

## MILLET RECIPES FOR SIX MONTHS TO 6 YEARS OF AGE BY WOMEN OF ZAHEERABAD REGION, MEDAK DISTRICT, ANDHRA PRADESH

The Millet recipe competition has held on April 12 at the Millet complex of the DDS NGO. It was a one day programme organised by the Deccan Development Society NGO to create an awareness programme on Millet to adopt Millet in their food pattern.

The recipe competition programme was conducted successfully with different recipes of Millets and with 22 from Zaheerabad mandal and its surrounding villages. All the recipes were mainly for the babies in the age group from six months to six years.

Millet is a very good food for the babies from six months to six year. Millet can be easily digestible, and has a lot of nutritional values. From one year onwards, they can take hard foods, like Berraka roti and Jowar roti.

Jowar roti, even the six month old baby can sip and melt it in his mouth. Those participants shared their personal experiences. They said, when we go to the doctors, they prescribes the Cerelacs for our babies, which contains sugar, wheat, and cereals whereas in Millet Cerelac model, we prepare the food with sugar and millet which is equally healthy and nutritious as the Cerelac which we buy from the market.

The cost of half kg Cerelac is 120 rupees where as the Millet costs only 30/40 rupees.

Cerelac is artificial which is available in the market, we can feed our babies home made Millet which can keep our babies much more active, healthy and energetic.

Even Millet is very good for lactating mothers; it creates more milk, Finger Millet malt which is very helpful for lactating mothers. And basic information like, if the food is sweet, then it will be problematic for the babies to digest, and there will be motion problem, so they made khichdi with salt and after four years then can eat pakodas or bajjis.

After the competition all the dishes/food items were displayed to the judges. They have divided the food items into three parts, one for six month and above babies, second for one year and above babies, and last one was for the three-year-above babies.

Then a small discussion was followed, all the participants told their recipes to others and they also explained why that particular food is good for the babies and what the nutritional values of those food items are. They described all the nutritional values, protein and all the medical values of each recipe.

The whole programme seemed like it was a mini festival. At the end, a photography session took place.

The power of information and communication technology was visible in the competition. The use of digital recorder, video camera to document the information, the recipes, the ingredients, procedures, and the participants views etc.

This competition was conducted second time, and in March 27 the first recipe competition had held with nine participants. The purpose is to publish a book on the Millet recipes in different languages which will help people in including Millet as part of their daily food habit. The housewives are using millets at their home, as they are highly nutritious, and are healthy.

Millet drink was provided for free of cost at the Zaheerabad bus stop on the occasion of Environment day. The DDS provided free drinks to create a curiosity for the millet and to make people aware that Millet drink is healthy than Pepsi and Coke.

## Recipes

1. Ragi Laddu (Finger Millet Laddu)
2. Millet Cake
3. Foxtail Millet Laddu
4. Foxtail Millet Pakode/ Bajji
5. Beraki Rotte [Roti from mixed flour]
6. Jowar Bajji
7. Jonna Bhuva (Jowar rice)
8. Jowar Payasam
9. Bajra Khichdi (Pearl Millet Khichdi)
10. Jowar Ambali (Jowar Porridge)
11. Oats halwa (Oats Payasam)
12. Fingermillet Ambali (Finger-Millet Porridge)
13. Foxtail Millet Ambali (Fox-tail Millet Porridge)
14. Little Millet payasam
15. Little Millet khichdi
16. Jowar Murkulu
17. Foxtail Murkulu
18. Cerelac model
19. Bajra Mallida
20. Jowar Roti

Instead of these items which had been made and displayed in the competition, there are other recipes also provided by the participants.

Like, Raagi biscuits (Finger Millet biscuit) and Green Jaggery drink.

### **1. Millet Cake/ Raagi Cake**

#### **Ingredients:**

Raagi flour -200 grams  
Butter 200 grams  
Sugar/ Jaggery- 200 grams  
Egg- 4  
Elachi, cashew nuts, ground nuts to garnish and water

**Procedure:**

- ❖ Take a bowl; mix the raagi powder with water
- ❖ Make a paste, add sugar and butter
- ❖ Put 1 table spoon of Elachi powder and other stuffs and mix them well
- ❖ Take another bowl and apply butter in that and pour the mixture into that bowl
- ❖ And keep that in the Micro wave oven for 30 minutes
- ❖ Then the cake is ready to serve

(You can add ground nuts, cashew nuts, almonds to garnish, and you also can make cake without them)

**Another Method of making it:**

- ❖ Those who do not have Microwave oven at home, they also can make this cake at home by following this method. Here cake can be made through using hot sands.
- ❖ First make the mixture by following the above instructions.
- ❖ Then apply ghee on a bowl and cover with the lid. Make sure it will be closed properly. Put it inside the hot sand, and simultaneously keep heating the sand
- ❖ The cake will take 30 minutes to get baked.

The cake looks and tastes like chocolate cake.

**Why for babies?**

Babies from six months to six years, their teeth are not developed, they love to eat something sweet and soft. Millet has a better balance of vitamins and minerals than wheat, barley, rice. Millet contains incredible amounts of iron, B vitamins, complex protein, amino acids, phosphorus and potassium.

**2. Raagi Laddu**

**Ingredients:**

Raggi flour- 100 grams  
Jaggery- 100 grams  
Ghee- 25 grams  
Elachi for taste  
Water

**Procedure:**

Fry the raagi flour and boil water and add jaggery make it syrup and then add the raagi flour, and make laddus

**Why for babies?**

This is very nutritious for the babies from 1 and half years to six years. In that stage, they love to something sweet and tasty to mouth.

**3. Fox-tail Millet Laddu****Ingredients:**

Fox-tail Millet flour- 100 grams

Jaggery- 100 grams

Ghee- 25 grams

Elachi for taste

Water

**Procedure:**

Fry the fox tail flour. Then powder it. Take water and mix the fox tail millet powder. Then make it small balls through some machine and then deep fry them

In another bowl, heat water and then add jaggery make it a thin syrup. And then put the fried foxtail balls in the syrup, and take it out after 1 minute, and then use your hand to make laddus.

**4. Foxtail Millet Bajji / Pakode****Ingredients:**

Foxtail millet flour, Onion, tamarind, ginger paste, garlic paste, mustard seeds, tamarind powder, chilli powder, salt, oil, Dhaniya leaves

**Procedure:**

Make like general pakode

**Why for babies?**

Bajji is good for the children from three years to six years. You can include the bajji with the meals, with rice dal, and other food stuffs, which will supplement nutrition and taste.

**5. Berraka Rotti****Ingredients:**

Black gram flour- 250 grams

Ginger garlic paste

Salt  
French leaves (onion leaves) – 1 cup  
Green chilli- 10 pieces  
Emarayantas leaves- 50 grams  
Water

**Procedure:**

Get water in a bowl and put the flour, salt, and mix all the ingredients in the bowl, and make dough, and then cut it into small balls, then press the balls to make a round roti shape. Then put the roti on the pan until it's done.

**Why for babies?**

The individual behaviour of a baby influences their energy requirements and therefore influences their desired meal servings. This Berraka roti is very helpful for growing active babies. This also can be fed with other dal and vegetables for over all supplements.

**6. Jowar Bajji**

**Ingredients:**

Jowar flour, Onion, tamarind, ginger paste, garlic paste, mustard seeds, tamarind powder, chilli powder, salt, oil, Dhaniya leaves

**Procedure:**

The process is same but the flour is different, the pakoras are same except the onions here, they don't put any onion.

**Why for babies?**

The benefits are quite similar to fox-tail millet bajji.

**7. Janna Bhuva**

**Ingredients:**

Jawar- 100 grams  
Tamarind and salt for taste  
French leaves onion leaves  
Ginger and garlic paste

**Procedure:**

They make it like khichdi and instead of rice, they put it jowar

**Why for babies?**

It is recommended as a great food for infants. It is supposed high in calcium for the growing bones.

## **8 . Jawar payasam**

### **Ingredients:**

jawar- 100 grams

Jaggery- 100 grams

Ghee- 25 grams

Elachi ground nut, sounf for taste

water

### **Procedure:**

First soak the jawar one day before making it. Then cook the jaggery and jawar to make the payasam.

### **Why for babies?**

It supplements the baby food and helps in baby's requirements and appetite increase.

## **9 . Bajra Kichidi**

### **Ingredients:**

bajra- 100 grams

masoor dal- 50 grams

jeera

ground nut

garlic paste

onion

turmeric powder

Mustard seeds

### **Procedure:**

Soak the bajra one hour before making it. Heat the oil, and mix everything. And put water add dal, and bajra and cook for 15 minutes and the khichdi is ready

### **Why for babies?**

This is good for two to four years babies. The nutritional requirements increase with the baby's age and growth. The exclusive diet of breastfeeding from birth, does not satisfy an infant's increasing hunger. The gradual feeding of a so called supplementary food phase begins predominantly as of the 6th month and continues through to the beginning of the second year with food which is eaten by the family. Every child develops individually and becomes ready to acquire a liking to certain meals at an early age.

### **10. Jawar Ambali, Cholam Porridge or Jowar Porridge**

#### **Ingredients:**

It's like raagi millet drinks, liquid millet drinks. Jowar powder-25 grams, roasted Bengal gram powder, Jaggery- 29 grams, water one and half cup

#### **Procedure:**

Jowar atta, and roasted Bengal gram powder mixed, and mix them make a liquid.

Mix water and milk, and then put the powders and mix well, then light the stove and cook the mix for 10 minutes and then add Jaggery and then cook for two minutes.

#### **Why for babies?**

Jowar is a soothing and healing grain. It has stool loosening properties. It is easily digestible and has the right amount of fibre for a baby's digestive tract.

### **11. Oat halwa**

#### **Ingredients:**

Oat- 1cup

Jaggery- 1 cup

Ghee- 50 grams

Cashew nuts for garnish

#### **Procedure:**

Soak the oats for two days and after two days get the milk by putting the oats in the mixture, then two glass milk, 1 cup jaggery boil them on the stove cook it for 10 to 15 minutes, and make it thicker and mix cashew nuts at last.

#### **Why for babies?**

Through the use of the oat and cooking it a low heat, the natural contents and nutrients of the grain and seedling are retained.

### **12. Raagi ambali drink or millet drink**

#### **Ingredients:**

Raggi flour- 100 grams

Jaggery- 100 grams

Sounf and salt for taste

water

#### **Procedure:**

Make the jaggery syrup and add the raggi flour. Mix the raggi in cold water then boil it. And add everything after.

**Why for babies?**

It can be fed through a bottle in combination with fresh milk. The high iron content is excellent for parents choosing over other baby drinks.

**13. Little Millet Payasam**

**Ingredients:**

Little Millet- 100 grams  
Jaggery- 100 grams  
Ghee- 25 grams  
Elachi ground nut, sounf for taste  
Water

**Procedure:**

First soak the little millet one day before making it. Then cook the jaggery and jawar to make the payasam.

**Why for babies?**

Little Millet Payasam is a pure complete meal for babies health; it is good for babies from six months to three years. In that stage, they do not have teeth, and it is very good for health.

It is easy to prepare and easy to digest. Millet has rich nutritional values and has Carbohydrates, Vitamins, Minerals, Proteins and Antioxidants.

**14. Little millet khichdi**

**Ingredients:**

Little Millet- 100 grams  
Masoor dal- 50 grams  
Jeera  
Ground nut  
Garlic paste  
Onion  
Turmeric powder

**Procedure:**

Soak the little Millet one hour before making it. Heat the oil, and mix everything. And put water add dal, and Little Millet and cook for 15 minutes and the khichdi is ready

**Why for babies?**

Excess sugar may lead to overweight in babies in their later stage. So, this khichdi is made without sugar and with millet and other nutritious values which is tasty and children loves to eat. The development of baby's taste will depend on what you feed them at their early stage. This is healthy and helps in growing.

**15. Jowar Murkulu****Ingredients:**

Jowar powder/flour- ¼ kg or 250 grams

Ginger garlic paste

Chilli powder

Turmeric powder

Water

Salt for taste

**Procedure:**

Mix everything and make it a thick paste, and then put it in the machine. Heat oil, and then press the machine and try in different shapes, then deep fry th emurrkulu, when it will be brown in colour then remove it from the oil

**Why for babies?**

After three years, the babies has teeth, to make their teeth stronger, they give this murkulu. In this children became naughty they don't like to eat the same stuff every time. For a change, you can give murkulu and it's also very good for health.

**16. Foxtail murkulu****Ingredients:**

Fox-tail millet powder/flour- ¼ kg or 250 grams

Ginger garlic paste

Chilli powder

Turmeric powder

water

Salt for taste

**Procedure:**

Mix everything and make it a thick paste, and then put it in the machine. Heat oil, and then press the machine and try in different shapes, then deep fry th emurrkulu, when it will be brown in colour then remove it from the oil

**Why for babies?**

The benefits are same like the above murkulu.

**17. Finger millet cerelac model****Ingredients:**

Wheat- 125 grams

Red green Dal- 125 grams

Green gram Dal- 125 grams

Finger millets- 125 grams

Ghee and salt for taste

**Procedure:**

First fry each of them separately without oil in a pan on heat, for taste add dry fruits, add peanuts, total fry and make them powder individually in a mixture.

First mix them with cold water and boil it add salt for taste add ghee at the last and serve them

**Why for babies?**

This is very good for babies from six months to two years. The first two years of your baby's life are vital for setting your child's health on the right track. Child obesity is rampant in our society today. One of its causes is the wrong choice of food especially eating refined and over processed foods with additives. When you start your child off on wholesome nutritious foods you lay the foundation for healthy eating habits later, possibly preventing obesity and other health complications.

**18. Bajra Mallida****Ingredients:**

Bajra flour- 100grams

jaggery- 100 grams

Souf and elachi- 10 grams

Cocunut pieces-10 grams

Idly chutney dal

Roasted ground nuts

**Procedure:**

First make roti from the bajra flour, and then raw jaggery, small coconut pieces mix it with and stuffed it inside and then roll it with the hands and then cook it on the pan

Add ghee for taste.