

Ancient Use and Recipes of Foxtail Millet

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SUMMARY

Our grandparents would know more about Foxtail Millets than we do, because they had seen and had them. It was a staple diet among the people of ancient India. According to archaeologists Foxtail Millets is so old that no wild plant of the species is known to exist today. Foxtail millets are easy to cook and can be adapted in many Indian recipes like Foxtail millet salad, spinach foxtail Pulav, foxtail patties etc.

INTRODUCTION

Foxtail millets are a healthy part of both western and ayurvedic medicine. In Ayurvedic medicine, foxtail millets are used to make medicine sweet, light and dry. This makes them useful because they are nourishing as well as satisfying, but also light and easily digestible. In western medic, foxtail millets are a non-acid forming food, non-glutinous, and highly nutritious. This makes them easily digestible, soothing and are useful for those with celiac disease or gluten sensitivity. Foxtail millets have a higher presence of phosphorus, potassium, iron and magnesium. Foxtail millets are very rich in calcium, 10 times more of rice or wheat. Foxtail millets are high on the Glycemic Index, so it was prepared with some high quality oil, like pure desi ghee and with high fiber foods, to slow the Glycemic Index of the dish.

How to Incorporate Foxtail Millet in Cooking

Now a day's many households are adding millets in their daily diet. They look alluring because of their fiber content and protein with low-fat grains (they are actually small seeded grasses). Foxtail millets are easy to cook and can be adapted in many Indian recipes. Foxtail Millet is generally cooked as a porridge as a healthy breakfast in the morning, but there are many other ways to incorporate millet in your cooking. You can add raw millet into quick breads, or muffins, quick breads for extra crunch. You can use millets in while making granola bars. Use Foxtail millet to thicken soups, or as a base for warm grain salads. You can also buy millet grits which are extremely quick-cooking and are wonderful in any preparation you'd think to use polenta or grits. There is no hard and fast rule in reworking Foxtail millets to any recipe, the Foxtail millets can be eaten with any gravy dish or with hot sambar or as a substitute for rice. A filling and satisfying meal coming together in very little time with minimal effort, more so if you have the side dish prepared or being prepared along the side. I love the flexibility millets offer.

Delicious Recipes

Foxtail millet Salad

Ingredients:

- 1) 110g Foxtail millet, cooked according to packet instructions.
- 2) 1 tbsp chopped fresh mint
- 3) 4 spring onions, including the green parts, chopped
- 4) 2 tbsp chopped fresh coriander
- 5) 1 mango, peeled, finely chopped
- 6) 2 tbsp olive oil
- 7) ½ lemon juice
- 8) Salt according to taste
- 9) Pepper - a dash or two

Method

Combine all the ingredients in a bowl and mix together.

Serve with grilled chicken, fish or panner.

Spinach Millet Pulav

Delectably packs the supplements acquired from spinach and increase to a great degree salubrious fixing with Foxtail millet.

Ingredients:

- 1) 2 cups of water
- 2) 1 cup of Foxtail millet

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| 3) 2-3 jeera | 4) 1 bay leaf |
| 5) 3-4 Black peppercorn | 6) 1 tsp of Ghee |
| 7) Chick peas ½ cup (Kabuli chana) | 8) 1 inch cinnamon |
| 9) 1 tsp Lemon juice | 10) ½ cup of Onions |
| 11) 1 cup of spinach chopped | 12) Salt to taste |

Preparation:

- Wash the millet and soak in enough water for 35 mints.
- Soak chickpeas overnight and boil them with a pinch of salt.
- Heat the Ghee in a pan.
- When the ghee is hot, add jeera, peppercorn, bay leaf and cinnamon stick.
- Add Onions and fry then until translucent.
- Drain the millet and add it in the pan along with salt, lemon juice, boiled chickpeas and 2 cups of water.
- Keep the heat low and cover the lid and cook the pulav until the water is absorbed.
- Add the spinach just before 5mints of cooking.
- Switch off the stove and let the pulav rest for 5mints.
- Serve hot with raita and enjoy the food.

Foxtail patties**Ingredients required:**

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| 1) 2-3 tbsps of olive oil or any other oil. | 2) 1 ¾ cup of water. |
| 3) ¾ cup of foxtail millets. | 4) ½ cup of breadcrumbs and cheddar cheese |
| 5) ½ cup of basil chopped one. | 6) ½ tsp of Black pepper. |
| 7) 1 tsp of salt for taste. | 8) 2 green chilies |

Method:

- Wash the millets in and Pressure cook by adding 1 ¾ of water for 2 whistles. Once the cooker's pressure is released, expel the millets, pound with a spoon and keep aside.
- To the Pounded millets, include every single other ingredients and blend well with fingertips.
- Add in 2 medium potatoes & breadcrumbs, boiled and pounded.
- Make 6-8 balls and level on your palm to make patties (you can give any shape to it).
- At this stage you could cover the plate with stick film and refrigerate for couple of hours until the point when you have to make them.
- Oil a non-stick tava, on medium heat; put the patties in a single layer. Once the base side turns Golden colour, turn to the other side and cook for an additional 5 minutes until you get nice colour.
- Serve hot with ketchup, chutney or marinara sauce.

CONCLUSION

In the northern area of China it has been widely used as a nourishing gruel or soup for pregnant and nursing women and has been applied to food therapy. It has been recorded that millet has many nutritious and medical functions. Foxtail yellow seeded cultivars, medicinally used as astringent, digestive, emollient and stomachic. It is also used in the treatment of dyspepsia, poor digestion and food stagnancy in abdomen. White seeds are refrigerant and used in the treatment of cholera and fever while the green seeds are diuretic and strengthening to virility.

REFERENCES

<http://millets.res.in/> Indian Institute of Millet Research, Hyderabad, India.