLE RINGS

RECIPE FROM Dr. KHADAR VALI

## INGREDIENTS:

1. Brinjal : 2 large
2. Millet Flour : 4 tablespoons
3. Urad Dal Flour : 1 tablespoon
4. Oil : as required for shallow frying
5. Capsicum : 1
6. Onion : 1 big
7. Coriander Powder : 1 teaspoon
8. Cumin Powder : 1/2 teaspoon
9. Salt : to taste
10. Red Chilli Powder : to taste
11. Dry Coconut Powder : 1 teaspoon
12. Green Chillies : 2 or to taste
13. Coriander Leaves : few



## PROCEDURE:

Wash two large size brinjals / egg plants / aubergines and make 5 mm slices. Heat a pan with a flat base. Place the brinjal slices on the pan. Drizzle oil over them. Cover the pan and cook on medium flame for a couple of minutes. The cooked slices should be firm yet tender. Allow them to cool. Scoop out the flesh gently from each of the slices without deforming them. Finely chop capsicum, onion and green chillies.

Heat a tablespoon of oil in a kadai. Add onion, capsicum, green chillies and saute them till soft. Add brinjal flesh and all the masala ingredients. Take four tablespoons of any one siridhanya flour and one tablespoon of urad flour in a mixing bowl. Add the sautéed vegetables along with salt to taste. Mix them all well. Add water to this mixture gradually to make a thick batter similar to that of idli batter. Allow it to rest for one hour.

Once again heat the pan with flat base for shallow frying. Pour oil just adequate for shallow frying. Once the oil is medium hot, place the brinjal rings and fill them till the brim with the veggie masala batter. Sprinkle finely chopped coriander over the filled rings. Cover the pan and allow the base of the rings to turn golden brown. Then flip them and allow the other side also to get fried well. These can be had with homemade tomato sauce or any chutney of your choice.

**NOTE:** These rings can be made with any vegetable of your choice (potato / carrot / bitter gourd / capsicum) and any natural flavouring agents of your choice.

Idli / dosa batter can also be used for preparation of this dish.



# 1. LITTLE MILLET FREEDOM IDLI

## Ingredients:

1. Whole Skinned Black Gram : 1 cup
2. Little Millet Rava : 3 cups
3. Little Millet Rice/Poha : handful (helps to get soft idli's)
4. Fenugreek Seeds :  $\frac{1}{2}$  teaspoon
5. Salt : to taste
6. Desi Cow Ghee : as required to grease idli plates
7. Water : as required (to soak grains, grind batter, steam idlis)



**Procedure :** Rinse little millet and grind it coarsely to make rava in a mixer. Soak this rava for atleast six hours. Rinse and soak skinned black gram and fenugreek seeds for four hours prior to grinding. Then add skinned black gram, fenugreek seeds to a wet grinder and grind until half done. At this stage add the cooked little millet rice (if using beaten rice soak it for atleast ten minutes and add it along with skinned black gram to the wet grinder) and continue grinding until a smooth batter is formed. Mix the skinned black gram batter with the little millet rava and set it aside for six hours or overnight so that it ferments and rises well. Ensure that the batter is thick as carrot and spinach paste will be added to it.

To make regular idli take a part of the fermented batter, add salt and if necessary a little water and mix well. Grease the idli plates with desi cow ghee and pour the batter into the plates. Pour water into a steamer, allow it boil and then place the idli plates into it. Cover and steam for 8 to 10 minutes on medium flame. These idlis taste good with peanut chutney, sambar etc.

## CARROT IDLI

### Ingredients:

1. Fermented Little Millet Batter : 1 cup
2. Steamed Carrot Paste :  $\frac{1}{2}$  cup
3. Salt : a pinch

**Procedure :** Rinse a carrot well, peel and dice it. Steam diced carrot and blend it into a smooth paste. To a mixing bowl add the idli batter, salt, carrot paste and mix well. Rest it for about an hour. Grease the idli plates with ghee, pour the batter into idli mould and steam them in a steamer for 8 to 10 minutes on medium flame. Carrot Idli is ready.

**NOTE:** Do not discard the water in which little millet rava is soaked as the nutrients get leached into water. Use it for grinding the batter.

## SPINACH IDLI

### Ingredients:

1. Fermented Little Millet Batter : 1 cup
2. Steamed Spinach Paste :  $\frac{1}{2}$  cup
3. Salt : a pinch

**Procedure :** Rinse spinach leaves well and chop them into small pieces. Steam spinach and add it to a blender to make a paste. To a mixing bowl add the idli batter, salt, spinach paste and mix well. Rest it for about an hour. Grease the idli plates with ghee, pour the batter into idli mould and steam them in a steamer for eight to ten minutes on medium flame. Spinach Idli is ready.

Recipe by: **ANURADHA**, Tirupati



## 2. LITTLE MILLET IDLI (WITH STEAMED RAVA)

### Ingredients:

1. Skinned Black Gram (Whole) : 1 cup
2. Little Millet Rava : 3 cups
3. Fenugreek Seeds : 1 teaspoon
4. Salt : to taste
5. Ghee/Oil : to grease idli moulds



**Steaming Procedure :** Take a cupful of little millet rava in a wide bowl. Sprinkle one fourth cup of water over rava and mix it well. Leave it covered for an hour. By now the rava would have absorbed all the water and become dry. Sprinkle a little more water over rava and mix it well and keep it covered. Repeat the process once again if the rava turns dry. The rava should be moist just enough to form a lump but must disintegrate even by a slight nudge. The idea is to keep the rava moist for a period of two hours. Before steaming add a tea spoonful of oil to the rava and mix well. Bring approximately three cups of water to a boil in a large vessel and steam the moist rava for seven to eight minutes. Keep mixing the rava at regular intervals with a fork. If needed sprinkle a few more spoons of water. Three cups of rava will rise in volume to nearly five cups. Turn off the stove. Let it cool and split the lumps if there are any.

**IDLI BATTER PREPARATION:** Soak black gram dal along with fenugreek seeds three hours before grinding the batter. Grind the batter by adding a little water at a time until it gets smooth and frothy. Do not add too much water at the beginning itself. At regular intervals take a little batter in your hand and check whether it is of desired consistency and texture. If it is too tight sprinkle a little more water and continue to grind.

Once the batter is ready add the steamed rava and salt to it and mix well. A word of caution. Do not add warm rava to black gram batter as batter may turn too sour. If needed add a little water. Keep it covered in a warm place for four to five hours. Do not ferment it overnight if the weather is warm and humid.

**IDLI PREPARATION:** Check the consistency of the batter. If needed add a little water and gently mix it. Do not vigorously beat the batter. Boil about two cups of water in an idli steamer. Grease the idli moulds with ghee/oil. Fill batter in the moulds. Place the mould stand into the steamer vessel and steam idlis for ten minutes (for the first five minutes on high flame and later on a medium flame). Reduce the flame, open the lid and with wet fingers check if the idlis are done. If the batter doesn't stick to the fingers it means the idlis are cooked. Turn off the stove and keep the steamer covered for another ten minutes. Scoop out the idlis gently using a wet spoon and serve them hot with coconut chutney and sambar.

### NOTE:

- Do not cook idlis for too long as they can turn hard.
- Do not pour too much water in the steamer as the idlis in the lower plates can get over cooked.
- The total preparation time for this recipe is just about eight hours.
- Siri rice idlis made using this procedure are very soft and fluffy.

Recipe by: **SAI LATHA**, Hyderabad

### 3. KODO MILLET KANCHI IDLI

#### Ingredients:

- |                       |   |   |
|-----------------------|---|---|
| 1. Skinned Black Gram | : | 1 cup (soak for atleast 2 hours)                              |
| 2. Kodo Millet        | : | 2 cups (soak for atleast 6 hours)                             |
| 3. Curd               | : | 1 cup   |
| 4. Oil                | : | 1 tablespoon  |
| 5. Desi Cow Ghee      | : | 1 tablespoon  |
| 6. Green Chillies     | : | 5 (or to taste)   |
| 7. Curry Leaves       | : | 1 sprig   |
| 8. Pepper             | : | 1/2 teaspoon  |
| 9. Cumin Seeds        | : | 1/2 teaspoon  |
| 10. Asafoetida        | : | a pinch   |
| 11. Salt              | : | to taste  |
| 12. Water             | : | as required (to soak grains, to grind batter, to steam idlis) |



**Procedure :** Soak kodo millet and skinned black gram separately. Prepare a thick batter by using a wet grinder. Then ferment the batter for six hours. Heat ghee and oil in a pan. To it add slit chillies, pepper, curry leaves, cumin seeds, asafoetida and sauté them for a minute. Add them to the idli batter.

Now add hung (thick) curd, salt to the batter and mix well. Take a tumbler/mould and grease them on the inner side with ghee and fill them half with batter. Pour water in idli cooker, place the tumbler/moulds and steam for twenty minutes on a low flame or until done.

#### CHUTNEY

#### Ingredients:

- |                                       |   |                             |
|---------------------------------------|---|-----------------------------|
| 1. Roasted Sesame Seeds               | : | 3 tablespoons               |
| 2. Dry Coconut                        | : | 1 tablespoon                |
| 3. Green Chillies                     | : | 5 (or to taste)             |
| 4. Salt                               | : | to taste                    |
| 5. Mango (Aamchur) Powder/Lemon Juice | : | to taste (home-made powder) |
| 6. Mint leaves                        | : | 1/2 cup                     |
| 7. Oil                                | : | 1 1/2 tablespoons           |
| 8. Asafoetida                         | : | a pinch                     |

**Procedure :** Add roasted sesame seeds, dry coconut, green chillies, salt, mango powder, mint leaves to a grinder jar and blend by adding little water. Heat oil in a pan. Add a pinch of asafoetida, turn off the stove and add it to the chutney.

**NOTE:** This dish may be made occasionally because the ratio of black gram and millet is 1:2 as against 1:3 or 1:4 advised by Dr. Khadar Vali.

Recipe by: **HYMA KIRAN**, Proddatur

## 4. KODO MILLET RAVA IDLI

### Ingredients:

1. Kodo Millet Rava : 2 cups
2. Vegetables : 2 cups (finely chopped)
3. Roasted Groundnuts : 1 tablespoon
4. Soaked Bengal Gram Dal : 1 tablespoon
5. Churned Sour Desi Cow Curd : 3 cups
6. Desi Cow Ghee : 2 tablespoons
7. Coriander Leaves : little (finely chopped)
8. Cumin Seeds : 1/2 teaspoon
9. Green Chillies : as required (finely chopped)
10. Salt : to taste
11. Fermented Idli Batter : 1 big ladle



**Procedure :** Heat a heavy bottomed stainless steel pan and add a tablespoon of ghee to it. Once the ghee gets heated add kodo millet rava and roast it till it gives out a nice nutty aroma. Allow the roasted rava to cool down. Then gradually add beaten sour curd to the rava until the desired consistency (similar to idli batter) is attained. Let the mixture rest for four hours.

Steam cook vegetables, soaked bengal gram dal until soft. Dry roast groundnuts and crush them a little using a rolling pin.

Heat a kadai for tempering. Add the remaining ghee to the kadai. Once the ghee gets heated add cumin seeds, finely chopped green chillies, soaked bengal gram dal, cooked vegetables one after the other. Saute the vegetables until the water evaporates.

Once the sautéed diced vegetables cool down, add them to rava and curd mixture along with a ladle of regular fermented idli batter (made with Siri rice), salt, crushed peanuts and finely chopped coriander. Mix all the ingredients well and allow the batter to rest for ten to fifteen minutes. In the mean time boil about three cups of water in an idli steamer (depends on your idli steamer type). Rinse and grease idli plates. Pour the batter into the idli moulds and place them in the heated steamer. Depending on the type of the stove used it takes anywhere between ten and fifteen minutes for the idlis to get cooked. Lower the flame and check if they are done by piercing a wet tooth pick or a fork. If the idlis are done the batter doesn't stick to the tooth pick. Once done turn off the stove. Don't attempt to scoop out the idlis immediately after turning off the stove as the cooking process continues for at least another ten minutes. Scoop out the idlis and serve them along with sambar and/or coconut chutney.

Generally, fruit salt or baking soda is used to aerate and give a spongy texture to rava idli. Since Dr. Khadar Vali advises against the use of any such chemicals we have used fermented idli batter instead.

**NOTE:** This batter does not taste good if preserved for long. It is a single use batter unlike regular idli batter.

Recipe by: **SAI LATHA**, Hyderabad



## 5. KODO MILLET RAVA AND YELLOW PUMPKIN IDLI



### Ingredients:

1. Kodo Millet Rava : 1 cup
2. Grated Pumpkin : 3 cups
3. Sour Curd : 1 cup
4. Green Chillies : 3 to 4
5. Chopped Coriander : 1 tablespoon
6. Oil : 2 tablespoons
7. Mustard Seeds :  $\frac{1}{4}$  teaspoon
8. Urad Dal : 1 teaspoon
9. Soaked Chana Dal : 1 tablespoon
10. Cumin Seeds :  $\frac{1}{4}$  teaspoon
11. Grated Coconut : 1 tablespoon (optional)
12. Hing : a pinch
13. Black Pepper :  $\frac{1}{2}$  teaspoon (crushed)
14. Salt : to taste



**Procedure :** Kodo Millet Rava is made after soaking Kodo Millet for six hours and drying in sun. Heat a tablespoon of oil in a thick bottomed kadai. Add urad dal and mustard seeds. Once mustard seeds start to crackle add a pinch of hing, green chillies and soaked chana dal. Saute for a minute. Add rava and roast it for three to four minutes till it gives out nutty aroma. Turn off the stove and transfer the rava into a mixing bowl. Allow the rava to come down to room temperature and add the grated pumpkin, curd and salt and mix well. The batter should be of the consistency of Vada batter. Let it rest for four hours. If needed add little more curd or water. Grated coconut, crushed pepper and chopped coriander may be added to the batter before making idli. Grease idli moulds with ghee or oil, fill them with batter and steam the idlis until done.

### SWEET VERSION WITH DATE PALM JAGGERY

Heat a teaspoon of ghee in a kadai and add a cup of barnyard rava to it and roast it till it gives out nutty aroma. Transfer it into a mixing bowl. Allow the rava to come down to room temperature and add three cups of grated pumpkin, two tablespoons of curd and half a pinch of salt. Mix them all well and allow the mixture to rest for four hours.

After four hours add a tablespoon of grated fresh coconut, two tablespoons of palm jaggery syrup/date palm jaggery, a pinch of cardamom powder, a tablespoon of roasted/fried chironji and a tablespoon of ghee. Mix them all well.

Boil three cups of water in an idli steamer. Grease the idli pits with ghee. Place the batter in each of the pits and gently press them with a spoon. Place the idli plate in the steamer, cover it and cook them till done. Children will relish these sweet idlis.



Recipe by: **SAI LATHA**, Hyderabad



## 6. LITTLE MILLET UPMA



### Ingredients:

1. Little Millet : 1 cup
2. Carrot, Beans/ Green Peas : 2 tablespoons (finely diced)
3. Onion : medium sized one finely chopped
4. Water : 2<sup>1</sup>/<sub>2</sub> cups
5. Grated Ginger : 1 teaspoon
6. Green Chillies : 3
7. Coriander Leaves : 2 tablespoons  
(finely chopped)
8. Groundnuts : 1 tablespoon (soaked)
9. Salt : to taste
10. Oil : 1<sup>1</sup>/<sub>2</sub> tablespoons
11. Mustard Seeds : 1/4 teaspoon
12. Skinned Black Gram : 1 teaspoon
13. Curry Leaves : 1 sprig
14. Turmeric Powder : a pinch



**Procedure :** Roast a cupful of little millet in an iron kadai until it gives out nice aroma. Now rinse and soak it in 1/4 cup of water for a minimum of six hours.

### STEAMING PROCEDURE:

Take a cupful of little millet in a wide bowl. Sprinkle one fourth cup of water over it and mix it well. Leave it covered for an hour. By now the grain would have absorbed all the water and become dry. Sprinkle a little more water over it and mix it well and keep it covered. Repeat the process once again if the grain turns dry. At the end of six hours the grain should be moist just enough to form a lump but must disintegrate even by a slight nudge. The idea is to keep the rava moist for a period of six hours. Before steaming add a tea spoonful of oil to the grain and mix well. Bring approximately three cups of water to a boil in a large vessel and steam the moist grain for eight to ten minutes. Keep mixing the millet at regular intervals with a fork. If needed sprinkle a few more spoons of water. One cup of grain will rise in volume to nearly two cups. Turn off the stove. Let it cool and split the lumps if there are any.

Heat a heavy bottomed steel pan and add oil to it. Once the oil is hot enough add the tempering ingredients and fry them until the mustard seeds crackle. Then add chopped onion, grated ginger, chopped green chillies, curry leaves, chopped vegetables, soaked groundnuts one after the other and fry well. Now pour remaining one and half cups of water and allow it to boil. To it add the steamed little millet, turmeric, salt and mix well. Cook it on a low flame until done. Add more water if required. Garnish with coriander leaves and serve hot with raita or sambar or chutney of your choice.

## NOTE:

An interesting breakfast which is very popular in Telugu states is MLA Pesarattu which is nothing but whole moong cheela (Chilla) smeared liberally with Upma.

The Upma used for making MLA Pesarattu should be soft. So half cup more water may be added while cooking it.

Please find Pesarattu recipe on page no. 69

(OR)

**ALTERNATIVE METHOD:** Cook siri rice separately. Add it to the tempering ingredients, close the lid and simmer for five minutes. Left over siri rice too can be converted into Upma.

**NOTE:** Siri rice rava too can be used to make Upma. Rava needs only three to four hours of soaking.

Dr. Khadar Vali has advised us not to use dry fruits and hence cashewnuts have not been included in our recipe. In their place peanuts have been included.

Recipe by: **SAI LATHA**, Hyderabad

## 7. LITTLE MILLET TAMARIND PULP UPMA

### Ingredients:

1. Little Millet Rava : 1 cup (soaked, sundried, milled rava)
2. Green Chillies : 8 (or to taste)
3. Fresh Grated Coconut : 1 tablespoon
4. Tamarind : 1½ tablespoons
5. Palm Jaggery Syrup : 1 teaspoon
6. Water : 2½ cups
7. Oil : 4 tablespoons
8. Groundnuts : 2 tablespoons
9. Onions : 1-2
10. Salt : to taste
11. Turmeric Powder : ¼ teaspoon
12. Curry Leaves : a sprig
13. Tempering Ingredients : 1 teaspoon



**Procedure :** Soak tamarind and extract pulp. Make a paste of green chillies, grated coconut, salt and turmeric. Add tamarind pulp, green chilli paste and palm jaggery syrup to 2½ cups of water. Fry little millet rava with little oil. Heat oil in a thick- bottomed pan, add the tempering ingredients, groundnuts, curry leaves and chopped onions. Saute well and then add the tamarind solution and bring it to a boil. Lower the flame and gradually add rava while stirring it continuously to prevent formation of lumps. Cook on low flame for fifteen minutes or until done.

Recipe by: **HYMA KIRAN**, Proddatur

## 8. KODO MILLET RAVA UPMA

### Ingredients:

1. Kodo Millet Rava : 1 cup (grain soaked, sundried, milled rava)
2. Green Chillies : 3
3. Onions : 2 (slit length wise)
4. Salt : to taste
5. Water : 3 cups (heat water separately)
6. Tempering Ingredients: 1 teaspoon
7. Curry Leaves : 1 sprig



**Procedure :** Roast a cupful of kodo millet in an iron kadai until it gives out nice aroma. Now wash and soak it in 1.5 cups of water for a minimum of thirty minutes (soak it for two hours if it's a store bought rava).

Place a thick bottomed steel pan on the stove, add oil. Once the oil is hot enough add the tempering ingredients, chillies, curry leaves, onions one after the other and sauté well. To it add the remaining 1.5 cups of water along with the water in which the kodo millet is soaked. Bring it to a boil and add salt, rava and mix well. Cook it on a low flame with lid covered until done.

Recipe by: **HYMA KIRAN**, Proddatur

## 9. BARNYARD MILLET BEATEN RICE (POHA) UPMA

### Ingredients:

1. Barnyard Poha : 3 cups
2. Oil : 6 tablespoons
3. Green Chillies : 10
4. Salt : to taste
5. Turmeric Powder :  $\frac{1}{4}$  teaspoon
6. Onions : 2 big
7. Tempering Ingredients: 1 teaspoon
8. Curry Leaves : 1 sprig
9. Coriander Leaves : a fistul (optional for garnishing)
10. Dry Red Chillies : 2 (for tempering)
11. Lemon Juice : to taste



**Procedure :** Make a paste of green chillies and salt. Rinse barnyard millet poha using a colander. Place a heavy bottomed pan on stove, add oil. Once the oil is hot enough add the tempering ingredients, dry red chillies, curry leaves, one after the other and fry. Then add finely chopped onions, saute for a minute and later add chilli paste and fry until the raw smell goes away. Next add the turmeric powder. To it add the rinsed poha, lemon juice and mix well on a low flame. Turn off the stove and serve hot.

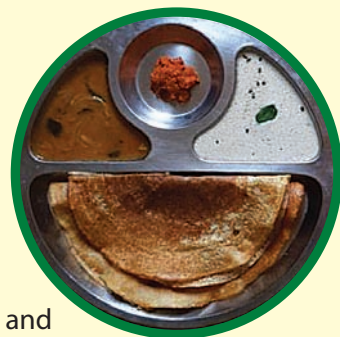
**NOTE:** Millet flakes/poha are prepared after soaking the millets. So no need to soak while preparing recipes.

Recipe by: **HYMA KIRAN**, Proddatur

## 10. BARNYARD MILLET DOSA

### Ingredients:

1. Whole Skinned Black Gram : 1 cup
2. Barnyard Millet : 4 cups
3. Barnyard Millet Rice/Beaten Rice :  $\frac{1}{2}$  cup (optional)
4. Fenugreek Seeds :  $\frac{1}{2}$  teaspoon
5. Salt : to taste
6. Oil : as needed for frying the dosa



**Procedure :** Rinse and soak whole skinned black gram and fenugreek seeds for four hours prior to grinding. In a separate bowl rinse and soak barnyard millet for atleast six hours. Soak barnyard beaten rice (Poha) for about ten minutes prior to grinding. Transfer all these ingredients into a wet grinder and grind until smooth batter is formed (the water used for soaking the millet should be used for grinding). Set it aside for six hours or overnight so that it ferments and rises well. Add salt to the batter just before making dosas. Grease an iron tawa with oil for first time and once it's hot enough spread a ladle of batter in circular motion on tawa to make dosa. Drizzle oil over the dosa and allow it to cook on a medium heat. Tastes good with peanut chutney, sambar, potato masala etc.

**NOTE:** If using cooked barnyard millet rice it has to be added towards the end of grinding. Dr. Khadar Vali suggests to eat fermented dosas atleast once a week as creates both prebiotic and probiotic conditions in the gut.

## 11. BROWNTOP MILLET FLOUR INSTANT DOSA

### Ingredients:

1. Browntop Millet Flour : 3 cups (grain soaked, sundried, milled flour)
2. Salt : to taste
3. Water : as required (4 cups)
4. Cumin Seeds : 2 teaspoons
5. Oil : as needed for frying the dosa



**Procedure :** In a mixing bowl add flour, salt, water and mix well so that there are no lumps. The batter has to be flowing and thin. Soak it for thirty minutes. Cumin seeds can be added to the batter just before making dosa. Grease an iron tawa with oil for the first time and pour the batter using a glass with rim. Drizzle oil on dosa and fry it on both the sides. Tasty instant dosas are ready (finely chopped carrot, coconut, coarsely pound groundnuts can be added as toppings to the dosa).

**NOTE:** If it's store bought flour, it has to be soaked for at least an hour before making dosas. Dr. Khadar Vali told that eating siridhanya instant dosas is equivalent to eating siridhanya rice.

Recipe by: **ANURADHA**, Tirupati



## 12. SIRIDHANYA FLOUR INSTANT TOMATO DOSA



### Ingredients:

1. Any Siridhanya Flour : 2 cups (grain soaked, sundried, milled flour)
2. Tomatoes : 3 medium
3. Red Chilli Powder : 2 teaspoons
4. Salt : to taste
5. Coriander Leaves : as needed, finely chopped (optional)
6. Cumin Seeds : 1 teaspoon
7. Water : as needed to make dosa batter
8. Oil : as required for frying the dosa

### Procedure :

Cut tomatoes into small pieces. Add them to a mixer jar along with salt and chilli powder and make a puree. In a mixing bowl add any siridhanya flour, tomato puree, water and mix well so that there are no lumps. The batter has to be flowing and thin. Soak it for thirty minutes. To it add finely chopped coriander leaves. Cumin seeds can be added to the batter just before making dosa. Grease an iron tawa with oil for the first time and pour the batter using ladle or a glass with rim. Drizzle oil on dosa and fry it on both the sides. These dosas take a little longer to get cooked as compared to plain siridhanya flour instant dosas. Serve it with a chutney of your choice.

**NOTE:** Dr. Khadar Vali told that eating siridhanya instant dosas is equivalent to eating siridhanya rice. One has to eat fermented dosas to get benefitted as they create prebiotic and probiotic conditions in our gut.

Recipe by: **HYMA KIRAN**, Proddatur

## 13. SIRIDHANYA FLOUR INSTANT SPINACH DOSA



### Ingredients:

1. Any Siridhanya Flour : 1 cup (grain soaked, sundried, milled flour)
2. Spinach : 2 bunches
3. Green Chillies : 10
4. Salt : to taste
5. Water : as needed to make dosa batter
6. Oil : as required for frying the dosa

### Procedure :

Finely chop spinach leaves and add them to a pan along with green chillies and fry well. Once it cools completely, blend it along with salt into a fine paste in a mixer jar. Add any siridhanya flour, spinach paste, water to a bowl and mix well so that there are no lumps. The batter has to be flowing and thin. Soak it for thirty minutes. Grease an iron tawa with oil for the first time and pour the batter using ladle or a glass with rim. Drizzle oil on dosa and fry it on both the sides. Tasty instant spinach dosas are ready.

**NOTE:** We can prepare dosas of different flavours using tomatoes, carrot, mint, or any one type of green leaves at a time. Avoid mixing any two varieties of greens. Kids love this dosa recipe as it is colourful, attractive, and healthy to use.

Recipe by: **HYMA KIRAN**, Proddatur

## 14. BARNYARD MILLET RAVA DOSA USING GRAIN

### Ingredients:

1. Barnyard Millet : 1 cup
2. Water : as needed
3. Salt : to taste
4. Oil : as needed for frying the dosa



### Procedure :

Rinse and soak barnyard millet for six to eight hours. Then grind it until smooth. Add salt and water if required. The batter has to be flowing and thin. Heat a thick-bottomed iron tawa, grease it with oil, spread the batter with a tumbler/ladle. Drizzle oil on dosa. It tastes good with coconut chutney, tomato chutney, or rayalaseema erra karam.

**NOTE:** Dr. Khadar Vali told that eating siridhanya instant dosas is equivalent to eating siridhanya rice.

Recipe by: **HYMA KIRAN**, Proddatur

## 15. FOXTAIL MILLET INSTANT DOSA WITH CURD

### Ingredients:

1. Foxtail Millet Flour : 1 cup
2. Curd : 2 tablespoons
3. Salt : to taste
4. Water : as needed
5. Oil : as required for frying dosa



### Procedure :

Rinse and soak foxtail millet for eight hours. Drain the water completely, sundry it for two to three days and make flour. To this flour add curd, salt, water and mix well so that there are no lumps. Adding curd will make dosas softer. Soak it for thirty minutes. Grease an iron tawa with oil for the first time and pour the batter using a glass with rim. Drizzle oil on dosa and fry it on both the sides. Tasty instant dosas are ready.

Recipe by: **HYMA KIRAN**, Proddatur

## 16. BARNYARD MILLET PULLATTU (SOUR DOSA)



### Ingredients:

1. Barnyard Flour : 2 cups
2. Desi Cow Buttermilk : 6 cups
3. Salt : to taste
4. Ginger : 2 inch piece
5. Green Chillies : 6 to 10 (according to taste)
6. Coriander Leaves : 1 small bunch
7. Sesame Seeds : 3 tablespoons
8. Oil : as required to fry attu (dosa)

### Procedure :

Soak browntop flour in buttermilk for six to seven hours. Just before making Pullattu, make a fine paste of ginger, chillies, coriander, salt in a mixer grinder. Add this paste and sesame seeds to the batter and mix well. If required add some water. The batter should be thin compared to dosa batter.

Now place an iron tawa on stove and heat. Drizzle oil over tawa and grease it using a potato or onion slice. We have to do this before making every attu.

Pour the batter using a glass with rim/ladle on pan. Drizzle oil around the attu. After two to three minutes flip it and fry on the otherside too. After a minute transfer it into a plate.

Recipe by: **RADHARANI**, Hyderabad

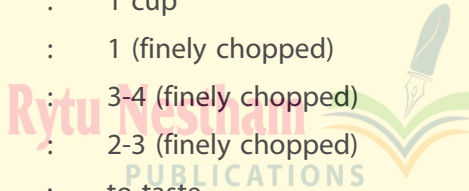


## 17. BARNYARD MILLET CURD UTTAPAM



### Ingredients:

- |                                |   |                          |
|--------------------------------|---|--------------------------|
| 1. Barnyard Millet             | : | 4 cups                   |
| 2. Barnyard Beaten Rice (Poha) | : | 1 cup                    |
| 3. Skinned Black Gram          | : | 1/2 cup                  |
| 4. Curd                        | : | 1 cup                    |
| 5. Onion                       | : | 1 (finely chopped)       |
| 6. Green Chillies              | : | 3-4 (finely chopped)     |
| 7. Tomato                      | : | 2-3 (finely chopped)     |
| 8. Salt                        | : | to taste                 |
| 9. Oil                         | : | as needed to fry uttapam |



### Procedure :

Soak barnyard millet for six to eight hours and skinned black gram for four hours separately. Rinse barnyard poha just before grinding. During winters millet can be soaked in curd. But in summers its better to soak the millet in water and add curd while grinding. Transfer the soaked millets, black gram, beaten rice to a wet grinder and grind until smooth and add salt. Heat an iron tawa, grease it with oil, spread dosa and top it with finely chopped onion, tomato and green chillies. Drizzle oil over dosa, cover it with lid and cook on low flame. Once the base is firm flip it and cook on the other side as well. Serve the uttapam with tomato chutney or coconut chutney.

Recipe by: **HYMA KIRAN**, Proddatur

## 18. KODO MILLET DIBBAROTTE

### Ingredients:

1. Skinned Black Gram : 1 cup
2. Kodo Millet : 4 cups
3. Fenugreek Seeds :  $\frac{1}{2}$  teaspoon
4. Cumin Seeds : 2 teaspoons
5. Pepper : 2 teaspoons
6. Asafoetida (Hing) : a pinch
7. Curry Leaves : 10 leaves (finely chopped)
8. Salt : to taste
9. Oil : 2 tablespoons



**Procedure :** Rinse kodo millet and soak in water for at least six hours. Soak fenugreek seeds along with skinned black gram four hours prior to grinding the batter. First grind soaked skinned black gram and fenugreek seeds. Grind the batter by adding a little water at a time until it gets fine and frothy. If too much of water is added at the beginning itself, the batter will not be of the desired consistency and texture. To know whether the batter is ready just take a spoonful of it and drop it in a tumbler of water. If the batter immediately floats on water it is ready. Once done empty the gram batter into a vessel. Then coarsely grind the kodo millet until fine rava texture is attained. Be cautious while adding water as siri rice cannot take too much water. Add Kodo batter to black gram batter along with salt. Keep the batter covered and allow it to ferment for not more than five hours. This batter should not be allowed to turn sour. Avoid overnight fermentation.

Before making Dibbarotte add coarsely pound black pepper, cumin seeds, asafoetida, chopped curry leaves to the fermented batter and mix well and let it rest for about half an hour. The batter will then absorb the flavours of the spices added and also gets back its frothy texture.

Heat a thick bottomed iron kadai and then add oil to it. If oil is added to a Kadai that is not heated, Dibbarotte may get stuck to the Kadai and will be difficult to flip it in tact. Once the oil is hot enough pour four to five ladles of batter, spread it a little, cover it with a lid and cook on lowest flame possible. Once its cooked well flip it and cook on the other side too until done. Turn off the flame and allow cooking process to come to a halt for about five minutes and then serve it hot. It tastes good with ginger chutney and also thick palm jaggery syrup.

**NOTE:** This batter without the spices added can be used for making Idlis after adequate fermentation.

This batter should be slightly thicker than the consistency of idli batter. So exercise caution while adding water during the process of grinding.

Dibbarotte is at least one and half inches thick. The kadai (Iron/stainless steel) used should be of a heavy guage and two to three inches deep.

In good old days Dibbarotte used to be made on charcoal stove. Those who have access to it can use it to enjoy a smoky flavoured Dibbarotte.

Kadai is generally concave in shape. To ensure that the batter in the centre of the Kadai too cooks well, thrust a small bowl into the batter at the centre of the Kadai.

Recipe by: **SAI LATHA**, Hyderabad

## 19. KODO MILLET PESARATTU (MOONG CHEELA)

### Ingredients:

1. Whole Green Gram : 1 cup
2. Kodo Millet : 2 cups
3. Ginger : 50 grams
4. Green Chillies : 10
5. Cumin Seeds : 2 tablespoons
6. Garlic Pods : 4/5 (optional)
7. Salt : to taste
8. Onions : 2
9. Oil : 1/4 cup



### Procedure :

Rinse and soak Kodo millet for atleast six hours. Soak whole green gram for eight hours, wash and drain out the excess water and allow it to sprout. Grind kodo millet and green gram sprouts separately and mix both the batters. Coarsely grind 25 g of peeled ginger along with six green chillies, half tablespoon cumin seeds, garlic cloves and salt in a mixer grinder. Add this to the batter and mix well.

Finely chop onions, ginger, green chillies. Make a nice mix of these along with cumin seeds.

Heat an iron tawa. Grease it with oil and spread the batter. Then liberally sprinkle chopped onions mixture over it. Drizzle some oil over the edges and cook until the edges begin to leave the tawa. If required flip the cheela to the other side and cook it as well. Tastes good with ginger chutney, coconut chutney and sambar. It is best relished with ginger chutney.

**NOTE:** Normally while making Pesarattu a very small quantity of regular rice is added to whole moong to make the Pesarattu a little firm and crisp.

Since our recipes are strictly in accordance with instructions given by Dr. Khadar Vali, the ratio has been altered. He says that it is better to consume sprouted pulses wherever and whenever possible and hence the traditional recipe has been altered.

When whole moong isn't available chilka moong dal (split green gram) can be used. It needs just three to four hours of soaking.

The protein content in foxtail and browntop millets is 12.3% and 11.5% respectively. In the remaining three grains (little, barnyard and kodo) it is between 6% and 7%. So, it is ideal to use these three siridhanya to make Pesarattu.

Please note that Pesarattu batter should not be fermented.

Recipe by: **SAI LATHA**, Hyderabad

## 20. FOXTAIL MILLET PANIYARAM



### Ingredients:

1. Fermented Dosa Batter : 1 cup (with added salt)
2. Mustard Seeds :  $\frac{1}{4}$  teaspoon
3. Cumin Seeds :  $\frac{1}{4}$  teaspoon
4. Onion : 1 tablespoon (finely chopped)
5. Turmeric Powder : a pinch
6. Green Chillies :  $\frac{1}{2}$  teaspoon (finely chopped)
7. Curry Leaves :  $\frac{1}{2}$  teaspoon (finely chopped)
8. Coriander Leaves :  $\frac{1}{2}$  teaspoon (finely chopped)
9. Soaked Bengal Gram Dal : 1 tablespoon
10. Oil : as needed for frying

### Procedure :

Heat a kadai with oil and add mustard seeds, cumin seeds. Once they splutter add curry leaves and sauté for a minute. Add onions, chillies and fry until the onions turn pink. Then add soaked bengal gram, coriander leaves, turmeric. Once it cools down, add to the dosa batter. Heat the paniyaram pan and grease it. Pour the batter upto  $\frac{3}{4}$  th in each mould and drizzle very little oil and cover the pan with a lid. Once the base is golden fried, flip them and cook by adding little oil until they are completely cooked from inside. Crushed roasted groundnuts, finely chopped coconut pieces, grated carrot may also be added to the batter.

Recipe by: **ANURADHA**, Tirupati



## 21. FOXTAIL MILLET PUNUGULU

### Ingredients:

1. Fermented Dosa Batter : 1 cup (batter has to be thick, add salt)
2. Onions : 1 teaspoon (finely chopped)
3. Green Chillies :  $\frac{1}{2}$  teaspoon (finely chopped)
4. Cumin Seeds :  $\frac{1}{4}$  teaspoon
5. Oil : as needed to deep fry

**Procedure :** To a mixing bowl add dosa batter, chopped onions, chillies, cumin seeds and mix well. Heat oil in a deep frying pan. Once the oil is hot enough shape the batter to round balls with your fingers and drop them into oil. Fry till golden color. These taste good with groundnut / kenaf / tomato chutneys.



Recipe by: **ANURADHA**, Tirupati

## 22. BROWNTOP MILLET PUMPKIN CHAPATHI

### Ingredients:

1. Browntop Millet Flour : 3 cups (grain soaked, sundried, milled flour)
2. Pumpkin Puree : 1 cup
3. Oil : 3 tablespoons
4. Salt : to taste
5. Oil : as required to fry chapathi

### Procedure :

Take a cup of grated pumpkin and steam it for two to three minutes. Allow it to cool completely and make puree. To a mixing bowl add the browntop millet flour, oil, salt, pumpkin puree and knead it into a smooth dough. Allow it to rest for an hour (if it's a store bought flour, rest the dough for five to six hours). Next divide the dough into equal portions and make small balls. Take each ball and using a rolling board and pin, make a chapathi of desired size and fry on an iron tawa with oil. Serve it with a curry of your choice.



### SIRI FLOUR BANANA CHAPATHI

Pumpkin can be replaced with ripe plantain in the above recipe.

In a mixing bowl add the mash of one medium sized plantain two cups of any siridhanya flour, adequate salt and two teaspoons of oil and mix them all well. Add hot water to the mixture little at a time to make a tight dough. Rest it for an hour and make chapathis.

Recipe by: **HYMA KIRAN**, Proddatur

## 23. FOXTAIL MILLET PULKA

### Ingredients:

1. Foxtail Millet Flour : 1 cup
2. Skinned Black Gram Flour : 1 tablespoon
3. Water :  $\frac{1}{2}$  cup
4. Salt : to taste



### Procedure :

Boil water with salt in a steel vessel. Mix both millet flour and skinned black gram flour with hot water and keep it aside for one hour. Knead the dough well, divide it into equal portions and make small balls. Take each ball and using a puri press, press it to desired size to make a chapati. Fry on an iron tawa without oil. Hot pulkas are ready.

**NOTE:** To 1 kg of millet flour 250 grams of skinned black gram flour may be added for making chapati/roti/pulka etc.

Recipe by: **HYMA KIRAN**, Proddatur

## 24. BROWNTOP MILLET INSTANT CHAPATHI

### Ingredients:

1. Browntop Millet Flour: 1 cup (grain soaked, sundried, milled flour)
2. Sea Salt : as needed
3. Water :  $\frac{1}{2}$  cup (or as required)
4. Oil : as required to fry chapathi



### Procedure :

Boil water in a pan and add salt to it. Once the water starts to boil add flour and mix well with a spatula. Rest it for half an hour. Then knead the dough until smooth, divide it into equal portions and make small balls. Take each ball and roll it to make chapathis. Heat an iron tawa, grease it and fry chapathis.

Recipe by: **ANURADHA**, Tirupati

## 25. FOXTAIL MILLET SPICY ROTI (WITHOUT SKINNED BLACK GRAM FLOUR)

### Ingredients:

1. Foxtail Millet Flour : 3 cups (grain soaked, sundried, milled flour)
2. Onions : 1 big
3. Carrot : 1
4. Coriander Leaves : 2 fistfuls
5. Curry Leaves : 1 sprig
6. Sesame Seeds : 1 teaspoon
7. Any One Leafy Vegetable : 1 cup  
(tightly packed)
8. Green Chillies : 10
9. Salt : as needed
10. Oil : as needed
11. Water : as needed



### Procedure :

Make a paste of green chillies and salt. To a mixing bowl add flour, grated carrot, chopped onion, sesame seeds, finely chopped leafy vegetables, coriander leaves, curry leaves, green chilli paste and mix well.

Then add water little by little to the flour and knead it well to form a dough. Rest it for fifteen minutes. Divide the dough into equal portions and make small balls. Now take each ball and press into chapatis of desired size. Heat an iron tawa, grease it and fry the rotis. These rotis can be taken directly with/without side dish.

### NOTE:

- ◆ Grated bottle gourd can also be used in making these rotis.
- ◆ Any one variety of leafy vegetable may be added to the roti dough.
- ◆ For 200g of siridhanya flour 50g of groundnut powder may be used to make soft rotis for children. To make soft rotis for children 50g of groundnut powder may be added to 200g of siridhanya flour. However this should be avoided by adults.

Recipe by: **HYMA KIRAN**, Proddatur

## 26. FOXTAIL MILLET POTATO CHAPATI (PARATHA)



### Ingredients:

1. Foxtail Millet Flour : 2 cups (grain soaked, sundried, milled flour)
2. Potatoes : 3medium
3. Fenugreek Leaves : 1 cup (loosely packed, finely chopped)
4. Red Chilli Powder : 1 tablespoon
5. Coriander Seeds : 1 tablespoon
6. Cumin Seeds : 1 tablespoon
7. Salt : to taste
8. Onion : 1 big (chopped)
9. Turmeric Powder : a pinch
10. Oil : 1 tablespoon

### Procedure :

Boil potatoes, peel and mash them. Make a fine powder of coriander and cumin seeds. Heat oil in a heavy bottomed pan and add chopped onions. After onions turn soft, add finely chopped fenugreek leaves and coriander-cumin powder. Then add turmeric, salt, red chilli powder, mashed potato and mix well. After the mixture cools down, add foxtail flour and make a dough. Rest it for half an hour. Divide it into equal portions and make small balls. Press each ball into a chapati and fry them on an iron tawa using oil. This chapati goes well with onion raita.

Recipe by: **HYMA KIRAN**, Proddatur

## 27. FOXTAIL MILLET PURI



### Ingredients:

1. Foxtail Millet Flour : 1 cup (grain soaked, sundried, milled flour)
2. Skinned Black Gram Flour :  $\frac{1}{4}$  cup
3. Sea Salt : as needed
4. Oil :  $3\frac{1}{2}$  cups (or as required for deep frying)
5. Water : as required to mix the flour

### Procedure :

In a mixing bowl add foxtail millet flour, skinned black gram flour, salt, oil. Add little water at a time and knead well to form a tight dough. Rest it for thirty minutes. Divide the dough into equal parts and make small balls. Roll them into puris (either dust it with flour or oil can be applied to dough ball before rolling) using a rolling board and pin. Heat oil in a deep frying pan. When the oil is hot enough add one puri at a time and fry by gently pressing down with the frying ladle. Turn over when puffed and fry till golden brown. They taste good with potato curry.

### NOTE:

- ◆ It is better to store siridhanya flour and skinned blackgram flour separately such that Siridhanya flour alone can be used for making make instant dosa, pakoda, bajji etc.
- ◆ No need to soak skinned black gram to make flour.
- ◆ Do not use hot water to make a dough as the puris tend to absorb more oil while deep frying.

Recipe by: **ANURADHA**, Tirupati



## 28. KODO MILLET VADA



### Ingredients:

- |                                     |   |                                  |
|-------------------------------------|---|----------------------------------|
| 1. Skinned Black Gram               | : | 1 cup                            |
| 2. Kodo Millet                      | : | 2 cups                           |
| 3. Fenugreek Seeds                  | : | 1 teaspoon                       |
| 4. Green Chillies                   | : | 7 - 8                            |
| 5. Pepper                           | : | 1/2 teaspoon                     |
| 6. Cumin Seeds                      | : | 1/2 teaspoon                     |
| 7. Curry Leaves                     | : | 2 sprigs                         |
| 8. Coconut Pieces                   | : | 1 tablespoon<br>(finely chopped) |
| 9. Kodo Millet Flour                | : | 2 tablespoons                    |
| 10. Asafoetida (Hing)               | : | a pinch                          |
| 11. Salt                            | : | to taste                         |
| 12. Soaked Skinned Split Black Gram | : | 2 tablespoons                    |
| 13. Oil                             | : | as required for deep frying vada |
| 14. Grated Ginger                   | : | 1/2 inch piece                   |



**Procedure :** Wash kodo millet and soak for a minimum of six hours. Similarly soak blackgram along with fenugreek seeds for about three hours prior to grinding.

Grind soaked blackgram in a wet grinder with water used for soaking the kodo millet. Grind the batter by adding a little water at a time until it gets fine and frothy. Do not add much water at the outset. At regular intervals take a little batter in your hand and check whether it is of desired consistency and texture. If it is too tight sprinkle a tablespoon of water and continue to grind. To know whether the batter is ready follow these two tests.

1. Take a small quantity of batter and check whether it is standing firmly without spreading. It should neither be too tight nor too loose.

2. Just take a spoonful of batter and drop it in a tumbler of water. If the batter immediately floats on water and doesn't immediately dissolve in water the consistency is perfect.

Completely drain the water from kodo millet and make a smooth but tight batter in a mixer grinder. Add only a few drops of water if required.

Now mix kodo millet batter and blackgram batter. To it add finely chopped curry leaves, green chillies, coconut pieces, grated ginger, asafoetida, cumin seeds, coarsely pound pepper, soaked skinned split blackgram, salt and mix well.

If the batter is runny add kodo millet flour to it.

Heat oil in an iron kadai. Mould the batter into a big sized laddu and place it on a clean and wet piece of banana leaf, flatten it a little and make a small hole with your finger right at the center of the vada. Then carefully slide the vada into your hand and gently let it slip into the hot oil. Fry till the vada turns golden brown. Flip it to get uniform goldenbrown colour. Depending on the size of the kadai four to five vadas can be made in a single batch.

Tastes good with ginger chutney, coconut chutney and sambar.

Recipe by: **SAI LATHA**, Hyderabad

## 29. BROWNTOP MILLET KHARA PONGAL



### Ingredients:

- |                      |   |                                |
|----------------------|---|--------------------------------|
| 1. Browntop Millet   | : | 1 cup (8 hours soaked)         |
| 2. Green Gram        | : | 1/4 cup                        |
| 3. Turmeric Powder   | : | 1/4 teaspoon                   |
| 4. Ghee/Oil          | : | 2 tablespoons                  |
| 5. Pepper            | : | 2 teaspoons                    |
| 6. Cumin             | : | 1 teaspoon                     |
| 7. Asafoetida (Hing) | : | 1/4 teaspoon                   |
| 8. Coconut           | : | 2 tablespoons (finely chopped) |
| 9. Grated Ginger     | : | little                         |
| 10. Curry Leaves     | : | 10 leaves                      |
| 11. Salt             | : | to taste                       |

### Procedure :

Dry roast browntop millet in an iron kadai until it gives out nutty aroma. Soak it in two cups of water for eight hours. Roast green gram too till golden brown and soak it for two hours before cooking. Bring five cups of water to a boil in a large clay pot (or a thick bottomed stainless steel vessel). Add soaked green gram dal and browntop millet (along with water in which it is soaked), turmeric powder, a little ghee and hing. Cook till soft. Add more water preferably hot water if required to get the desired consistency. Heat oil/ghee in a kadai. Fry coconut pieces till golden brown. Then add coarsely ground pepper, cumin, ginger, hing, curry leaves and saute well. Add it to the almost cooked Pongal along with salt and mix well. Cover the vessel and cook Pongal until done. Add a little ghee to Pongal before serving. Tastes good with ginger chutney or onion tamarind stew. Pongal served on banana leaf gives out appetising aroma. Traditional recipes are best enjoyed on a banana leaf.

Recipe by: **SAI LATHA**, Hyderabad

## 30. BARNYARD MILLET KUDUMULU

### Ingredients:

1. Barnyard Millet : 4 cups (6 hours soaked, sun-dried)
2. Pigeon Peas (Tur dal) : 1 cup
3. Onion : 1 big
4. Green Chillies : 10 nos
5. Cumin Seeds : 1 tablespoon
6. Salt : to taste
7. Water : as needed
8. Desi Cow Ghee : as needed to grease idli plates



### Procedure:

Grind barnyard millet and tur dal in such a way that three parts of it is rava and one part is fine flour. Flour helps in binding the kudumulu tightly. Transfer this rava and flour mixture into a steel vessel. Sprinkle water and soak the mixture for atleast half an hour. Cover it with a lid. As and when the mixture turns dry sprinkle more water and stir the mixture well and keep it covered.

Place a grid in a steamer vessel and bring approximately three cups of water to a boil. Place this steel vessel with rava mixture on stand (ensure that vessel doesn't come in contact with water) and steam for six to seven minutes. Turn off the stove and rest it for two minutes. Then remove the steamed rava mixture vessel and mash the lumps if there are any.

In another jar make a paste of green chillies and salt.

Add finely chopped onion, cumin seeds and green chilli paste to the rava by adding water as required to make balls. Divide the dough into small equal portions and mould them into a desired shape (round or oval). Apply ghee to the idli plates and place the kudumulu in them. Steam them for fifteen minutes. These taste good with methi dal, rayalaseema yerra karam or curd.

**NOTE:** Jowar Kudumulu are famous in Rayalaseema. This recipe can be made by replacing Jowar with any Siridhanya (foxtail, browntop, kodo, little, barnyard millet).

Recipe by: **HYMA KIRAN**, Proddatur



## 31. LITTLE MILLET UNDRALLU

### Ingredients:

1. Little Millet Rava : 1 cup
2. Bengal Gram : 2 tablespoons (soaked and cooked)
3. Fresh Coconut : 2 tablespoons (grated)
4. Cumin Seeds : 1 teaspoon
5. Desi Cow Ghee : 2 tablespoons
6. Salt : to taste
7. Water : 1½ to 2 cups



**Rava Preparation Procedure:** To make one cup of rava, soak two cups of little millet as some of it will be lost as fine flour and some remains as grain itself.

Soak little millet for six hours and dry it in shade on a clean cotton cloth. Once the grain gets dried, take about half a cup of it at a time and make rava in a mixer grinder using pulse/whipper button. Avoid grinding in prolonged cycles as you may end up getting too much of fine flour. With the help of a stainless steel sieve first remove the fine flour using fine mesh plate. It is not suitable for this dish but can be preserved and added to dosa batter. Then with the help of fine rava mesh plate sieve out the rava. The fine rava which comes out through the mesh is what should be used for this dish. What remains inside the sieve should be ground again. Repeat the process till required quantity of rava is obtained. Ensure that the rava is uniform.

**Procedure:** Boil one and half cups of water in a thick bottomed stainless steel vessel. Add a teaspoonful of ghee, jeera and salt to the boiling water. Gradually pour the rava into the boiling water while constantly stirring it. This prevents formation of lumps. On another stove boil a cup of water which can be used if required while cooking rava. Cook rava on lowest possible flame. Keep stirring it at regular intervals to prevent it from getting burnt at the bottom. As and when required add a few drops of water at a time to the rava. Based on how seasoned the grain is its water absorption capacity depends. This is the reason why we initially took only one and half cups of water, and have kept another one cup of boiled water as standby. Once rava is cooked well turn off the stove and allow it to rest.

As specified in the list of ingredients soak bengal gram dal for two hours and cook it to the extent that the dal is soft yet firm. Moong dal can also be used in the place of bengal gram dal. In a wide basin spread cooked rava, dal, coconut grate, and the remaining ghee. Mix them all well. With wet hands mould this mixture into medium sized laddus and arrange them in a bowl meant for steaming. Steam them in an idli steamer for five minutes and serve them hot with chutney of your choice and sambar.

Undrallu – steamed millet rava balls – is a dish offered to Lord Ganesha during Ganesh Chaturdhi and auspicious occasions by Telugus.

**NOTE:** Rava has to be made just on the day of preparation of the dish.

Recipe by: **SAI LATHA**, Hyderabad



## 32. BARNYARD MILLET FLAKES DHOKLA



### Ingredients:

1. Barnyard Millet Flakes : 1 cup
2. Barnyard Rava : 1/2 cup (grain soaked, sundried, milled rava)
3. Curd : 1/2 cup
4. Green Chillies : 6 (or to your taste)
5. Ginger : 1/2 inch piece
6. Salt : to taste
7. Water : as required
8. Oil : 1/2 tablespoon (to grease)
9. Oil : 2 tablespoons (for tempering)
10. Mustard Seeds : 1 tablespoon
11. Cumin Seeds : 1/2 tablespoon
12. Curry Leaves : 1 sprig



### Procedure:

Dry roast barnyard millet in an iron kadai on a low flame until it gives out nutty aroma. After the rava has cooled down a bit, sprinkle water and soak the rava for atleast an hour (if it's a store bought rava soak it for atleast two hours). Keep it covered. In between sprinkle water again and mix the rava well.

Take barnyard poha in a colander, wash it with water and grind it coarsely. Take it into a mixing bowl and add half cup barnyard rava, half cup curd (preferably sour curd), grinded green chilli-ginger-salt paste and required quantity of water to make batter of idli batter consistency. Let it rest for thirty minutes.

Boil water in an idli steamer.

Grease a rectangular stainless pan similar to a cake pan. Pour the batter into it and tap it gently to ensure that the batter settles evenly. Then place a grid in the idli steamer and put the cake pan over it. Cover and cook it on medium flame for fifteen minutes. Check whether the dhokla is cooked by piercing a toothpick or fork into the dhokla. If the batter does not stick to the tooth pick it means the dhokla is done. Or else steam for a little longer till done.

Turn off the stove and let it rest for ten minutes. Demould it on to a steel plate. Ensure that the dhokla is upright. Cut the dhokla into smaller pieces of desired shape. Heat oil in an iron pan, add the tempering seeds and curry leaves. Once the seeds start spluttering turn off the stove and pour it evenly over dhokla pieces. It tastes good with coconut chutney, tomato chutney, sambar etc.

Recipe by: **HYMA KIRAN**, Proddatur

# RICE ITEMS





# 1. SIRI THALI



## THALI:

1. Little Millet Puri – Potato Curry
2. Little Millet Rice (with desi cow ghee)
3. Sesame Seeds Powder
4. Leafy Vegetable Dal
5. Lady's Finger Curry
6. Sambar
7. Rasam
8. Coconut Curd
9. Kenaf/Roselle (Gongura) Pickle
10. Little Millet Fryums
11. Little Millet Laddu, Little Millet Karanjai
12. Little Millet Chekodi, Little Millet Sev
13. Banana

## SIRIDHANYA RICE

### Ingredients:

1. Any Siridhanya : 1 cup
2. Water : 3 cups
3. Oil/Ghee : 1 teaspoon (optional)



**Procedure:** Rinse siridhanya. For one cup (180ml) of grain add three cups of water (can be increased or decreased as per your preference) and soak for atleast six hours. Soaking time has to be increased to a minimum of eight hours and a maximum of twelve hours for kids and aged people. For cooking transfer the water in which grain is soaked into a clay pot or steel utensil. Once water starts to boil add a teaspoon of oil (optional), siridhanya. Mix them well and cook on a low flame. Usage of oil makes the rice cook fluffy and grainy. Keep the vessel partially covered when the grain is getting cooked. Keep stirring at regular intervals to prevent the rice from sticking to the bottom of the vessel or getting burnt. After the water is almost absorbed by the grain turn off the flame, cover the lid fully and allow it to rest for ten minutes. Siridhanya Rice will then be ready to consume.

## NOTE:

- ◆ Cooking in clay utensils is healthy. More over clay utensils are recommended over steel utensils as food cooked in them tastes great.
- ◆ Soaking for atleast six hours enables the fibre even in the deeper layers to expand and the rice to cook soft.
- ◆ Aged grains absorb more water while the new ones need much less.
- ◆ One cup of little millet/barnyard millet/foxtail millet/browntop millet needs 2 to 2½ cups of water, kodo millet requires 3 cups of water to cook soft. The water mentioned in the recipe is for aged rice. For the new one please take at least half a glass water less. The grains used here are processed in Buchi Method.
- ◆ If you are not sure how much water is required to cook grain you can follow this way. If you expect the grain to take two cups of water use a quarter cup less. As it gets cooked you can add hot water little by little to attain desired firmness/softness of grain.
- ◆ For the rice to cook soft and grainy, a spoon of oil/ghee and salt can be added while cooking.

Recipe by: **ANURADHA**, Tirupati



## 2. SIRIDHANYA GRUEL (DALIYA)



### Ingredients:

1. Kodo Millet : 1 cup
2. Water : 10 cups
3. Salt, cumin powder, pepper powder, carom powder, green chillies paste, carrot, tomato, coriander leaves, onion all can be used to make gruel. Other veggies and greens can be added as well.

### Procedure:

Rinse one cup of millet and grind coarsely like rava in a mixie jar and soak with four cups of water for six hours. Finely chop all the desired vegetables and add them to the soaked millets and cook on a low flame in a clay pot. Go on adding the remaining six cups of water (hot or lukewarm) gradually to the gruel as and when the water in it gets absorbed. Approximately after twenty minutes add the desired powdered spices (cumin powder, pepper powder, carom powder). Once the gruel is fully cooked, turn off the stove, add coriander leaves and mix well.

### NOTE:

- ◆ Soak millets the previous night to cook the following morning and soak in the morning to cook in the evening.
- ◆ Gruel should be prepared with the homemade rava and preferably not with the rava bought from the shops.
- ◆ One can follow the suggestions given by Dr. Khadar Vali in choosing the combination of vegetables and greens.
- ◆ Tastes good if cooked in clay pots.
- ◆ Can be made using any Siridhanya.

Recipe by: **HYMA KIRAN**, Proddatur



### 3. SIRIDHANYA AMBALI (FERMENTED GRUEL, KHAMEER)



#### Ingredients:

1. Any Siridhanya : 1 cup
2. Water : 10 cups

#### Procedure:

Rinse one cup of millet and grind it coarsely like rava in a mixie jar and soak with 4 cups of water for six hours.

(Or)

Rinse one cup of millet and soak with four cups of water for six hours.

Gruel can be cooked by any of the methods described above. Cook the soaked millets in a clay pot on a low flame. Go on adding the remaining six cups of water (hot or lukewarm) gradually to the gruel as and when the water in it gets absorbed. After the gruel is cooked, cover it with a clean khadi cloth. Gruel prepared in the morning should be consumed at night and that which is prepared at night should be consumed the following morning. It can be consumed with sambar, dal, curries, rasam, buttermilk etc. However hot sambar or rasam should not be added to ambali as the beneficial micro-organisms will perish.



#### NOTE:

- ◆ Soak millets the previous night to cook the following morning and soak in the morning to cook in the evening.
- ◆ Gruel/Ambali should be prepared with the homemade rava and preferably not with the rava bought from the shops.
- ◆ Clay pots are the best to prepare gruel/ambali. Do not use aluminium vessels at all. Stainless steel vessels should be avoided for fermentation of the gruel.
- ◆ Method of preparing gruel with any siridhanya is the same.
- ◆ Because the gruel is fermented to make ambali, vegetables should not be added while cooking.
- ◆ Before consuming this Ambali (fermented gruel), cumin powder, pepper powder or carom powder may be added to enhance the taste.
- ◆ If you wish to consume it hot, heat it using water bath method i.e., heat water in a large bowl, turn off the stove and place the bowl of fermented gruel in it. It should not be heated beyond lukewarm level as beneficial bacteria will get destroyed.
- ◆ Salt should not be added to gruel before fermentation. Add salt to fermented gruel or ambali just before consuming it.
- ◆ Consumption of Ambali at least thrice a week helps in maintaining microbial balance.

Recipe by: **HYMA KIRAN**, Proddatur



## 4. SIRI AMBALI CURD BATH



### Ingredients:

1. Siri Rice Ambali : 2 cups
2. Desi Cow Curd : 1 cup
3. Cucumber : 1 (optional), (finely diced)
4. Carrot : 1 (optional), (grated)
5. Ginger : small piece
6. Green Chillies : 3 nos. (finely chopped)
7. Coriander Leaves : 1 small bunch (finely chopped)
8. Curry Leaves : 2 sprigs
9. Salt : to taste
10. Desi Cow Ghee : 2 teaspoons
11. Bengal Gram : 1 teaspoon (soaked)
12. Skinned Black Gram : 1 teaspoon
13. Mustard Seeds :  $\frac{1}{4}$  teaspoon
14. Carom (Ajwain) Seeds:  $\frac{1}{4}$  teaspoon
15. Dry Red Chillies : 2 nos.



### Procedure :

Prepare gruel (Kanji) of any one variety of siri rice in a clay utensil and leave it covered with a clean muslin cloth for four to six hours (depending on the weather). Ambali or fermented gruel is then ready for consumption. It generally gets thicker as the grains absorb all the water in the gruel. Add churned curd and salt to the ambali. Dice cucumber fine. Grate carrot and ginger. Finely chop green chillies and coriander leaves.

For tempering heat a small kadai and add ghee to it. To it add mustard seeds, skinned black gram dal and carom seeds. Once mustard seeds start to crackle add red chillies, soaked bengal gram, grated ginger, chopped green chillies. Saute for a minute and then add grated carrot and diced cucumber. Saute for not more than two minutes. Once the tempering cools to room temperature add it to the ambali and mix well. Garnish it with chopped coriander leaves and serve it with any homemade pickle and fried curd chilli.

To enhance the taste you can add either pomegranate seeds or finely diced banana fruit or mango. Don't include more than one fruit.

This dish is the most nutritious, delicious and simplest to make.

Recipe by: **SAI LATHA**, Hyderabad



## 5. BARNYARD MILLET FLOUR AMBALI



### Ingredients:

1. Barnyard Millet Flour : 1 cup (grain soaked, sundried, milled flour)
2. Water : 12 cups

### Procedure :

On a low flame, dry roast the millet flour in an iron pan, until we get a nice nutty aroma. Allow it to cool and mix it with two cups of water. Soak it for thirty minutes.

To a clay pot add ten cups of water and bring it to a boil. Once the water starts to boil, add the millet flour along with the water in which it is soaked and gently stir so that there are no lumps. Cook it on a low flame. Turn off the flame once it starts bubbling. Once it cools a little, tie a clean khadi cloth and allow it to ferment for eight hours before consuming.

### NOTE:

- ◆ If siri rice is new, use eight cups of water in the place of 10 cups.
- ◆ If millet flour is store bought then dry roast it and soak for two hours.
- ◆ It can be had with any dish of your choice such as pickle, sambar, rasam, dal, curry, buttermilk etc.
- ◆ The curries should not be hot, as this will kill the beneficial bacteria which form during the fermentation process.

### IMPORTANCE OF THIS DISH:

- ◆ Some people have a gut (digestive system) sensitive to fibre intake. Dr. Khadar Vali suggested that it is ideal for such people to take ambali made from the flour of siridhanya and not the whole grain.
- ◆ Fibre in fruits and vegetables is different from fibre in the millets. The fibre in the millets helps to cleanse our organs.

Recipe by: **HYMA KIRAN**, Proddatur



## 6. KODO MILLET TOMATO FLAVOURED BUTTER BALLS (VENNA MUDDALU)

### Ingredients:

1. Kodo Millet Flour : 2 cups (grain soaked, sundried, milled flour)
2. Curd : 4 tablespoons
3. Coriander Leaves : 1 cup (tightly packed)
4. Tomato : 2 medium
5. Green Chilli : 6
6. Onion : 1 big
7. Salt : to taste
8. Oil : 4 tablespoons
9. Ghee : 2 tablespoons
10. Water : 300 ml
11. Tempering Ingredients : 1 teaspoon
12. Curry Leaves : 1 sprig



### Procedure :

Dry roast kodo millet flour in an iron pan on a low flame. Once the flour has cooled down, add curd, water, mix it like dosa batter and soak it for one to two hours. Now coarsely grind coriander leaves, green chilli, onion and salt using a mixer. Make tomato purée as well.

In a pan heat oil, add tempering ingredients and sauté well. Add curry leaves and sauté for few seconds. Add tomato purée, coarsely ground mixture and cook them for five to eight minutes. Then add soaked millet flour and keep stirring with a ladle continuously to ensure that no lumps are formed. The mixture will get cooked in about ten minutes. Towards the end add ghee and turn off the flame. Place a tight lid over it to prevent the steam from escaping. Allow it to cool and then mould it into balls. Kodo millet butter balls are ready.

### NOTE:

- ◆ Any Siridhanya (foxtail, browntop, kodo, little, barnyard millet) flour can be used.

### IMPORTANCE OF THIS DISH:

- ◆ This is Dr. Khadar Vali's favorite recipe.
- ◆ Smt. Usha Khadar has introduced this recipe to us.
- ◆ Any of the natural flavouring agents such as coriander, mint, garam masala etc can be used in this dish.

Recipe by: **HYMA KIRAN**, Proddatur

## 7. KODO MILLET AMRUTHA PHAL

### Ingredients:

1. Kodo Millet Flour : 1 cup (grain soaked, sundried, milled flour)
2. Water : 2 cups
3. Onion : 1 big
4. Green Chillies : 5
5. Coriander Leaves : 1/2 fistful
6. Curd : 1/2 cup
7. Salt : to taste
8. Tempering Ingredients : 1 teaspoon
9. Curry Leaves : 1 sprig
10. Oil : 2 tablespoons



**Procedure :** In a mixing bowl add kodo millet flour, water, curd, salt and mix well. Allow it to soak for two hours. Heat a heavy bottomed steel pan and add oil. Once oil is hot enough add tempering ingredients (skinned black gram, mustard seeds, cumin seeds, bengal gram), curry leaves, green chillies, finely chopped onion and sauté well. Now add the flour mixture and mix well. Cook it on a low flame for ten minutes. Garnish it with coriander leaves and serve.

## 8. KODO MILLET CURRY LEAF RICE

### Ingredients:

1. Kodo Millet Rice : 1 cup
2. Curry Leaves : half fistful
3. Coriander Leaves : half fistful
4. Green Chillies : 6 nos.
5. Fresh Grated Coconut : 1 tablespoon
6. Salt : to taste
7. Groundnuts : 1 tablespoon
8. Lemon Juice : 1 teaspoon (adjust according to taste)
9. Oil : 1 1/2 tablespoons
10. Tempering Ingredients : 1 teaspoon



**Procedure :** Add curry leaves, coriander leaves, green chillies, fresh coconut, salt to a mixer grinder and make a fine paste. Heat oil in a wide heavy bottomed steel pan and add tempering ingredients, groundnuts and sauté well. Later add the fine curry leaf paste and fry until the raw smell goes away. Now add the cooked millet rice, lemon juice and mix well. Serve it along with chutney or raita of your choice.

Recipe by: **HYMA KIRAN**, Proddatur



## 9. BARNYARD MILLET VEGETABLE RICE



### Ingredients:

1. Barnyard Millet : 1 cup
2. Desi Cow Ghee : 1 tablespoon
3. Oil : 4 tablespoons
4. Curry leaves : 1 sprig
5. Coriander Leaves : half fistful
6. Ginger Garlic Paste : 1 teaspoon
7. Cabbage :  $\frac{3}{4}$  cup
8. Tomato : 1 medium
9. Onion : 1 medium
10. Carrot : 1 medium
11. Green Leafy Vegetable : 1 cup (Punarnava Leaves, tightly packed, finely chopped)
12. Beans :  $\frac{1}{2}$  cup
13. Green Chillies : 8 nos.
14. Dry Coconut : 1 tablespoon
15. Lemon : 1 medium
16. Salt : to taste (make fine paste of coconut, green chilli, salt)
17. Water : 1 : 2 $\frac{1}{2}$  (millet: water)
18. Tempering Ingredients : 1 teaspoon



### Procedure :

Heat oil in a wide heavy bottomed steel pan and add tempering ingredients, curry leaves and fry well. Then add finely chopped onion and sauté well. To it add ginger garlic paste and fry until the raw smell goes away. To it add finely chopped carrot, beans, cabbage, tomato and fry them for ten minutes. Then add green chilli paste, finely chopped green leafy vegetable. After five minutes add soaked barnyard millet and fry for two minutes. To it add the water in which millet is soaked and cook on a low flame until done. Turn off the flame and add ghee, lemon juice, coriander leaves and mix well. We can add veggies of our choice.

Recipe by: **HYMA KIRAN**, Proddatur



## 10. KODO MILLET COCONUT RICE



### Ingredients:

- |                          |   |  |
|--------------------------|---|--|
| 1. Kodo Millet           | : | 1 cup  |
| 2. Fresh Coconut         | : | 1 cup (grate it)   |
| 3. Green Chillies        | : | 8 nos. (make it into a paste with salt)                          |
| 4. Salt                  | : | to taste   |
| 5. Oil                   | : | 3 tablespoons  |
| 6. Vegetables            | : | 3 brinjal or 1 potato (finely diced)                             |
| 7. Tempering Ingredients | : | 1 teaspoon   |
| 8. Curry Leaves          | : | 1 sprig  |
| 9. Lemon Juice           | : | 1 <sup>1</sup> / <sub>2</sub> tablespoons (adjust to your taste) |
| 10. Water                | : | 1:3 (millet:water)   |

### Procedure :

Rinse kodo millet, soak it in three cups of water for at least six hours and cook it in a clay pot (Dr. Khadar Vali suggests to cook in clay pot as it is good for health). While cooking add salt and a teaspoon of ghee/oil so that rice doesn't get clumped. Add lemon juice to the cooked siri rice.

In a pan, heat oil, add tempering ingredients and sauté well. Now add curry leaves and fry for few seconds. Add the diced vegetable, green chilli paste and fry until the raw smell goes away. Add grated coconut and sauté it for three to four minutes. Make sure it doesn't get burnt. Then add the cooked siri rice and mix well. Serve it along with siri fryums, chutney or raita of your choice.

Recipe by: **HYMA KIRAN**, Proddatur



## 11. LITTLE MILLET MINT (PUDINA) RICE



### Ingredients :

- |                        |   |                                    |
|------------------------|---|------------------------------------|
| 1. Little Millet       | : | 1 cup                              |
| 2. Water               | : | 2 <sup>1</sup> / <sub>2</sub> cups |
| 3. Mint Leaves Paste   | : | <sup>3</sup> / <sub>4</sub> cups   |
| 4. Green Chillies      | : | 3 (make paste)                     |
| 5. Ginger Garlic Paste | : | 1 teaspoon                         |
| 6. Mustard Seeds       | : | 1 teaspoon                         |
| 7. Fresh/Dry Coconut   | : | 2 tablespoons (grated)             |
| 8. Sesame Seeds        | : | 1 tablespoon                       |
| 9. Sour Curd           | : | <sup>1</sup> / <sub>4</sub> cup    |
| 10. Turmeric Powder    | : | a pinch                            |
| 11. Sea Salt           | : | to taste                           |
| 12. Oil                | : | 2 tablespoons                      |
| 13. Desi Cow Ghee      | : | 1 tablespoon                       |

### Procedure :

Rinse little millet and pour 2<sup>1</sup>/<sub>2</sub> cups of water. Soak the grains for atleast six hours. Make a fine paste of coconut and sesame seeds (add little water to make paste) using a mixer grinder.

Heat oil and ghee in a wide thick bottomed steel pan and fry mustard seeds until they splutter. Add mint paste, green chillies paste, ginger garlic paste and fry until the raw smell goes away. Then add sesame seeds-coconut paste, turmeric and fry for two minutes. Now add sour curd, salt and mix well.

Transfer the water in which the millet is soaked to the pan. When the water starts to boil, add the grain and cook on a low flame. This tastes good with tomato raita.

Recipe by: **ANURADHA**, Tirupati



## 12. FOXTAIL MILLET SPINACH RICE



### MASALA POWDER

#### Ingredients:

1. Coriander Seeds : 2 tablespoons
2. Cumin Seeds : 1 teaspoon
3. Bengal Gram : 1 tablespoon
4. Skinned Black Gram : 1 tablespoon
5. Dry Red Chillies : 4 nos.



#### Procedure:

Dry roast each of coriander seeds, cumin seeds, bengal gram, skinned black gram and dry red chillies separately. Allow them to cool. Make a fine powder using a mixer grinder. It will remain fresh for a month if stored in an air tight container.

### RICE

#### Ingredients:

1. Foxtail Millet : 1 cup
2. Spinach : 2 cups (finely chopped)
3. Water : 3 cups
4. Dry Coconut Powder :  $\frac{1}{4}$  cup
5. Masala Powder :  $\frac{1}{4}$  cup
6. Oil : 3 tablespoons
7. Green Chillies : 2 (slit length wise)
8. Salt : to taste
9. Onion : 1 small
10. Mustard Seeds : 1 teaspoon
11. Cumin Seeds : 1 teaspoon

#### Procedure:

Rinse and soak the foxtail millet in three cups of water for six hours. At the time of cooking, transfer the water in which the millet is soaked into a clay pot or steel utensil. Bring this water to a boil. Then add half a tablespoon of oil, foxtail millet and cook on low flame.

Heat remaining oil, in a wide thick bottomed steel pan, add mustard seeds, cumin seeds, finely chopped onion, green chillies one after the other and saute for a minute. To it add the chopped spinach leaves and cook until soft. Then add the masala powder, dry coconut powder and salt. Mix them all well. Now add the cooked foxtail rice and gently mix all the ingredients evenly.

Recipe by: **ANURADHA**, Tirupati



## 13. KODO MILLET TOMATO RICE



### Ingredients:

1. Kodo Millet : 1 cup
2. Oil : 2-3 tablespoons
3. Mustard Seeds : 1/4 teaspoon
4. Cumin : 1/4 teaspoon
5. Star Anise : 1 nos.
6. Cinnamon : 1" stick
7. Cloves : 3 nos.
8. Bay Leaf : 1 nos.
9. Curry Leaves : 1 sprig
10. Onion : 1 big (finely chopped)
11. Ginger Garlic Paste : 1/2 tablespoon
12. Tomato : 3 (make puree)
13. Red Chilli Powder : 1/2 tablespoon
14. Sea Salt : to taste
15. Coriander Powder : 1/2 tablespoon
16. Water : 3 cups



### Procedure:

Rinse and soak the kodo millet in three cups of water for six hours. At the time of cooking, transfer the water in which the millet is soaked into a clay pot or steel utensil. Bring this water to a boil. Then add kodo millet and cook on low flame until 80% done.

Simultaneously add oil to a wide thick bottomed steel pan and heat. To it add mustard and cumin seeds. Once they splutter add star anise, cinnamon, cloves, bay leaf and curry leaves. Saute for a minute and add finely chopped onion. As the onion turns transparent put ginger garlic paste and fry for two minutes. To it add the tomato puree, salt and red chilli powder. Once the puree becomes thick add coriander powder. To this paste add the almost cooked rice along with remaining water and stir it well. Cook the rice well until done on a low flame. Tastes good with raita.

**NOTE:** Ensure that the siri rice is not over cooked.

Recipe by: **ANURADHA**, Tirupati



## 14. LITTLE MILLET CORIANDER LEAF MASALA RICE



### Ingredients:

1. Little Millet : 1 cup
2. Coriander Leaf Paste :  $\frac{1}{2}$  cup
3. Green Chillies : 3 (slit length wise)
4. Cloves : 3 nos.
5. Cinnamon : a small stick
6. Shahi Jeera :  $\frac{1}{4}$  teaspoon
7. Bay Leaf : 1 no.
8. Ginger Garlic Paste : 1 teaspoon
9. Oil : 3 tablespoons
10. Salt : to taste
11. Water :  $2\frac{1}{2}$  cups



**Procedure:** Rinse little millet and soak in water for a minimum of six hours. Rinse coriander leaves and make a fine paste. Heat oil in a wide heavy bottomed steel pan. Once the oil is hot enough add cloves, cinnamon, shahi jeera, bay leaf, ginger garlic paste and sauté for a minute. Then add green chillies, coriander leaf paste and fry until the raw smell goes away. Transfer the water in which the millet is soaked to the pan. Once it starts to bubble add little millet and salt and cook until done on a low flame. Serve it with a raita of your choice.



## 15. BARNYARD MILLET CUMIN (JEERA) RICE



### Ingredients:

1. Barnyard Millet : 1 cup
2. Water :  $2\frac{1}{2}$  cups
3. Cumin Seeds :  $2\frac{1}{2}$  tablespoons
4. Cloves : 2 nos.
5. Shahi Jeera :  $\frac{1}{4}$  teaspoon
6. Cinnamon : a small stick
7. Bay Leaf : 1 no.
8. Stone Flower : little
9. Salt : to taste
10. Oil : 3 tablespoons



**Procedure:** Rinse barnyard millet and soak in water for a minimum of six hours. For cooking transfer the water in which the millet is soaked to a clay pot. When the water starts to boil, add a tablespoon of oil, salt, barnyard millet and cook on a low flame until done. Heat two tablespoons of oil in a wide heavy bottomed steel pan. Once the oil is hot enough add cumin seeds, cloves, shahi jeera, cinnamon, bay leaf, stone flower one after the other and fry well. To it add the cooked barnyard millet rice and mix well.

Recipe by: **ANURADHA**, Tirupati





## 16. KODO MILLET KENAF RICE (WITH POWDER)



### KENAF MASALA POWDER

#### Ingredients:

1. Mustard Seeds : 1 teaspoon
2. Fenugreek Seeds : 1/2 teaspoon
3. Cumin Seeds : 1 teaspoon
4. Coriander Seeds : 2 1/2 teaspoons
5. Whole Skinned Black Gram : 1 teaspoon
6. Bengal Gram : 1 teaspoon
7. Sesame Seeds : 2 teaspoons
8. Dry Red Chillies : 10 nos.
9. Asafoetida (Hing) : 1/2 teaspoon
10. Curry Leaves : 2 sprigs
11. Kenaf Leaves : 200 grams
12. Garlic : 1 clove
13. Salt : to taste
14. Turmeric : 1/2 teaspoon
15. Oil : 2 tablespoons



**Procedure:** At the outset rinse the curry leaves and the kenaf leaves well. Dry them in shade on a clean cotton cloth until all the water on the leaves dries up and the leaves turn almost crisp. Dry roast mustard seeds, fenugreek seeds, cumin seeds, coriander seeds, whole skinned black gram, bengal gram, dry red chillies, sesame seeds, asafoetida each separately and allow them to cool.

Heat oil in a wide heavy bottomed steel pan. Once the oil is hot enough add curry leaves, kenaf leaves and fry them well until crisp.

Make a fine powder of all the ingredients which are dry roasted, in a mixer grinder. Then to it add the fried leaves, salt, turmeric and continue grinding. Towards the end add de-husked garlic cloves and make powder. It will remain fresh for a month if stored in an air tight container.

### KENAF MASALA RICE

#### Ingredients:

1. Kodo Millet : 1 cup
2. Water : 3 cups (or as required)
3. Groundnuts : 1 tablespoon (fried in oil)
4. Kenaf Masala Powder : 1/2 cup

**Procedure:** Rinse kodo millet well and soak in water for atleast six hours. For cooking transfer this water into a clay pot. Once water starts to boil add kodo millet and cook on low flame until done. To a mixing bowl add cooked rice, kenaf masala powder, groundnuts and mix well.

**NOTE:** The quantity of Kenaf masala powder to be added may be adjusted to your taste.

Recipe by: **ANURADHA**, Tirupati



## 17. BARNYARD MILLET KIDNEY BEANS (RAJMA) RICE



### Ingredients:

- |                         |   |  |
|-------------------------|---|--|
| 1. Barnyard Millet      | : | 1 cup                                      |
| 2. Water                | : | 2 <sup>1</sup> / <sub>2</sub> cups         |
| 3. Kidney Beans (Rajma) | : | 1/2 cup (soak for 10hrs and pressure cook) |
| 4. Cloves               | : | 4 nos.                                     |
| 5. Cinnamon             | : | a small stick                              |
| 6. Shahi Jeera          | : | 1/4 teaspoon                               |
| 7. Green Cardamom       | : | 2 nos.                                     |
| 8. Mint Leaves          | : | 2 tablespoons                              |
| 9. Curry Leaves         | : | 2 sprigs                                   |
| 10. Green Chillies      | : | 4 (slit length wise)                       |
| 11. Dry Red Chillies    | : | 2 nos.                                     |
| 12. Ginger Paste        | : | 1 teaspoon                                 |
| 13. Onion               | : | 1 big (thinly sliced onions)               |
| 14. Oil                 | : | 3 tablespoons                              |
| 15. Salt                | : | to taste                                   |

### Procedure:

Rinse barnyard millet and soak it in water for a minimum of six hours. Heat oil in a wide heavy bottomed steel pan. Once the oil is hot enough add cloves, cinnamon, shahi jeera, cardamom and sauté for a minute. Add mint leaves, green chillies, dry red chillies, onion slices, curry leaves, salt, ginger paste and sauté until the raw smell goes away. Now add the cooked rajma and saute until they turn tender. Transfer the water (water used to soak the barnyard millet) into the steel pan. Once water starts to boil add barnyard millet, and cook on low flame. Adjust the water as required. Serve it with pickle and raita of your choice.

Recipe by: **ANURADHA**, Tirupati



## 18. LITTLE MILLET MANGO PULIYOGARE



### Ingredients:

- |                             |   |                              |
|-----------------------------|---|------------------------------|
| 1. Little Millet            | : | 1 cup                        |
| 2. Mango                    | : | 1/2 cup (peeled and chopped) |
| 3. Bengal Gram              | : | 1 teaspoon                   |
| 4. Whole Skinned Black Gram | : | 1 teaspoon                   |
| 5. Groundnuts               | : | 1 tablespoon                 |
| 6. Mustard Seeds            | : | 1/2 teaspoon                 |
| 7. Cumin Seeds              | : | 1/2 teaspoon                 |
| 8. Turmeric                 | : | 1/2 teaspoon                 |
| 9. Dry Red Chillies         | : | 4 nos.                       |
| 10. Green Chillies          | : | 2 nos.                       |
| 11. Curry Leaves            | : | 2 sprigs                     |
| 12. Asafoetida (Hing)       | : | a pinch                      |
| 13. Salt                    | : | to taste                     |
| 14. Oil                     | : | 3 tablespoons                |
| 15. Water                   | : | 2 1/2 cups                   |

### Procedure:

Rinse little millet and soak it in 2 1/2 cups of water for a minimum of six hours. To a clay pot add water (water used for soaking the little millet) and heat. To it add 1/4 teaspoon turmeric, one tablespoon oil. Once water starts to boil add the soaked little millet and cook on low flame.

Simultaneously heat two tablespoons of oil in a wide heavy bottomed steel pan and fry mustard seeds, cumin seeds, bengal gram, skinned black gram, groundnuts, dry red chillies, chopped green chillies, curry leaves, 1/4 teaspoon turmeric, asafoetida one after the other. Next add the chopped mango, salt and cook it until tender. Take it off from the stove and immediately add the cooked little millet rice to it and mix well.

Recipe by: **ANURADHA**, Tirupati



## 19. BROWNTOP MILLET KENAF PULIYOGARE



### Ingredients:

1. Browntop Millet : 1 cup
2. Kenaf Leaves : 2<sup>1</sup>/<sub>2</sub> cups
3. Dry Red Chillies : 6 nos.
4. Green Chillies : 8 nos.
5. Mustard Seeds : 1 teaspoon
6. Cumin Seeds : 1 teaspoon
7. Bengal Gram : 1 teaspoon
8. Whole Skinned Black Gram : 1 teaspoon
9. Groundnuts : 4 tablespoons
10. Sesame Seeds : 1<sup>1</sup>/<sub>2</sub> tablespoons
11. Curry Leaves : 2 sprigs
12. Asafoetida (Hing) : 1/2 teaspoon
13. Fenugreek Seeds Powder : 1/2 teaspoon
14. Garlic Pods : 6
15. Turmeric : 1 teaspoon
16. Salt : to taste
17. Oil : 4 tablespoons



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### Procedure:

Rinse browntop millet, soak for atleast six hours and cook rice (to the water add 1/4 teaspoon turmeric, 1/2 tablespoon oil while cooking). Simultaneously dry roast sesame seeds and make powder.

In a wide heavy bottomed steel pan, heat three tablespoons of oil and fry dry red chillies, mustard seeds, cumin seeds, bengal gram, skinned black gram, groundnuts, curry leaves, asafoetida, 3/4 teaspoon turmeric, garlic pods one after the other. Our tempered ingredients are ready.

In another pan, pour half tablespoon oil and heat. To it add the clean fresh leaves of kenaf along with salt and allow it cook until soft.

Now take a wide mixing bowl and to it add the cooked rice, tempered ingredients, kenaf and mix well. Towards the end add sesame seeds powder and fenugreek seeds powder and mix. This rice tastes good with raita.

Recipe by: **ANURADHA**, Tirupati



## 20. BROWNTOP MILLET LEMON RICE



### Ingredients:

- |                             |   |   |
|-----------------------------|---|---|
| 1. Browntop Millet          | : | 1 cup                                     |
| 2. Lemon Juice              | : | 1 <sup>1</sup> / <sub>2</sub> tablespoons |
| 3. Bengal Gram              | : | 1 teaspoon                                |
| 4. Whole Skinned Black Gram | : | 1 teaspoon                                |
| 5. Groundnuts               | : | 1 tablespoon                              |
| 6. Mustard Seeds            | : | 1 <sup>1</sup> / <sub>2</sub> teaspoon    |
| 7. Cumin Seeds              | : | 1 <sup>1</sup> / <sub>2</sub> teaspoon    |
| 8. Turmeric                 | : | 1 <sup>1</sup> / <sub>2</sub> teaspoon    |
| 9. Dry Red Chillies         | : | 3 nos.                                    |
| 10. Green Chillies          | : | 2 nos.                                    |
| 11. Curry Leaves            | : | 2 sprigs                                  |
| 12. Asafoetida (Hing)       | : | a pinch                                   |
| 13. Salt                    | : | to taste                                  |
| 14. Oil                     | : | 3 tablespoons                             |
| 15. Water                   | : | 3 <sup>1</sup> / <sub>2</sub> cups        |

### Procedure:

Rinse browntop millet, soak in 3<sup>1</sup>/<sub>2</sub> cups of water for atleast six hours. To a clay pot add water used for soaking the browntop millet and bring it to a boil. To it add 1<sup>1</sup>/<sub>4</sub> teaspoon turmeric, 1tablespoon oil, soaked browntop millet and cook on low flame.

Simultaneously heat two tablespoons of oil in a wide heavy bottomed steel pan and fry mustard seeds, cumin seeds, bengal gram, skinned black gram, groundnuts, dry red chillies, chopped green chillies, curry leaves, 1<sup>1</sup>/<sub>4</sub> teaspoon turmeric, asafoetida one after the other and turn off the flame.

Transfer the cooked siri rice into the steel pan, add salt, lemon juice to taste and mix well.

Recipe by: **ANURADHA**, Tirupati



## 21. FOXTAIL MILLET TAMARIND PULIYOGARE



### Ingredients:

- |                              |   |   |
|------------------------------|---|---|
| 1. Foxtail Millet            | : | 1 cup   |
| 2. Water                     | : | 2 <sup>1</sup> / <sub>2</sub> cups (depending on how aged the grain is) |
| 3. Tamarind Pulp             | : | 2 tablespoons (to taste)  |
| 4. Roasted Sesame Powder     | : | 1 teaspoon  |
| 5. Groundnuts                | : | 2 tablespoons   |
| 6. Bengal Gram               | : | 1 tablespoon (soaked)   |
| 7. Skinned Black Gram        | : | 1 teaspoon  |
| 8. Mustard Seeds             | : | 1 <sup>1</sup> / <sub>2</sub> teaspoon                                  |
| 9. Asafoetida (hing)         | : | 1 <sup>1</sup> / <sub>4</sub> teaspoon                                  |
| 10. Turmeric Powder          | : | a pinch   |
| 11. Dry Red Chillies         | : | 3 or 4  |
| 12. Salt                     | : | to taste  |
| 13. Roasted Fenugreek Powder | : | a pinch   |
| 14. Curry Leaves             | : | 2 sprigs  |
| 15. Palm Jaggery             | : | a pinch   |
| 16. Oil                      | : | 2 tablespoons   |



### Procedure:

Rinse and soak a cup of foxtail millet for six hours in a cup of water. To cook tamarind rice, boil one and a half cups of water in a clay utensil and add the soaked grain along with the water in which it is soaked. Add half a teaspoonful of oil to it. Mix well, cover it and cook it on lowest flame possible. Keep stirring at regular intervals to prevent the rice from sticking to the bottom of the vessel or getting burnt. If required you may add a little more hot or lukewarm water. Once the grain is cooked well leave it covered for another fifteen minutes.

Spread the cooked foxtail millet on a stainless steel wide plate/basin such that the grains don't turn sticky or form lumps. (For this dish grains should be separate and shouldn't stick to each other or form into lumps.) Add turmeric, roasted fenugreek powder, mustard powder, roasted sesame powder, tamarind pulp and salt to the spread cooked grain and mix them all gently to ensure that the flavours get absorbed evenly by all the grains. Bring it all together and make a small pit in the centre.

Heat oil in a kadai for tempering. To it add groundnuts, skinned black gram, mustard seeds and red chillies. As soon as red chillies get fried keep them aside. Once mustard seeds start to crackle, add soaked bengal gram, hing, slit green chillies and curry leaves. Saute them for a minute or two.

Pour it into the pit made in the grain and keep it covered for five minutes to allow the flavours of tempering get absorbed. Mash the fried red chillies, add them also to the rice and mix them all well. Very flavourful appetising dish is now ready. It tastes even better after six hours of preparation of the dish.

Recipe by: **SAI LATHA**, Hyderabad



## 22. FOXTAIL MILLET CITRON FRUIT RICE



### Ingredients:

1. Foxtail Millet : 1 cup
2. Bengal Gram : 1½ tablespoons
3. Groundnuts : 2 tablespoons
4. Curry Leaves : 1 sprig
5. Coriander Leaves : fistful
6. Green Chillies : 10 (6 for making paste, 4 slit long)
7. Salt : to taste
8. Citron Fruit Juice : as needed
9. Turmeric Powder : ¼ teaspoon
10. Oil : 3 tablespoons
11. Tempering Ingredients : 1 teaspoon



### Procedure:

Rinse foxtail millet and soak with 2½ cups of water for six to eight hours. Soak bengal gram an hour before cooking. Cook foxtail millet along with bengal gram using double boiler method. Take a heavy bottomed steel pan or steel cooker and add three cups of water to the pan. Keep the vessel with soaked millet and bengal gram in the pan and cover it with a lid. Now cover the pan too with another lid. If using cooker, cover it with a lid as well (do not use cooker lid). Spread the cooked siri rice in a wide-open bowl, add salt, citron fruit juice and mix well. Adding the juice while the siri rice is hot will make the rice fluffy and grainy.

Make a fine paste of green chilli and salt. Place an iron pan on the stove and pour oil. Once the oil is hot enough add tempering ingredients (mustard seeds, skinned black gram, bengal gram), groundnuts, curry leaves, four split green chillies and fry well. Later add turmeric powder, green chilli paste and fry until the raw smell goes away. Now put coriander leaves and turn off the stove. Add this seasoning to the cooked siri rice and mix well.

**NOTE:** Add a spoonful of ghee or oil to the millet while cooking to avoid clumping.

Recipe by: **HYMA KIRAN**, Proddatur



## 23. FOXTAIL MILLET VANGI BATH



### Ingredients:

- |                       |   |                          |
|-----------------------|---|--------------------------|
| 1. Foxtail Millet     | : | 200 grams                |
| 2. Brinjal            | : | 1/2 kg                   |
| 3. Bengal Gram        | : | 2 tablespoons            |
| 4. Skinned Black Gram | : | 3 tablespoons            |
| 5. Coriander Seeds    | : | 3 tablespoons            |
| 6. Mustard Seeds      | : | 2 teaspoons              |
| 7. Cumin Seeds        | : | 2 tablespoons            |
| 8. Dry Coconut        | : | 50 g                     |
| 9. Tamarind           | : | big lemon size           |
| 10. Turmeric Powder   | : | 1 teaspoon               |
| 11. Asafoetida (hing) | : | a pinch                  |
| 12. Curry Leaves      | : | 1 sprig                  |
| 13. Coriander Leaves  | : | fistful (finely chopped) |
| 14. Dry Red Chillies  | : | 10 nos.                  |
| 15. Oil               | : | 4 tablespoons            |
| 16. Desi Cow Ghee     | : | 50 g                     |
| 17. Salt              | : | to taste                 |

### FOXTAIL MILLET RICE

Rinse and soak foxtail millet in three cups of water for six to eight hours. Transfer the water in which the millet is soaked to a clay pot and boil. Once water starts to boil add the soaked millet and cook. If required add a teaspoon of oil to it so that rice cooks fluffy and grainy.



### BRINJAL CURRY

Rinse brinjal, cut them into 1½ inch pieces and put them in salt water. Soak tamarind in half a cup of water.

Take a wide heavy bottomed steel or iron pan, pour two tablespoons of oil in it. Once the oil is hot enough add bengal gram, skinned black gram, coriander seeds, mustard seeds, cumin seeds, red chillies and fry them. Allow it cool and make a fine powder.

Add remaining oil in the pan and heat. To it add curry leaves, hing, turmeric powder and brinjal pieces. Mix them well and cover it with a lid and pour water in the lid so that brinjal pieces get cooked easily without sticking to the pan. After three to four minutes add salt and tamarind paste to curry, mix them well. Again keep lid along with water.

Make a fine powder of dry coconut pieces. When brinjal pieces become soft and tender, add this powder, ghee and mix well. Cover it with lid containing water. After three to four minutes add some more ghee, mix it and turn off the stove.

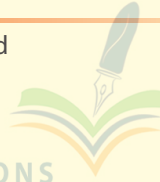
### VANGI BATH

Take cooked foxtail rice in a wide steel vessel spread it, add brinjal curry. Add remaining ghee and mix it well. Garnish with finely chopped coriander leaves on it. Raitha is a good combination for Vangibath.



Recipe by: **RADHARANI**, Hyderabad

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## 24. KODO MILLET BISE BELE BATH



### Ingredients:

- |                          |   |                                       |
|--------------------------|---|---------------------------------------|
| 1. Kodo Millet           | : | 1 <sup>3</sup> / <sub>4</sub> cup     |
| 2. Split Pigeon Peas     | : | 4 tablespoons                         |
| 3. Tamarind              | : | 2 tablespoons                         |
| 4. Salt                  | : | to taste                              |
| 5. Oil                   | : | 7 tablespoons                         |
| 6. Tempering Ingredients | : | 1 teaspoon                            |
| 7. Curry Leaves          | : | 1 sprig                               |
| 8. Coriander Leaves      | : | half fistful (for garnishing)         |
| 9. Masala Powder         | : | use the entire powder mentioned below |



### MASALA POWDER

### Ingredients:

- |                       |   |                      |                       |   |         |
|-----------------------|---|----------------------|-----------------------|---|---------|
| 1. Dry Coconut        | : | 30 g                 | 9. Black Stone flower | : | 2 grams |
| 2. Dry Red Chillies   | : | 15 g                 | 10. Salt              | : | little  |
| 3. Skinned Black Gram | : | 20 g                 | <b>Vegetables:</b>    |   |         |
| 4. Bengal Gram        | : | 20 g                 | 1. Tomato             | : | 3 big   |
| 5. Coriander Seeds    | : | 15 g                 | 2. Beans              | : | 100 g   |
| 6. Cloves             | : | 5 nos.               | 3. Green Peas         | : | 100 g   |
| 7. Cinnamon           | : | 4 (1 inch size each) | 4. Carrot             | : | 2 big   |
| 8. Kapok Buds         | : | 2 nos.               | 5. Brinjal            | : | 3       |

### Procedure:

Rinse and soak kodo millet for six to eight hours, split pigeon peas for two hours. Dice all the vegetables. Extract the pulp from tamarind. Dry roast all the ingredients mentioned under masala powder. Let all these ingredients cool and then grind them into a powder.

Heat a pan with oil. Once the oil is hot enough add tempering ingredients, curry leaves, chopped vegetables and fry for ten minutes. Add soaked split pigeon peas and cook. After ten minutes add soaked kodo millet and continue to cook. When it is boiling add tamarind pulp and masala powder. Let it boil for few more minutes or until it reaches desired consistency. Bise Bele Bath usually turns thick upon cooling so remove it a bit early. Turn off the flame and garnish with coriander leaves. Serve it hot with papad.

Recipe by: **HYMA KIRAN**, Proddatur



## 25. KODO MILLET POHA BISE BELE BATH



### Ingredients:

- |                        |   |                                   |
|------------------------|---|-----------------------------------|
| 1. Beaten Kodo Millet  | : | 1 cup                             |
| 2. Yellow Mung Beans   | : | 1/4 cup                           |
| 3. Tamarind Paste      | : | as per taste or a lemon size ball |
| 4. Salt                | : | to taste                          |
| 5. Palm Jaggery        | : | 1/4 teaspoon (Optional)           |
| 6. Turmeric            | : | 1/4 teaspoon                      |
| 7. Desi Cow Ghee       | : | 2 tablespoons                     |
| 8. Chopped Carrots     | : | 1/2 cup                           |
| 9. Chopped Beans       | : | 1/2 cup                           |
| 10. Soaked Groundnuts  | : | fistful                           |
| 11. Grated Dry Coconut | : | 2 tablespoons                     |

### FOR THE BISI BELE BATH MASALA POWDER

### Ingredients:

- |                                |   |              |
|--------------------------------|---|--------------|
| 1. Split Chickpeas/Bengal Gram | : | 2 teaspoons  |
| 2. Black Gram                  | : | 1 teaspoon   |
| 3. Coriander Seeds             | : | 3 teaspoons  |
| 4. Peppercorns                 | : | 1/4 teaspoon |
| 5. Fenugreek Seeds             | : | 1/4 teaspoon |
| 6. Cumin Seeds                 | : | 1/4 teaspoon |
| 7. Mustard Seeds               | : | 1/4 teaspoon |
| 8. Bydagi Chillies             | : | 4 nos.       |
| 9. Guntur Chillies             | : | 4 nos.       |
| 10. Cardamom                   | : | 2 nos.       |

- |                               |   |              |
|-------------------------------|---|--------------|
| 11. Cloves                    | : | 5-6          |
| 12. Cinnamon                  | : | 1 inch stick |
| 13. Kapok Buds (Marathi Mogu) | : | 2 nos.       |
| 14. Nutmeg Powder             | : | a pinch      |
| 15. Black Stone Flower        | : | a little     |
| 16. Poppy Seeds               | : | 1 teaspoon   |
| 17. Asafoetida                | : | a pinch      |
| 18. Oil                       | : | 2 teaspoons  |

Heat up an iron saute pan. To this, add split chickpeas, black gram, roast them lightly and keep aside in a plate. Add two spoons of oil to the same pan and fry dry red chillies, keep them aside. To the same oil, add coriander seeds, fenugreek seeds, cumin seeds, mustard seeds, peppercorns and fry them until they turn aromatic. Keep these aside. Roast cardamom, cloves, kapok buds, cinnamon, nutmeg powder, poppy seeds, black stone flowers and asafoetida for a minute and set them aside. Let all these ingredients cool and then grind them into a powder.

### Procedure:

Soak beaten kodo millet with two cups of water and yellow mung beans with half a cup water in separate bowls for two hours. Soak tamarind to extract pulp. Blanch diced carrots, beans, peas and soaked groundnuts.

In a thick bottomed vessel, cook the soaked yellow mung beans with a pinch of turmeric. To this, add soaked beaten kodo millet and let it cook. Add the cooked vegetables, tamarind extract, salt and let this cook for two minutes. Add one cup of water to the masala powder and add it to the bisi bele bath. Let this cook for four to five minutes. If you observe the consistency getting thicker, add a little hot water to it.

For tempering, take a small pan, heat clarified butter/ghee. To this, add grated dry coconut and fry till it turns golden brown. Add this to the cooked Bisi Bele Bath. For a second tempering, in the same pan, heat another teaspoon of clarified butter, add mustard seeds, dry red chillies, curry leaves and fry. Add this to the Bisi Bele Bath. Serve the Bisi Bele Bath with curd raita.

BisiBele Bath is a very nutrient rich dish. It just lacks green leafy vegetables. It is unusual to use green leafy vegetable in BisiBele Bath but, a bunch of Amaranth or Spinach makes this dish a complete one.

This dish might be spicy for the kids. So, set some of it aside before adding the masala powder.

Recipe by: **SAI LATHA**, Hyderabad



## 26. KODO MILLET CARROT RICE



### Ingredients:

- |                          |   |   |
|--------------------------|---|---|
| 1. Kodo Millet Rice      | : | 1 <sup>1</sup> / <sub>4</sub> cup (leftover rice) |
| 2. Carrot                | : | 1 (grated)  |
| 3. Oil/ Ghee             | : | 2 teaspoons                                       |
| 4. Tempering Ingredients | : | 1 <sup>1</sup> / <sub>2</sub> teaspoon            |
| 5. Curry Leaves          | : | 1 sprig   |
| 6. Green Chillies        | : | 2 nos.  |
| 7. Onion                 | : | 1 small   |
| 8. Turmeric              | : | 1 <sup>1</sup> / <sub>4</sub> teaspoon            |
| 9. Salt                  | : | as needed   |
| 10. Coriander Leaves     | : | few   |

### Procedure:

In a wide heavy bottomed steel pan heat oil/ghee. Add the tempering ingredients, curry leaves and fry. Next add chopped green chillies, chopped onions and sauté until they turn transparent. Now add the grated carrot and cook for a minute. To it add turmeric, salt, coriander leaves. Then add the leftover kodo millet rice and mix well.

Recipe by: **ANURADHA**, Tirupati



## 27. KODO MILLET CAPSICUM RICE



### Ingredients:

1. Kodo Millet : 2 cups
2. Desi Cow Ghee : 1 tablespoon
3. Capsicum : 5 big
4. Onion : 1 big
5. Tomatoes : 5 medium
6. Green Chillies : 20 nos.
7. Punarnava Leaves : 1½ cup (tightly packed, any leafy vegetable can be used)
8. Coriander Leaves : fistful
9. Salt : to taste
10. Coconut : 3 tablespoons
11. Ginger Garlic Paste : 1 tablespoon
12. Coriander Powder : 2 tablespoons
13. Oil : 6 tablespoons
14. Water : 5 cups
15. Tempering Ingredients : 1 teaspoon



### Procedure:

Rinse kodo millet and soak in five cups of water for six to eight hours. Cook rice in a claypot. Add ghee to the rice while cooking. Adding ghee ensures the rice is fluffy and grainy. After the rice is done, allow it cool by spreading it on a plate, so that the grains get separated.

Grind the green chillies, coconut, salt to a fine paste. Dice capsicum, onion, tomato, punarnava leaves, coriander leaves and keep aside.

Heat oil in a pan and add tempering ingredients. Once they begin to splutter add onions and saute for a minute. Then add ginger garlic paste and fry well. To it add chopped capsicum, tomato and cook until halfdone. Then add coconut-chilli paste, coriander powder, punarnava leaves and cook until soft. To this mixture add the cooked kodo millet rice and stir well on low flame for five minutes. Finally garnish with coriander leaves.

Recipe by: **HYMA KIRAN**, Proddatur

# SNACKS



Rythu Nestham  
PUBLICATIONS

# 1. FOXTAIL MILLET TAPILENT (SHALLOW FRY)



## Ingredients:

1. Foxtail Millet Flour : 2 cups (grain soaked, sundried, milled flour)
2. Groundnut Powder :  $\frac{1}{2}$  cup
3. Sesame Seeds : 2 teaspoons
4. Cumin Seeds : 1 teaspoon
5. Onion : 2 big
6. Carrot : 1 big
7. Coriander Leaves : few
8. Green Chillies : 15
9. Salt : to taste
10. Turmeric Powder : a pinch
11. Water : as needed
12. Oil : as required to fry tapilent

## Procedure:

At the outset make a paste of green chillies, turmeric powder and salt in a mixer grinder. Finely chop onions, coriander leaves and grate carrot. Add millet flour, groundnut powder, sesame seeds, cumin seeds, onions, carrot, coriander leaves, green chillies paste to a bowl and mix thoroughly by adding water little by little to make a soft dough. Rest it for fifteen minutes. Divide the dough into equal portions. Take a portion of the dough and spread it evenly over a moist cloth or a banana leaf with your fingers and make a hole at the centre. Heat a clay kadai, drizzle oil sufficient for shallow frying. Now gently transfer the tapilents one by one into the kadai and drizzle some more oil in the holes. Cover the kadai with a lid and pour some water in the lid (this step will ensure even cooking of the tapilent and prevent them from getting burnt). Cook them on a low flame until done.

**NOTE:** Leafy vegetables or grated bottle gourd can also be added to the flour. In the place of clay kadai, iron kadai or stainless steel kadai can also be used.

Recipe by: **HYMA KIRAN**, Proddatur



## 2. BROWNTOP MILLET TAPILENT (DEEP FRY)



### Ingredients:

- |                          |   |                             |
|--------------------------|---|-----------------------------|
| 1. Browntop Millet Flour | : | 2 cups                      |
| 2. Groundnut Powder      | : | 1/2 cup                     |
| 3. Sesame Seeds          | : | 2 teaspoons                 |
| 4. Cumin Seeds           | : | 1 teaspoon                  |
| 5. Onion                 | : | 2 big                       |
| 6. Carrot                | : | 1 big                       |
| 7. Coriander Leaves      | : | few                         |
| 8. Green Chillies        | : | 15 nos.                     |
| 9. Salt                  | : | to taste                    |
| 10. Turmeric Powder      | : | a pinch                     |
| 11. Water                | : | as needed                   |
| 12. Coconut Oil          | : | as required for deep frying |

### Procedure:

At the outset make a paste of green chillies, turmeric powder and salt in a mixer grinder. Finely chop onions, coriander leaves and grate carrot. Add millet flour, groundnut powder, sesame seeds, cumin seeds, onions, carrot, coriander leaves, green chillies paste to a bowl and mix thoroughly by adding water little by little to make a soft dough. Rest it for fifteen minutes. Divide the dough into equal portions. Take a portion of the dough and spread it evenly over a moist cloth or a banana leaf with your fingers and make a hole at the centre. Heat oil in a deep frying pan and gently slide each tapilent into hot oil. Cook them until done.

Recipe by: **HYMA KIRAN**, Proddatur

### 3. FOXTAIL MILLET FLOUR MIRCHI BAJJI



#### Ingredients:

1. Foxtail Millet Flour : 1 cup (grain soaked, sundried, milled flour)
2. Gram Flour : 1/2 cup
3. Roasted Gram : 1 tablespoon
4. Dry Mango Powder : 1 teaspoon
5. Salt : to taste
6. Carom Seeds : 1 tablespoon
7. Water : as required
8. Coconut Oil : as needed for deep frying
9. Green Chillies : as needed (plump, long, less spicy)

#### Procedure:

##### FOR CHILLI STUFFING:

Grind roasted gram, carom seeds, amchur and half a teaspoonful of salt in a mixer grinder.

Wash chillies and wipe them dry with a clean cloth. Slit them in the center length wise, remove the seeds and stuff them with the chilli stuffing as mentioned above.

Mix foxtail millet flour, gram flour, salt in a bowl. Pour water little by little until we get the right consistency (not thin and not thick). Rest it for thirty minutes. Heat oil in a pan for deep frying. Beat the batter well to make it frothy. Once the oil is hot enough, dip chillies completely in the batter and gently slide them one by one into hot oil. Turn over a couple of times and fry until they turn golden brown.

#### NOTE:

- Put a drop of batter in oil to check if the oil is hot enough. If it rises up immediately oil is ready for deep frying.
- If it's store bought flour, soak the batter atleast for an hour before deep frying.

Recipe by: **HYMA KIRAN**, Proddatur



## 4. KODO MILLET FLOUR PAKORA



### Ingredients:

1. Kodo Millet Flour : 2 cups (grain soaked, sundried, milled flour)
2. Hot Oil : 1½ tablespoons
3. Water : 2 tablespoons
4. Onion : 1 big (thinly sliced, layers separated)
5. Coconut Oil : as required for deep frying

### MASALA POWDER

### Ingredients:

1. Cinnamon : 1½ inch stick
2. Coriander Seeds : 2 tablespoons
3. Cumin Seeds : 1 tablespoon
4. Cloves : 2
5. Chilli Powder : 1 tablespoon
6. Salt : ½ tablespoon

### Procedure:

Make a fine powder of all the ingredients mentioned under masala powder. Add kodo millet flour, masala powder, hot oil to a bowl and mix them all thoroughly. To it add thinly sliced onions and press them with fingers to enable all the ingredients to acquire uniform flavour. To this mix add sufficient amount of water to make a medium thick batter suitable for making pakoras. Rest it for fifteen minutes.

Heat oil in a pan for deep frying. Once the oil is hot enough, take handful of batter and drop small portions of it into the hot oil. Flip the pakora's occasionally for even frying. Fry until they turn crisp and golden brown.

### NOTE:

- Put a drop of batter in oil to check if the oil is hot enough. If it rises up immediately oil is ready for deep frying.
- If it's store bought flour, soak the batter atleast for an hour before deep frying.

Recipe by: **HYMA KIRAN**, Proddatur

## 5. LITTLE MILLET PATTIES (BILLA KUDUMULU)



### Ingredients:

1. Little Millet (Cooked) Rice : 1 cup (tightly packed)
2. Little Millet Rava : 1/2 cup (grain soaked, sundried, milled rava)
3. Onion : 1 medium (finely chopped)
4. Salt : to taste
5. Green Chillies : 8 (make paste with salt)
6. Cumin Seeds : 1 teaspoon
7. Oil : 2 tablespoons

### Procedure:

Moist the little millet rava and allow it to rest for fifteen minutes.

In a mixing bowl mash the millet rice. To it add the millet rava, chopped onion, green chilli paste, cumin seeds and mix well to form a dough. Divide the dough into equal portions, mould them into small balls and flatten each of them to make round patties. Heat an iron tawa, grease it with oil, place the patties and fry them on both sides on a medium flame with oil. Serve it with dal or chutney.

Recipe by: **HYMA KIRAN**, Proddatur



## 6. BARNYARD MILLET COCONUT PAKORA (MUTTILU)



### Ingredients:

1. Barnyard Millet Flour : 2 cups (grain soaked, sundried, milled flour)
2. Fresh Coconut : 2 cups (grated)
3. Onion : 2 big (finely chopped)
4. Coriander Leaves : fistful (finely chopped)
5. Green Chillies : 7 or 8
6. Cumin Seeds : 1/2 tablespoon
7. Salt : to taste
8. Oil : as required for deep frying

### Procedure:

To a mixer jar add green chillies, coconut, salt, cumin seeds and grind them all into a coarse paste. Take flour in a mixing bowl and to it add the coarse paste, finely chopped onions, coriander leaves. Add water little at a time to make a thick batter. Rest it for fifteen minutes (if it's a store bought flour, soak it for atleast an hour).

Heat oil in an iron kadai. Once the oil is hot enough, gently drop spoonfuls of batter into it and fry the pakoras on a medium flame. Flip them to ensure uniform frying.

### NOTE:

- Dr. Khadar sir suggests using coconut oil for deep frying as it can be reused to deep fry even for the second time.
- If groundnut oil is used for deep frying, it can later be used for tempering or for frying chapatis, dosa etc.

Recipe by: **HYMA KIRAN**, Proddatur



## 7. KODO MILLET BEATEN RICE (POHA) MIXTURE



### Ingredients:

1. Kodo Millet Beaten Rice : 2<sup>1</sup>/<sub>2</sub> cups
2. Groundnuts : 1<sup>1</sup>/<sub>2</sub> tablespoons
3. Roasted Gram : 1<sup>1</sup>/<sub>2</sub> tablespoons
4. Curry Leaves : 1 sprig
5. Salt : to taste
6. Red Chilli Powder : 2<sup>1</sup>/<sub>2</sub> teaspoons
7. Oil : 4 tablespoons



### Procedure:

Add oil to an iron pan and heat it. Roast groundnuts until half done. Now add roasted gram, curry leaves and sauté well. Later add the millet beaten rice and fry on a low flame for ten minutes. Now add salt, red chilli powder and mix them all. Kodo millet beaten rice mixture is ready.

**NOTE:** Sundry beaten rice (poha) for few minutes before shallow frying them.



## 8. BARNYARD MILLET PATTIES (TAPILA BILLALU)



### Ingredients:

1. Barnyard Millet Rava : 1 cup (grain soaked, sundried, milled rava)
2. Fresh Coconut : 1/2 cup (grated, tightly packed)
3. Toordal Rava : 1 teaspoon
4. Oil : 1 tablespoon
5. Salt : to taste
6. Water : 1<sup>1</sup>/<sub>2</sub> cups



### Procedure:

Take rava and water in 1:1.5 ratio. Boil water in a wide heavy bottomed steel pan. To it add salt and oil. Once the water starts to boil add millet rava, toordal rava, grated coconut and allow it to cook for ten minutes with lid closed. Later switch off the flame and rest it for thirty more minutes with lid closed. Now mix it well and roll it into small balls. Flatten the balls into patties and fry them on an iron pan with oil. They taste good with onion chutney.

Recipe by: **HYMA KIRAN**, Proddatur

## 9. BARNYARD MILLET VADAPPAS



### Ingredients:

1. Little Millet Flour : 2 cups (grain soaked, sundried, milled flour)
2. Moong Dal : 2 tablespoons
3. Green Chillies : 6
4. Curry Leaves : 2 sprigs
5. Ginger : 1 inch piece
6. Cumin Seeds : 1½ teaspoon
7. Salt : to taste
8. Hot Oil : 2 tablespoons
9. Hot Water : as required
10. Oil : as required for deep frying

### Procedure:

Soak the yellow moong dal in water for an hour. Grind the green chillies, curry leaves, ginger, cumin seeds, salt into a coarse paste. In a mixing bowl add flour, coarse paste, soaked dal and hot oil. Mix it well. Now add hot water little by little and make thick dough out of it. Divide this dough into equal portions and make small balls. Take each ball and press it with fingers to give it a thick puri shape and deep fry it in oil. To make rice crackers fry them on medium flame for longer. Fry them longer on medium flame to get crispy vadappas. To get softer vadappas fry them for a little less time.

Recipe by: **HYMA KIRAN**, Proddatur

## 10. PEARL MILLET – COCONUT COOKIES

### Ingredients:

1. Pearl Millet Flour : 250 grams
2. Palm Jaggery Powder : 100 g
3. Desiccated Coconut : 60 g
4. Coconut Milk : 1 - 2 tablespoons
5. Desi Cow Ghee : 120 ml  
(melted ghee at room temperature)



### Procedure:

**DESICCATED COCONUT:** Choose a coconut that is neither tender nor too mature. Break open the coconut, separate the meat from the shell. Peel the brown layer on the coconut meat and slice it. Add coconut slices to a blender or a mixer grinder and grind it without adding water. Take a thick bottomed pan and fry the coconut grounds on a low flame by stirring continuously until it turns dry. Turn off the flame and allow it to cool completely. Transfer it into an air tight container.

**PALM JAGGERY POWDER:** Place a steel vessel on stove, pour half cup of water, add the pounded palm jaggery to it and heat (for one cup of palm jaggery we need half a cup of water). Once the jaggery melts completely, strain the solution into a heavy bottomed vessel. The strained solution should be boiled until it reaches double string consistency (mudurupakam). When it is lukewarm scrape the hardened syrup. After it completely cools down, powder it using a mixer grinder.

**COOKIES:** Add ghee to a heavy bottomed pan and roast pearl millet until the millet flour gives out nice nutty aroma. After it cools down sift the flour.

Add palm jaggery powder and ghee to another bowl and whisk it for few minutes. To it add the sifted flour, desiccated coconut and mix well. If required add few tablespoons of coconut milk. Mix them all thoroughly until well combined (do not over knead the dough).

Place a heavy bottomed wide pan with a steel stand in it on a stove (sand or salt can be added as well to the pan), cover and preheat for ten minutes on low flame. Meanwhile grease a steel plate with ghee and dust it with flour evenly so that cookies come out easily. Now take small portions of dough, roll them into smooth balls and slightly flatten them. Roll them in desiccated coconut. Now place these on the dusted plate leaving a little gap between each other. This makes about sixteen to twenty cookies.

Now carefully place this plate in the preheated pan and bake on low flame until the cookies turn golden brown. It might take about fifteen to twenty minutes. Remove the plate from pan and allow it cool completely.

**NOTE:** Dough can be cut into different shapes using cookie cutters. Cookies have been baked in two batches.

**A WORD OF CAUTION:** Baking Soda should not be consumed on a regular basis as it is not a natural product. You may add half a teaspoon to the flour just before sifting.

Recipe by: **ANURADHA**, Tirupati



## 11. BEATEN SIRI RICE (POHA) CHAAT



### Ingredients:

1. Beaten Siri Rice of Any Type : 2 cups
2. Lemons : 2
3. Water : 1 cup
4. Cooked Peas :  $\frac{1}{4}$  cup
5. Grated Carrot : 1 tablespoon
6. Grated Cucumber : 1 tablespoon
7. Green Chillies : 3 nos.
8. Onion : 1 no.
9. Chat Masala :  $\frac{1}{4}$  teaspoon
10. Turmeric :  $\frac{1}{4}$  teaspoon
11. Salt : to taste
12. Oil : 2 tablespoons
13. Tempering Seeds : 1 teaspoon (Mustard and Jeera)

### Procedure:

Soak peas for ten to twelve hours and cook them till soft. Fresh peas too can be used. In a wide mixing bowl, add beaten millets, turmeric, salt and sprinkle water little at a time carefully. Generally, the ratio of beaten rice to water is 2:1.

In a saute pan, heat two tablespoons of oil and add seeds for tempering. When mustard seeds start to crackle, add the chopped green chillies, cooked peas and fry for a minute. To this, mix the wet beaten rice and cover the pan for two minutes. Turn off the stove.

After fifteen minutes, add the juice of two lemons to the beaten rice and mix well. Then add grated carrot, grated cucumber, finely chopped onion, finely chopped coriander, chat masala and mix them all well. Kids will enjoy this easy snack. It can be garnished with sev and coriander leaves.

Recipe by: **SAI LATHA**, Hyderabad

## 12. FOXTAIL MILLET - YELLOW MOONG DAL ROTI



### Ingredients:

1. Foxtail Millet Flour : 1 cup
2. Yellow Moong Dal : 2 tablespoons
3. Red Chilli Powder : to taste ( $\frac{1}{2}$  tablespoon)
4. Salt : to taste
5. Water : as required
6. Oil : as required for frying (3 tablespoons)

### Procedure:

Soak yellow moong dal for twenty minutes. In a bowl add foxtail millet flour, soaked yellow moong dal, salt, chilli powder and mix well with water. Batter should be a little thick compared to the consistency of bajji batter. Rest it for fifteen minutes. Grease an iron tawa with oil and spread batter like uttapam. Drizzle oil. Cover it and cook on a low flame. Fry it on both the sides until done.

**NOTE:** The batter can be mixed with finely chopped onions, green chillies, coriander leaves, curry leaves. The flour used in the recipe has been prepared by soaking the millets for atleast six hours and later sun drying them. Otherwise the batter has to be soaked for atleast an hour before making the roti.

Recipe by: **ANURADHA**, Tirupati



## 13. FINGER MILLET (RAGI) PANCAKE



### Ingredients:

1. Finger Millet Flour : 1 cup
2. Banana : 1 medium
3. Sea Salt : a pinch
4. Palm Jaggery Powder : 2 tablespoons
5. Water : 1 cup (or as required)
6. Desi Cow Ghee : as required for frying pan cakes
7. Desi Cow Ghee : as required to dry roast finger millet flour

### Procedure:

Add ghee to a heavy bottomed pan and fry finger millet flour until the raw smell goes away. In another vessel add water and dissolve palm jaggery powder in it.

After the flour cools down, add salt and mix well. Mash the banana and mix it with flour. To it add the palm jaggery solution and blend well to get a consistency slightly thicker than dosa batter.

Grease an iron tawa with oil. Gently spread the batter into a small pancake and cover it with a lid and cook. Flip and cook on the other side as well. We can make upto four pancakes with this batter. Garnish the pancakes with banana slices.

Recipe by: **ANURADHA**, Tirupati



## 14. VEGETABLE BULLET/CUTLET/TIKKI



### Ingredients:

1. Siri Rice :  $\frac{3}{4}$  cup (80 g)
2. Siri Beaten Rice (Poha) : 2 tablespoons
3. Besan : 1 tablespoon
4. Potatoes : 2 (medium sized)
5. Carrot : 1 no.
6. Fresh Peas : 1 tablespoon
7. Coriander Leaves : 1 tablespoon (finely chopped)
8. Mint Leaves : 1 teaspoon (finely chopped)
9. Green Chillies : 3 nos.
10. Onion : 1 small (finely chopped)
11. Salt : to taste
12. Turmeric : a pinch
13. Chat Masala : 1 teaspoon
14. Garam Masala : 1 teaspoon
15. Coconut Oil : for deep / shallow frying



### Procedure:

**Preparation Of Steamed Siri Rice:** Wash siri rice, drain all the water and leave it covered for six hours. Then steam it for ten minutes. Sprinkle little more water and mix well with a fork. Repeat it till the grain is just done but not too soft. Steamed rice is now ready.

Cut the potatoes into two halves and cook them till just soft but firm. Potatoes shouldn't be over cooked as they lose their binding nature. Peel and grate the cooked potatoes.

Finely dice all the vegetables that you wish to include and steam them. Do not cook them as they may hold too much water. Grind siri poha into fine flour.

Mix all the ingredients (except the siri poha flour) well into a nice tight dough and mould it into the shape of your choice.

Dust the tikkis with beaten siri rice flour. Tikkis/cutlets can either be deep fried or shallow fried in coconut oil. These can be had along with ragda as ragda cutlet.

**NOTE:** These can be made even with the firmly cooked rice. (rice : water - 1 : 1.5)

Recipe by: **SAI LATHA**, Hyderabad



## 15. PUFFED COOKED KODO RICE



### Ingredients:

1. Dried Kodo Millet Rice : 1 cup
2. Salt : to taste
3. Oil : adequate for deep frying
4. Roasted Gram : 2 tablespoons  
(putnala pappu)
5. Groundnuts : 2 tablespoons
6. Curry Leaves : 1 sprig
7. Chilli Powder : to taste



### Procedure:

Cook kodo millet rice in a clay pot in the ratio 1:2 (millet:water). This ratio ensures rice doesn't stick to each other. Allow this rice to cool down.

Now add some salt to the cooked rice and mix it well. Salt can be added even while cooking the rice. Take a wide plate, spread the rice and sundry it for two to three days or until completely dry.

Add required amount of oil to an iron kadai for deep frying and heat it. Use stainless steel filter basket to deep fry the dried millet rice. Deep fry roasted gram, ground nuts and curry leaves too. Add salt and red chilli powder to your taste. Mix all the ingredients. Mixture is ready as an evening snack.

### NOTE:

- Once the oil is hot enough, deep fry the dried millet rice on a high flame. For deep frying ground nuts and roasted gram reduce the flame otherwise they might get burnt.
- Earlier when we were using paddy rice, we used to sun dry either the left over rice or cooked the rice separately to make these.
- With this dried rice, we make puffed rice either by deep frying or frying in hot sand (in Telugu the place where they fry in hot sand or salt is called Batti)
- As millets are very tiny in size, I first tried the deep fried version. They puffed up well and were crispy too.

Recipe by: **HYMA KIRAN**, Proddatur



## 16. SIRI DANA VADA



### Ingredients:

1. Kodo Poha : 1 cup
2. Kodo Millet : 1/2 cup
3. Potatoes : 2 (medium sized)
4. Groundnuts : 2 tablespoons
5. Green Chillies : to taste
6. Red Chilli Flakes : 1 teaspoon
7. Cumin Seeds : 1/2 teaspoon
8. Curry Leaves : 1 sprig
9. Salt : to taste
10. Lemon Juice : 1 teaspoon
11. Safflower Oil : adequate for deep frying



### Procedure:

Rinse and soak kodo millet for six hours in one fourth cup of water. Add half a teaspoonful of oil to it, mix well and steam it for eight to ten minutes sprinkling water at regular intervals until the grain gets soft but remains firm. The grain should be separate but soft. Once done turn off the stove.

Cut the potatoes into four quarters and steam them till soft. Do not overcook them. Peel the potato quarters and mash them.

Rinse the kodo poha in a colander.

Dry roast peanuts and grind them coarsely with the help of a rolling pin.

Finely chop green chillies and curry leaves.

Add rinsed poha to a mixing bowl and mash it well. To it add the potato mash, peanut powder, green chilli, chilli flakes, curry leaves, cumin seeds, lemon juice and salt. Mix them all well. It should form a thick tight dough. This is the right time to gently incorporate steamed kodo millet into the dough. If required a few drops of water may be added.

Heat oil in an iron kadai for deep frying. Shape the dough into vadas of desired size. Once the oil is hot enough deep fry them till golden brown.

These vadas may be served with coconut yogurt or desi cow curd sweetened with palm jaggery syrup.

Recipe by: **SAI LATHA**, Hyderabad



## 17. NUTRILICIOUS DAL SHORBA



### Ingredients:

1. Tuar/Moong Dal : 1 tablespoon
2. Browntop Millet : 4 tablespoons
3. Garlic : 5 - 6 cloves (finely chopped)
4. Tomato Purée : 2 tablespoons
5. Tamarind Pulp/Lemon Juice : 1 tablespoon
6. Diced Pumpkin : 2 tablespoons
7. Diced Carrot : 2 Tablespoons
8. Palak/Any Leafy Vegetable : 2 tablespoons
9. Fresh Peas : 2 tablespoons
10. Finely Chopped Onion : 1 tablespoon
11. Ghee/Oil : 1 tablespoon (for sautéing vegetables)
12. Coriander Leaves : 1 tablespoon (finely chopped)
13. Salt : to taste
14. Turmeric Powder : a pinch
15. Butter : 1 tablespoon
16. Ghee : 1/2 tablespoon
17. Red Chilli Flakes : 1 teaspoon
18. Coariander Seeds : 1/2 teaspoon
19. Cumin Seeds : 1/4 teaspoon
20. Pepper : 1/2 teaspoon
21. Water : 1.5 litres for boiling vegetables
22. Water : 1/2 cup for soaking grain and dal (can be adjusted)

## Procedure:

Dry roast dal and millet separately till they give out nutty aroma. Rinse and soak them in separate bowls for six hours.

After six hours of soaking discard the water in which dal is soaked. Blend dal and millet into a fine paste using the water in which the millet is soaked.

Dry roast coriander seeds, cumin seeds and pepper for a couple of minutes and pound them all well. This masala goes well with dal shorba. (Avoid pepper if the shorba is to be fed to young children.)

Heat a tablespoon of oil in a thick bottomed vessel/kadai and sauté onion for a couple of minutes. Then add the rest of the diced vegetables and saute them for four to five minutes. At this stage salt can be added. In the meantime, boil about one and half litres of water. Pour the boiled water in the kadai and cook the vegetables till almost soft. This is the right time to add dal millet paste to the boiling vegetables. Keep stirring constantly to prevent it from getting burnt at the base of the kadai.

Once the shorba is cooked well add tomato puree and tamarind pulp. Souring agents prevent dals from getting cooked well. So they need to be added towards the end. Add a teaspoon of the pound masala cook for a couple of minutes.

Heat ghee in a tempering kadai and fry chopped garlic till golden brown. Garnish the soup with butter, chilli flakes, chopped coriander and fried garlic. This is a wholesome, nutritious soup that contains all the ingredients that makes it a complete meal in itself. The consistency of the soup can be adjusted as per our liking by adding more of hot water.

Adding soaked and ground paste of dal and millet gives soup a silky texture.

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Recipe by: **SAI LATHA**, Hyderabad



# SWEETS



# 1. COCONUT LOUZ/LADDU



## Ingredients:

1. Freshly Grated Coconut : 1 cup
2. Powdered Palm Jaggery :  $\frac{3}{4}$  cup
3. Desi Cow Ghee : 1 tablespoon
4. Cardamom Powder : a pinch

## Procedure:

Break a fresh coconut and collect its water into a bowl.

With a coconut grater, grate one cup of coconut. One cup of grated coconut takes about  $\frac{3}{4}$ th cup of powdered palm jaggery. It is in 4:3 ratio.

In a thick bottomed stainless steel pan, heat one tablespoon of ghee/clarified butter and add the grated coconut. Fry it for three to four minutes on a low flame.

On another stove, start melting the powdered palm jaggery in the coconut water collected. Strain out the impurities from the melted jaggery syrup and add it to the pan in which grated coconut is getting fried. Let this cook on a low flame. Keep stirring it frequently to prevent it from getting burnt or stuck to the base of the pan. Continue to cook until it gets thick enough to get moulded into laddu.

After the coconut louz/laddu/mithai is ready, sprinkle cardamom powder, mix well and mould the mixture into small sized laddus. The mixture can even be spread on a greased plate and can be cut into coconut burfi after the mixture cools down.

## NOTE:

- ◆ Do not use too mature or a too tender coconut to make coconut louz. Mature coconut grate is rough and very tender coconut grate doesn't give uniform texture.
- ◆ Date palm jaggery too can be used in the place of palmyra palm jaggery. However the quantity required of date palm jaggery is less since it is sweeter than palmyra palm jaggery.
- ◆ These laddus can be dipped in thick dosa batter (which isn't fermented) and deep fried to make a very interesting Telugu dish called Kobbari Poornalu.

Recipe by: **SAI LATHA**, Hyderabad

## 2. SESAME LADDU

### Ingredients:

1. Sesame Seeds : 1 cup (black or white)
2. Palm Jaggery :  $\frac{3}{4}$  cup
3. Water : 15 ml
4. Green Cardamom : 2 (make into powder)



### Procedure:

Pound palm jaggery into small pieces and add them to a bowl along with two to three spoonfuls of water and mix them well. Now keep this aside for about half an hour. Meanwhile turn on the flame and put an iron kadai over it. Once its hot enough add the sesame seeds and dry roast them. Keep stirring continuously on a low flame and roast until they start crackling. Now turn off the stove, transfer the seeds to a plate and allow them to cool. Make a coarse powder using a mixer grinder and add cardamom powder to it. Mix it well and keep aside.

Now keep the soaked palm jaggery vessel on the stove and heat it on a low flame until it melts. Pour this jaggery syrup into the coarsely ground sesame powder. While pouring the syrup, use a stainless steel strainer to remove the impurities. Mix well and keep aside for sometime so that the mixture thickens. After it cools down, mix this once again and shape them into laddus.

### NOTE:

- ◆ Calcium is essential for the bones to be strong. Sesame is rich in calcium, lignans and helps in keeping diseases like migraine, cancer at bay. That is why even Dr. Khadar Vali says that every human being has to eat one sesame laddu per week.
- ◆ According to him, growing children need adequate quantities of protein and oils. These can be derived from oil seeds such as sesame, coconut, groundnuts, etc. Therefore, laddus made using palm jaggery and other preparations which include these as main ingredients can be given to children regularly.
- ◆ Sesame seeds have a lot of medicinal values. So if taken daily medicinal benefits cannot be derived.

Recipe by: **HYMA KIRAN**, Proddatur

### 3. GROUNDNUT CHIKKI



#### Ingredients:

1. Groundnuts : 2 cups
2. Palm Jaggery : 1½ cups
3. Water : 30 ml
4. Desi Cow Ghee : as required

#### Procedure:

Heat a clay vessel and dry roast the groundnuts in it. Groundnuts roasted in the clay vessel taste good. Transfer them to a plate, allow them to cool and crush them with a rolling pin.

Pound palm jaggery into small pieces and add them to a bowl along with two tablespoons of water and mix them well. Now keep this aside for about half an hour. Then keep the soaked palm jaggery vessel on the stove and heat it on a low flame until it is about to reach double string consistency. Keep stirring at regular intervals to prevent the syrup from getting burnt. To this quickly add the roasted groundnuts and mix them well. Pour this mixture onto the greased stainless steel plate and spread it evenly using a greased rolling pin or spatula. Cut it into pieces when its lukewarm. After it cools down completely, separate the pieces and store them in an air tight jar. The chikki mixture can also be moulded into laddus.

**NOTE:** Do not dehusk the groundnuts after roasting. Dr. Khadar Vali says that the pink husk over the nuts contains resveratrol which is good for health.

Recipe by: **HYMA KIRAN**, Proddatur

## 4. FINGER MILLET (RAGI) LADDU



### Ingredients:

1. Finger Millet : 1 cup
2. Palm Jaggery : 1 cup
3. Water : 30 ml
4. Cardamom Powder :  $\frac{1}{4}$  teaspoon

### Procedure:

Dry roast the sprouted finger millet in an iron skillet on low flame. Continue to do so until the millet gives out nutty aroma. Allow it to cool and then grind it into a flour. Soak the pounded palm jaggery in water for thirty minutes. Melt it on a low flame. When the jaggery is completely melted, strain it with a stainless steel strainer and boil it further until it reaches a single string consistency. To this gradually add the finger millet flour and mix it well. Small lumps of this mixture are formed. Allow the mixture to cool and grind it into a powder along with cardamom powder and store it. Whenever required add little coconut milk and mould them into laddus.

### NOTE:

- ◆ Similarly, we can make laddus with pearl millet too.
- ◆ Even if the sprouts get separated from the millet roast them along with the millet.
- ◆ Sprouted millet should not emit foul smell. In the event of foul smell, discard it as it indicates the presence of fungus.

Recipe by: **HYMA KIRAN**, Proddatur

## 5. BROWNTOP MILLET SWEET SHELLS (GAVVALU)

### Ingredients:

1. Browntop Millet Flour : 250 grams (grain soaked, sundried, milled flour)
2. Palm Jaggery : 250 grams
3. Desi Cow Ghee : 4 teaspoons
4. Water : as required
5. Salt : a pinch
6. Oil : as required for deep frying



**Procedure:** In a bowl, make a thick dough of browntop millet flour by adding salt, ghee and water. Allow it to rest for fifteen minutes. Make small balls of equal size with this dough. Take each ball and press it over a greased fork (grease the fork with oil) and roll them carefully. Repeat the process for the entire dough and deep fry them in oil on medium flame and keep aside.

Place a steel vessel on stove, pour required amount of water, add the pounded palm jaggery to it and heat. Once the jaggery melts completely, strain the solution into another heavy bottomed vessel. The strained solution should be cooked until double thread consistency is reached. Later put the deep fried shells into this syrup and soak them, until they completely absorb the syrup. Transfer them to a plate.

Recipe by: **ANURADHA**, Tirupati

## 6. KODO MILLET HALWA

### Ingredients:

1. Kodo Millet Rava : 1 cup (grain soaked, sundried, milled rava)
2. Water : 6 cups
3. Ghee : 4 tablespoons
4. Palm Jaggery :  $\frac{3}{4}$  cup (adjust the quantity according to taste)  
(In a separate bowl mix palm jaggery with 2 or 3 spoons of water, melt on a low flame and strain)
5. Watermelon Seeds : 2 tablespoons (fry in desi ghee and keep aside)



**Procedure:** In a clay pot add ghee and heat it. Then add millet rava and fry it for one to two minutes. Soak it in a cup of water for half an hour. Boil the remaining water and add the rava along with the water in which it is soaked. Allow it to cook on a low flame until soft. Then add melted palm jaggery syrup and cook until done. Garnish with fried watermelon seeds.

Recipe by: **HYMA KIRAN**, Proddatur

## 7. LITTLE MILLET KHEER



### Ingredients:

1. Little Millet : 1 cup
2. Desi Cow Ghee : 5 tablespoons
3. Coconut Milk : 250 ml
4. Pumpkin Seeds : 2 tablespoons
5. Water : 6 to 7 cups (for extracting coconut milk and making palm jaggery syrup)
6. Palm Jaggery : 1 cup (or according to your taste)

### Procedure:

Dry roast little millet, wash and soak it in three cups of water for atleast six hours. Add pounded palm jaggery to a bowl. Add two to three spoonfuls of water and mix it well. Now keep this aside for about half an hour.

Extract thick coconut milk by adding 100 ml of water to 75 g of coconut grate. To the same coconut pulp add the remaining 150 ml water and extract milk for the second time. This milk is thinner than the first extract. In a pan heat ghee and fry pumpkin seeds.

Melt the soaked palm jaggery on a low flame. When the jaggery is completely melted strain it using a steel strainer. On another stove, cook the soaked little millet on a low flame until halfdone. Then add the second extract of coconut milk and continue to cook until the millet is cooked well. Add the palm jaggery syrup, mix well and cook it for another couple of minutes. Then add the first extract of coconut milk, stir well and turn off the stove.

In a small pan heat ghee and fry the pumpkin seeds. Use them to garnish the kheer.

Recipe by: **HYMA KIRAN**, Proddatur

## 8. BARNYARD MILLET APPALU/ BOORELU

### Ingredients:

1. Barnyard Millet Flour : 1 cup
2. Palm Jaggery :  $\frac{3}{4}$  cup
3. Water : 1 cup
4. Fresh Coconut : 1 tablespoon (grated)
5. White Sesame Seeds : 1 tablespoon
6. Cardamom Powder : a pinch
7. Coconut Oil : as required for deep frying
8. Desi Cow Ghee : 1 tablespoon



### Procedure:

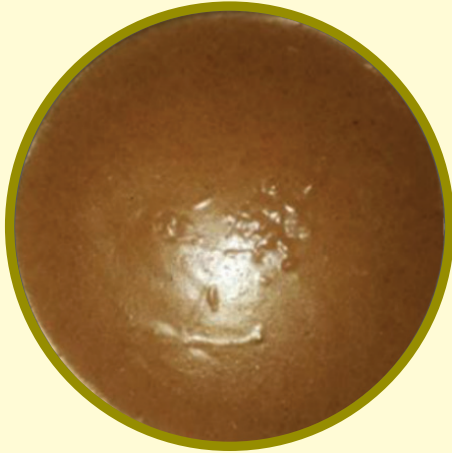
Soak barnyard millet for six hours, drain out all the water and dry it in shade. Grind the dried grain into a fine flour. Pound palm jaggery into small pieces. Boil one cup of water and add palm jaggery to it and allow it to boil until the jaggery melts completely. Filter the palm jaggery syrup into a thick bottomed vessel and boil it. Add a tablespoonful of ghee to it and lower the flame. Gradually pour the barnyard flour into the syrup while constantly stirring to prevent lump formation. Continue to stir the mixture on extremely low flame until it forms into a silky smooth dough. Remove the dough immediately from the stove. The dough should not be allowed to become very tight as boorelu may develop cracks. Add a tablespoonful of grated fresh coconut, a tablespoonful of sesame seeds and cardamom powder to it and mix well.

Once the dough cools down, grease your palms and mould it into one inch laddus. Heat ghani coconut oil in a small kadai for deep frying. On a small greased banana leaf, place one ball of dough at a time, flatten it evenly to make two to three mm thick tikka and slide it into hot oil. It puffs up well. When it turns golden brown collect it from the oil into a perforated ladle and squeeze out excess oil gently with another ladle. Do not attempt to fry more than one tikka at a time. These resemble Ariselu/Athirasam in appearance and taste.

Recipe by: **SAI LATHA**, Hyderabad



## 9. FINGER MILLET (RAGI) MILK CAKE



### Ingredients:

1. Finger Millet : 1 cup
2. Water : 750 ml
3. Palm Jaggery : 1 cup
4. Cardamom Powder : a pinch (optional)

### Procedure:

Soak the finger millet overnight in 250 ml of water. Grind the soaked millet into a fine paste by using the water in which it is soaked. Now using a cheese/muslin cloth strain the milk. Add little more water to the leftover pulp and grind it once again. Repeat the process. With one cup of finger millet, 750 ml milk can be extracted. Bring the millet milk to a boil on a low flame while continuously stirring it. After fifteen minutes add the palm jaggery syrup. Continue to stir the milk until it starts to boil and then turn off the stove. You may now add a pinch of cardamom powder at this stage if interested. Grease a plate with ghee and transfer this mixture onto it and spread it evenly. Allow it to cool and later cut it into small pieces.

**NOTE:** To make palm jaggery syrup soak pounded palm jaggery in two to three tablespoons of water for half an hour. Dissolve it by heating it. When the jaggery is completely melted, strain it with a stainless steel strainer.

Recipe by: **HYMA KIRAN**, Proddatur

## 10. FOXTAIL MILLET LADDU



### Ingredients:

- |                   |   |                                   |
|-------------------|---|-----------------------------------|
| 1. Foxtail Millet | : | 1 <sup>1</sup> / <sub>4</sub> cup |
| 2. Palm Jaggery   | : | 1 <sup>1</sup> / <sub>4</sub> cup |
| 3. Desi Cow Ghee  | : | 8 tablespoons                     |
| 4. Pumpkin Seeds  | : | 2 tablespoons                     |

### Procedure:

Soak the pounded palm jaggery in water for thirty minutes. Melt it on a low flame. When the jaggery is completely melted, strain it with a stainless steel strainer and boil it further until it reaches a single string consistency.

Soak the foxtail millet for eight hours, sundry it for two days. Dry roast this millet in an iron pan on a low flame. Grind the roasted millet into a coarse powder in a mixer grinder. To this add the palm jaggery syrup. If any lumps are formed grind it once again in the mixer grinder. Heat ghee in a pan, fry the pumpkin seeds. Remove the pumpkin seeds from the ghee and add the remaining ghee to the millet-jaggery mixture and grind it well once again to give it a uniform texture. Add pumpkin seeds to this mixture and shape it into laddus or mould them into any shape of your choice. Here I have used tiny tumblers to give conical shape to the mixture.

Recipe by: **HYMA KIRAN**, Proddatur

## 11. KODO MILLET COCONUT VADA



### Ingredients:

1. Kodo Millet : 2 cups
2. Palm Jaggery : 1<sup>3</sup>/<sub>4</sub> cup
3. Dry Coconut : 8 tablespoons
4. Water : 50 ml (to soak pounded palm jaggery)
5. Sesame Seeds : as needed
6. Oil : as needed for deep frying

### Procedure:

Soak kodo millet for ten hours and dry it on a cotton cloth to remove extra moisture. Millet should not get fully dried. Grind the millet into a fine flour. Sift the flour using a fine flour screen. Cut the dry coconut into small pieces and make powder with the help of a mixer grinder and add it to the millet flour.

Soak the pounded palm jaggery in water for thirty minutes. Melt it on a low flame. When the jaggery is completely melted, strain it with a stainless steel strainer. Boil it further by stirring continuously on a low flame until it reaches a double string consistency. Turn off the flame and remove the jaggery syrup from the stove.

Add the millet flour mixture little by little to the syrup to form a smooth dough. This dough has to be rested for two days. Before making vadas knead the dough until smooth and make small balls. Roll these balls in sesame seeds, flatten each of them and make a hole in the center. Deep fry these vadas until golden brown.

**NOTE:** Avoid making big size Vadas.

Recipe by: **HYMA KIRAN**, Proddatur

## 12. LITTLE MILLET PINEAPPLE SHEERA

### Ingredients:

1. Little Millet Rava : 1 cup
2. Date Palm Jaggery :  $\frac{3}{4}$  cup
3. Pineapple Pieces : 1 medium
4. Desi Cow Ghee :  $\frac{1}{2}$  cup (finely diced)
5. Pumpkin Seeds : 1 tablespoon  
(fried in ghee)
6. Water : 2 cups



### Rava Making Procedure:

To make one cup of rava, soak two cups of little millet as some of it will be lost as fine flour and some remains as grain itself.

Soak little millet for six hours and dry it in shade on a clean cotton cloth. Once the grain gets dried, take about half a cup of it at a time and make rava in a mixer grinder using pulse/ whipper button. Avoid grinding in prolonged cycles as you may end up getting too much of fine flour. With the help of a stainless steel sieve first remove the fine flour using fine flour screen. It is not suitable for this dish but can be preserved and added to dosa batter. Then with the help of fine rava screen sieve out the rava. The fine rava which comes out through this screen is what should be used for making sheera. What remains inside the sieve should be ground again. Repeat the process till required quantity of rava is obtained. Ensure that the rava is uniform in texture.

### Sheera Preparation Procedure:

Heat a thick bottomed vessel and add a tablespoon of ghee. To it add the little millet fine rava and roast it for five to six minutes on a low flame and set it aside. Then pour two cups of water and a tablespoon of ghee into the same kadai and bring it to a boil. Then gradually pour the fried rava into the boiling water while constantly stirring the mixture to prevent lump formation. In another vessel heat about one cup of water and melt the date palm jaggery. Add finely diced pineapple and cook the mixture on a low flame for five minutes. Transfer the pineapple and palm jaggery mixture into the almost cooked rava and mix it well and keep stirring it frequently. Keep adding little ghee at a time depending on the requirement. When the rava is thoroughly cooked sprinkle just a pinch of cardamom powder and mix well. Turn off the stove and leave sheera covered for ten minutes. In a tiny kadai heat a tablespoon of ghee add the melon and pumpkin seeds saute them for a minute. Garnish sheera with the fried seeds and serve it hot.

**NOTE:** Pineapple may be replaced with ripe bananas too. For one cup of rava we need one medium size ripe banana.

Recipe by: **SAI LATHA**, Hyderabad

## 13. LITTLE MILLET RAVA LADDU

### Ingredients:

1. Little Millet Rava : 1 cup
2. Fresh Coconut : 1 cup (grated)
3. Palm Jaggery :  $\frac{3}{4}$  cup (grated)
4. Peanuts : 1 tablespoon
5. Poppy Seeds : 1 teaspoon
6. Desi Cow Ghee : 2 tablespoons
7. Cardamom Powder :  $\frac{1}{4}$  teaspoon
8. Hot Water :  $\frac{1}{4}$  cup



### Procedure to prepare Rava:

Soak little millet for six hours and dry it well. Dry roast the dried millet in a iron kadai on a low flame until it gives out a nutty aroma. Allow it to cool. Grind the roasted grain into fine rava. It should be finer than the sooji rava as the texture of millets is distinct from that of the wheat. Only very fine millet rava is ideal to make this dish.

### Procedure to prepare Rava Laddu:

Mix fresh coconut grate and roasted rava well. Bring the mixture close, press it tight and leave it covered for two to three hours. This will help the rava absorb moisture from the coconut grate and become soft and tender.

Soak palm jaggery powder in a quarter cup of hot water.

Dry roast peanuts and pulse grind them to form irregular coarse grits. Do not blow off the pink husk over peanuts as it contains resveretrol - an anti oxidant.

Heat a thick bottomed kadai and add a tablespoon of ghee. Add poppy seeds and rava mixture to it and fry them on low flame for four to five minutes. The rava mixture should not become too dry. In the mean time strain impurities from palm jaggery solution using a stainless steel filter. On another burner boil palm jaggery syrup until it gets a little thick. Pour it into the rava mixture. Mix them all well and cook the rava laddu mixture for two to three minutes. Turn off the flame. Add peanut grits and cardamom powder. Mix them all well. Grease your palms and mould the mixture into laddus of desired size.

**NOTE:** If date palm jaggery is being used it can be added directly to the rava mixture since it does not have any impurities. The heat in the rava mixture will melt the jaggery and will aid in moulding laddus.

Recipe by: **SAI LATHA**, Hyderabad

## 14. FOXTAIL MILLET POORNALU

### FOR THE FILLING

#### Ingredients:

1. Foxtail Millet : 1 cup
2. Palm Jaggery : 1 cup
3. Cardamom Powder :  $\frac{1}{4}$  teaspoon
4. Water :  $2\frac{1}{4}$  cups
5. Grated Coconut : 1 tablespoon (optional)
6. Ghee : 1 tablespoon



**Procedure:** Soak foxtail millet in two cups of water for six hours and cook it. Keep aside a tablespoon of this cooked millet (to add while grinding the batter).

Melt palm jaggery powder in  $\frac{1}{4}$ th cup of water. Heat a thick bottomed vessel and filter the palm jaggery syrup into it. Add the cooked millet and coconut grate to it and allow it to get cooked along with the palm jaggery syrup. It should get thick enough to get moulded into laddus. Then turn off the stove, add cardamom powder and ghee. Mix well and keep aside. This is called the Poornam. Mould it into one or one and half inch sized balls.

### FOR THE BATTER

#### Ingredients:

7. Skinned Black Gram :  $\frac{1}{4}$  cup
8. Foxtail Millet : 1 cup
9. Salt : little
10. Coconut Oil : as required for deep frying boorelu

**Procedure:** Soak black gram and foxtail millet separately for four hours. Grind soaked black gram to a fine paste. Add the tablespoonful of cooked millet that was kept aside to the soaked millet and grind it also into a smooth batter. The batter should be of the consistency of idli batter and smooth in texture like the dosa batter. Mix both the batters and add salt to it. Allow it to rest for two to three hours. This batter serves as the outer cover for Poornam Boorelu. It should not be fermented.

Once both the poornam and batter are ready boorelu can be made.

Heat a kadai meant for deep frying and pour coconut oil into it. Allow the oil to get heated. Put a drop of batter into the oil to check if the oil is hot enough. If it immediately rises up and starts getting fried, the oil is ready for frying. Take one ball of poornam at a time, dunk it in the batter to cover it fully with batter and gently put it in the oil. Be careful not to hold it hard as the filling should not get directly exposed to oil. Fry three to four boorelu at a time till they turn golden brown. Even while frying be gentle until the outer cover gets fried well. This dish is prepared by Telugu people for all auspicious occasions.

**NOTE:** Dr. Khadar Vali has advised that not more than 6% - 8% of the total food intake in a day should be protein and anything beyond that is harmful. The filling in this dish is generally made with chana dal and jaggery somewhat similar to Puran Poli/Holige/Bobbattu. But we have replaced them with foxtail millet and palm jaggery and made it a healthier alternative.

Recipe by: **SAI LATHA**, Hyderabad

## 15. LITTLE MILLET COCONUT LOUZ POORNALU

### PALM JAGGERY POWDER

#### Ingredients:

1. Palm Jaggery : 1 cup
2. Water :  $\frac{1}{2}$  cup

#### Procedure:

Place a steel vessel on stove, pour half cup of water, add the pounded palm jaggery to it and heat. Once the jaggery melts completely, strain the solution into a heavy bottomed vessel. The strained solution should be boiled until it reaches double string consistency. When it is lukewarm, scrape the hardened syrup. After it completely cools down, powder it using a mixer grinder.



### COCONUT LOUZ or POORNAM (FOR STUFFING)

#### Ingredients:

1. Fresh Coconut : 2 cups (finely grated)
2. Palm Jaggery Powder : 1 cup
3. Cardamom Powder : 1 teaspoon
4. Desi Cow Ghee : 1 teaspoon

**Procedure:** Add ghee to a heavy bottomed pan and heat it. To it add the finely grated coconut and fry evenly for two to three minutes. Take it off from stove, add palm jaggery powder and cardamom powder to the fried coconut and mix well. Allow it to cool and later take small portions of the mix and make small balls.

### BATTER FOR OUTER COVERING

#### Ingredients:

1. Skinned Black Gram : 1 cup
2. Little Millet : 4 cups
3. Little Millet Poha (beaten rice):  $\frac{1}{2}$  cup
4. Salt : to taste

**Procedure:** Wash and soak skinned black gram, little millet for atleast six hours separately. Soak beaten rice (poha) thirty minutes before grinding. Add all the ingredients (except salt) to a wet grinder and make a smooth batter a little thick compared to the consistency of dosa batter. This batter should be allowed to rest for three hours. Salt has to be mixed before making boorelu.

### BOORELU

Heat oil in a deep frying pan. Once the oil is hot enough (if oil is hot enough, the batter rises to the top immediately) dip coconut balls in the batter (ensure its coated evenly) and drop them one by one gently into hot oil and fry until golden brown.

Recipe by: **ANURADHA**, Tirupati



## 16. BARNYARD MILLET – SESAME DUMPLINGS (KARANJI)



### Ingredients:

1. Barnyard Millet Flour : 1 cup (grain soaked, sundried, milled flour)
2. Skinned Black Gram Flour :  $\frac{1}{2}$  cup
3. Salt : to taste
4. Water : as required
5. Oil :  $\frac{1}{2}$  litre (for deep frying)
6. Sesame Seeds : 1 cup
7. Palm Jaggery Powder :  $\frac{1}{2}$  cup
8. Cardamom Powder : 1 teaspoon



### Procedure:

To a bowl, add barnyard millet flour, skinned black gram flour, salt and mix well. Take a small portion of this flour mixture and keep aside for dusting puris. To the remaining flour mixture add water just required to make a dough and mix well. Knead the dough until smooth (dough should be tighter than the puri dough) and rest it for fifteen minutes. Keep it always covered with a clean moist kitchen towel.

Meanwhile, dry roast sesame seeds and make a coarse powder after it cools down completely. To this powder add palm jaggery powder, cardamom powder and mix well. Our stuffing is ready now.

Now take small portions of the dough and flatten them while dusting with dry flour. Place adequate quantity of the stuffing in the center. Fold it over to make a semi-circle and bind the edges well. Take a sharp knife or a pizza cutter and cut the edges to make it uniform. Spread a clean cotton cloth over the karanji's to avoid drying. Make all the karanjis this way and then deep fry them till they turn golden brown in color on both the sides.

### PALM JAGGERY POWDER

Place a steel vessel on stove, pour half cup of water, add the pounded palm jaggery to it and heat (for one cup of palm jaggery we need half a cup of water). Once the jaggery melts completely, strain the solution into a heavy bottomed vessel. The strained solution should be boiled until it reaches double string consistency. When it is lukewarm scrape the hardened syrup. After it completely cools down, powder it using a mixer grinder.

**NOTE:** Stuffing can alternatively be made using roasted groundnuts, fried gram powder, grated dry coconut and palm jaggery powder.

Recipe by: **ANURADHA**, Tirupati



## 17. FOXTAIL MILLET BOONDI LADDU

### Ingredients:

1. Foxtail Millet Flour : 1 cup (grain soaked, sundried, milled flour)
2. Gram Flour (Besan) :  $\frac{1}{2}$  cup
3. Palm Jaggery : 1 cup
4. Water :  $\frac{1}{2}$  cup (to make palm jaggery syrup)
5. Cardamom Powder :  $\frac{1}{2}$  teaspoon
6. Oil : as required for deep frying boondi
7. Water : as required (to mix boondi batter)
8. Salt : a pinch
9. Turmeric : a pinch



### Procedure:

Add foxtail millet flour and gram flour to a stainless steel sieve and sift. Sifting ensures there aren't any lumps. Transfer this sifted flour to a mixing bowl, add salt, turmeric powder and mix well. Gradually add water to this mixture until medium thick consistency (similar to that of bajji batter) is obtained. Ensure that there are no lumps in the batter. Rest it for thirty minutes.

Heat oil in a pan for deep frying. When oil becomes hot, hold perforated ladle (a big round ladle with multiple small holes in it) a little above the pan and pour a few tablespoons of batter on it. With the help of a spoon, press the batter against the ladle so that drops of batter gently land into the hot oil. Do not crowd the oil. Stir them using spatula and fry it until they are cooked (do not fry until crisp) on a medium flame. Take the fried boondi out using another perforated ladle, drain excess oil and transfer them to a plate. Repeat the process until all the batter is exhausted.

Place a steel vessel on stove, pour half cup of water, add the pounded palm jaggery to it and heat. Once the jaggery melts completely, strain the solution into another heavy bottomed vessel. The strained solution should be cooked until single thread consistency is reached.

Take off the palm jaggery syrup from stove and add the fried boondi, cardamom powder and mix well. Cover the pan with a lid and allow the boondi mixture to cool a little. By taking small portions of the mixture, shape it into laddus.

**NOTE:** The laddus can be garnished by frying pumpkin seeds or water melon seeds in oil. They can be added to the boondi mixture while shaping them into laddus.

Recipe by: **ANURADHA**, Tirupati

## 18. FOXTAIL MILLET BANDAR LADDU



### Ingredients:

1. Foxtail Millet Flour : 1 cup (grain soaked, sundried, milled flour)
2. Gram Flour (Besan) :  $\frac{1}{4}$  cup
3. Palm Jaggery : 1 cup
4. Water :  $\frac{1}{2}$  cup (to make palm jaggery syrup)
5. Cardamom Powder :  $\frac{1}{4}$  teaspoon
6. Oil : as required for deep frying sev
7. Water : as required (to mix sev dough)
8. Salt : a pinch

### Procedure:

To a bowl add foxtail millet flour, gram flour, salt, and mix them well. Make a thick dough (like murukku dough consistency) by adding water little by little and allow it to rest for fifteen minutes. Heat oil in a deep frying pan. Take a sevai/murukku press, insert disc with fine holes and fill it with dough and close its lid tightly. Hold press over the pan, turn the handle and press out thin strands into hot oil. Deep fry until crisp. Allow the sev to cool completely and make a coarse powder in a mixer grinder.

Place a steel vessel on stove, pour half cup of water, add the pounded palm jaggery to it and heat. Once the jaggery melts completely, strain the solution into another heavy bottomed vessel. The strained solution should be cooked until single thread consistency is reached.

Take off the palm jaggery syrup from the stove and add the sev powder, cardamom powder and mix well. Pound this mixture using a wooden pestle in a stone mortar. Grease your palms with ghee and shape them into laddus.

### NOTE:

- ◆ If needed add ghee while pounding mixture to give laddus a soft and shiny texture.
- ◆ The laddus can be garnished with pumpkin seeds or water melon seeds fried in oil. They can be added to the beaten sev mixture while shaping them into laddus.

Recipe by: **ANURADHA**, Tirupati

## 19. FOXTAIL MILLET BURFI



### Ingredients:

1. Foxtail Millet Flour : 1 cup (grain soaked, sundried, milled flour)
2. Palm Jaggery : 1 cup
3. Water : 1/2 cup
4. Desi Cow Ghee : 3 tablespoons to roast flour + 1/2 tablespoon to grease plate

### Procedure:

Add ghee to a heavy bottomed pan and fry foxtail millet flour until the millet flour gives out nice nutty aroma.

Place a steel vessel on stove, pour half cup of water, add the pounded palm jaggery to it and heat. Once the jaggery melts completely, strain the solution into another heavy bottomed vessel. The strained solution should be boiled until it reaches single thread consistency.

Remove the palm jaggery syrup from stove. To it, add the fried foxtail millet flour and mix well. Grease a plate with ghee and spread the burfi mixture evenly. It can be sliced into diamond shape or a shape of our choice. Store them in an air tight container.

Recipe by: **ANURADHA**, Tirupati

## 20. SIRI GULAB JAMUN

### Ingredients:

1. Sweet Potatoes Mash :  $1\frac{1}{2}$  cups
2. Little/ Barnyard Millet Flour :  $\frac{1}{2}$  cup
3. Palm Jaggery Powder : 2 cups
4. Water : 2 cups
5. Cardamom Powder :  $\frac{1}{2}$  teaspoon
6. Baking Soda : a pinch
7. Ghee : 1 teaspoon (optional)
8. Coconut Oil : for deep frying



### Procedure:

We need healthy, fleshy and fresh sweet potatoes for this dish. Wash them well and steam them till they get soft (do not boil them). Peel the skin of the sweet potatoes and mash them well.

To the mash gradually add the millet flour little by little until it forms a very tender soft dough (softer than the dough used for rotis). (The whole of the flour specified in the recipe may not be required. It depends on the moisture content of the sweet potatoes used.) Cover it and leave it to rest for two hours. Then add a pinch of baking soda and mix it well but do not knead it. Let the dough rest for another 45 minutes to one hour.

In the mean time melt palm jaggery in water and filter the impurities. Just when it is time to fry the jamuns, boil the palm jaggery syrup on a low flame till it gets slightly thick and sticky. Turn off the stove. Add ghee (optional) and cardamom powder to the syrup and mix it well.

Heat coconut oil on a medium flame for deep frying jamuns. By now the dough would have obtained a nice porous texture. If the dough is not firm enough to mould jamuns, add a little more millet flour. Grease your hands and mould the dough into jamuns. Drop a small ball of dough into oil. If the ball gradually rises up, the heat of the oil is ideal for frying the jamuns. Fry the jamuns one or two at a time till golden brown and put them into the hot syrup. Ensure that the syrup stays hot until all the jamuns are done. Only when the syrup is hot enough will the jamuns be able to absorb the syrup. Leave the jamuns in syrup for an hour or two and allow them to absorb the syrup to their heart's content.

They will look like Kala Jamuns. Carefully place them in a serving tray and garnish them.

**NOTE:** Do not use too much of baking powder as the dough will lose its binding capacity. Jamuns will crumble in oil.

We have not used baking soda or baking powder in any of the recipes where the dish is meant for regular consumption. Since sweets are eaten rarely with permission from Dr. Khadar Vali, baking soda in a very small quantity has been included in this recipe.

Barnyard, Little and Kodo millet flours are suitable for this recipe.

**A WORD OF CAUTION:** Baking Soda should not be consumed on a regular basis as it is not a natural product.

Recipe by: **SAI LATHA**, Hyderabad

## 21. VEGAN SIRI DANA PAYASAM

### Ingredients:

- |                       |   |               |
|-----------------------|---|---------------|
| 1. Coconut            | : | 1             |
| 2. Kodo Millet        | : | 4 tablespoons |
| 3. Palm Jaggery Syrup | : | to taste      |
| 4. Dry Ginger Powder  | : | 1/2 teaspoon  |
| 5. Cardamom Powder    | : | 1/2 teaspoon  |
| 6. Chironji Seeds     | : | 1 teaspoon    |
| 7. Pumpkin Seeds      | : | 1 teaspoon    |
| 8. Coconut Oil        | : | 2 teaspoons   |



### Procedure:

Rinse and soak kodo millet for six hours in half a cup of water. Take half of the soaked grain in a bowl, add half a teaspoonful of oil to it, mix well and steam it for eight to ten minutes sprinkling water at regular intervals until the grain gets soft but remains firm. The grain should be separate but soft. Once done turn off the stove.

Grind the remaining half of the soaked grain to a fine paste. Extract coconut milk. (Procedure for extraction of coconut milk is given on page no 162). Keep the first and the second extracts separately. Mix kodo paste and second extract of coconut milk well. Bring three to four cups of water to a boil in a steamer vessel. Place a grid at the bottom of the steamer. Then place the vessel with kodo paste and coconut milk solution over the grid in the steamer and keep stirring the solution to maintain even consistency of the payasam. It takes about ten minutes for it to get the thickness of payasam. At this stage add the steamed kodo and cook for another couple of minutes. Turn off the stove. Add palm jaggery syrup/ date palm jaggery to the payasam and mix them well. This is the right time to add the first extract of thick coconut milk, elaichi powder and dry ginger powder. Mix them all well.

Heat a teaspoon of coconut oil in a small kadai and fry the seeds meant for garnishing. Take them out from oil and garnish the payasam with them.

The steamed grain added to the payasam gives the feel of sabudana and hence the name Siri Dana Payasam. Coconut milk itself has adequate fats and so no ghee is required. This payasam is creamy and flavourful. It tastes best with kodo as the grains are larger than the other four Siridhanya.

**NOTE:** Avoid cooking this payasam directly on the stove as the coconut milk coagulates at high temperature.

Recipe by: **SAI LATHA**, Hyderabad

# SAVOURY



# 1. BARNYARD MILLET KARA BOONDI

## Ingredients:

1. Barnyard Millet Flour : 1 cup (grain soaked, sundried, milled flour)
2. Gram Flour (Besan) :  $\frac{1}{4}$  cup
3. Salt :  $\frac{1}{2}$  teaspoon (for making powder) + a pinch (for making batter)
4. Dry Red Chillies : 8 nos.
5. Cumin Seeds (Jeera) :  $\frac{1}{2}$  teaspoon
6. Curry Leaves : 2 sprigs
7. Groundnuts :  $\frac{1}{8}$  cup
8. Water : as required
9. Oil : as required for deep frying



## Procedure:

Dry roast dry red chillies, cumin seeds. After they cool down completely, grind them into a fine powder with salt. Fry groundnuts, curry leaves in oil and keep them aside.

Add barnyard millet flour and gram flour to a stainless steel sieve and sift. Sifting ensures there aren't any lumps. Transfer this sifted flour to a mixing bowl, add a pinch of salt and mix well. Gradually add water to this mixture until medium thick consistency (similar to that of bajji batter) is obtained. Ensure that there are no lumps in the batter. Rest it for fifteen minutes.

Heat oil in a pan for deep frying. When oil becomes hot, hold perforated ladle (a big round ladle with multiple small holes in it) a little above pan and pour few tablespoons of batter over it. With the help of a spoon, press the batter against the ladle so that drops of batter gently land into the hot oil. Do not crowd the oil. Stir them using spatula and fry over medium flame until they turn crisp and golden brown. Take them out using another perforated ladle, drain excess oil and transfer the boondi to a dry plate. Repeat the process until all the batter is exhausted. After the boondi cools down add the roasted groundnuts, curry leaves and powder of cumin and dry red chillies. Mix them well. Our karaboondi snack is ready.

**NOTE:** Check whether oil is hot or not for deep-frying by dropping a couple of drops of batter in the oil. If it rises to the surface immediately, then oil is ready.

Recipe by: **ANURADHA**, Tirupati



## 2. FOXTAIL MILLET SEV



### Ingredients:

1. Foxtail Millet Flour : 1 cup (grain soaked, sundried, milled flour)
2. Gram Flour (Besan) : 1/8 cup
3. Salt : 1/2 teaspoon
4. Carom Seeds Powder : 1/2 tablespoon
5. Oil : 1 teaspoon  
(to be added to dough)
6. Water : as required
7. Oil : as required for deep frying



### Procedure:

Add foxtail millet flour and gram flour to a stainless steel sieve and sift to ensure there are no lumps.

To a bowl add sifted flour, salt, carom seeds powder, one teaspoonful of oil and mix them all well. Make a thick dough by adding water little by little. Allow it to rest for fifteen minutes. Take a sevai/murukku press, insert disc with fine holes and fill it with dough and close its lid tightly.

Heat oil in a deep frying pan or kadai over medium flame for deep frying. Hold press over the pan, turn the handle and press out thin strands into hot oil. As strands start to drop into the oil, slowly move the press in a circular motion and fry until crisp. Drain excess oil and take it out using perforated ladle and transfer to a dry plate. Repeat the same process for the rest of the dough.

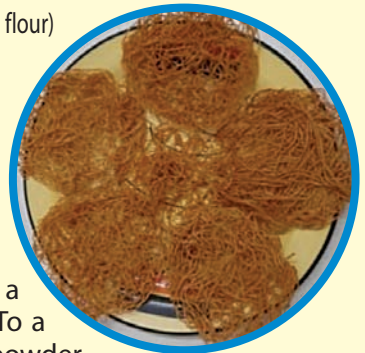
Recipe by: **ANURADHA**, Tirupati



### 3. FOXTAIL MILLET TOMATO SEV

#### Ingredients:

1. Foxtail Millet Flour : 1 cup (grain soaked, sundried, milled flour)
2. Gram Flour (Besan) : 1/8 cup
3. Salt : 1/2 teaspoon
4. Carom Seeds Powder: 1/2 tablespoon
5. Red Chilli Powder : 1 teaspoon
6. Oil : 1 teaspoon (to be added to dough)
7. Tomato Puree : 1/2 cup
8. Oil : as required for deep frying



**Procedure:** Add foxtail millet flour and gram flour to a stainless steel sieve and sift to ensure there are no lumps. To a bowl add sifted flour, salt, carom seeds powder, red chilli powder, tomato puree, oil and mix them all well. Make a thick dough by adding water little by little if required. Allow it to rest for fifteen minutes. Take a sevai/murukku press, insert disc with fine holes and fill it with dough and close its lid tightly.

Heat oil in a deep frying pan or kadai over medium flame for deep frying. Hold press over the pan, turn the handle and press out thin strands into hot oil. As strands start to drop into the oil, slowly move press in a circular motion and fry until crisp. Drain excess oil and take it out using perforated ladle and transfer to a dry plate. Repeat the same process for the rest of the dough.

### 4. FOXTAIL MILLET MINT SEV

#### Ingredients:

1. Foxtail Millet Flour : 1 cup (grain soaked, sundried, milled flour)
2. Gram Flour (Besan) : 1/8 cup
3. Salt : 1/2 teaspoon
4. Carom Seeds Powder: 1/2 tablespoon
5. Oil : 1 teaspoon (to be added to dough)
6. Mint (Pudina) Puree : 3/4 cup mint leaves,  
4 green chillies (make puree)
7. Oil : as required for deep frying



#### Procedure:

Add foxtail millet flour and gram flour to a stainless steel sieve and sift to ensure there are no lumps. To a bowl add sifted flour, salt, carom seeds powder, mint puree, oil and mix well. Make a thick dough by adding water little by little if required. Allow it to rest for fifteen minutes. Take a sevai/murukku press, insert disc with fine holes and fill it with dough and close its lid tightly.

Heat oil in a deep frying pan or kadai over medium flame for deep frying. Hold press over the pan, turn the handle and press out thin strands into hot oil. As strands start to drop into the oil, slowly move press in a circular motion and fry until crisp. Drain excess oil and take it out using perforated ladle and transfer to a dry plate. Repeat the same process for the rest of the dough.

Recipe by: **ANURADHA**, Tirupati

## 5. BARNYARD MILLET CHEKODI

### Ingredients:

1. Barnyard Millet Flour : 1 cup (grain soaked, sundried, milled flour)
2. Salt :  $\frac{1}{2}$  teaspoon
3. Red Chilli Powder : 1 teaspoon
4. Water : 1 cup
5. Oil : 1 teaspoon (to be added to batter)
6. Oil : as required for deep frying



### Procedure:

Boil water in a wide pan or kadai. When the water starts to boil add salt, red chilli powder, oil and barnyard millet flour. Stir the mixture continuously until it forms into a dough. Rest it for fifteen minutes. Take small portions of this dough and roll each of them into cylindrical shape. Later bring the two ends of each of them together to make a ring. Heat oil in a kadai and fry these rings on medium flame. Drain excess oil and take them out using perforated ladle and transfer to a dry plate.

**NOTE:** Knead the dough well to ensure that there are no pockets of dry flour left in the dough. Else the dry flour pockets might burst during deep frying.

## 6. BARNYARD MILLET YELLOW MOONG DAL CHEKODI

### Ingredients:

1. Barnyard Millet Flour : 1 cup (grain soaked, sundried, milled flour)
2. Salt :  $\frac{1}{2}$  teaspoon
3. Red Chilli Powder : 1 teaspoon
4. Yellow Moon Dal :  $\frac{1}{4}$  cup
5. Water : 1 cup
6. Oil : 1 teaspoon (to be added to batter)
7. Oil : as required for deep frying



**Procedure:** Rinse and soak yellow moong dal for two hours prior to preparation. Later drain out all the water and wipe it dry. Boil water in a wide pan or kadai. When the water starts to boil add salt, red chilli powder, oil and barnyard millet flour. Stir the mixture continuously until it forms into a dough. Rest it for fifteen minutes. Take small portions of this dough and roll each of them into cylindrical shape. Now gently roll these cylinders over the dried yellow moong dal, then bring the two ends of each of them together to form a ring. Heat oil in a kadai and fry these rings on medium flame. Drain excess oil and take them out using perforated ladle and transfer to a dry plate.

**NOTE:** Knead the dough well to ensure that there are no pockets of dry flour left in the dough. Else the dry flour pockets might burst during deep frying.

Recipe by: **ANURADHA**, Tirupati

## 7. LITTLE MILLET MURUKKU

### Ingredients:

1. Little Millet Flour : 1 cup (grain soaked, sundried, milled flour)
2. Skinned Black Gram Flour : 2 tablespoons
3. Curd :  $\frac{1}{4}$  cup
4. Salt :  $\frac{1}{2}$  tablespoon
5. Red Chilli Powder : 1 tablespoon
6. Sesame Seeds : 1 teaspoon
7. Hot Oil : 2 teaspoons (to be added to dough)
8. Oil : as required for deep frying
9. Water : as required



**Procedure:** To a bowl add little millet flour, skinned black gram flour, salt, red chilli powder, sesame seeds and mix well. To it add hot oil and mix well again. Then add curd. To make a thick dough, add boiled and cooled water little by little as required, to the flour mixture. Rest it for fifteen minutes. Take a sevai/murukku press, insert disc with medium holes and fill it with dough and close its lid tightly. Heat oil in a deep frying pan or kadai over medium flame for deep frying. Hold press over the pan, turn the handle and press out strands into hot oil. As strands start to drop into the oil, slowly move the press in a circular motion and fry until crisp. Drain excess oil and take it out using perforated ladle and transfer to a dry plate. Repeat same process for the rest of the dough.

## 8. BROWNTOP MILLET CHEKKALU (Andhra Style Rice Cracker)

### Ingredients:

1. Browntop Millet Flour : 100 grams (grain soaked, sundried, milled flour)
2. Gram Flour (Besan) : 10 grams
3. Sesame Seeds : 1 teaspoon
4. Carom Seeds (Ajwain) :  $\frac{1}{2}$  teaspoon
5. Salt : to taste
6. Red Chilli Powder :  $\frac{3}{4}$  teaspoon
7. Asafoetida (Hing) : a pinch
8. Hot Oil : 1 teaspoon
9. Water : as required
10. Oil : as required for deep frying



**Procedure:** To a mixing bowl add browntop millet flour, gram flour, sesame seeds, carom seeds, salt, chilli powder, asafoetida and mix well. Then add hot oil to this flour mixture. Now add water little by little and make a thick dough out of it. Rest it for fifteen minutes. Divide this dough into equal portions and make small balls. Take each ball and press them either in a puri press or on a wet cloth (water should be completely squeezed out from the cloth). To prevent puffing prick them randomly with a fork. Heat oil in a deep frying pan or kadai over medium flame. Now fry each of these flattened puris until crisp. Drain excess oil and take them out using perforated ladle and transfer to a dry plate.

Recipe by: **ANURADHA**, Tirupati

## 9. LITTLE MILLET TOMATO FRYUMS

### Ingredients:

1. Little Millet : 1 cup
2. Tomatoes : 250 grams
3. Water : 9 cups
4. Sea Salt : to taste
5. Ripe(fresh) Red Chillies : 8
6. Cumin Seeds (Jeera) : 2 teaspoons



**Procedure:** Rinse little millet with water and soak it for atleast six hours. Grind it well by adding two cups of water. Make this batter a little thin by adding one more cup of water. Simultaneously make a puree of tomatoes, red chillies in a mixer. On a stove place a deep kadai and boil the remaining six cups of water. To this water add salt, cumin, tomato-chilli paste, little millet batter and mix well so that no lumps are formed. Keep stirring continuously until a medium thick batter is formed. If the batter becomes thick it can be loosened by adding the required amount of hot water. Take it off from stove and allow it to cool a little. Spread a clean cloth over the floor and start pouring batter using a ladle. After the fryums dry well, sprinkle water on the reverse side of the cloth to detach them. These fryums again should be dried in sun for two days before storing them in an air tight container. They can be deep fried in oil whenever necessary.

## 10. LITTLE MILLET LEAFY GREEN FRYUMS

### Ingredients:

1. Little Millet : 1 cup
2. Coriander Leaves/Spinach Leaves : 150 grams
3. Water : 9 cups
4. Salt : to taste
5. Ripe (fresh) Red Chillies : 8
6. Cumin Seeds (Jeera) : 2 teaspoons



**Procedure:** Rinse little millet with water and soak it for at least six hours. Grind it well by adding two cups of water. Make this batter a little thin by adding one more cup of water. Simultaneously make a puree of coriander leaves/spinach leaves, red chillies in a mixer. On a stove place a deep kadai and boil the remaining six cups of water. To this water add salt, cumin, tomato-chilli paste, little millet batter and mix well so that no lumps are formed. Keep stirring continuously until a medium thick batter is formed. If the batter becomes thick it can be loosened by adding the required amount of hot water. Take it off from stove and allow it to cool a little. Spread a clean cloth over floor and start pouring batter using a ladle. After the fryums dry well, sprinkle water on the reverse side of the cloth to detach them. These fryums again should be dried in the sun for two days before storing them in an air tight container. They can be deep fried in oil whenever necessary.

Recipe by: **ANURADHA**, Tirupati

## 11. FOXTAIL MILLET FRYUMS

### Ingredients:

1. Foxtail Millet : 1 cup
2. Cumin Seeds (Jeera) : 2 teaspoons
3. Salt : to taste
4. Water : 4 cups



### Procedure:

Rinse foxtail millet with water and soak it for at least six hours. Grind it well by adding one cup of water. On a stove place a deep kadai and bring remaining three cups of water to a boil. To this water add salt, cumin, foxtail millet batter and mix well. Keep stirring well to prevent formation of lumps until a medium thick dough is formed. After the dough slightly cools down, spread a clean cloth under the sun and make tiny morsels of this dough and place them on the cloth. Once they are completely dry, carefully detach each one of them from the cloth. Place these fryums in hot sun for two more days before storing them in an air tight container. Fryums can be deep fried in oil whenever necessary.

Recipe by: **ANURADHA**, Tirupati

## 12. SIRI RICE FRYUMS

### Ingredients:

1. Cooked Leftover Siri Rice : 4 cups (tightly packed)
2. Green Chillies : 20 (or to taste)
3. Salt : to taste
4. Cumin Seeds : 2 tablespoons



### Procedure:

Make a fine paste of green chillies, salt, and cumin seeds. Knead the leftover siri rice till it becomes soft, add the chilli paste and mix well. Make tiny morsels of this dough and place them in a wide steel plate and dry under sun for two to three days. Store them either in glass bottles or air tight containers. Any siridhanya rice can be used to make these fryums.

Recipe by: **HYMA KIRAN**, Proddatur

## 13. KODO MILLET MURUKKU

### Ingredients:

1. Kodo Millet Flour : 3 cups
2. Fried Bengal Gram Flour :  $\frac{1}{2}$  cup
3. Cumin Seeds : 2 tablespoons
4. Red Chilli Powder : 2 tablespoons
5. Salt : to taste
6. Hot Oil : 5 tablespoons
7. Oil : as required for deep frying
8. Water : as required to make dough



### Procedure:

Rinse and soak kodo millet for six to eight hours, dry under the sun and prepare the flour. Add fried bengal gram flour, cumin seeds, salt, chilli paste, hot oil to the kodo millet flour and mix well. Make smooth thick dough by adding water little by little. Rest it for fifteen minutes. Take a sevai/murukku press, insert desired disc, fill it with dough and close its lid tightly. Heat oil in a deep frying pan or kadai over medium flame. Now press out strands into hot oil and fry until crisp.

## 14. BARNYARD MILLET SAVOURY/SPICY SHELLS

### Ingredients:

1. Barnyard Millet Flour : 1 cup (grain soaked, sundried, milled flour)
2. Groundnut Powder :  $\frac{1}{4}$  cup
3. Oil : 3 tablespoons
4. Salt : to taste
5. Red Chilli Powder : 1 tablespoon
6. Cumin Seeds : 1 tablespoon
7. Sesame Seeds : 1 tablespoon
8. Oil : as required for deep frying
9. Water : as required to make dough



### Procedure:

In a mixing bowl take barnyard flour, groundnut powder, salt, red chilli powder, cumin seeds, sesame seeds and mix them well. Add hot oil and mix. Now add water gradually and make dough. Rest it for fifteen minutes. Divide the dough into equal portions of small balls, which are then flattened and rolled (on a special tool or new wooden comb) so as to take the shape of shells (gavvalu). Then these shells are deep fried in the oil. Spicy shells are ready.

Recipe by: **HYMA KIRAN**, Proddatur

# MILK & CURD



Rytu Nestham  
PUBLICATIONS

## PLANT-BASED NON-DAIRY (VEGAN) MILK

Human digestive system is designed and equipped to efficiently digest the food derived from plant kingdom alone. Hence, it is difficult for it to absorb and assimilate the nutrients present in dairy milk and dairy milk-based products.

Dr. Khadar Vali has introduced us to the ancient wisdom of extraction of milk from plant-based sources such as sesame seeds, peanuts, coconut, pearl millet and so on. He has been creating awareness through his lectures about the health benefits one derives by consumption of vegan milk and the curd prepared from it. He however emphasises that only locally grown seeds and nuts should be used for the purpose and not the imported ones.

Dr. Khadar Vali suggested that plant-based milk may be introduced even to infants right from the time they attain nine months of age. They need to be initiated to these plant-based milks with coconut milk for the first three days and may gradually be introduced to the other varieties of vegan milk obtained from other sources like sesame seeds, finger millet, pearl millet, safflower seeds, etc. However, they are to be given only one kind of milk per day. He even says that it is important for children under three to consume these vegan milk varieties. Vegan milk, coconut milk and sesame milk in particular provide the right nutrition for the optimal growth of bones and overall development in children.

### A WORD OF CAUTION

We generally do not boil milk obtained from plant-based sources. We only warm up the milk using hot water bath method. There is a risk of harmful microorganisms entering our stomach. Since we start giving this milk to kids from nine months of age, utmost hygiene needs to be maintained during the process of extraction of this milk. Before preparing, we should wash our hands, utensils, mixer jars and other equipment used for the process. Even the milk extraction bags should be washed, sundried and later have to be kept in steel boxes.

### HOT WATER BATH METHOD

Boil water in a steel vessel. Turn off the stove and place the vessel containing extracted milk in it. Once the milk reaches lukewarm temperature remove it.



# 1. WHITE SESAME SEEDS MILK



## Ingredients:

1. White Sesame Seeds : 50 grams
2. Water : 500 ml
3. Palm Jaggery Syrup : to taste (optional)

## Procedure:

Rinse and soak white sesame seeds for six to eight hours (in summer its better to change the water once in four hours). Discard the water in which the seeds are soaked, rinse them once again with fresh water and only then use them for milk extraction. Milk can be extracted either using mortar and pestle or a grinding stone or a mixer grinder. Then filter the paste using clean cotton cloth or milk bag, to strain the milk. Heat this milk until lukewarm, using hot water bath method. Now pour this milk into a tumbler, add palm jaggery syrup to taste and consume.

**NOTE:** The milk thus extracted can be given to kids from fifteen months of age. For infants between nine months to fifteen months of age, this milk has to be diluted further by adding five to seven tumblers of water to a tumbler of this milk. Sesame seeds are rich in calcium and lignans. Therefore their consumption helps in keeping the dreadful diseases like cancer at bay. Our body will be able to assimilate all the calcium obtained from the milk of sesame seeds.

Recipe by: **JAYASRI**, Kuwait

## 2. BLACK SESAME SEEDS MILK

### Ingredients:

1. Black Sesame Seeds : 50 grams
2. Water : 500 ml
3. Palm Jaggery Syrup : to taste (optional)

**Procedure:** Rinse black sesame seeds and soak for about six to eight hours (in summer its better to change the water once in four hours). Discard the water in which the seeds are soaked, rinse them once again with fresh water and only then use it for milk extraction. Transfer the sesame seeds into a mixer grinder jar and use little water at a time depending upon the requirement to make a fine paste. Now add this paste along with the remaining water to a milk bag. Squeeze the milk bag until all the milk in the paste is completely expelled. Heat this milk until lukewarm, using hot water bath method. Now pour this milk into a tumbler, add palm jaggery syrup to taste and consume.



**NOTE:** The milk thus extracted can be given to kids from fifteen months of age. For infants between nine months to fifteen months of age, this milk has to be diluted further by adding five to seven tumblers of water to a tumbler of this milk. Sesame seeds are rich in calcium and lignans. Therefore their consumption helps in keeping the dreadful diseases like cancer at bay. Our body will be able to assimilate all the calcium obtained from the milk of sesame seeds. Unlike white sesame seeds, the black sesame seeds have a slight bitter taste. It is ideal to introduce children to this milk after they get accustomed to the other vegan milk varieties. Recipe by: **HYMA KIRAN**, Proddatur

## 3. PEARL MILLET MILK

### Ingredients:

1. Pearl Millet : 50 grams
2. Water : 500 ml
3. Palm Jaggery Syrup : to taste (optional)

**Procedure:** Rinse pearl millet and soak them for six to eight hours. Transfer the pearl millet into a mixer grinder jar and use little water (used for soaking pearl millet) at a time depending upon the requirement to make a fine paste. Now add this paste along with the remaining water to a milk bag. Squeeze the milk bag until all the milk in the paste is completely expelled. Heat this milk until lukewarm, using hot water bath method. Now pour this milk into a tumbler, add palm jaggery syrup to taste and consume.



**NOTE:** The milk thus extracted can be given to kids from fifteen months of age. For infants between nine months to fifteen months of age, this milk has to be diluted further by adding five to seven tumblers of water to a tumbler of this milk.

Though pearl millet comes under neutral grains, Dr. Khadar Vali garu says they are very good for lactating mothers and for curing eye related issues. Pearl millets are laden with micro nutrients like magnesium, phosphorus, potassium and healthy fats.

Recipe by: **ANURADHA**, Tirupati

## 4. FINGER MILLET (RAGI) MILK



### Ingredients:

1. Finger Millet : 50 grams
2. Water : 500 ml
3. Palm Jaggery Syrup : to taste
4. Cardamom Powder : a pinch

### Procedure:

Rinse finger millet and soak them for six to eight hours. Transfer the finger millet into a mixer grinder jar and use little water (used for soaking finger millet) at a time depending upon the requirement to make a fine paste. Now add this paste along with the remaining water to a milk bag. Squeeze the milk bag until all the milk in the paste is completely expelled. Heat this milk until lukewarm, using hot water bath method. Now pour this milk into a tumbler, add a pinch of cardamom powder and palm jaggery syrup to taste and consume.

**NOTE:** The milk thus extracted can be given to kids from fifteen months of age. For infants between nine months to fifteen months of age, this milk has to be diluted further by adding five to seven tumblers of water to a tumbler of this milk.

Though finger millet is a neutral grain, it is rich in calcium. This milk is good for children below fifteen years to get adequate calcium. According to Dr. Khadar Vali it is good for women in menopause stage to consume this milk once in a week.

Recipe by: **HYMA KIRAN**, Proddatur



## 5. COCONUT MILK



### Ingredients:

1. Coconut Pieces or Grated Coconut : 1 cup (180 ml)
2. Water : 180 ml

### Procedure:

Selection of coconut suitable for milk extraction is equally important. A coconut that is neither too tender nor too mature yields thick milk. Too mature coconut yields thin milk.



After breaking the coconut, separate the meat from the shell and cut it into small pieces. It is not necessary to remove the peel. Transfer the coconut pieces into a mixer grinder jar. Add water just enough to make a fine paste. Pour the coconut paste and the remaining water into a milk bag and gently squeeze it, until all the milk in the paste is completely extracted. You can adjust the milk consistency by adding more or less water. Heat this milk until lukewarm, using hot water bath method. Now pour this milk into a tumbler, add palm jaggery syrup to taste and consume.

**NOTE:** The milk thus extracted can be given to kids from fifteen months of age. For infants between nine months to fifteen months of age, this milk has to be diluted further by adding five to seven tumblers of water to a tumbler of this milk. Parents will understand better whether the child is able to digest it well or not and accordingly make changes in consistency of milk. It is not necessary to give this milk in the same dilution as specified by us.

Adults can consume coconut milk three times a week.

People with cold, cough, allergies, or any respiratory related problems like sinusitis may consume warm coconut milk.

This milk can be used as a perfect substitute for dairy milk in the preparation of sweet dishes.

According to Dr. Khadar Vali, infants should be introduced to coconut milk at the time of weaning.

Recipe by: **HYMA KIRAN**, Proddatur

## 6. GROUNDNUT MILK



### Ingredients:

- |                       |   |          |
|-----------------------|---|----------|
| 1. Groundnuts         | : | 50 grams |
| 2. Water              | : | 500 ml   |
| 3. Palm Jaggery Syrup | : | to taste |

### Procedure:

Rinse the groundnuts and soak for six to eight hours (in summer its better to change the water once in four hours). Discard the water in which the groundnuts are soaked, rinse them once again with fresh water and only then use them for milk extraction. Transfer the groundnuts into a mixer grinder jar and use little water at a time depending upon the requirement to make a fine paste. Now add this paste along with the remaining water to a milk bag. Squeeze the milk bag until all the milk in the paste is completely extracted. Heat this milk until lukewarm, using hot water bath method. Now pour this milk into a tumbler, add palm jaggery syrup to taste and consume.

**NOTE:** The milk thus extracted can be given to kids from fifteen months of age. For infants between nine months to fifteen months of age, this milk has to be diluted further by adding five to seven tumblers of water to a tumbler of this milk.

The pink layer of the groundnut seeds contains Resveratrol. As per Dr. Khadar Vali it helps in reduction of inflammation and prevention of cardio vascular diseases.

Recipe by: **HYMA KIRAN**, Proddatur

## 7. SAFFLOWER SEEDS MILK



### Ingredients:

1. Safflower Seeds : 50 grams
2. Water : 500 ml
3. Palm Jaggery Syrup : to taste

### Procedure:

Rinse safflower seeds and soak them for six to eight hours (in summer its better to change the water once in four hours). Discard the water in which the seeds are soaked, rinse them once again with fresh water and only then use them for milk extraction. Transfer the safflower seeds into a mixer grinder jar and use little water at a time depending upon the requirement to make a fine paste. Now add this paste along with the remaining water to a milk bag. Squeeze the milk bag until all the milk in the paste is completely extracted. Heat this milk until lukewarm, using hot water bath method. Now pour this milk into a tumbler, add palm jaggery syrup to taste and consume.

**NOTE:** The milk thus extracted can be given to kids from fifteen months of age. For infants between nine months to fifteen months of age, this milk has to be diluted further by adding five to seven tumblers of water to a tumbler of this milk.

Adults can consume safflower milk once in a week.

Recipe by: **HYMA KIRAN**, Proddatur

## 8. SORGHUM (JOWAR) MILK

### Ingredients:

1. Sorghum : 50 grams
2. Water : 500 ml
3. Palm Jaggery Syrup : to taste

### Procedure:

Rinse sorghum and soak it for six to eight hours. Transfer the sorghum into a mixer grinder jar and use little water (used for soaking sorghum) at a time depending upon the requirement to make a fine paste. Now add this paste along with the remaining water to a milk bag. Squeeze the milk bag until all the milk in the paste is completely extracted. Heat this milk until lukewarm, using hot water bath method. Now pour this milk into a tumbler, add palm jaggery syrup to taste and consume.

**NOTE:** The milk thus extracted can be given to kids from fifteen months of age. For infants between nine months to fifteen months of age, this milk has to be diluted further by adding five to seven tumblers of water to a tumbler of this milk. Though sorghum is neutral grain, its milk is good for children as well as adults up to twenty five years of age. Proteins and several micronutrients like magnesium, iron are present in Sorghum.



## 9. MANGO MILKSHAKE USING COCONUT MILK

### Ingredients:

1. Mango Pulp : 1 cup
2. Coconut Milk : 2 cups
3. Palm Jaggery Syrup : to taste (optional)

### Procedure:

Heat the coconut milk until lukewarm using hot water bath method and allow it to cool down to room temperature before using. Add mango pulp and some coconut milk to a mixer grinder jar and whip it into a smooth paste. To it add the remaining coconut milk and blend it well. Now transfer it into a glass tumbler, add palm jaggery syrup to taste and garnish it to your liking (used mango pulp and coconut milk for garnishing).



Recipe by: **HYMA KIRAN**, Proddatur

## PLANT-BASED NON-DAIRY (VEGAN) CURD

The curd prepared from plant-based milk is nutrient dense and hence should be consumed in limited quantities. It is ideal to consume buttermilk made by adding four to five cups of water to one cup of curd.

### **DISTINCTION BETWEEN CURD MADE FROM PLANT-BASED MILK AND DAIRY MILK**

The very composition of the milk from these two sources is glaringly different. The milk produced by a mammal is meant for its offspring and hence its composition is unique and in accordance with the nutritional requirements of the offspring. It is meant for her offspring alone and none else. On the contrary the milk extracted from plant-based sources too is unique in the sense that its nutrients can be absorbed efficiently by the whole of the human race which consumes it.

The curd made from plant-based sources doesn't set tight like the curd made from animal milk as their composition is different. For example, the fat present in curd made from coconut milk is heat sensitive and melts even at 20°C. Coconut milk curd remains tight in refrigerator but becomes loose at room temperature. However, plant-based curds are a rich source of Vitamin B12 and probiotics. A considerable percentage of population today is suffering from B12 deficiency and is taking solace in supplements. If the whole of the human race turns to plant-based products for all its nutritional needs and uses them judiciously and not greedily almost all the problems (health, environment) being faced today will disappear.

### **A TIP FROM TRADITIONAL WISDOM BY DR. KHADAR VALI**

Refrigerator entered Indian homes on a larger scale only five to six decades ago. Then how were we preserving food and curd six decades ago? A basket filled with moist sand used to be placed in a cool corner of the kitchen and curd was kept in a clay pot neck deep into it. They ensured that the sand stays moist and cool. Those who have the opportunity to dedicate a corner in your kitchens may adopt this method.

### **A WORD OF CAUTION**

We generally do not boil milk obtained from plant-based sources. We only warm up the milk using hot water bath method. Therefore, utmost hygiene needs to be maintained during the process of extraction of milk, fermentation and preservation to prevent contamination. This curd should be consumed within two days from the day of preparation.



## 10. COCONUT MILK-CURD



### METHOD I

#### Ingredients:

- |                           |   |                                      |
|---------------------------|---|--------------------------------------|
| 1. Freshly Grated Coconut | : | 2 cups                               |
| 2. Water                  | : | 1½ cups                              |
| 3. Beaten Desi Cow Curd   | : | 1 tablespoon (as starter culture)    |
| 4. Clay Pot               | : | having a capacity of minimum ½ litre |

#### Procedure:

Take a coconut that is medium mature and break it into two halves. Rinse them once and grate. Blend the grated coconut in a clean mixer grinder jar by adding water gradually at regular intervals. Do not add more than one and half cups of water as thick milk is needed for making curd. Rinse a clean muslin/cotton cloth and spread it over a stainless steel vessel. Then pour the blended grated coconut mixture over the cloth and strain the coconut milk. Only the first extract should be used for making curd. The coconut residue can be used in cooking.

Boil three cups of water in a large kadai/vessel and place a grid in it. Put the vessel containing coconut milk over the grid. Allow the milk to reach a temperature a little higher than lukewarm.

Rinse a clay pot meant for curd with warm water and pour the coconut milk into it. When the milk is lukewarm, add the beaten desi cow curd, mix well and keep it covered in a warm place. Curd will set in five to six hours depending upon the climate. Coconut curd gets thick like dairy curd when refrigerated. It is very sensitive and must necessarily be stored in a refrigerator.

Raitas made with ash gourd, bottle gourd, etc., using this curd taste very good. The taste of Ambali/fermented gruel can be enhanced by adding coconut curd and seasoning it with coriander, green chillies and salt.

Interesting lassi can also be prepared by blending this curd with fresh fruit.

## NOTE:

- Dedicate a clay pot exclusively for setting curd. Avoid using it for other purposes.
- Do not use detergents to clean these pots. Use salt and hot water to clean them.
- Dairy curd may be used as a starter culture just for the first time. Subsequently coconut curd itself can be used for the purpose and dairy curd can be avoided.

## METHOD II

### Ingredients:

1. Tender Coconut Meat : 1 cup
2. Tender Coconut Water : 1 cup
3. Beaten Desi Cow Curd : 1 tablespoon (starter culture)
4. Clay Pot : having a capacity of minimum  $\frac{1}{2}$  litre

### Procedure:

Get an optimally ready tender coconut cut open from a tender coconut vendor. Collect the coconut meat in a stainless steel box and coconut water in a stainless steel/glass bottle. Rinse the coconut meat in clean water and peel off the light brown layer over it. Cut it into smaller chunks and add one cup of coconut water to one cup of these chunks to grind it into a fine thick paste. Depending on the viscosity of the mixture, another half a cup of coconut water can be added. The final mixture should possess the consistency similar to that of dosa batter.

**This mixture (before fermentation) forms a very important ingredient (base) for making smoothies or ice creams for the little ones. Whipping it up along with any locally available fruit and a little palm jaggery syrup and lacing it with sliced fruit makes a wonderful and nutritious dessert. However it should not be left at room temperature for more than an hour as it may turn sour at higher temperatures.**

Adopt hot water bath method to heat up the tender coconut mixture. Boil three cups of water in a large kadai/vessel, place a grid in it and turn off the flame. Put the vessel containing this mixture over the grid. Allow it to reach a temperature a little higher than lukewarm.

Rinse a clay pot meant for curd with warm water and pour the lukewarm mixture into it. Then, add the beaten desi cow curd or coconut milk-curd, mix well and keep it covered in a warm place. Curd will set in five to six hours depending upon the climate. This curd gets thick like dairy curd when refrigerated. The curd made using these ingredients and method has an interesting tangy taste with unique flavour. It is very sensitive and must necessarily be stored in a refrigerator.

Recipe by: **SAI LATHA**, Hyderabad

# 11. GROUNDNUT MILK-CURD

## Ingredients:

1. Groundnuts : 1 cup
2. Water : 2 cups
3. Beaten Desi Cow Curd : 1 tablespoon  
(starter culture)



## Procedure:

Wash and soak groundnuts in four to five cups of water for six hours. Change the water in which the nuts are soaked. This is an essential step because foul smell might emerge if nuts (due to their protein content) are soaked in the same water for long.

After six hours of soaking grind the nuts into a fine smooth paste by adding water little by little (say a quarter cup at a time) at regular intervals. For one cup of nuts two cups must definitely be used for extracting milk.

Rinse a clean muslin/cotton cloth and spread it over a stainless steel vessel. Then pour the ground peanut mixture over the cloth and strain the milk. If you feel some more milk can be extracted from the residue, repeat the process but use very less water for grinding.

Once the milk is extracted boil the milk in a thick bottomed vessel on a low flame. Keep stirring the milk frequently. When a thick foam is formed on top of the milk and is about to rise, turn off the stove and remove the milk vessel from the stove.

Pour the milk into a clay pot. When the milk is lukewarm, add the beaten desi cow curd, mix well and keep it covered in a warm place. Curd will set in four to six hours depending upon the climate.

This curd sets tight like dairy milk. However, it needs to be refrigerated to prevent it from getting spoilt.

This curd can be used to replace dairy curd in any dish.

## NOTE:

- ◆ Dedicate a clay pot exclusively for setting curd. Avoid using it for other purposes.
- ◆ Do not use detergents to clean these pots. Use salt and hot water to clean them.
- ◆ Dairy curd may be used as a starter culture just for the first time. Subsequently peanut curd itself can be used for the purpose and dairy curd can be avoided.
- ◆ This has a very high calorific value and hence should be consumed in moderation.

Recipe by: **SAI LATHA**, Hyderabad



## 12. SESAME MILK-CURD



### Ingredients:

1. White Sesame Seeds : 1 cup
2. Water : 1½ cups
3. Beaten Desi Cow Curd : 2 tablespoons

### Procedure:

Wash and soak white sesame seeds in four to five cups of water for six hours. Change the water in which the sesame seeds are soaked. This is an essential step because foul smell might emerge if these seeds (due to their protein content) are soaked in the same water for long.

Extraction of sesame milk is a relatively tedious process but it is worth the effort. It is one of the most nutrient dense milk and the curd made with it is rich in Vitamin B12 – an essential vitamin which a considerable percentage of human race is deficient in.

This milk has to be extracted by grinding the well soaked seeds with the help of a mortar and pestle or a wet grinder. Milk can no doubt be extracted even by blending the seeds in a mixer grinder but the milk turns astringent and will be less palatable.

Grind the soaked seeds in well cleaned mortar with the help of a pestle by adding very little water at a time. If too much of water is added it becomes difficult to grind the seeds. Rinse a clean muslin/cotton cloth and spread it over a stainless steel vessel. Then pour the sesame paste over the cloth and strain the milk. If some more milk can be extracted from the residue, repeat the process by using very less water for grinding.

Alternatively, soaked sesame seeds can also be ground in a wet grinder but the process gets a little cumbersome.

Choose a method that best suits you.

Sesame seed milk must be heated to a little over lukewarm temperature by using hot water bath method. For that boil three cups of water in a large kadai/vessel, place a grid in it and turn off the flame. Put the vessel containing sesame milk over the grid. Allow the milk to reach a temperature a little higher than lukewarm.

Rinse a clay pot meant for curd with warm water and pour the sesame milk into it. When the milk is lukewarm, add two tablespoons of beaten desi cow curd, mix well and keep it covered in a warm place. Curd will set in five to six hours depending upon the climate.

Please note that this curd does not set tight like dairy curd. It will be of the consistency of dosa batter. It needs to be refrigerated to prevent it from getting spoilt.

### NOTE:

- ◆ Dedicate a clay pot exclusively for setting curd. Avoid using it for other purposes.
- ◆ Do not use detergents to clean these pots. Use salt and hot water to clean them.
- ◆ Dairy curd may be used as a starter culture just for the first time. Subsequently sesame milk curd itself can be used for the purpose and dairy curd can be avoided.



Recipe by: **SAI LATHA**, Hyderabad

## 13. LASSI WITH PLANT-BASED CURDS



### Ingredients:

1. Sesame/ Coconut/ Groundnut Curd : 1 cup
2. Water Chilled In Earthen Pot : 3 cups
3. Ripe Banana Puree/Ripe Mango Puree : 1 cup
4. Palm Jaggery Syrup : to taste (optional)
5. Salt : a pinch
6. Cardamom Powder : 1/2 teaspoon

### Procedure:

**Desi Style:** To a clay pot add all the ingredients except water. Churn them well with a wooden churner. Gradually add one cup of water at a time and churn well until the lassi gets foamy with uniform texture. Serve in clay tumblers. (Clay tumblers should be soaked in water for at least ten hours before using them.)

**Pardesi Style :** Add all the ingredients to a blender jar and whip them up to make a fine smooth lassi. Rinse a clay pot in cold water and pour the lassi into it.

### HOW TO KEEP IT COOL WITHOUT USING A REFRIGERATOR (Forgotten Traditional method narrated by Dr. Khadar Vali)

Fill a basket with sand and place it in a clean and cool corner of your kitchen. Wet the sand. Tuck the pot containing lassi into the moist sand. Ensure that the sand stays moist until all the lassi is consumed.

If not always at least once in a while if traditional cooking and food preparation methods are adopted by us by involving children too, these almost forgotten methods/techniques which are environment friendly will stay alive and can be passed on to the future generations.

Recipe by: **SAI LATHA**, Hyderabad

# CHUTNEY POWDER WITH DRUMSTICK LEAVES

## Ingredients:

1. Drumstick Leaves : 100 g
2. Urad Dal : 1 teaspoon
3. Chana Dal : 1 tablespoon
4. Coriander Seeds : 1 tablespoon
5. Dried Red Chillies : 10 (or to taste)
6. Garlic Cloves : 7 to 8
7. Hing : 1 pinch
8. Tamarind Fruit : 20 - 30 g (small lemon sized)
9. Salt : to taste
10. Oil : 2 tablespoons
11. Palm Jaggery : a tiny piece



## Procedure:

Separate drumstick leaves from the stalks. Rinse and dry them in shade over a clean cotton cloth.

Heat a tablespoon of oil in a large iron kadai. Add chana dal and urad dal and fry them till golden brown and emit nice aroma. At this stage add coriander seeds, red chillies and hing and fry them for two to three minutes. Towards the end add salt too. Transfer these into a plate and allow them to cool.

In the same kadai, pour the remaining oil and fry the garlic and tamarind separately one after the other and keep them aside.

In the same oil fry the drumstick leaves on very low flame till they turn crisp.

First grind the dals etc., coarsely. Then add the tamarind, garlic and fried drumstick leaves and grind them on pulse mode. This chutney powder tastes best when is coarsely ground. Grits of tamarind and garlic give it a unique texture and taste. Tastes ultimate when pounded manually using mortar and pestle.

This healthy chutney powder tastes best with idli, dosa, siri rice, etc.

Curry leaves powder too can be made using the same procedure.

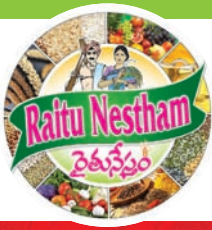
Recipe by: **SAI LATHA**, Hyderabad

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Under the able direction, encouragement, guidance and constructive support from **Smt. Usha Khadar** and **Dr. Khadar Vali** we have succeeded in bringing to you some interesting Siridhanya recipes which can be relished by people of all ages.

