



Faculty of Home Science
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**Millet based
Baked Recipes**

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NUTRITIOUS BAKED MILLET

Recipes

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INTRODUCTION

Millet is one of the oldest foods known to humans and possibly the first cereal grain used for domestic purposes. In India, millet has been used as a staple food for thousands of years. It was grown as early as 2700 BC in China where it was the prevalent grain before rice became the dominant staple. Today millet ranks as the sixth most important grain in the world, sustains 1/3 of the world's population and is a significant part of the diet in northern China, Japan, Mongolia and various areas of the former Soviet Union, Africa, India, and Egypt.

Millet is highly nutritious, non-glutinous and like buckwheat and quinoa, is not an acid forming food so is soothing and easy to digest. In fact, it is considered one of the least allergenic and most digestible grains available and it is a warming grain so will help to heat the body in cold or rainy seasons and climates.

Millet is tasty, with a mildly sweet, nut-like flavor and contains a myriad of beneficial nutrients. It has nearly 15% protein, contains high amounts of fiber, B-complex vitamins including niacin, thiamin, riboflavin, the essential amino acid methionine, lecithin, and some vitamin E. It is particularly high in the minerals iron, magnesium, phosphorous, and potassium. The seeds are also rich in phytochemicals, including phytic acid, believed to lower cholesterol, and phytate, which is associated with reduced cancer.

Most of the millets can blend very easily with common staple foods without any pronounced off flavor. They have mighty potential to be included in traditional and novel foods despite their nutritional superiority; the non-availability of ready to use processed millet has limited their usage and acceptability. There is a need to provide millet based food products in the form of ready to use grains, convenience foods or mixes to meet the demands of the present day consumer. In addition, value addition to minor millets offers variety, convenience and quality to food consumers.

HONEY BISCUITS

Ingredients	Quantity (g)
Foxtail millet	10
Little millet	10
Finger millet	50
Maize	10
Whole wheat	10
Soya	5
Bran (foxtail millet)	5
Honey	40ml
Salt	1.92
Ammonia	1.92
Baking powder	<1/8 teaspoon
Oil	19.23ml

Method:

- Make a solution of salt, ammonia and baking powder in 25ml of water.
- Sieve the flours (foxtail, little, finger millet, maize, whole wheat, soya) and bran together.
- Cream the oil and honey till light and fluffy.
- Add the flour into the creamed mixture.
- Slowly mix the solution into the flour, oil and honey mixture.
- Roll out into 1/8th thickness and cut with a biscuit cutter.
- Prick the biscuit and bake at 350° F temperature for 15-20 minutes.

SALT BISCUITS

Ingredients	Quantity(g)
Foxtail millet	17
Little millet	17
Finger millet	17
Maize	17
Whole wheat	17
Soya	5
Bran (foxtail millet)	5
Oats	5
Sugar powder	20
Salt	2
Ammonia	2
Baking powder	<1/8 teaspoon
Oil	20ml
Water	25ml

Method:

- Make a solution of salt, ammonia and baking powder in 25ml of water.
- Sieve the flours (foxtail, little, finger millet, maize, whole wheat, soya, oats) and bran together
- Cream the oil and sugar powder till light and fluffy.
- Add the flour in to the creamed mixture.
- Slowly mix the solution in to the flour, oil and sugar mixture.
- Roll out into 1/8th thickness and cut with a biscuit cutter.
- Prick the biscuit and bake at 350° F temperature for 15-20 minutes.

SPONGE CAKE

Ingredients	Quantity(g)
Maida	90
Foxtail millet	18
Little millet	18
Maize	18
Bran (foxtail millet)	7.2
Eggs	4no
Sugar powder	150
Cake gel	8
Baking powder	0.5
Oil	25ml
Essence	½ cap

Method:

- Beat the eggs well, then gradually add sugar/sugar powder and beat till sugar dissolves.
- Sieve flours (Maida, foxtail, maize, little millet), bran and baking powder together.
- Then add essence and beat. Follow this by adding cake gel, oil and beating.
- Add flour to the beaten mixture and mix well.
- Make up to dropping consistency if necessary using milk/water.
- Pour into a greased tray and bake at 190° F for about 15-20 minutes.

PIZZA

Ingredients	Quantity(g)
Wheat	30
Little millet	30
Maize	30
Soya	10
Yeast (compressed)	4
Whole egg	15no
Salt	2g
Fresh milk	20ml
Vegetable oil	20ml
Sugar	4
Water	28ml

Method:

- Disintegrate yeast in milk.
- Sift flour (wheat, little millet, maize, soya) twice.
- Mix flour and oil till breadcrumb consistency results.
- Dissolve salt and sugar in water.
- Add egg, yeast and water to the above mixture and mix gently to form dough.
- Rest for 15 minutes.
- Roll the dough to ½" thickness and place over a baking sheet.
- Spread the filling and decorate the top with grated cheese.
- Proof for ¼ hr. Bake at 450°F for 20-25 minutes.

VEGETABLE FILLING

Ingredients	Quantity(g)
Capsicum	250
Carrots	250
Onions	250
Tomatoes	50
Garlic	To taste
Salt	To taste
Cheese	As required
Coriander leaves	As required
Tomato sauce	as required

RUSK

Ingredients	Quantity(g)
Foxtail millet	42
Little millet	42
Finger millet	42
Maize	42
Whole wheat	42
Soya	13
Bran (foxtail millet)	13
Oats	13
Lime juice	1.25ml
Sugar	75
Flax seed	10
Baking powder	2.5
Oil	12.5ml.
Ground nut	12.5
Salt	1
Margarine/fat	75
Egg	<1/2no. (Beaten)
Butter milk	100ml
Baking soda	1

Method:

- Mix all the dry ingredients.
- Melt the margarine.
- Stir in the margarine: oil, eggs and buttermilk.
- Stir in baking soda into the buttermilk mixture.
- Mix the dry and wet ingredients.
- Grease baking pans
- Roll into balls
- The dough must not be higher than 3-5 cms.
- Bake at 180°F for an hour and 25 minutes.
- Cut in pieces or break balls loose.
- Put loosely in baking trays.
- Reduce the oven's heat to 70°F
- Dry out the rusk overnight or for about 12 hours.