



Food and Agriculture
Organization of the
United Nations



INTERNATIONAL YEAR OF
MILLETS
2023



MILLETS RECIPE BOOK





MILLETS RECIPE BOOK

International Year of Millets 2023



Food and Agriculture Organization of the United Nations
Rome, 2023

Required citation:

FAO. 2023. *Millet recipe book - International Year of Millets 2023*. Rome. <https://doi.org/10.4060/cc8019en>

The designations employed and the presentation of material in this information product do not imply the expression of any opinion whatsoever on the part of the Food and Agriculture Organization of the United Nations (FAO) concerning the legal or development status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. The mention of specific companies or products of manufacturers, whether or not these have been patented, does not imply that these have been endorsed or recommended by FAO in preference to others of a similar nature that are not mentioned.

ISBN 978-92-5-138209-7

© FAO, 2023



Some rights reserved. This work is made available under the Creative Commons Attribution-NonCommercial-ShareAlike 3.0 IGO licence (CC BY-NC-SA 3.0 IGO; <https://creativecommons.org/licenses/by-nc-sa/3.0/igo/legalcode>).

Under the terms of this licence, this work may be copied, redistributed and adapted for non-commercial purposes, provided that the work is appropriately cited. In any use of this work, there should be no suggestion that FAO endorses any specific organization, products or services. The use of the FAO logo is not permitted. If the work is adapted, then it must be licensed under the same or equivalent Creative Commons licence. If a translation of this work is created, it must include the following disclaimer along with the required citation: "This translation was not created by the Food and Agriculture Organization of the United Nations (FAO). FAO is not responsible for the content or accuracy of this translation. The original [Language] edition shall be the authoritative edition."

Disputes arising under the licence that cannot be settled amicably will be resolved by mediation and arbitration as described in Article 8 of the licence except as otherwise provided herein. The applicable mediation rules will be the mediation rules of the World Intellectual Property Organization <http://www.wipo.int/amc/en/mediation/rules> and any arbitration will be conducted in accordance with the Arbitration Rules of the United Nations Commission on International Trade Law (UNCITRAL).

Third-party materials. Users wishing to reuse material from this work that is attributed to a third party, such as tables, figures or images, are responsible for determining whether permission is needed for that reuse and for obtaining permission from the copyright holder. The risk of claims resulting from infringement of any third-party-owned component in the work rests solely with the user.

Sales, rights and licensing. FAO information products are available on the FAO website (www.fao.org/publications) and can be purchased through publications-sales@fao.org. Requests for commercial use should be submitted via: www.fao.org/contact-us/licence-request. Queries regarding rights and licensing should be submitted to: copyright@fao.org.

Cover photos (from top to bottom clockwise): © Foodmates, © Bela Gil, © Vanshika Bhatia, © Sanjay Thakur, © feminas22, © Satinder Shergill, © Lari Lopez, © Aïssatou, © Charo Val, © BBVA-Celler de Can Roca, © Shridula Chatterjee, © Chiara Dalla Rosa, © Pierre Thiam, © Iasmina Pasca, © Inés Páez, © Anahita Dhondy, © Shreya Futela, © Max Mariola teams.

Back cover photos: © Adhya S., © Roelene Prinsloo.

Contents

Foreword.....	v
Acknowledgements.....	vii
What are millets?.....	viii
Benefits of millets.....	ix
Know your millets.....	x
Helpful tips for preparing and cooking millets.....	xiii
List of abbreviations.....	xiv
STARTERS	
Millet with purple yam and avocado emulsion.....	2
Millet <i>appe</i> with fresh coconut chutney.....	4
Millet <i>tamal</i> with spicy cherries and wild oregano.....	6
<i>Navratri</i> bruschetta.....	8
Fonio salad.....	10
Millet salad with grilled glazed aubergine.....	12
Cold millet salad.....	16
Blue crab and carrot millet <i>chawanmushi</i>	18
MAIN DISHES	
Monique's <i>caldou</i> with fonio and sorrel-okra relish.....	21
Roman-style millet and walnut gnocchi.....	23
Millet tortillas with mushroom stuffing.....	25
Pearl millet crêpe with avocado and pickle.....	27
Minced free-range chicken and millets with peas, beans and roasted onion cream.....	29
Kodo millet risotto with barnyard millet crisp.....	31
Millet with vegetables and curry.....	33
Millet with mussels, peppers and chickpeas.....	35
SNACKS	
Sweet and savoury <i>ragi churma</i>	38
Plantain banana bread.....	40
Millet pastel (duo of prawns and tuna).....	42
Finger millet smoothie.....	44
DESSERTS	
Chocolate mousse with millets.....	47
Sorghum, orange and ginger cake.....	49
Pistachio and millet bliss balls.....	51
NOTES	55





Foreword

Embracing millets as part of a nutritious and sustainable future

Dietary patterns hold profound implications for our health and well-being and that of our planet. In this context, the exploration of nutritious grains becomes not only a culinary adventure but also an act of conscious sustainability. It is with great pleasure and anticipation that I present to you this recipe book, dedicated to the wondrous world of millets – a staple food and integral part of local food cultures in many countries.

In recent years, the global community has embarked on an urgent quest to address the interlinked challenges of food security, healthy diets and related outcomes, and the environmental sustainability of our food systems. This interconnectedness is clearly framed in the United Nations Sustainable Development Goals (SDGs). Making changes to our dietary patterns, including the inclusion of millets in our diets, presents each of us as individuals with an opportunity to make a small contribution towards multiple SDGs at once.

Millets, often referred to as “forgotten grains”, are a diverse group of small-seeded grasses that have been cultivated for thousands of years across different cultures and continents. Many varieties of millets, as whole grains, can be an important part of healthy diets – offering various nutrients including essential minerals, vitamins and dietary fibre. How they are prepared, however, is a critical consideration to maintain and enhance their nutritional value. The recipes in this book have been selected with nutrition in mind.

These resilient crops are remarkably adaptable to various climatic conditions, requiring minimal water and fewer inputs than many commonly consumed grains. By supporting smallholder farmers who are constrained by water scarcity or lack of inputs to sustainably grow millets and bring them to market, we can enhance their livelihoods. There are many varieties of millets, and promoting their cultivation can be an important contribution to biodiversity – one of the many actions needed to increase the resilience of ecosystems and mitigate the impacts of climate change. Since millets grow and provide yields when other grains fail, millets can contribute to achieving SDG 2 (Zero Hunger) and SDG 13 (Climate Action), among others.

In the pages that follow, you will embark on a culinary journey that celebrates the versatility of millets. From mouth-watering main courses and delectable desserts to delightful snacks, each recipe has been carefully curated to showcase the unique flavours and textures of these ancient grains with tastes from around the world. Whether you are a seasoned chef or an enthusiastic novice, this book will inspire you to embrace the bounty of millets and expand your culinary repertoire.

I commend the authors and contributors who have brought passion, expertise and creativity into crafting this collection of millet recipes. Their dedication to promoting healthy diets and the sustainability of our food systems is inspiring. Together, let us nourish ourselves, nurture our planet, and work towards a future where nutritious food produced sustainably is a fundamental right for all.

Bon appétit!



Lynnette Neufeld

Director of the FAO Food and Nutrition Division (ESN)





Acknowledgements

This publication was collaboratively developed by members of the Secretariat of the International Year of Millets 2023, including Isabella Trapani (NSP), Eloisa Caixeta Cunha (NSP), Claudia Valdivielso Sancho (OCC) and Zdravka Dimitrova (NSP).

We extend our sincere gratitude to the following chefs for their valuable recipe contributions: Adhya S., Aïssatou, Vanshika Bhatia, Fatmata Binta, Nathalie Brigaud Ngoum, Shridula Chatterjee, Bel Coelho, Anahita Dhondy, Shreya Futela, Bela Gil, Mokgadi Itsweng, Max Mariola, Cinzia Nerozzi, Alfredo Oropeza, Rodrigo Pacheco, Inés Páez, Chiara Pavan, the Roca Brothers, Satinder Shergill, Sanjay Thakur, Pierre Thiam, Charo Val and Alessandro Vitale.

The recipe book underwent a comprehensive review and received contributions from experts at the FAO Plant Production and Protection Division (NSP), Food and Nutrition Division (ESN) and Office for Communications (OCC). We express our gratitude to Fenton Beed (NSP), Makiko Taguchi (NSP), Riccardo Mazzuchelli (NSP), Ana Islas Ramos (ESN), Guido Chiefalo (OCC) and Aoife Riordan (OCC) for their invaluable input and support.

Editor: Daniel McKinnon

Graphic designer: Art & Design

What are millets?

Millets encompass a diverse group of small-grained dryland cereals that have been cultivated for thousands of years as staple crops around the world. Millet species include pearl, proso, foxtail, barnyard, little, kodo, browntop, finger and guinea millets, as well as black and white fonio, sorghum, teff, Job's tears and many other diverse and local species.

Beyond carbohydrates, millets provide various essential nutrients such as dietary fibre, vitamins, protein and minerals including iron. Their resilience allows them to thrive in poor soils, resist or tolerate numerous crop diseases and pests, and withstand adverse climatic conditions. They can help to overcome food scarcity in difficult periods, and can contribute to sustainable land restoration and biodiversity.

Millets offer a wide range of culinary possibilities. Their mildly nutty flavour pairs well with both savoury and sweet ingredients, allowing for creativity and diverse flavour combinations in the kitchen. Millets are part of a multitude of traditional and Indigenous culinary cultures. To those individuals diagnosed with gluten sensitivities or coeliac disease, millets provide a gluten-free alternative.

Did you know that millets hold the key to exciting economic opportunities in the food sector? Their vast genetic diversity offers a wide range of possibilities for income generation for local communities and other food-system actors, while strengthening their value chains can boost their economic potential. Innovative approaches in millet production, processing and food technology can create new market opportunities, appealing to both those who produce millets and to a diverse consumer base.

International Year of Millets 2023

The United Nations General Assembly declared 2023 as the **International Year of Millets** (IYM 2023). Through their high diversity and ability to thrive in arid conditions, millets have always been a valuable asset in promoting healthy diets and in strengthening food and nutrition security worldwide. Each millet variety brings its own set of essential nutrients, making millets a perfect solution for countries aiming to boost self-sufficiency and reduce dependence on imported cereals.

IYM 2023 provides a unique opportunity to raise awareness about the numerous advantages of millets, from nutrition and health to environmental sustainability as well as economic and social sustainable development. The International Year aims to foster stronger collaboration between science and policy, facilitate meaningful partnerships, mobilize stakeholders to take action on promoting and producing millets, and encourage the general public to embrace millets in their daily lives.

IYM 2023 Global Chefs Challenge

Celebrating the IYM 2023, FAO launched a **Global Chefs Challenge** on Instagram, calling for chefs and hobby cooks across the world to showcase traditional and innovative millet recipes, highlighting the incredible versatility of these ancient grains. A careful selection of the finest submissions has been featured in this recipe book, offering culinary inspiration from unique millet creations. From starters to main courses and desserts, each recipe is a testament to the endless possibilities that millets can offer.



Benefits of millets

Better production

Millets offer numerous advantages for those who produce them. With their high yield potential, even in unfavourable growing conditions, their short growth cycles and their resilience to pests and diseases, they are a sustainable and economically viable choice. Multiple harvests in a year provide flexibility, while lower reliance on pesticides and synthetic fertilizers promotes environmentally friendly practices. Enhancing the production of millets can support the transformation to more efficient, inclusive, resilient and sustainable agrifood systems.

Better environment

The sustainable cultivation of millets supports climate-resilient food production. Millets withstand drought, heat and poor soil conditions, and require minimal inputs and maintenance. Millets are tolerant or resistant to diseases and pests, and are more resilient to climate shocks and stresses than other cereals. Millets require less water compared to other grains, making them suitable for territories facing water scarcity. They also contribute to soil conservation and biodiversity preservation. By covering arid areas, they contribute to soil restoration and reduce degradation.

Better nutrition

In their diversity, millets provide various essential nutrients and can contribute to healthy diets with the vitamins, dietary fibre, antioxidants, protein and minerals, including iron, they offer. As whole grains, their dietary fibre can help regulate bowel function, blood sugar and lipids, and promote satiation. Their diverse flavours and textures add variety to our meals and enhance culinary experiences.

Better life

Millets can play a vital role in ensuring food security and nutrition. Millets are deeply rooted in Indigenous Peoples' cultures and traditions and, for centuries, they have been a traditional staple crop for hundreds of millions of people in sub-Saharan Africa, South Asia and East Asia. In arid areas, millets are often the only crops that can be harvested in the dry season and are a crucial part of the household food basket. By overcoming food scarcity in difficult periods, they can contribute to the food security and nutrition of vulnerable populations. Promoting sustainable consumption of millets, leveraging market opportunities and creating additional revenue sources, millets can support the livelihoods of different actors involved across the value chain, including smallholder farmers, young people, women and Indigenous Peoples.



Know your millets



Finger Millet *Eulesine coracana*

Originally from Sudan, finger millet is mainly grown in eastern Africa (Uganda, Kenya and the United Republic of Tanzania) and southern Asia (India and Nepal). While India is the largest producer of finger millet today, it is also cultivated in Ethiopia, Rwanda, Malawi, Sudan, Zambia and Zimbabwe to a lesser extent. Finger millet is high in thiamin, copper, magnesium, phosphorus and selenium. It is also a source of iron.

NUTRIENT VALUES (100 g)*

Energy	Available carbohydrates	Protein	Fat	Dietary fibre
336 kcal	67.3 g	6.7 g	1.9 g**	11.2 g

* Values based on single data source.

** Value presented refers to the INFOODS component definitions <FATCE> or <FAT-> and differs from the standardized component of <FAT>.

Reference: 10 (id: A016).



Pearl Millet *Pennisetum glaucum*

Originating in West Africa, today pearl millet is distributed widely across the semi-arid tropics of Africa and Asia, and is preliminary grown in sub-Saharan Africa. Pearl millet is high in copper, iron, magnesium, phosphorus, selenium and zinc. It is also a source of thiamin and vitamin B.

NUTRIENT VALUES (100 g)*

Energy	Available carbohydrates	Protein	Fat	Dietary fibre
366 kcal	63 g	9.9 g (9.3 g–10.2 g)	6.1 g (5.3 g–7.2g)	9.5 g (8.8 g–11.5 g)

* Mean values calculated based on several data sources.

Reference: 9 (id: 01_032, 01_017); 10 (id: A003); 11 (id: 01025)



Foxtail Millet *Setaria italica*

Foxtail millet originated in northern China, before it spread to other parts of the world. Today, it is primarily grown in China, India, Afghanistan, Japan, the Democratic People's Republic of Korea, the Republic of Korea and Georgia. Foxtail millet is high in thiamin, pantothenic acid, copper, magnesium and phosphorus. It is a source of iron, niacin, vitamin B6 and zinc.

NUTRIENT VALUES (100 g)*

Energy	Available carbohydrates	Protein	Fat	Dietary fibre
356 kcal	67.2 g	9.7 g (8.3 g–10.4 g)	4.4 g	4.5 g (1.6 g–8.5 g)

* Mean values calculated based on several data.

Reference: 4 (id: 01-0006); 5 (id: 01-5-101); 8 (id: 01002)



Little Millet *Panicum sumatrense*

Evidence points towards the Indian peninsula as the origin of little millet. Today, it is mainly grown in India, Sri Lanka, Myanmar, Malaysia, Nepal and China. Little millet is high in copper, magnesium, selenium, and is a source of thiamin, phosphorus and zinc.

NUTRIENT VALUES (100 g)*

Energy	Available carbohydrates	Protein	Fat	Dietary fibre
353 kcal	66.2 g	9.4 g	3.9 g**	7.7 g

* Values based on single data source.

** Value presented refers to the INFOODS component definitions <FATCE> or <FAT-> and differs from the standardized component of <FAT>.

Reference: 10 (id: A016)



Teff *Eragrostis tef*

Originally from Ethiopia, today teff is primarily grown in Ethiopia and Eritrea, where it is a major staple crop. It is also cultivated in the United States of America, South Africa, Australia, India and Kenya. Teff is high in thiamin, vitamin B6, copper, iron, magnesium, phosphorus, and is a source of riboflavin, niacin and pantothenic acid.

NUTRIENT VALUES (100 g)*				
Energy 351 kcal	Available carbohydrates 66 g	Protein 12.4 g	Fat 2.4 g	Dietary fibre 8.0 g

* Values based on single data source.
Reference: 6 (id: 169747)



Proso Millet *Panicum miliaceum*

The origins of proso millet go back to northern China. Today, it is mainly cultivated in China, India, Nepal, the Russian Federation, Ukraine, Belarus, the Near East, Türkiye, Romania and the United States of America. Proso millet is high in thiamin, copper, phosphorus, magnesium, zinc, and is a source of iron, selenium, riboflavin, niacin, pantothenic acid and vitamin B6.

NUTRIENT VALUES (100 g)*				
Energy 350 kcal	Available carbohydrates 65.5 g	Protein 10.4 g (9.8 g–11.2 g)	Fat 3.8 g (3.3 g–4.2 g)	Dietary fibre 6.2 g (1.6 g–8.5 g)

* Mean values calculated based on several data sources.
Reference: 4 (id: 01-0007); 5 (id: 01-9-002); 6 (id: 169702); 7; 8 (id: 01011)



Sorghum *Sorghum bicolor*

The origins of sorghum cultivation were found in the eastern Sudanese savannah. Today, Nigeria, the United States of America and Sudan are the largest producers of sorghum globally. Sorghum is high in copper, magnesium, phosphorus and selenium, and is a source of iron, zinc, thiamin, niacin, pantothenic acid and vitamin B6.

NUTRIENT VALUES (100 g)*				
Energy 345 kcal	Available carbohydrates 63 g	Protein 10.1 g (8.6 g–11.5 g)	Fat 3.4 g (1.7 g–4.7 g)	Dietary fibre 10.7 g (6.3 g–14 g)

* Mean values calculated based on several data sources.
Reference: 4 (id: 01-0027); 8 (id: 01140); 9 (id: 01_039, 01_040, 01_041); 10 (id: A005); 11 (id: 01037, 01039); 12 (id: F008474)

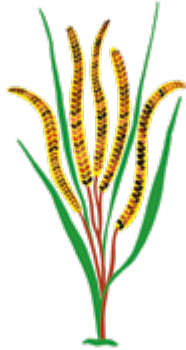


Black Fonio *Digitaria iburua*

Originally from West Africa, today, black fonio is mainly produced in Nigeria and Niger, and is also cultivated in Benin, Cameroon, Côte d'Ivoire and Togo.

NUTRIENT VALUES (100 g)*				
Energy 354 kcal	Available carbohydrates 70.2 g	Protein 7.8 g** (7.4 g–8.2 g)	Fat 3.8 g*** (3.5 g–4.4 g)	Dietary fibre 3.8 g**** (1.6 g–6.2 g)

* Mean values calculated based on several data sources.
** Protein values are not standardized.
*** Value presented refers to the INFOODS component definitions <FATCE> or <FAT> and differs from the standardized component of <FAT>.
**** Value presented refers to the INFOODS component definitions <FIB> and differs from the standardized component of <FIBTG>.
Reference: 3



Kodo Millet *Paspalum scrobiculatum*

Kodo millet originated in India. Today, kodo millet is primarily grown in damp habitats across the tropics and subtropics of the world. Kodo millet is high in magnesium and selenium, and is a source of thiamin, riboflavin, copper and zinc.

NUTRIENT VALUES (100 g)*

Energy	Available carbohydrates	Protein	Fat	Dietary fibre
336 kcal	66.8 g	8.3 g	2.6 g**	6.4 g

* Mean values calculated based on single data source.

** Value presented refers to the INFOODS component definitions <FATCE> or <FAT-> and differs from the standardized component of <FAT>.

Reference: 10 (id: A010)



White Fonio *Digitaria exilis*

The origins of white fonio point to West Africa. Today, white fonio is primarily grown in Guinea, followed by Nigeria, Mali, Burkina Faso, Côte d'Ivoire, Niger, Benin, Senegal and Guinea-Bissau. White fonio is high in copper and is a source of folate, magnesium, phosphorus and zinc.

NUTRIENT VALUES (100 g)*

Energy	Available carbohydrates	Protein	Fat	Dietary fibre
356 kcal	76.9 g	7.1 g	1.7 g	2.2 g

* Mean values calculated based on single data source.

Reference: 4 (id: 01_050)



Japanese Barnyard Millet *Echinochloa esculenta*

The origins of barnyard millet are found in tropical Asia. Barnyard millet is widely cultivated in Asia, particularly in India, China, Japan, the Democratic People's Republic of Korea and the Republic of Korea. Barnyard millet is high in pantothenic acid, phosphorous and zinc. It is a source of thiamin, copper and magnesium.

NUTRIENT VALUES (100 g)*

Energy	Available carbohydrates	Protein	Fat	Dietary fibre
351 kcal	69.4 g	8.8 g	3.3 g	4.3 g

* Mean values calculated based on single data source.

Reference: 8 (id: 01139)



Job's Tears *Coix lacryma-jobi*

Job's tears are native to the Indo-Myanmar region. They are used as food and herbal medicine in Asian countries such as China, Japan, the Philippines, Myanmar, Thailand, Sri Lanka and India. Job's tears are high in copper, magnesium, phosphorus and zinc. They are also a source of iron and thiamin.

NUTRIENT VALUES (100 g)*

Energy	Available carbohydrates	Protein	Fat	Dietary fibre
357 kcal	67.7 g	13.4 g (11.8 g–15.8 g)	2.9 g** (1.3 g–4.7 g)	3.1 g (0.6 g–5.5 g)

* Mean values calculated based on several data sources.

** Value presented refers to the INFOODS component definitions <FATCE> or <FAT-> and differs from the standardized component of <FAT>.

Reference: 1 (id: A008), 2, 5 (id: 01-9-008), 8 (id: 01138)



Helpful tips for preparing and cooking millets

Preparation

- **Rinse:** before cooking millets, rinse them thoroughly until the water runs clear to remove any impurities.
 - **Soak:** soaking millets, especially whole grains, for a few hours or overnight can help reduce cooking time and enhance their digestibility. Before cooking, drain the soaking water and rinse the millets again.
 - **Ratios:** the cooking ratio for millets varies depending on the variety and desired texture. As a general guideline, use a 1:2 ratio of millets to water for a fluffy texture, and a 1:3 ratio for a softer consistency.
-

Cooking methods

- **Stove:** place the rinsed millets and water in a pot. Bring it to a boil over medium-high heat, then reduce the heat to low, cover the pan with a lid, and let it simmer. Cooking time ranges from 15 to 30 minutes, depending on the variety. Stir occasionally to prevent sticking.
- **Rice cooker:** add the rinsed millets and water to the rice cooker pot and select the cooking setting for rice or grains.
- **Pressure cooker:** for quicker results, add the rinsed millets and water to a pressure cooker.
- **Oven:** after preheating the oven, combine the rinsed millets, water and any additional ingredients in a baking dish. Cover the dish with foil or a lid and bake until the millets are tender and the liquid is absorbed, typically around 30 to 40 minutes.



Measurements

tbsp tablespoon

tsp teaspoon

l litre

g gram

ml millilitre

approx. approximately

Please note that cup measurements vary between countries. The equivalent in g or ml is provided where cups have been used in the original recipe.

Starters



Millet with purple yam and avocado emulsion





INGREDIENTS

- 20 g avocado
- ½ roasted purple yam
- 10 g olive oil
- 190 g millets
- 200 ml vegetable broth

Garnish

- 5 g sesame oil
- 20 g coriander (cilantro)
- 20 g tomatoes
- garlic flowers



PREPARATION

1. Start by preparing the purple yam emulsion. In a food processor, blend the roasted purple yam with 5 g olive oil until it reaches the desired consistency.
2. Next, prepare the avocado emulsion. Blend the avocado with 5 g olive oil in a food processor until it reaches the desired consistency.
3. In a pan, toast the millet until it changes colour slightly.
4. Bring a cup of water to a boil in a pot, and add the toasted millet to the boiling water.
5. Allow the millet to cook for approximately 15 minutes. Once cooked, transfer it to a plate and drizzle vegetable broth over it to hydrate the millet.
6. Pipe several mounds of purple yam emulsion onto the millet. Repeat with the avocado emulsion.
7. Scoop out tomatoes with a melon baller to produce tomato spheres.
8. Garnish the dish with a drizzle of sesame oil, garlic flowers, tomato spheres and coriander.

ABOUT THE CHEF

Chef Tita

Dominican Republic

Inés Páez, known as Chef Tita, is a renowned chef and advocate for Dominican gastronomy. She has brought her country's cuisine to international stages, published her cookbook, *La Nueva Cocina Dominicana*, and created legislation to make Dominican gastronomy part of the nation's intangible heritage. Chef Tita is the creator and ambassador of the New Dominican Cuisine and Fundación IMA, and a leader of the FAO Chefs Against Hunger programme. Her contributions have earned numerous accolades, including being listed among Forbes 100 most powerful women in Central America and the Caribbean.



© Inés Páez

Millet *appe* with fresh coconut chutney



INGREDIENTS

MILLET APPE

- 250 g little millet
- 80 g split dehusked black gram lentil (*urad dal*)
- ½ tsp fenugreek seeds
- 1 tsp salt

FRESH COCONUT CHUTNEY

- 125 g fresh coconut
- 60 g soaked split chickpeas (*chana dal*)
- 1 or 2 green chillies
- 1 tsp black mustard seeds
- 8–10 curry leaves
- 1 dried red chilli
- salt, to taste
- 1 tbsp cooking oil (preferably sesame oil, coconut oil, ghee or clarified butter)
- water



© Shreya Futela





PREPARATION

MILLET APPE

1. In two separate bowls, place the millet and lentils (3:1 ratio of millet to lentil), and fenugreek seeds. Thoroughly wash them and let them soak in fresh water for 6–8 hours. After soaking, discard the water and rinse again with fresh water.
2. Blend the soaked millet, lentils and fenugreek seeds together, using as little water as possible, until you obtain a smooth batter.
3. Transfer the batter to a large bowl, leaving some room for it to rise. Add 1 tsp of salt to the batter and let it sit at room temperature for 8–10 hours to allow fermentation. The fermentation time may vary depending on the temperature of the environment.
4. Mix the fermented batter well and transfer it to a greased *appe* pan.
5. Steam the batter in the *appe* pan on low heat for about 5–7 minutes. Flip the *appe* once to ensure they cook evenly on both sides.
6. Serve the *appe* with fresh coconut chutney.

FRESH COCONUT CHUTNEY

1. Start by chopping fresh coconut into very small pieces or grate it.
2. Wash the split chickpeas, and let them soak in water for a minimum of 1 hour.
3. Roast the drained chickpeas in a little oil until crispy and golden brown. You can use roasted peanuts as a substitute.
4. In a food processor, add the chopped coconut, roasted chickpeas, green chillies and salt, along with some water, and blend into a smooth paste.
5. Heat cooking oil in a small pan, add black mustard seeds, curry leaves, and a dry red chilli. Sauté for a few seconds.
6. Pour the mustard seed mix over the coconut chutney and mix well.

ABOUT THE CHEF

Shreya Futela

India

Shreya is a seasoned cook who loves to curate healthy recipes for her family and friends. For her interest in healthy cooking and giving back to the community, the former IT consultant is currently taking a course in nutrition science. She posts easy and interesting ways to include millets into diets on Instagram.



Millet *tamal* with spicy cherries and wild oregano



INGREDIENTS

Serves 4

- 1 cup (150–200 g) millets
- 145 g cherries
- 2 spicy chilli peppers
- 3 tbsp olive oil
- salt, to taste
- 1 tbsp chopped fresh oregano
- 1 tbsp chopped red onion
- 1 tsp chopped ginger
- 1 lemon
- 1 tbsp of crème fraîche
- 4 arrowroot or other leaves (for tamal wrapper)



PREPARATION

1. Cook millets in salted boiling water until they become soft. Then, add the chopped onion, ginger, oregano and olive oil to the cooked millets. Mix all the ingredients together thoroughly.
2. Take an arrowroot leaf or any leaf of your choice and use it to shape the mixture into small rectangular *tamal* shapes.
3. Let them cool in the refrigerator, ensuring they are well compressed and hold their shape.
4. Prepare the cherries by removing the seeds. Take half of the cherries and place them in a mortar along with the spicy chilli peppers. Add a pinch of salt, some olive oil and a squeeze of fresh lime juice. Mix everything well in the mortar.
5. To serve, add the spicy cherry mortar mix on top of each *tamal*. Decorate the dish with the remaining cherries and small oregano leaves. Add small dollops of crème fraîche as a finishing touch and enjoy.



ABOUT THE CHEF

Rodrigo Pacheco

Ecuador

Chef Rodrigo Pacheco, Goodwill Ambassador of FAO in Ecuador, bases his gastronomy on restoring and connecting ecosystems, knowledge and flavours. He attracted the world's attention through his culinary art and his innovative project "The World's Largest Biodiverse Edible Forest". Rodrigo lives in the province of Manabí, where his Fundación Amor 7.8 addresses social and environmental causes. He is also president of the Bocavaldivia Foundation and serves as the Executive Chef of the Bocavaldivia restaurant in Puerto Cayo and the Foresta restaurant in Quito.

Navratri bruschetta





INGREDIENTS

- ½ cup (approx. 75–100 g) boiled barnyard millet
- 10–15 cherry tomatoes, cut in half
- 2 tbsp oil
- rock salt and pepper
- holy basil (*tulsi*)
- 1 lemon
- honey drizzle (optional)



PREPARATION

1. Spread the boiled barnyard millet in a tray. Refrigerate for at least an hour until set.
2. Cut the chilled barnyard millet into squares and pan fry until crispy. Set aside.
3. In the same pan, add oil and sauté the tomatoes with salt, pepper and holy basil (*tulsi*).
4. Serve the tomatoes on top of the barnyard millet squares with a squeeze of lemon juice and a drizzle of honey.
5. Enjoy your *Navratri* bruschetta!



ABOUT THE CHEF

Anahita Dhondy

India

Chef Anahita Dhondy is from a Parsi family that settled in Delhi. Since she was a child, her entire life has revolved around food. Her greatest inspiration has been her mother, who has always cooked and served Parsi food. Throughout the years, she has received numerous awards, including the Young Chef India and the Times Food Award. As a big fan of millets and strong supporter of the International Year of Millets, she uses them in salads, as a binder in kebabs, and for dosas, khichris and baked goods.

Fonio salad



INGREDIENTS

- 500 g fonio
- 120 ml water
- 3 cups (approx. 500 g) mango, peeled and diced
- 2 cups (approx. 60 g) of greens (dandelion, baby spinach or any preferred green)
- ¼ cup (approx. 40 g) cashews or other nuts
- 1 cup (approx. 150 g) cherry tomatoes, halved
- 1 cup (approx. 175 g) red bell pepper (capsicum), thinly sliced
- fresh herbs: basil, coriander (cilantro) and mint

Dressing

- extra virgin olive oil
- squeeze of lime juice
- raw honey
- kosher salt
- black pepper
- pinch of Aleppo pepper, if desired



PREPARATION

1. Toast the fonio in a saucepan until it is warm. Add the water, cover the saucepan with a lid and cook on a low heat for 20 minutes. The fonio will absorb the water. Set aside to cool in the fridge while you prepare the other ingredients.
2. Peel and slice the mangos. Dice them into small chunks.
3. Wash and dry your preferred greens, such as dandelion, spinach or any other greens. Baby spinach works well for its subtle flavour and crisp texture.
4. Add cashew nuts or your choice of nuts for a sweet and crunchy texture.
5. Halve the cherry tomatoes and thinly slice the red bell pepper (you can also use yellow or orange bell pepper). Remove the seeds from the pepper.
6. Use a combination of fresh basil, coriander and mint for a savoury and refreshing flavour.
7. Combine all the ingredients in a large salad bowl.
8. Season and dress the salad with a dash of kosher salt, black pepper, lime juice, raw honey and extra virgin olive oil. Add Aleppo pepper for a bit of heat. If available, use a flavourful olive oil.

Tip: if you are not serving the salad immediately, hold off on seasoning and dressing until you are ready. Taste the salad after seasoning and adjust if needed, adding more salt, Aleppo pepper or lime juice according to your preference. There are no rules to this so enjoy customizing your salad!

ABOUT THE CHEF

Chef Binta

Sierra Leone

Chef Fatmata Binta hails from Sierra Leone, and her culinary practice is rooted in the Fulani people's family and community cooking traditions. The first African to receive the Basque Culinary World Prize in 2022, Chef Binta is using the prize money to set up the Fulani Kitchen Foundation supporting women farmers and their cultivation of fonio, a type of millet, as an additional source of income and a crop that is resilient to climate change. She is a strong promoter of fonio and the International Year of Millets 2023.



© FAO

Millet salad with grilled glazed aubergine



INGREDIENTS

MILLET SALAD WITH SESAME

- 100 g millets
- 375 ml water
- 60 g white sesame seeds
- 60 g extra virgin olive oil
- 10 g chopped parsley
- salt, to taste
- freshly ground black pepper, to taste



PREPARATION

1. Rinse and drain the sesame seeds, then toast them in a pan without oil.
2. Soak the millet in double the amount of water and refrigerate for 8 hours. Then, drain.
3. In a pot, add salt, 375 ml water and the soaked millet. Bring to a boil and cook over medium heat for 18 minutes. Strain and cool the millet with cold water.
4. Dress the millet with the rest of the ingredients.



INGREDIENTS

GLAZE FOR THE AUBERGINE

- 280 g red onion
- 50 g extra virgin olive oil
- 400 ml water
- 300 g mirin
- 70 g sugar
- 260 g Korean soy sauce
- 250 g white Okinawa miso
- 120 g sake
- 300 g extra virgin olive oil

GRILLED GLAZED AUBERGINE

- 500 g white aubergine
- glaze for the aubergine, to taste
- extra virgin olive oil, to taste

GRILLED AUBERGINE PURÉE

- 500 g white aubergine
- 50 g extra virgin olive oil
- salt and black pepper, to taste

GRILLED AUBERGINE POWDER

- 200 g white aubergine

SMOKED YOGHURT SAUCE

- 200 g Greek yoghurt
- salt, to taste
- 0.2 g xanthan gum



PREPARATION

1. Slice the red onion into 2 cm thick pieces and sear in a pot with 50 g oil.
2. Add water, mirin and sugar and bring to a boil.
3. Strain the onions from the liquid, reserving both the liquid and the onions.
4. Add Korean soy sauce, white miso and sake to the liquid and let it cook for 3 minutes over medium heat.
5. Turn off the heat, add 300 g olive oil and combine well.
6. Add the seared onion and let sit for 30 minutes at room temperature.
7. Strain the sauce and emulsify until smooth.

1. Cut the aubergines in half and remove the seeds, leaving only 1.5 cm of flesh. Cook in a steam oven for 6 minutes with the skin side up, peel and let drain.
2. Lightly brush the aubergines with oil and grill for 2 minutes on each side.
3. Remove and brush them with glaze. Gently grill again for 2 minutes without burning the glaze.
4. Let the aubergines cool and cut into wide strips.

1. Grill the aubergines over an open flame until their skin is completely burnt.
2. Peel and let them drain in a strainer for 20 minutes.
3. Blend the hot aubergines with approx. 50 g oil to make a purée. Season with salt and pepper.

1. Grill the aubergines over an open flame until their skin is completely burnt.
2. Cut them in half lengthwise, and let them drain in a strainer for 20 minutes.
3. Dehydrate at 55 °C for 24 hours, then blend into a powder, and then sieve.

1. Cold smoke the Greek yoghurt for 30 minutes.
2. Remove, season with salt and texturize it with xanthan gum, using a hand blender.



INGREDIENTS

PICKLED AUBERGINE

- 150 g white aubergine
- 15 g salt
- 65 ml white vinegar
- 10 g sugar
- 1 g black peppercorns
- ½ bay leaf
- 180 ml water
- 50 g extra virgin olive oil

CARDAMOM BÉCHAMEL SAUCE

- 0.3 g ground cardamom
- 25 g butter
- 20 g flour
- 155 ml milk
- salt, to taste
- freshly ground black pepper, to taste

BLACK SESAME CREAM

- 120 g black sesame paste
- 20 g extra virgin olive oil
- 50 ml water
- 5 g sherry vinegar
- 2 g sugar
- salt, to taste

TEA-INFUSED ONION SAUCE

- 400 g julienned red onion
- 7.5 g lapsang souchong smoked black tea strands
- 300 ml cold water
- 5 g chopped garlic
- 15 g extra virgin olive oil
- salt, to taste
- freshly ground black pepper, to taste



PREPARATION

1. Peel and cut the aubergine into 1 cm cubes and soak them in cold water. Remove them and mix with salt, leaving them for 10 minutes at room temperature. Then, rinse with cold water and drain.
2. Boil 180 ml water, vinegar, sugar, peppercorns and bay leaf and blanch the aubergine dice for 10 seconds.
3. Remove them, place in a container with oil and refrigerate for 12 hours.

1. In a saucepan, make a roux with butter and flour.
2. Whisk in the hot milk, cardamom, salt and pepper.
3. Cook over low heat for 10 minutes, stirring constantly.
4. Remove and strain.

1. Blend all ingredients into a cream with a hand blender.

1. Infuse cold water with tea leaves for 2 hours, then strain.
2. Sauté onion and garlic with oil in a saucepan, then pour in the tea infusion and cook for 15 minutes.
3. Strain and reduce the sauce by half. Season with salt and pepper.



INGREDIENTS

PARSLEY SAUCE

- 100 g parsley leaves without stems
- 1.5 g salt
- 0.7 g lemon zest
- 0.3 g xanthan gum
- 100 ml water

PLATING

- Basque chilli slices, to taste
- fennel sprouts
- chervil
- parsley



PREPARATION

1. Blanch parsley leaves in boiling water for 1 minute.
 2. Cool them in ice-cold water. Drain and finely julienne.
 3. Blend with salt, lemon zest and xanthan gum.
 4. Add 100 ml water and continue blending.
 5. Sieve and reserve.
-
1. Place 5 pieces of glazed grilled aubergine in the centre of the plate, alternating with grilled aubergine purée, and cover with millet salad.
 2. Top with 4 cubes of pickled aubergine, 3 dots of smoked yoghurt and 2 dots of cardamom béchamel.
 3. Garnish with Basque chilli slices, fennel sprouts, chervil and parsley.
 4. Place a dot of black sesame cream in the lower corner of the salad and sprinkle aubergine powder in the upper corner.
 5. Finish with a dash of tea-infused onion sauce and a few drops of parsley sauce.

ABOUT THE CHEF

The Roca Brothers

Joan, Josep and Jordi, Spain

The Roca brothers – Joan, Josep and Jordi – are third-generation restaurateurs who had a dream of starting a new venture of their own. Their restaurant, Celler de Can Roca, has been a great success, earning three Michelin stars and was named best restaurant in the world in 2013 and 2015.

While each of their crafts are different – Joan the chef, Josep the sommelier and Jordi the pastry chef – the main ingredients for their success are the same: quality and sustainability that puts a premium on people and the planet.



Cold millet salad



INGREDIENTS

Serves 4

- ½ cup (approx. 75–100 g) millets
- 360 ml water
- 2 tbsp finely chopped red onion
- 2 tbsp lemon juice
- 2 tbsp orange juice
- pinch of sea salt and ground black pepper
- 4 mini peppers, sliced
- 2 tbsp washed, sanitized and chopped coriander (cilantro) leaves
- 2 tbsp olive oil

Tip: depending on the type of millets you use, cooking time may be up to 20 minutes. It is important to ensure all the water is absorbed, so you can start with 1 cup and add an additional ½ cup if needed.

Options: you can use other vegetables such as green beans, tomatoes or bell peppers. If you like it spicy, add dried chilli flakes to the vinaigrette.



PREPARATION

1. Rinse the millets under cold water until the water runs clear. Then, drain thoroughly.
2. Place the millets in a small pot and cover with water. Bring to a boil and add a pinch of salt. Reduce the heat to low and let it simmer for about 15 minutes or until all the water is absorbed.
3. In a bowl, combine the finely chopped red onion, lemon juice, orange juice, a pinch of salt and ground black pepper. Mix everything well and allow it to rest until the millets are ready.
4. Once the millets are cooked and still warm, add them to the bowl with the onion mixture. Give it a good mix to combine the flavours.
5. Add the sliced peppers, chopped coriander leaves and, finally, olive oil to the salad.
6. Serve the millet salad cold and enjoy.



ABOUT THE CHEF

Chef Alfredo Oropeza

Mexico

As a renowned chef and bestselling author of five books, Alfredo Oropeza is dedicated to promoting healthy cooking techniques, nutritious recipes and good practices for sustainability and the well-being of the Hispanic community. His easy and healthy recipes reach millions of people through his TV presence, his print and online magazine, his websites and his social media platforms. Chef Oropeza is an FAO Ambassador for Zero Hunger and malnutrition, and Mexico's Ambassador for the MY World campaign, accelerating actions towards the 2030 Sustainable Development Goals.

Blue crab and carrot millet *chawanmushi*



INGREDIENTS

CHAWANMUSHI

- 75 g blue crab broth
- 50 g beaten whole egg
- 45 g blue crab meat
- 8 g blue crab brains
- 3 g salt

MILLET

- 150 g hulled millets
- 2 sprigs of marjoram
- 40 g diced fermented carrots
- 80 g blue crab claw meat



PREPARATION

PREPARE THE *CHAWANMUSHI*

1. In a blender, blend together the blue crab broth, brains, meat and salt until smooth.
2. Add the beaten eggs and whisk until well combined.
3. Strain the mixture through a fine mesh sieve to remove any impurities.
4. Store the mixture in the refrigerator.

COOK THE MILLET

1. Soak the hulled millet in cold water for 20 minutes, then drain.
2. Cook the millet in a rice cooker with double the amount of water, a sprig of marjoram and a pinch of salt for about 25 minutes, until it is al dente.
3. Dry 100 g of cooked millets in a dehydrator or oven at 40 °C for 24 hours.
4. Fry the dried millet in oil at 220 °C until it puffs up to obtain puffed millet.

SERVE THE DISH

1. Steam 20 g of the *chawanmushi* mixture per portion in a steamer at 90 °C for 9 minutes, ensuring it is covered to prevent water from entering.
2. In a small saucepan, combine the remaining cooked millets, fermented carrots, blue crab claw meat, a pinch of salt and a drizzle of extra virgin olive oil. Heat gently to warm through.
3. Plate the dish by placing the seasoned millets on top of the cooked *chawanmushi*.
4. Add the puffed millets to completely cover the surface of the dish.
5. Garnish with fresh marjoram leaves.

ABOUT THE CHEF

Chiara Pavan

Italy

Chiara Pavan co-leads the renowned Venissa restaurant on the enchanting island of Mazzorbo. She promotes an environment-oriented type of cuisine focused on growing her own produce, local sourcing, the use of wild herbs, ancient grains and legumes, and the use of reduced amounts of ethically chosen animal protein. Chiara received the Best Female Chef award from *Le Guide de L'Espresso* in 2019 and from *Identità Golose* in 2020. She was also awarded the Michelin Green Star for environmental sustainability in the kitchen in 2021.



© Chiara Dalla Rosa

Main dishes

The background features a series of overlapping, organic shapes. A large green shape is at the top right, overlapping a red shape. Below these is a wide yellow band, and at the bottom is a light green shape. The overall composition is modern and minimalist.

Monique's *caldou* with fonio and sorrel-okra relish



INGREDIENTS

Serves 4

MONIQUE'S *CALDOU* WITH FONIO

- 480 ml water or fish broth
- ½ onion, coarsely chopped
- 2 tbsp peeled and chopped tomato
- 60 ml lime juice
- 4 sea bass fillets (110–170 g each)
- 2 tbsp fish sauce
- 1 whole Scotch bonnet pepper
- salt and freshly ground black pepper
- 4 cups (approx. 600–700 g) cooked fonio
- 240 ml sorrel okra-relish



© Pierre Thiam

SORREL-OKRA RELISH (*BAGUEDJ*)

- juice of 1 lime (optional)
- approx. 450 g sorrel or spinach, trimmed
- 5 whole okra pods, trimmed
- Fish sauce (optional)

Makes about 1 cup (240 ml)

According to Pierre Thiam, his aunt Monique Diémé makes the best *caldou* with fonio. It is a light fish dish, usually made with carp or sea bream in Senegal, although you can use sea bass or snapper. The fish is simply poached in a broth with lime, tomato and okra, and often served with a side of *bagedj*, a foamy-looking relish of puréed sorrel leaves and okra.



PREPARATION

MONIQUE'S CALDOU WITH FONIO

1. In a large skillet, bring the water to a boil over medium heat. Add the onions and cook for about 5 minutes, until soft. Add the tomatoes and cook for 10 minutes, until tomatoes are incorporated. Stir in the lime juice.
2. Gently place the fish on the simmering broth. Drizzle with the fish sauce and add the Scotch bonnet pepper. Simmer for 5 to 6 minutes, loosely covered, until the fillets are cooked through. Transfer the fish to a platter, cover loosely with aluminium foil, and set aside to keep warm. Remove the Scotch bonnet pepper from the broth and discard.
3. In a blender, blend the cooking broth, tomatoes and onions until you get a smooth, bright orange sauce. Adjust the seasoning with salt and pepper.
4. To serve, place the fonio in the centre of each of four plates. Generously pour the sauce around the fonio. Place a fillet on the fonio and top with a generous dollop of the sorrel-okra relish.

SORREL-OKRA RELISH (BAGUEDJ)

1. Fill a large pot halfway with water and bring to a boil. If using spinach, add the lime juice. Add the sorrel or spinach leaves. Cook for about 5 minutes, stirring after about 2 minutes, until the leaves are cooked through and very soft. (The leaves will change colour dramatically.) Drain well, let cool slightly, and squeeze out any excess water.
2. Boil the okra in enough salted water to cover for about 5 minutes, until soft. Drain well.
3. Put the leaves and okra in a food processor or blender. Process or blend until light and foamy. Add salt or fish sauce to taste.

Tips: the relish can be kept in a tightly closed jar, refrigerated, for 2 to 3 days.

ABOUT THE CHEF

Pierre Thiam

Senegal

Pierre Thiam is a celebrated Senegalese chef, restaurateur, award-winning cookbook author and entrepreneur. He is known for his innovative cooking style, modern and eclectic yet rooted in the rich culinary traditions of West Africa. Pierre is the chef and owner of the critically acclaimed restaurant Teranga in New York City, serving fast-casual West African fare directly sourced from farmers in the region. His purpose-driven food business Yolélé makes African ingredients available in the United States of America, connecting smallholder farms in West Africa with the global food economy.



Roman-style millet and walnut gnocchi and walnut gnocchi



© Cinzia Nerozzi



INGREDIENTS

GNOCCHI

- 250 g millets
- 1000 ml unsweetened soya or rice milk
- chopped walnuts for sprinkling
- grating of nutmeg
- pinch of salt and pepper
- oil to grease the baking dish

VEGAN BÉCHAMEL SAUCE

- 500 ml soya or brown rice milk
- 40 g semi-wholemeal wheat flour (type 2), bread flour or brown rice flour
- 2 tbsp organic cold-pressed extra virgin olive oil
- ½ tsp unrefined sea salt
- generous grating of nutmeg

Makes enough for two large baking dishes.



PREPARATION

GNOCCHI

1. Rinse the millets well with a fine sieve.
2. Transfer the rinsed millets to a blender and blend until it reaches a semolina-like consistency.
3. In a saucepan, bring the soya or rice milk to a gentle boil, adding a bit of salt, the millet semolina and a pinch of nutmeg. Stir the mixture well.
4. Cook for approximately 25 minutes until the milk is fully absorbed but the mixture is still soft.
5. Place the cooked millet mixture between two sheets of greaseproof paper and use a rolling pin to roll it out to 1 cm thick.
6. Once cooled, use a round cutter to cut out disks and arrange them in an oiled baking dish.
7. In the meantime, prepare the vegan béchamel sauce.

VEGAN BÉCHAMEL SAUCE

1. In a small pan, toast the flour with a drizzle of extra virgin olive oil for a couple of minutes.
2. Pour in the soya milk, a pinch of salt and nutmeg, and stir with a whisk until it boils.
3. Reduce the heat and continue stirring until the béchamel sauce achieves a thick consistency.

Pour the béchamel sauce over the millet gnocchi in the baking dish and sprinkle some walnuts on top. Bake the dish in a preheated oven at 180 °C for approximately 20 minutes. Enjoy!

ABOUT THE CHEF

Cinzia Nerozzi

Italy

Cinzia Nerozzi is a passionate culinary enthusiast. Her love for cooking blossomed while preparing meals for her family, gaining a deeper understanding of the importance of good nutrition and an environmentally conscious approach to food. As a member of a fair-trade association, Cinzia embraces ethical and social values in her culinary endeavours. She widely shares her knowledge and promotes the value and taste of various products, including lesser-known gems such as millets. Cinzia firmly believes in the greatness of millets and proudly advocates for their usage in cooking.



Millet tortillas with mushroom stuffing



© Iasmina Pasca



INGREDIENTS

MILLET TORTILLAS

- 1½ cups (approx. 225–300 g) millet
- water for soaking
- handful spinach
- parsley
- salt
- black pepper
- garlic powder
- olive oil

MUSHROOM STUFFING

- 500 g mushrooms of your choice
- 1 medium onion
- olive oil
- 2 garlic cloves, minced
- salt
- black pepper
- parsley

PINK BÉCHAMEL SAUCE

- 3 tbsp vegan butter
- 3 tbsp flour
- 500 ml soya milk
- ½ tsp ground black pepper
- ¾ tsp nutmeg
- for colour: 1 small beetroot or purple potato, already baked or boiled



PREPARATION

MILLET TORTILLAS

1. Begin by soaking the millets overnight.
2. Using a blender, combine all the ingredients to create the tortilla batter.
3. If the batter appears too thick, gradually add 2 tbsp of water at a time to achieve the desired consistency.
4. Heat 1 tsp of olive oil in a pan to prevent the tortillas from sticking.
5. Pour around 3–4 tbsp of the batter onto the pan, shaping it with a spoon as the thick batter may not spread evenly on its own. Cook the tortilla on both sides, flipping it carefully.
6. Repeat with the rest of the batter.

MUSHROOM STUFFING

7. In a pan, stir-fry the onion, garlic and olive oil until they turn golden and become soft.
8. Add the mushrooms and spices to the pan, cooking them for approximately 5 minutes over medium heat.
9. Continuously stir the mixture to prevent anything from sticking to the pan or burning.

PINK BÉCHAMEL SAUCE

1. On low heat, melt the butter in a pan along with some of the milk. Add the flour and stir until well combined, ensuring there are no lumps.
2. Gradually pour the remaining milk into the pan, along with the spices, and bring the mixture to a boil. Stir occasionally until the sauce thickens.
3. Use a blender to blend the béchamel sauce with the beetroot or purple potato until it reaches a smooth texture.
4. The pink béchamel sauce can be stored in the refrigerator for up to 5 days.

ABOUT THE CHEF

Alessandro Vitale - Spicy Moustache

Italy/United Kingdom of Great Britain and Northern Ireland

Alessandro Vitale, also known as Spicy Moustache, is a London-based urban farmer, content creator, author and entrepreneur. Alessandro first created his urban garden as a way to reconnect with nature. His personal endeavour has transformed into a successful online presence, where he shares educational content about gardening, maximizing food production in small spaces, foraging for wild food, natural remedies and adopting a zero-waste approach. With just an 8×5-metre space, Alessandro grows his own food and promotes a sustainable lifestyle within cities.



Pearl millet crêpe with avocado and pickle



INGREDIENTS

CRÊPE

- 1 cup (approx. 120–130 g) pearl millet flour
- 625 ml water
- salt and pepper, to taste
- 3 g paprika
- 5 ml olive oil

AVOCADO MIX AND ASPARAGUS LAYERS

- 2 avocados
- 20 g lemon juice
- 40 g red onion
- 65 g tomato
- 20 g fresh coriander (cilantro)
- 100 g cherry tomatoes
- 100 g raw sliced asparagus
- salt and pepper, accordingly

PICKLE FILLING

- 250 ml vinegar (white vinegar or apple cider vinegar)
- 250 ml water
- 1 tbsp kosher salt
- 3 tsp sugar
- 100 g cucumber
- 100 g radish

Garnish

- 20 g microgreens
- 15 g truffle oil
- 70 g vegan sour cream



PREPARATION

MILLET CRÊPES

1. In a bowl, combine millet flour, seasoning and water. Mix well and let it rest for 4–6 hours at room temperature.
2. Once rested, add a little oil to a hot, non-stick pan. Mix the batter and pour it into the pan.
3. Lower the heat and cook the crêpe until it turns brown and comes easily off the pan.
4. Set the cooked crêpes aside for later use.

AVOCADO MIX

1. In a bowl, mash the avocado and squeeze lemon juice over it.
2. Add chopped tomatoes, onions, coriander and seasoning. Mix well and set aside.

PICKLE FILLING

1. For the pickled vegetables (cucumber and radish), bring water, vinegar, salt and sugar to a boil in a small pot.
2. While the liquid is boiling, pack jars with the prepped vegetables.
3. Let the liquid cool down and then pour it into the jars, covering the vegetables.
4. Allow the vegetables to pickle for 8–12 hours.

Serve the millet crêpe with a layer of the avocado mix and asparagus on top. Place another millet crêpe on top and add the remaining avocado mix and pickled vegetables. Garnish with microgreens, truffle oil and vegan sour cream.

ABOUT THE CHEF

Sanjay Thakur

India

Sanjay Thakur, an award-winning chef hailing from the Himalayas in Himachal Pradesh, drew inspiration from his father's culinary skills and is passionate about preserving and promoting Himalayan cuisine globally. In 2018, he became the youngest chef to set a Guinness World Record for the world's highest pop-up restaurant, Triyogyoni. The experienced chef represented India twice in the Bocuse d'Or and was the first Indian to be a San Pellegrino Young Chef semi-finalist representing the Middle East in Cape Town, South Africa.



Minced free-range chicken and millets with peas, beans and roasted onion cream



INGREDIENTS

MEATBALLS

- 250 g minced free-range chicken
- 1 egg
- dash of milk
- 3 garlic cloves
- 2 small sweet onions
- 500 ml chicken broth
- ½ tbsp flour
- ¼ tsp cumin
- ½ glass (approx. 75 ml) white wine
- handful of chopped parsley
- 25 g breadcrumbs
- flour
- salt and pepper
- extra virgin olive oil

MILLETS

- 100 g millets

ONION DEMI-GLACE

- 1 kg large onions
- 3 litres water
- 50 ml extra virgin olive oil
- salt, to taste

Garnish

- 1 Moncayo truffle
- 50 g baby mushrooms
- handful of bean sprouts and pea sprouts
- 1 oregano flower



PREPARATION

TO COOK THE MILLETS

1. Take the millets and rinse under running water until the water runs clear. Gently rub the seeds, then drain. Pass through a sieve to remove excess moisture.
2. To ensure the millet is perfectly cooked, the trick is to toast the grains before cooking. Once well drained, heat a pan over medium heat and add the millets. Stir occasionally with a wooden spoon until the millets turn golden and start to release a fragrance resembling butter or nuts.
3. Usually, millets are cooked with a water–millet ratio of 3:1 for a sticky texture. However, in this case, using less water with a ratio of 2:1 achieves a looser texture ideal for summer salads.

ONION DEMI-GLACE

1. Wrap the large onions in aluminium foil and place them in the oven at 180 °C for 90 minutes. They should become completely soft, and their juices should have caramelized at the bottom of the foil.
2. Add the onions to 3 litres of water, and cook until only one litre remains. Then, strain to remove the onions and reduce the liquid over medium heat until the sugars concentrate, obtaining a caramel-like texture.
3. Season with salt and pepper.

To serve the dish, arrange the millets on a plate, top it with the meatballs and drizzle the onion demi-glace over the dish. Garnish with Moncayo truffle slices, baby mushrooms, some bean sprouts and pea sprouts, and the oregano flower.

MEATBALLS

1. In a bowl, mix the minced chicken with salt and pepper. Add eggs, grated sweet onion, breadcrumbs, a dash of milk, parsley, two minced garlic cloves and cumin. Mix everything well.
2. Shape the mixture into balls (size depends on personal preference), coat them in flour, and sear them in a pan with olive oil. Remove the meatballs from the pan.
3. In the same pan, using the oil from frying the meatballs, sauté minced garlic and the other diced sweet onion. Season with salt and pepper.
4. Add the wine and let the alcohol evaporate, then add the chicken broth.
5. After a few minutes, mash the mixture until you achieve the desired texture.
6. In a casserole pot, place the meatballs in the sauce. Cook long enough to ensure they are cooked inside but not dry.

ABOUT THE CHEF

Charo Val

Spain

Chef Charo Val promotes a more sustainable gastronomy, emphasizing the use of local, seasonal and regional products, with a special focus on wild products provided by forests. She is an ambassador for the Programme for the Endorsement of Forest Certification (PEFC Spain) and Marine Stewardship Council sustainable fishing, and is the chef of La Alacena del Gourmet in Ibiza. Charo was named Chef of the Year by the Spanish Federation of Chefs and Pastry Chefs in 2019, and her book *El bosque en tu paladar* received the International Gourmand Award for Best Sustainable Cookbook.



Kodo millet risotto with barnyard millet crisp



© Satinder Shergill



INGREDIENTS

KODO MILLET RISOTTO

- 10 g butter
- 10 g cooking oil
- 20 g onions
- 2 g thyme
- 50 g morels
- 120 g kodo millet
- 500 g vegetable stock
- 25 g spinach

- 25 g Kalimpong cheese
- salt, to taste
- 20 g extra virgin olive oil

BARNYARD MILLET CRISP

- 50 g cooked barnyard millet
- 2 g beetroot powder



PREPARATION

KODO MILLET RISOTTO

Wash the morels to remove any dirt. Soak them in hot water for an hour, then strain and reserve the soaking liquid.

BARNYARD MILLET CRISP

1. Make a coarse paste of cooked barnyard millet with beetroot powder.
2. Spread the paste on a silicone baking sheet and cook at 110 °C for 30 minutes.
3. Store the crisps in an airtight container.

1. Heat butter and oil in a pan. Add onions and cook until translucent.
2. Add thyme and kodo millet grains. Season with salt.
3. Cook until the grains are coated with butter.
4. Slowly add warm vegetable stock, ensuring all the grains are covered. Keep adding stock as needed.
5. Once the stock is absorbed, add more stock and continue cooking until the grains are cooked.
6. Add spinach and cook until wilted. Slice 2 morels into quarters. Stir the morels, along with the reserved soaking liquid, in with the spinach. Reserve the rest of the morels for garnish.
7. Add butter and Kalimpong cheese. Stir until combined and adjust the seasoning.
8. Transfer a portion to a serving bowl.
9. Garnish with morels and barnyard millet crisp.
10. Serve in a dish and drizzle with olive oil.



ABOUT THE CHEF

Satinder Shergill

India

Satinder Shergill is a certified chef de cuisine, food stylist and menu planner. As a recipe developer and fusion-food specialist, he combines flavours and techniques from French, Italian, Mediterranean, Tex-Mex, Asian and Indian cuisines, as well as molecular gastronomy. With a passion for fusion food and plate decoration, he has worked in renowned establishments worldwide. Satinder's culinary journey has taken him to countries such as Australia, the United States of America, Canada, Bhutan, Malaysia, the Maldives and India.

Millet with vegetables and curry





INGREDIENTS

- 300 g millets
- 80 ml extra virgin olive oil
- 300 g shiitake mushrooms, cut in 4 without the stalk
- 1 medium red onion, sliced
- 2 chopped garlic cloves
- 1 tbsp chopped ginger
- 300 g snow peas, blanched
- 15–20 g curry powder
- 50 g slivered toasted almonds
- chopped parsley, to taste
- chopped spring onions (scallions), to taste
- salt, to taste



PREPARATION

1. Cook the millets in boiling water for 18 minutes, then drain.
2. In a frying pan or wok, heat the oil and add the mushrooms until golden brown.
3. Add the red onion, garlic and ginger and let them brown slightly too.
4. Add the blanched snow peas, chopped spring onions, parsley, toasted slivered almonds and curry powder.
5. Season with salt to taste and serve.



ABOUT THE CHEF

Bel Coelho

Brazil

Bel Coelho, a chef and activist from São Paulo, brings her firmly defended purposes to her kitchen, favouring native ingredients and celebrating Brazil's food cultures. As a graduate from the Culinary Institute of America in New York, she mastered contemporary techniques in some of the most awarded kitchens in the world. She is responsible for the Cuia Café kitchen, inside São Paulo's iconic Copan Building. The chef also hosts Food Connection on the Sabor e Arte channel. Her travelling restaurant, Clandestino, paused during the COVID-19 pandemic, will resume in 2023.

Millet with mussels, peppers and chickpeas



INGREDIENTS

- 1 cup (approx. 150–200 g) millets
- 2 cups (approx. 500 ml) water
- 250 g mussels
- 1 red pepper
- 1 yellow pepper
- handful cherry tomatoes, or to taste
- handful chickpeas, or to taste
- extra virgin olive oil, to taste
- fresh spring onion (scallion), to taste
- salt, to taste
- 2 cloves of garlic, or to taste
- dried chilli pepper, to taste



PREPARATION

1. In a pot, cook 1 cup of millet with 2 cups of water. Cover with a lid and cook for 25 minutes.
2. In the meantime, cook the mussels in a non-stick frying pan with a little oil and a clove of garlic for about 10 minutes, until they open properly. Once ready, set them aside.
3. Clean the pan of the mussel residues using paper towels, add a drizzle of oil, a clove of grated garlic, some finely chopped fresh spring onion. Lightly fry, then add diced red and yellow peppers, a few halved cherry tomatoes and a handful of chickpeas. Season with salt and, if you like, a pinch of dried chilli pepper.
4. For extra flavour and to prevent the sauce from drying out during cooking, add a little liquid from the mussels to the pan. Simmer for about 15 minutes, then turn off the heat.
5. Fluff the slightly firm cooked millet with a fork and season with some extra virgin olive oil.
6. To serve the dish, place the millet, the vegetable and chickpea mix and the mussels on a plate and enjoy!



ABOUT THE CHEF

Max Mariola

Italy

Thirty years ago, Chef Max Mariola decided to pursue what he loved most: cooking. After many years of experience as a chef and consultant in restaurants, hotels and cooking channels, Max now focuses on his social media channels. His engaging videos represent who he is, what he does and what he loves to eat. Max's culinary philosophy is not to spoil with excessive complexity, but to cherish what nature or humans have raised or cultivated with heart. His mission is to promote quality Made in Italy cuisine to the world.

Snacks



Sweet and savoury *ragi churma*



INGREDIENTS

SWEET *RAGI* CHURMA

- 100 g finger millet (*ragi*) flour
- 2 tbsp ghee
- 120 ml warm water
- pinch of salt
- 2 tbsp jaggery powder

SAVOURY *RAGI* CHURMA

- 100 g finger millet (*ragi*) flour
- 2 tbsp ghee
- 120 ml warm water
- salt, to taste
- red chilli powder, to taste
- 2 tbsp spring onion (scallion), chopped
- 1 tbsp coriander (cilantro) leaves, chopped



PREPARATION

SWEET RAGI CHURMA

1. In a bowl, mix together the finger millet flour and 1 tbsp of ghee with a pinch of salt.
2. Gradually add warm water while kneading the mixture until it clumps together to form a dough. Be careful not to make the dough overly wet.
3. Cover the dough with a wet cloth and let it rest for 15 minutes.
4. Divide the dough into small-sized balls.
5. Flatten each ball on a warm cloth using your fingers, forming a flatbread of desired thickness.
6. Cook the flatbread on a hot griddle until slightly charred on both sides and cooked through.
7. Place the warm flatbread in a bowl and, using your hands, shred it to the desired consistency.
8. Add the remaining 1 tbsp of ghee and the jaggery powder to the shredded flatbread. Mix well until the ghee and jaggery are melted and coat the pieces.
9. Enjoy the sweet *ragi churma* while it's warm!

SAVOURY RAGI CHURMA

1. In a bowl, mix together the finger millet flour and 1 tbsp of ghee with a pinch of salt.
2. Gradually add warm water while kneading the mixture until it clumps together to form a dough. Be careful not to make the dough overly wet.
3. Cover the dough with a wet cloth and let it rest for 15 minutes.
4. Divide the dough into small-sized balls.
5. Flatten each ball on a warm cloth using your fingers, forming a flatbread of desired thickness.
6. Cook the flatbread on a hot griddle until slightly charred on both sides and cooked through.
7. Place the warm flatbread in a bowl and, using your hands, shred it to the desired consistency.
8. Add the remaining 1 tbsp of ghee, red chilli powder, spring onion and coriander leaves to the shredded flatbread. Add salt to taste and mix well.
9. Enjoy the savoury *ragi churma* while it's warm!

ABOUT THE CHEF

Vanshika Bhatia

India

Vanshika Bhatia is a renowned chef and entrepreneur, known as the Chef Founder of Petite Pie Shop and Chef Partner at OMO Cafe. She focuses on sustainable practices, using seasonal and regional ingredients. Vanshika has been recognized as one of the "40 Chefs Under 40" in India by Condé Nast Traveller, spoke at the World Economic Forum and received awards for her environmental awareness efforts. Her establishments, including Petite Pie Shop and OMO, have garnered accolades for their exceptional cuisine.



Plantain banana bread





INGREDIENTS

- 4 (approx. 430 g) ripe bananas (fruit)
- 3 (approx. 370 g) plantains (very soft and almost black)
- 100 g fonio flour
- 100–200 g crushed dark chocolate
- 80 g pearl millet
- 80 g maize starch
- 70 g sweet potato flour or tigernut (*souchet*) flour
- 50 g ground almonds
- 40 g coconut oil or another oil of your choice
- 10 g bicarbonate of soda + 10 g lemon juice or cider vinegar or 15 g baking powder
- 10 g ginger or cinnamon
- pinch of salt



PREPARATION

1. In a bowl, gently combine all the flours and bicarbonate of soda (or baking powder).
2. In a separate bowl, mash the bananas and plantains using a fork.
3. Gradually add the dry ingredients to the mashed bananas and plantains, stirring vigorously. Then, mix in the chocolate.
4. Pour in the lemon juice or cider vinegar, followed by the oil. Mix well.
5. Stir until the mixture is smooth and well combined.
6. Line the baking tin with parchment paper.
7. Decoratively place lengthwise slices of banana on top of the mixture.
8. Bake the mixture immediately for approximately 40 minutes at 180 °C (adjust the baking time according to your oven).

You can drizzle your plantain banana bread with white *folléré* syrup/*bissap*/hibiscus flower spices, or you can enjoy it with homemade moringa caramel.

ABOUT THE CHEF

Nathalie Brigaud Ngoum

Cameroon

Nathalie Brigaud Ngoum is the president of *Envolées Gourmandes* and founder of the *Envolées Gourmandes Academy*. She is also a responsible food consultant, author, blogger, trainer and facilitator. With a background in marketing and sales engineering, she now specializes in African flour-based pastry. Nathalie has received awards like *Entrepreneuses Plurielles 2018*, *We Eat Africa 2018*, *Livre Gastronomique de la Foire de Paris 2019* and the 2020 World Cookbook Awards for her book *Mon (Im)précis de cuisine*. She was a finalist for the *Trophée des Entrepreneurs Afro-créoles* in 2017.



© Frédéric Brigaud

Millet pastel (duo of prawns and tuna)



INGREDIENTS

Makes around 30 pastels

PASTRY

- 250 g millet flour
- 250 g wheat flour
- 1 tsp baking powder
- 7 tbsp oil
- 125 ml warm milk
- ½ tsp salt

SAUCE

- 2 onions
- 2 garlic cloves
- 1½ tbsp tomato paste
- 100 ml water
- 2 dried chilli peppers, or 1 tsp paprika
- ½ tsp sugar
- 2 tbsp oil
- 1 tsp vinegar
- salt and pepper, to taste

FILLING

- 1–2 cans of tuna (approx. 200 g)
- 200 g peeled prawns
- 1 green bell pepper
- 1 onion
- ½ bunch flat-leaf parsley
- 2 cloves of garlic
- chilli, to taste
- 2 tbsp oil

500 ml neutral oil (such as peanut oil, sunflower oil, etc.) for frying

TIPS

- Depending on the millet flour used, you may need more milk for the dough.
- The dough dries out quickly. If you exceed the 30-minute rest period, rehydrate and knead the dough.



PREPARATION

DOUGH

1. Mix the millet and wheat flour, and the baking powder, then create a well.
2. Add the warm milk and oil to the well, and gently mix into a smooth, non-sticky dough.
3. Knead the dough for 5 minutes, then form a ball and let it rest for 30 minutes under a tea towel.

FILLING

1. In a frying pan, sauté prawns in 1 tbsp oil for 5 minutes, then set them aside.
2. Coarsely chop the onions and green bell pepper.
3. Blend or crush the onions, parsley, garlic, pepper and chilli into a paste in a mortar.
4. Chop the prawns and drain the tuna.
5. In a frying pan, add 1 tbsp oil and cook prawns and tuna with the seasoning paste and salt for 5 minutes. Let it cool.

SHAPING AND FRYING THE PASTELS

1. Roll out the dough thinly and shape small discs using a cookie cutter or glass.
2. Add a teaspoon of filling in the centre of each disc.
3. Close the edges to form half-moons, and pinch the edges together with a fork.
4. Heat 500 ml oil in a pot and fry pastels until golden brown. Drain on paper towels.

SAUCE

1. Finely chop onions, garlic and chilli. Heat oil in a saucepan and add the onions, garlic and chilli.
2. In a small bowl, mix the tomato paste with 1 tbsp of water and stir into the saucepan.
3. Season with salt and pepper, and cook for 5 minutes, stirring regularly.
4. Add water and reduce the heat, then add vinegar.
5. Simmer until the sauce is smooth and the onions are melting.

ABOUT THE CHEF

Aïssatou

Senegal

Aïssatou, a Senegalese food blogger and author, launched her blog Aïssatou Cuisine in 2015 in order to expand her knowledge of African recipes. Her mission is to spotlight overlooked flavours from her country's culinary heritage. Her book *Saveurs subsahariennes, trésors et recettes d'Afrique* won the 2019 World Gourmand Awards. In the same year, she opened Kéliba Café in Dakar. Aïssatou's second book, *Pastels et Yassa*, celebrates the essence of Senegalese cuisine. With passion, she shares her culinary heritage, offering traditional and creatively combined recipes inspired by her childhood.



© Moustapha Dou

Finger millet smoothie





INGREDIENTS

- 2 tbsp finger millet
- 180 ml water (for cooking the millet)
- ½ banana
- 2 dates
- 2 tbsp yoghurt or thick curd
- 120 ml water
- ¼ tsp vanilla extract
- for garnish: 1 tsp chopped nuts



PREPARATION

1. In a saucepan, cook the finger millet with water over low heat, stirring continuously until it transforms into a thick, glossy paste.
2. Allow the cooked millet to cool down to room temperature.
3. In a blender, combine the cooked millet, banana, dates, yoghurt, water and vanilla extract.
4. Blend all the ingredients together until smooth and creamy.
5. Pour the finger millet smoothie into a glass.
6. Garnish the smoothie with chopped nuts to add an extra crunch and visual appeal.
7. Serve the smoothie chilled and enjoy its delightful flavours.

Indulge in this refreshing finger millet smoothie, which makes for a perfect companion to enjoy on hot summer mornings.

ABOUT THE CHEF

Adhya S.

India

Adhya S. is a passionate data analyst, nutritionist, foodie, Instagram content creator and boxer from Chennai, with roots in Kerala, India. During the COVID-19 pandemic, she started to prepare homemade meals for those in need, inspiring her to create and share healthier recipes and earn certifications in fitness and nutrition. Now, she helps her clients transform into their best versions. Adhya uses her social channels to guide her over 300 000 followers towards healthier, more nutritious and great-tasting choices.



Desserts



Chocolate mousse with millets





INGREDIENTS

Serves 6

- ½ cup (approx. 75–100 g) millets
- 3 tbsp brown sugar
- 360 ml coconut milk
- 360 ml water
- 120 g chocolate with 70% cocoa



PREPARATION

1. In a medium pan, combine millets, sugar, coconut milk and water. Place the pan over high heat. Once it boils, reduce the heat and let it cook for 20 minutes. Stir well and set aside.
2. In a medium glass bowl, place the chocolate to melt in a double boiler and set aside.
3. Using a food processor, combine the cooked millet and melted chocolate. Process the mixture until you achieve a smooth and homogeneous cream consistency.
4. Serve the chocolate mousse while it is still hot or warm for the best texture and flavour. If it cools down, it may harden.



© Bela Gil

ABOUT THE CHEF

Bela Gil

Brazil

Bela Gil is a successful chef, presenter, writer and activist who promotes healthy, nutritious and sustainable diets. She recently opened Camélia Ôdôdó, a sustainable plant-based restaurant in São Paulo, Brazil. Bela incorporates agroecology into its every aspect from sourcing local, seasonal and sustainable food to using natural plant-based dyes for the restaurant's uniforms. She finds creative ways to mitigate food waste in her recipes and builds consumer awareness around sustainable healthy diets.

Sorghum, orange and ginger cake



INGREDIENTS

Makes 1 large cake

- 180 g sorghum flour
- 180 g oat flour
- 1 tsp baking powder
- 1 tsp bicarbonate of soda
- 3 tbsp ground ginger
- 1 tbsp ground cinnamon
- ½ tsp salt
- zest of 3 oranges
- 250 ml boiling water
- 250 g chopped dates
- 160 ml sunflower oil
- juice and pulp of 1 orange
- 360 ml extra boiling water
- 1 tbsp coconut oil
- 1 tbsp brown sugar
- 1 tsp cinnamon
- 3 oranges, peeled and sliced

Garnish

- icing sugar



PREPARATION

1. Preheat the oven to 160 °C and line a cake tin with baking paper.
2. In a bowl, whisk together all the dry ingredients, including the orange rind and spices. Set the bowl aside.
3. In a separate bowl, mix together the dates and 250 ml of hot water. Allow them to sit for 5 minutes, then blend the mixture into a smooth paste and set aside.
4. Whisk all the wet ingredients together, including the date paste and 360 ml of boiling water.
5. Gradually add the dry ingredients to the wet ingredients, stirring well to ensure there are no lumps in the batter. Set the batter aside.
6. In a pan, heat the coconut oil, brown sugar and cinnamon. Add the orange slices to the pan and cook them for approximately 3 minutes on one side until they are slightly browned. Arrange the cooked orange slices on the bottom of the lined cake tin.
7. Pour the prepared batter into the tin and bake the cake in the preheated oven for 50 minutes, until a skewer inserted into the centre of the cake comes out clean.
8. Once baked, leave the cake to cool in the tin for 30 minutes. Then, carefully remove the cake from the tin and peel off the baking paper.
9. Sprinkle the cake with icing sugar and serve with cream or custard. Enjoy this perfect wheat-free treat that uses winter fruits!

ABOUT THE CHEF

Mokgadi Itsweng

South Africa

Mokgadi Itsweng is a renowned, award-winning South African chef and food activist. Passionate about sustainable food systems, she promotes plant-rich diets with her debut cookbook *Veggielicious* and her plant-based dining experience “The Plate with Chef Mokgadi”. As Creative Director and Head Chef of Lotsha Home Foods and Ujuspice brand, she develops African-inspired food products. Her former restaurant introduced Pan-African cuisine to South Africans and showcased African flavours in gourmet dishes. Mokgadi also collaborates with The Chef’s Manifesto, a global movement of chefs for sustainable development.



Pistachio and millet bliss balls





INGREDIENTS

- 170 g cooked millets (a mix of kodo millet and finger millet)
- 175 g pitted Medjool dates
- 50 g pistachios
- 1 tsp rose water
- 1 tbsp dried rose petals
- for garnish: additional dried rose petals and chopped pistachios



PREPARATION

1. In a food processor, combine all the ingredients.
2. Process the mixture until it forms a clumpy texture.
3. Take the mixture and roll it into 8–10 balls. Set them aside.
4. Roll some of the balls in chopped pistachios and others in dried rose petals.
5. If you plan to consume the balls later, refrigerate them to keep them firm.

ABOUT THE CHEF

Shridula Chatterjee

India

Born and raised in New Delhi, India, Shridula's lifelong passion for food was cultivated through diverse culinary experiences. Her love for cooking flourished during her culinary studies at the Delhi Institute of Hotel Management and Ecole Hotelier Lavasa, India. With training from the Oberoi group of hotels and collaborations with esteemed chefs, she now leads the kitchen at restaurant Mezze Mambo in Delhi. Chef Shridula is associated with the Chef's Manifesto Forum and is a certified Future Food and Climate Shaper by the Future Food Institute. Shridula promotes millets, celebrating their cultural significance, versatility and flavour.



© Shridula Chatterjee



It's your turn now!

Hopefully, this Global Recipe Book in celebration of the [International Year of Millets 2023](#) has ignited your curiosity and inspired you to explore the incredible world of millets.

As you embark on your culinary journey with millets, we encourage you to experiment, innovate and create your own unique recipes. Discover the joy of wholesome meals with millets that not only nourish your body but also connect you to the rich heritage and traditions of millet cultivation.

Share your creations on Instagram, using the hashtags #IYM2023 and #YearOfMillets and tagging @FAO!

We would like to express our gratitude to all the chefs and hobby cooks dedicated to promoting millets, preserving traditional knowledge and fostering innovations for a sustainable food system.

Remember that our food choices have the power to shape a better future – for ourselves, for the environment and for generations to come. Let's embrace millets and their role in promoting sustainable, resilient and inclusive food systems.

Happy cooking!







Notes

1. Philippine Food Composition Tables Online Database. 2019. Department of Science and Technology, Food and Nutrition Research Institute (DOST-FNRI). Philippines. [food code: A008].

2. Laxmisha, K.M., Semwal, D.P., Gupta, V., Katral, A., Bisht, I.S., Mehta, P.S., Arya, M., Bhardwaj, R. & Bhatt, K.C. 2022. Nutritional profiling and GIS-based grid mapping of Job's tears (*Coix lacryma-jobi* L.) germplasm. *Applied Food Research*, 2(2): 100166.

3. Ocloo F.C.K, Agbemavor W.S.K., Ayeh E.A., Egblewogbe M.N.Y.H. & Odai B.T. 2022. Nutritional composition, physicochemical and functional properties of Black Fonio (*Digitaria iburua* Stapf.) *Philippine Journal of Science*, 152(1): 231–243.

4. Shaheen, N., Rahim, A.T.M.A., Mohiduzzaman, M.D., Banu, C.P., Bari, M.D.L., Basak, A.B., Mannan, M.A., Bhattacharjee, L. & Stadlmayr, B. 2013. *Food Composition Table for Bangladesh*. Dhaka, Institute of Nutrition and Food Science, Centre for Advanced Research in Sciences, University of Dhaka. [food code: 01-0007; 01-0006; 01-0027].

5. Institute of Nutrition and Food Safety. 2002. *China food composition – Book 1 (2nd ed.)*. Beijing, Peking University Medical Press. 393 pp. [food codes: 01-9-002; 01-5-101; 01-9-008].

6. USDA (United States Department of Agriculture). 2019. National Nutrient Database for Standard Reference Legacy. Washington, DC, USDA, Agricultural Research Service, Nutrient Data Laboratory. Retrieved from FoodData Central. [Cited 30 November 2022]. <https://fdc.nal.usda.gov/>. [food codes: 169747; 169702].

7. Dayakar Rao, B., Bhaskarachary, K., Arlene Christina, G.D., Sudha Devi, G. & Tonapi, V.A. 2017. *Nutritional and Health Benefits of Millets*. Hyderabad, India, ICAR – Indian Institute of Millets Research (IIMR). 105 pp.

8. MEXT (Japan Ministry of Education, Culture, Sports, Science and Technology). 2020. Standard Tables of Food Composition in Japan. 8th revised edition. Tokyo, Subdivision on Resources, Council for Science and Technology. Ministry of Education, Culture, Sports, Science and Technology. Japan. [food codes: 01011; 01139; 01002; 01138; 01140].

9. Vincent, A., Grande, F., Compaoré, E., Amponsah Annor, G., Addy, P.A., Aburime, L.C., Ahmed, D. et al. 2020. *FAO/INFOODS Food Composition Table for Western Africa (2019) User Guide & Condensed Food Composition Table*. Rome, FAO. [food codes: 01_032; 01_017; 01_039; 01_040; 01_041; 01_050].

10. Longvah, T., Ananthan, R., Bhaskarachary, K. & Venkaiah, K. 2017. *Indian Food Composition Tables 2017*. Hyderabad, India, National Institute of Nutrition, Department of Health Research, Ministry of Health and Family Welfare, Government of India.

11. FAO/Government of Kenya. 2018. *Kenya Food Composition Tables*. Nairobi, FAO. 254 pp. <http://fao.org/3/i8897en/i8897EN.pdf>. [food codes: 01037; 01039; 01025].

12. FSANZ (Food Standards Australia New Zealand). 2019. *The Australian Food Composition Database, release 1*. Canberra, FSANZ. [Cited 30 November 2022]. <http://www.foodstandards.gov.au/>. [food code: F008474].

Disclaimer and points to be considered when interpreting the results

- The nutrient values refer to 100 g edible portion on fresh weight basis of raw, uncooked grains.
- Nutrient contents can vary due to factors such as soil, climate, food genetics, agricultural production systems, storage, food processing techniques, food preparation, and others.
- Best practices and international standards were used to compile the nutrient profiles, but ambiguities in identifying foods (i.e. whole grains versus processed grains) may impact nutrient levels, especially fibre content.
- Data harmonization was carried out for most components, but due to missing information in data sources some values have been marked to indicate they are not directly comparable with others.

Values were calculated using the following equations:

- Energy (kcal/100 g) was calculated using [FAO energy conversion factors](#): carbohydrates, 4 kcal/g; protein, 4 kcal/g; fat, 9 kcal/g; dietary fibre, 2 kcal/g.
- Available carbohydrates (g/100 g) were calculated by difference as follows: 100 - (water + ash + fat + protein + fibre).
- Protein was calculated from total nitrogen using nitrogen-to-protein conversion factor 5.83 for all species (except for sorghum factor 6.25 was applied), according to [FAO/INFOODS Guidelines](#).





CONTACT

IYM 2023 Secretariat
International-Year-Milletts@fao.org
Food and Agriculture Organization
of the United Nations
Rome, Italy



ISBN 978-92-5-138209-7



9 789251 382097

CC8019EN/1/10.23