

## about this book

In an era of globalisation monopolised by McDonalds, KFCs and Pizza Huts, it may seem odd that someone is coming out with a book on traditional recipes. That too recipes on *jonna*, *sajja*, *korra*, *saama*, which apparently have the *lowest status* among food crops in comparison to preferred grains such as rice and wheat.

In this very oddness emerges the new ethos that should encompass our lives. An ethos that is a product of the pride of living like individuals with an identity of our own as opposed to living like cogs in a global machine wiping out our individual preferences and tastes. Always ready to be dictated by media about what we should wear, what we should eat and how we should live. If only we can struggle out of this constantly mediated milieu and live our own lives in our own capacity as individuals in our own rights and not as robots remote controlled by an industrial economy then we can attain a new liberation for ourselves.

Why a book on traditional recipes should begin with this pompous statement on globalisation is a valid question. The answer lies in the fact that food is fundamental to all our cultures. If we can retain our food culture, we can retain the rest of our identity. Therefore if this simple book of recipes leads us to think about the decimation of our identities and the need to reestablish it, we will have realised a cherished goal of the Deccan Development Society.

This book also brings into open another stark irony of our lives. In today's world *mediated* for us by NDTV, CNN-IBN, *STAR* and *Z*, we are made to learn even our grandmother's recipes from Tarla Dalals and Madhur Jaffreys through their glossy coffee table books costing several thousand rupees. In contrast, this book is the product of the shared collective knowledge offered to us by numerous women from dozens of villages in the Medak District of Andhra Pradesh. It is *their* book and we have only *written down* [not written] what they have said. That our learning should go back to these authentic sources rather than to imposters and appropriators is another major political statement that this little book is making.

We are grateful to all the women from the villages of Algole, Basantpur, Bidakanne, Humnapur, Kamalpalle, Krishnapur, Machnoor and Pastapur in Zaheerabad region of Medak District who made this book possible for us.

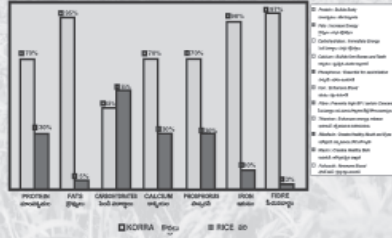
The documentation of the recipes was done by Salome Yesudas, Food Scientist in the DDS Krishi Vigyan Kendra. She provided all the nutritional tables and added an extra dimension to this book. Ch Lalitha of DDS, Manemma from Narsapur, Suvarnamma and Seshamma from Algole, Sharifabee from Krishnapur and Musaligari Ratnamma from Pastapur cooked the recipes for photographs. We are grateful to all these women. All the photographs have been shot by Chinna Narsamma and Yesu from Pastapur. Both of them have done a great job.

Several organisations have helped in the publication of this book. They include Christian Aid, FYF and IIED of London and EED of Germany. We gratefully acknowledge their support.

**p v satheesh**  
director  
deccan development society

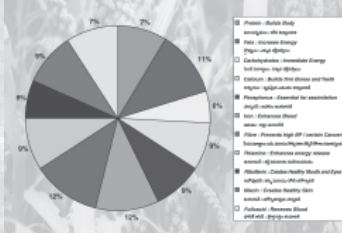
**NUTRIENT COMPARISON: KORRA & RICE**

పోషక విలువల పోలిక : కొర్రలు - చరి



**NUTRIENT COMPOSITION: KORRA**

పోషక విలువలు కొర్ర



**KORRA[Foxtail millet]**

This is chaala HOT Guru, Would exclaim GenNest.

Yes, Korra is a Hot Hot food. Traditionally it is believed that if you have fever, drink a porridge of Korra, wrap yourself in a woollen blanket and sleep. By the time you wake up, your fever is gone.

Apart from warmth, Korra offers a wide range of nutritional advantages over other foods, especially rice. It has the highest percentage of protein, minerals and iron among all foods [100% more protein and 500% more minerals and 400% more iron than rice] and very high quantities of B1 and B2 vitamins as well as a range of micro nutrients.

Compared to rice Korra also contains five times more vitamin B1 and four times more

Vitamin B2, four times more bone-building Calcium, 60% more blood enhancing iron.

All this mean that a good intake of Korra in our foods will ensure that we get energy, proteins for body building, minerals, as well as vitamins that keep us healthy.

KORRA is rich in fibre. Fibre is associated with reduced incidence of coronary heart diseases and certain types of cancer. Fibre is most advocated for diabetic people since it helps the gradual release of sugar into our system unlike rice

**Special Features**

- ✿ Rich in protein, builds body , helps in growth.
- ✿ Rich in Iron , builds blood.
- ✿ Good source of fiber, promotes healthy digestion
- ✿ Offers high energy; keeps you active

**METHOD:**

- ◆ Clean Blackgram dhal and Bengalgram dhal. Soak for 4 hours separately
- ◆ Soak Foxtail millet for four hours. Add Fenugreek seeds to Foxtail millet while soaking.
- ◆ Grind the dhals and the Foxtail millet separately.
- ◆ Mix together into a smooth batter, add salt and leave it to ferment overnight.
- ◆ Mix well by adding water, just enough to get dosa batter consistency.
- ◆ Heat a frying pan , spread a large scoop of batter on it evenly to make the dosas.
- ◆ Serve hot with any pickle or chutney.



**Korra Dosa**  
**INGREDIENTS**

- Bengalgram dhal** 2 table spoons
- Foxtail millet** 2 glasses
- Blackgram dhal** 1 glass
- Fenugreek seeds** a pinch
- Oil** 1/4 kg 250 ml
- Salt to taste**

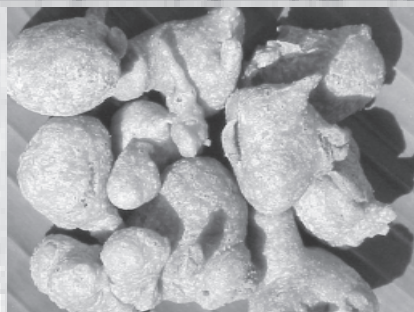
**Cooking time: 20 mins.**

**Nutritive Values: For 100 g of the Ingredient**

Ingredient	Proteins Gms	Fat Gms	Minerals gms	Fiber gms	Carbo Hydrates g	Energy g	Calcium mg	Phosphorus mg	Iron mg
bengal gram dal	20.8	5.6	2.7	1.2	59.8	372	56	331	5.3
foxtail millet	12.3	4.3	3.3	8.0	60.9	331	31	290	2.8
black gram	24.0	1.4	3.2	0.9	59.6	347	154	385	3.8
oil	-	100	-	900	-	-	-	-	-

## METHOD

- ◆ Sieve both the flours together.
- ◆ Add cumin seed, salt, chilli powder and baking powder.
- ◆ Mix well, and make a batter by adding sufficient water.
- ◆ Heat the oil in a deep frying saucepan.
- ◆ Gently put little scoops of batter into the heated oil, and fry till the lumps of batter turn light brown.
- ◆ Serve the bajji hot with any pickle or chutney.



## Korra Bajji

### INGREDIENTS

<b>Bengalgram flour</b>	<b>1/4 kg</b>
<b>Foxtail millet flour</b>	<b>1/2 kg</b>
<b>Cummin seeds</b>	<b>10 gms</b>
<b>Chilli Powder</b>	<b>25 gms</b>
<b>Baking Powder</b>	<b>a pinch</b>
<b>Oil</b>	<b>1/2 kg or 250 ml</b>
<b>Salt to taste</b>	

**Cooking time: 20 mins.**

### *Nutritive Values: For 100 g of the Ingredient*

Ingredient	Proteins Gms	Fat Gms	Minerals gms	Fiber gms	Carbo Hydrates g	Energy g	Calcium mg	Phosphorous mg	Iron mg
bengal gram dal	20.8	5.6	2.7	1.2	59.8	372	56	331	5.3
foxtail millet	12.3	4.3	3.3	8.0	60.9	331	31	290	2.8
oil	-	100	-	900	-	-	-	-	-

## METHOD

- ◆ Soak Blackgram dhal and Foxtail millet separately for 3-4 hours. Grind them separately to a coarse texture.
- ◆ Finely chop coconut, ginger, green chillies, coriander and curry leaves.
- ◆ Add these finely chopped ingredients, salt and 2 glasses of Upma rava to the coarsely ground Blackgram dhal and Foxtail millet
- ◆ Mix well to form a batter
- ◆ Heat oil in a pan, and deep-fry little scoops of batter until golden brown
- ◆ Serve the vadas with chutney.



## Korra Vada

### INGREDIENTS

<b>Black gram dhal</b>	<b>1/4 kg</b>
<b>Foxtail millet</b>	<b>1/2 kg</b>
<b>Upma rava</b>	<b>2 cups</b>
<b>Coconut (optional)</b>	<b>25 gms</b>
<b>Ginger</b>	<b>25 gms</b>
<b>Coriander, curry leaf and green chillies for taste</b>	
<b>Oil</b>	<b>1/2 kg or 1/2 litre</b>
<b>Salt to taste</b>	

**Cooking time: 30 mins.**

### *Nutritive Values: For 100 g of the Ingredient*

Ingredient	Proteins Gms	Fat Gms	Minerals gms	Fiber gms	Carbo Hydrates g	Energy g	Calcium mg	Phosphorous mg	Iron mg
Black gram dal	24.0	1.4	3.2	0.9	59.6	347	154	385	3.8
Foxtail millet	12.3	4.3	3.3	8.0	60.9	331	31	290	2.8
oil	-	100	-	900	-	-	-	-	-
coconut fresh	4.5	41.6	1.0	3.6	13.0	444	10	240	1.7

## METHOD:

- ◆ Sieve both the flour together.
- ◆ Add cumin seed, salt, chilli powder, Sesame seeds and mix well.
- ◆ Heat 50 ml oil and pour the hot oil into this mixture. Mix well with a spoon.
- ◆ Make into a stiff dough using hot water.
- ◆ Make murukus by using muruku maker
- ◆ Heat 1/2 litre oil in a pan, and deep fry murukus until they turn brown.



## Korra Murukulu

### INGREDIENTS

<b>Bengalgram flour</b>	<b>1/4 kg</b>
<b>Foxtail millet flour</b>	<b>1/2 kg</b>
<b>Cumin seeds</b>	<b>10 gms</b>
<b>Chilli powder</b>	<b>25 gms</b>
<b>Sesamum</b>	<b>25 gms</b>
<b>Oil</b>	<b>1/2 litre</b>
<b>Salt to taste</b>	

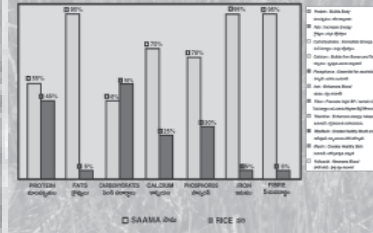
**Cooking time: 20 mins.**

### Nutritive Values: For 100 g of the Ingredient

Ingredient	Proteins Gms	Fat Gms	Minerals gms	Fiber gms	Carbo Hydrates g	Energy g	Calcium mg	Phosphorous mg	Iron mg
bengal gram dal	20.8	5.6	2.7	1.2	59.8	372	56	331	5.3
foxtail millet	12.3	4.3	3.3	8.0	60.9	331	31	290	2.8
Sasemum	18.3	43.3	5.2	2.9	25.0	563	1450	570	9.3
oil	-	100	-	900	-	-	-	-	-

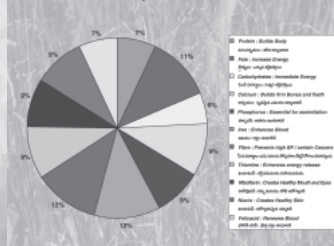
### NUTRIENT COMPARISON: SAAMA & RICE

పోషక విలువల పోలిక : సామ - చలి



### NUTRIENT COMPOSITION: SAAMA

పోషక విలువలు : సామ



## SAAMA [Little Millet]

GenNext language would describe *Saama* as “Hey Dude, **Saama** is *Thanda, Thanda Cool Cool food*”. *Saama* in Summer is the best way to beat the heat.

*For our bodies battered by the consumption of foods full of carbohydrates, Saama offers a refreshing and soothing alternative. Low in fats, high in phosphorous, calcium, minerals, protein and fibre [Saama has 3500% more fibre than rice] Saama is a wonder grain.* Because of these great nutritional qualities, Saama is a great source of health. It is a food that people suffering from diabetes and blood pressure should welcome into their diets as the dietary fibre is most effective in reducing blood glucose and cholesterol levels.

### Special Features

- ☆ Little millet provides proteins for growth.
- ☆ Jaggery is a good source of iron needed for blood building.

## METHOD

- ◆ Wash and chop onion, chillies and greens.
- ◆ Clean and wash Green gram dal and soak for half an hour.
- ◆ Take a big clean vessel and heat the oil.
- ◆ Add the seasoning seeds (mustard and cumin seeds), curry leaf, chopped onion, ginger garlic paste, greens and green gram dal.
- ◆ Allow it to fry well, add salt to taste and add water ( two liters of water to 1 kg. Little millet).
- ◆ Cover the vessel with a lid and allow to boil .
- ◆ Wash Little millet and pour it in the vessel
- ◆ Stir well, cover with a lid, and cook to a firm consistency on a steady flame.



## Sama Kichidi

### INGREDIENTS

Little millet	1 kg
Water to cook	2 liters
Greens	50 g
Onion	25 g
Greengram dal	250 g
Green chilly	as needed
Oil	20 g
Seasoning seeds, Curry leaf	
Ginger garlic paste to taste	
Salt to taste	

Cooking time: 10 mins.

### Nutritive Values: For 100 g of the Ingredient

Ingredient	Proteins Gms	Fat Gms	Minerals gms	Fiber gms	Carbo Hydrates g	Energy g	Calcium mg	Phosphorous mg	Iron mg
Little millet	7.7	4.7	1.5	7.6	67.0	341	17	220	2.5
Green gram dal	24.5	1.2	3.5	0.8	59.9	348	75	405	3.9
Oil	-	100	-	-	-	900	-	-	-

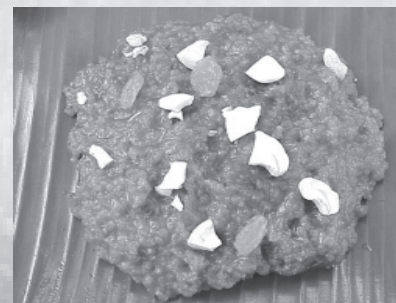
### Special Features

☆ All in one Dish

Note : The same recipe holds good for Korra Kichidi, Yavva Kichidi

## METHOD

- ◆ Roast groundnut and grind into fine powder
- ◆ Grind fennel seeds into fine powder
- ◆ Crush jaggery
- ◆ Take one liter of water, add crushed jaggery powder into it and dissolve. Sieve and keep the solution aside
- ◆ Boil two liters of water in a large vessel. Into the boiling water, add Little millet flour slowly and stir constantly to avoid lump formation.
- ◆ After the flour is stirred in, add the ready jaggery solution.
- ◆ Let the mixture cook for a few minutes on a slow fire.
- ◆ Remove from the stove and serve hot. Add ghee if needed.



## Sama Pasham (Kheer)

### INGREDIENTS

Little millet	500 g
Water to cook	3 liters
Jaggery	500 g
Somph	50 g
Copra	100 g
Ground nut	100 g

Cooking time: 30 mins.

### Nutritive Values: For 100 g of the Ingredient

Ingredient	Proteins Gms	Fat Gms	Minerals gms	Fiber gms	Carbo Hydrates g	Energy g	Calcium mg	Phosphorous mg	Iron mg
Little millet	7.7	4.7	1.5	7.6	67.0	341	17	220	2.5
Coconut Dry	6.8	62.3	1.6	6.6	18.4	662	400	210	7.8
Ground nut	26.2	39.8	2.5	3.1	26.7	570	77	370	3.1
Jaggery	0.4	0.1	0.6	-	95	383	80	40	2.64

Note : The same recipe holds good for Korra Pasham

## METHOD

- ◆ Clean Blackgram dhal and Little millet.
- ◆ Soak both the dhal and Little millet separately for about 4 hours.
- ◆ Grind them separately. Mix together, add salt and leave the mixture over night for fermentation.
- ◆ Mix the batter very well. Take an Idye maker. Place the batter on Idli plates and steam them for about 20 minutes.
- ◆ Serve hot with any pickle or chutney.



## Sama Jdli

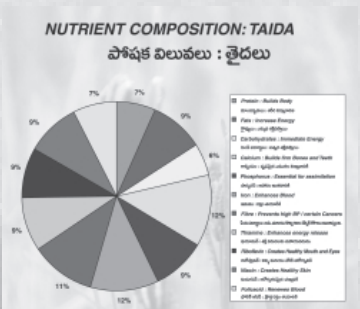
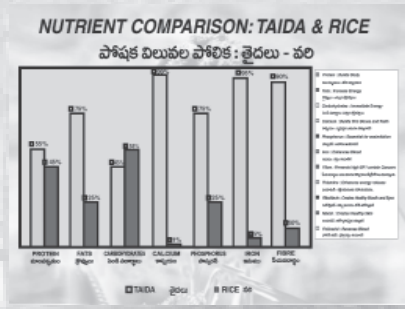
### INGREDIENTS

- Blackgram dhal** 1glass  
**Little millet** 2 glasses  
**Salt to taste**  
**Baking powder**

**Cooking time: 30 mins.**

### *Nutritive Values: For 100 g of the Ingredient*

Ingredient	Proteins Gms	Fat Gms	Minerals gms	Fiber gms	Carbo Hydrates g	Energy g	Calcium mg	Phosphorous mg	Iron mg
Little millet	7.7	4.7	1.5	7.6	67.0	341	17	220	2.5



### TAIDA [Ragi], Finger millet

Taida is considered as the *coolest* and the *richest millet* in terms of its taste and nutrition. Taida is *rich in minerals*, especially calcium which builds bones and teeth. Taida is also *rich in other minerals and fiber*. It also contains good amounts of *B1 and B2* which help in different biological functions.

Rice is poor source of calcium with a value of 10 mg where as *Taida* has an enormous amount of calcium that is 344 mg per 100 gms. It is also advised in many *therapeutic diets* example diabetes. Among all the millets this is easily digestible.

- \* Taida [Ragi] provides calcium for strong bones and teeth
- \* Rich in proteins and iron, which helps in blood formation, body building.
- \* Slow in digestion; hence good for Diabetics.
- \* Taida [Ragi] provides proteins for growth.
- \* Jaggery normally used with Taida in most recipes, is a good source of iron essential for blood building.

### METHOD

- ◆ Take a handful of Taida (Ragi) flour, and add water to it to make a soft dough.
- ◆ Knead the dough into a lemon-sized ball.
- ◆ Take a wooden board , and sprinkle some flour on it.
- ◆ Place the dough-ball on the board, press gently with both hands, and pat into a round roti (disc).
- ◆ Heat an iron pan. It Gently place the roti on the heated pan
- ◆ Sprinkle a little water on the roti to cover it evenly.
- ◆ Roast it on an even flame on both sides till it is cooked.
- ◆ Roti making is an art which can be mastered through practice.



### Taida Roti

#### INGREDIENTS

- Finger millet flour 500 g
- Water as required
- Salt to taste

Cooking time: 15 mins.

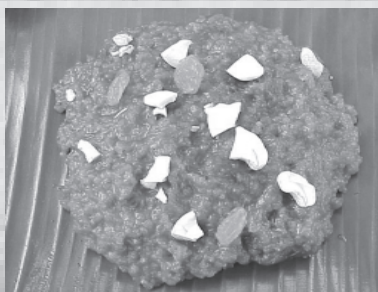
### Nutritive Values: For 100 g of the Ingredient

Ingredient	Proteins Gms	Fat Gms	Minerals gms	Fiber gms	Carbo Hydrates g	Energy g	Calcium mg	Phosphorous mg	Iron mg
Finger Millet	7.3	1.3	2.7	3.6	72.0	328	344	283	3.9

Note : The same recipe holds good for Jonna Roti, Sajja Roti.

## METHOD

- ◆ Roast groundnut and grind into fine powder
- ◆ Grind fennel seeds into fine powder
- ◆ Punch jaggery
- ◆ Take one liter of water, add crunched jaggery into it and dissolve. Sieve and keep the solution aside
- ◆ Roast Taida (Ragi) flour with ghee for 5 minutes.
- ◆ Boil two liters of water in a large vessel. Into the boiling water, add the roasted finger millet flour slowly and stir constantly to avoid lump formation.
- ◆ After the flour is stirred in, add the ready jaggery solution.
- ◆ Let the mixture cook for a few minutes on a slow fire.
- ◆ Remove from the stove and serve hot. Add ghee if needed.



## Taida (Ragi)

### Ambali

#### INGREDIENTS

Taida(ragi) flour	500 g
Water to cook	3 liters
Jaggery	500 g
Fennel (Somph)	50 g
Ground nut	100 g
Cashew nut	50 g
Copra	100 g
Cardamom powder	

**Cooking time: 15 mins.**

#### Nutritive Values: For 100 g of the Ingredient

Ingredient	Proteins Gms	Fat Gms	Minerals gms	Fiber gms	Carbo Hydrates g	Energy g	Calcium mg	Phosphorous mg	Iron mg
FingerMillet	7.3	1.3	2.7	3.6	72	328	344	283	3.9
Groundnut	26.2	39.8	2.5	3.1	26.7	570	77	370	3.1
Jaggery	0.4	0.1	0.6	-	95	383	80	40	2.64
Copra	6.8	62.3	1.6	6.6	18.4	662	400	210	7.8

*Note : The same recipe holds good for Jonna Ambali, Sajja Ambali*

## SAJJA[Bajra, Pearl millet]

Another cool customer among the traditional crops is Sajja. Considered a COOL crop and known for its delicious rotis and malida Sajja is also a great storehouse of nutrition. At 361 k.cal of energy per 100 gms it tops the list of energy-giving grains. It also has 132 mg of carotene per 100 gms. Compare this to Rice which contains 0 Carotene!.

Carotene is the most sought after micro nutrient in the food industry. Most of us search for Beta Carotene capsules to keep ourselves healthy. Sajja offers this vital vitamin at no additional cost.

## METHOD

- ◆ Sieve both the flours together. Add cumin seed, salt, chilli powder and Sesame seeds.
- ◆ Mix well. Make a stiff dough with a little hot water.
- ◆ Roll the dough into, thin, small round poories.
- ◆ Heat about 1/2 litre. of oil in a deep frying pan and fry the poories till they are brown in colour.



## Sajja Appalu

### INGREDIENTS

<b>Sajja flour</b>	<b>1kg</b>
<b>Bengalgram flour</b>	<b>2 cups</b>
<b>Sesame seeds</b>	<b>50 gms</b>
<b>Ajwain seeds</b>	<b>20 gms</b>
<b>Chilli powder</b>	<b>50 gms</b>
<b>Salt to taste</b>	
<b>Oil</b>	<b>3/4 Litre</b>

Cooking time: 30 mins.

### *Nutritive Values: For 100 g of the Ingredient*

Ingredient	Proteins Gms	Fat Gms	Minerals gms	Fiber gms	Carbo Hydrates g	Energy g	Calcium mg	Phosphorous mg	Iron mg
Bengal gram dal	20.8	5.6	2.7	1.2	59.8	372	56	331	5.3
pearl millet	11.6	5.0	2.3	1.2	67.5	361	42	296	8.0
oil	-	100	-	900	-	-	-	-	-
sesamum	18.3	43.3	5.2	2.9	25.0	563	1450	570	9.3

## METHOD

- ◆ Make thin rotis of Sajja flour.
- ◆ Crush them into tiny bits while they are hot.
- ◆ Ground all other ingredients into fine powder.
- ◆ Add all these to crushed rotis along with ghee.
- ◆ Mix it thoroughly. Serve with additional ghee.



## Sajja Malida

### INGREDIENTS

<b>Sajja flour</b>	<b>1 kg</b>
<b>Water</b>	
<b>Copra</b>	<b>100 g</b>
<b>Ground nut</b>	<b>100 g</b>
<b>Somph (Fennel seeds)</b>	<b>025 g</b>
<b>Roasted chickpea</b>	<b>100 g</b>
<b>Jaggery</b>	<b>500 g</b>
<b>Ghee</b>	<b>100 g</b>
<b>Cardamom for flavour</b>	

Cooking time: 60 mins.

### *Nutritive Values: For 100 g of the Ingredient*

Ingredient	Proteins Gms	Fat Gms	Minerals gms	Fiber gms	Carbo Hydrates g	Energy g	Calcium mg	Phosphorous mg	Iron mg
Pearl millet	10.4	1.9	1.6	1.6	72.6	349	25	222	4.1
Copra	6.8	62.3	1.6	6.6	18.4	662	400	210	7.8
Groundnut	26.2	39.8	2.5	3.1	26.7	570	77	370	3.1
Chickpea	22.5	5.2	2.5	1.0	58.1	369	58	340	9.5
Jaggery	0.4	0.1	0.6	-	95.0	383	80	40	2.64
Ghee		100				900			

*Note : The same recipe holds good for Sorghum Malida, Finger millet Malida, Barley Malida*

## METHOD :

- ◆ Take water in a vessel, add crushed jaggery and dissolve well in water. Sieve and cook the solution on slow flame for 20 minutes to get a string consistency.
- ◆ Powder sesame, khas khas, somp and cardamom. Mix it with Sajja flour, and drop the mixture slowly into jaggery syrup while it is hot, and mix well into a dough.
- ◆ Heat oil in a pan.
- ◆ Make small balls and small poories.
- ◆ Deep fry them on slow flame.
- ◆ Cool and pack in an air-tight container.

Note: A poorie is dough rolled and turned into a small disc shape

**Cooking time: 30 minutes**  
**Jaggery solution, mixing dough and deep frying**



## Sajja Noonepolelu INGREDIENTS

Sajja	1 kg
Water	
Sesame	25 g
Khas khas (Poppy seeds)	25 g
Soumph (Fennel)	25 g
Cardamom powder	
Jaggery	500 g
Oil for deep frying	500 g

Ingredient	Proteins Gms	Fat Gms	Minerals gms	Fiber gms	Carbo Hydrates g	Energy g	Calcium mg	Phosphorous mg	Iron mg
Pearl millet	11.6	5.0	2.3	1.2	67.5	361	42	296	8
Sesame	18.3	43.3	5.2	2.9	25.0	563	14.50	570	9.3
Khas khas	21.7	19.3	9.9	8.0	36.8	409	1584	432	15.9
Jaggery	0.4	0.1	0.6	-	95	383	80	40	2.64
Oil	-	100	-	-	-	900	-	-	-

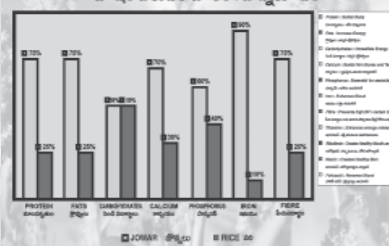
## Special Features

- ☆ Rich in protein, builds body , helps in growth.
- ☆ Rich in Iron, builds blood.
- ☆ Good source of fiber, promotes healthy digestion.
- ☆ Gives high energy; makes you active.

Note: The same recipe holds good for Barley Noone Polelu.

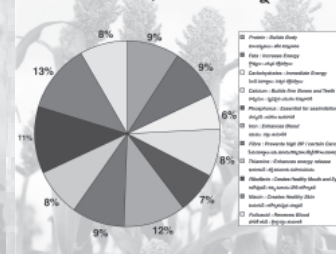
## NUTRIENT COMPARISON: JOWAR & RICE

పోషక విలువల పోలిక : జొన్నలు- వరి



## NUTRIENT COMPOSITION: JOWAR

పోషక విలువలు : జొన్నలు



## JONNA [Jowar, Sorghum]

Jonna is a not only staple food but also versatile millet. It delicious and nutritious preparations are prepared with therapeutic value. Jonna is rich in body building protein good source of energy and contains good amount of iron as well.

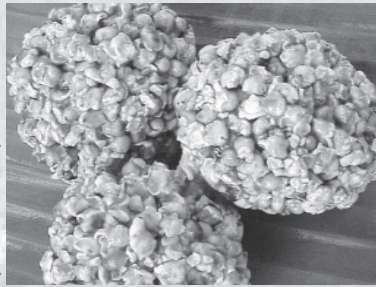
Jonna has 10.4 g of calcium and 4.1. mg of iron for 100 g. Like Taida this is also easily digestible and is welcome convulsive food and has many local varieties which are delicious, nutritious and has a great satiety value.

A range of good qualities and taste is embodied in this wonder millet.

## METHOD:

### a. Puffing jowar

- ◆ Clean jowar, wash and soak over night and shade-dry for half an hour.
- ◆ Keep a large iron pan on the stove, heat it well. Roast jowar until it puffs (Normally jowar puffs up within five minutes.)



## Jonna Pelala Laddu

### b. Making laddu

- ◆ Take water in a vessel, add crushed jaggery and dissolve well in water. Sieve and cook the solution on slow flame for 20 minutes to get a string consistency.
- ◆ Remove from fire.
- ◆ While hot, add puffed jowar and cardamom powder. Stir well.
- ◆ Apply oil to your hands, take the mixture from the vessel even while it is hot and make balls of it.

## INGREDIENTS

- Puffed Jowar - 1kg**  
**Water to cook**  
**Jaggery - 750 g**  
**Cardamom powder - 10 gms**

**Cooking time: 20 mins.**

Sorghum laddu is ready to eat.

### Nutritive Values: For 100 g of the Ingredient

Ingredient	Proteins Gms	Fat Gms	Minerals gms	Fiber gms	Carbo Hydrates g	Energy g	Calcium mg	Phosphorous mg	Iron mg
Sorghum	10.4	1.9	1.6	1.6	72.6	349	25	222	4.1
Jaggery	0.4	0.1	0.6	-	95	383	80	40	2.64