In the Chizami cluster of villages, farmers have started seed banks and farmer’s forums to uphold the rich agro biodiversity which has sustained them from generations. The Millet Resource Centre has been enabling these farmers to amplify their perspective to the larger platforms through advocacy and networking with different farming communities across the country and the world.
North East Network
Millet Resource Centre
Chizami Village, District Phek, Nagaland - 797102

Contact No: 09436607403/ 09862684388
Email: nagaland@northeastnetwork.org
Website: www.northeastnetwork.org
About the Millet Recipe Book

In the rural areas of Nagaland, agriculture is still a part of tribal identity and ethnic culture. It is a way of life for farming communities. The bonding with one’s land and its cultural ethos is inherent and still gets reflected through their farming practices. The hilly terrain with scare irrigation facilities makes it conducive for millet based farming, which many communities still practice but many have also given up. Though people produce more than 20 varieties of paddy, legumes, leafy vegetables, coarse cereals and countless fruits, berries, tubers and vegetables, yet, the rich food ecosystems is being threatened in this era of globalization. As people are becoming more and more brand and class conscious when it comes to food, numerous crops including Millet, a very nutritious crop but considered a ‘poor man’s crop’ is disappearing from their plates.

Food connects and rejuvenates lives. Food and knowledge associated with it is handed down from one generation to the other through different ways of cooking and preserving. There is an ardent need to document, preserve and promote the rich food culture which is slowly eroding due to lack of interest and indifference. Recipes establish the food culture, identity and distinctiveness of one individual, family, community, tribe and state.

The Millet Recipe Book is an attempt to revive millet farming, rejuvenate the traditional organic food market, at the same time to establish food security and sovereignty which defines the identity struggles of Nagaland.

We are grateful to our women farmers from the villages of Chizami, Enhulumi, Mesulumi, Sumi, Thetsumi, New Phor and Zelome in Phek district, Phenwhenyu in Kohima district and Noklak in Tuensang district, who came together under one hearth to cook these recipes.

The documentation of the recipes was done by NEN Chizami team. The nutritional tables provided in this book are taken from Millet Network of India (MINI)’s resources. For their support, this booklet was made possible for which we remain indebted.

Seno Tsuhah
Programme Manager
North East Network
REFERENCE:
Millet Network of India, DDS & FIAN, India, “Millets - Future of Food & Farming”.

**FOXTAIL MILLET**

**Ingredients:**
Foxtail Millet – 500 gm;  
Water – 1.5 litre;  
Salt as per taste (optional)

**Local dialect:**
Etshübei/chübei khune - Khezha  
Tsü tsü sipa - Pochury  
Chüzü sü - Sumi  
Heinyak - Khiamniungan  
Zhobou sü - Pomai

**Method of Preparation:**
1. Wash dehusked millet and keep aside.  
2. Heat water in a pot to boiling point and add the washed millet  
3. Cook for 15 minutes and stir occasionally  
2. When water reduces, cover the pot with banana leaf and lid on top, cook over low flame till the millet is cooked. Serve with curry or chutney.

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**MILLET WITH RICE**

**Ingredients:**
Rice – 1 kg, Foxtail Millet – ½ kg  
Water - 2 litre

**Local dialect:**
Tü Tsü matsii - Pochury  
Zeme süthu - Pomai  
Etshübei la Erübei khune - Khezha

**Method of Preparation:**
1. Cook washed rice in boiling water  
2. When the rice is almost cooked, add millet and stir it nicely (add more water if required)  
3. When water reduces, cover the pot with lid. Heat over low flame/fire till both millet and rice are cooked. Serve with curry or chutney.
Millets have long life-span. Unlike paddy, millets can be stored for 20 years and still be edible.

-Ditsozu-u Tshah, Farmer, Chizami village
MAIZE WITH MILLET

**Ingredients:**
Foxtail Millet – 300 grams;
Maize – 250 grams, Water - 2 litre

**Local dialect:**
Akisheli/Athinku - Sumi
Mekrita la etshübe Khune - Khezha

**Method of preparation:**
1. Wash dehusked maize and cook in the pressure cooker, bring to full pressure on high heat, let it whistle for 6-8 times and check whether it is cooked. If need more to be done, cook for another 2-3 whistle again.
2. When maize is cooked and water quantity is reduced, add millet and stir it nicely.
3. When water reduces and almost cooked, cover the pot with lid. Heat over low fire/flame till it cooked. Serve with curry or chuney.

JOBSTEAR’S WITH MILLET

**Ingredients:**
Job’s Tear – 250 grams;
Foxtail Millet – 150 grams,
Water - 2 litre

**Local dialect:**
Akithi/Asü - Sumi
Toitshebe la etshübe khune - Khezha

**Method of Preparation:**
1. Wash dehusked Jobstears and cook in the pressure cooker, bring to full pressure on high heat, let it whistle for 6-8 times and check whether it is cooked. If need more to be done, cook for another 2-3 whistle again.
2. When the Jobstears is cooked and water quantity is reduced, add dehusked millet and stir nicely.
3. When water reduces and almost cooked, cover the pot with lid. Heat over low fire/flame till it cooked. Serve with curry or chutney.

In future, where water and food crisis stares us in the face, millets can become the food of security.
NUTRIENT COMPARISON: FOXTAIL MILLET & RICE

[Bar chart showing nutrient comparison between Foxtail Millet and Rice for various nutrients: Protein, Fat, Carbohydrates, Calcium, Phosphorus, Iron, Fibre, Thiamine, Riboflavin, Niacin, Folic acid]
**Millet with Vegetable (Ghalho)**

**Ingredients:**
- Foxtail Millet - 300 gm;
- French beans leaves - 200 gm;
- Fresh Tender Bamboo slice - 300 gm
- Water - 2 litre
- Salt - to taste

**Local dialect:**
Etshübe-Ebake le Kubanyu kephe - Khezha

**Method of Preparation:**
1. Wash dehusked millet and keep aside. Wash fresh tender bamboo shoots and slice in small pieces.
2. Cook the sliced bamboo shoots in boiling water for 15 minutes.
3. Add millet, salt (less than usual) to the bamboo shoot and stir occasionally.
4. When millet is cooked, add green leafy vegetables and stir well (Add more water if required)
5. Cook for 3 minutes and remove from the flame/fire.
   Serve with chutney

**Millet with Pumpkin (Ghalho)**

**Ingredients:**
- Pumpkin - 500 gm
- Foxtail millet - 300 gm
- Water - 2 litre, salt to taste.

**Local dialect:**
Hamu la Etshübe/chübe kephe - Khezha

**Method of Preparation:**
1. Wash and cut the pumpkin into medium size
2. Cook the pumpkin, salt (salt less than usual) in boiling water for 15 minutes.
3. When pumpkin is almost cooked, add millet and stir well. (Add more water if required)
4. Cook for another 10-15 minutes and remove from the flame/fire.
   Serve with chutney.

*Millets are water saving, drought tolerant crops. Therefore they must be viewed as climate change complaint crops.*
“Foxtail Millets can easily be cultivated. It used to be the main food before and not paddy. It saved us from starvation.”

- Woman Farmer, Phenwenyu Village
SORGHUM WITH BLACK SESAME (snacks)

**Ingredients:**
Sorghum – 250 grams;  
Black Sesame – 100 grams;  
Salt – to taste;

**Local Dialect:**
Akini, konitsa - Sumi  
Tenakhru la Kenite - Khezha

**Method of Preparation:**
1. Roast sorghum in a pan over high flame till the grains start popping to form something similar to smaller sized of popcorn and keep aside.
2. In another pan, roast the black sesame seeds over low flame till it get scented flavour.
3. Add salt to the roasted black sesame and grind it in a grinder till they form a fine paste.
4. The sesame paste is then mixed with roasted Sorghum.  
   Serve with tea and corn soup.

STICKY MILLET CAKES

**Ingredients:**
Foxtail Millet flour - 500 gm  
Salt/sugar - to taste  
water - as per required

**Local dialect:**
Chisii - Pomai  
Etshübe/chübe mena thuwa - Khezha

**Methods of preparation:**
1. Add foxtail millet flour, salt/sugar in a bowl and mix with water nicely. The mixture of millet flour should be thick.
2. Wrap with banana leaf (100-150 gm pp) and tie
3. Cook in the highly boiling water for 40 minutes. Remove from the heat. Serve with tea.

Millet is grown under traditional methods, no millet attracts any pest. They can be termed free-pest as crops.
Millet do not demand synthetic fertilisers. Millets are pest free crops.

**Table 2: Nutrient Content of Millets**

<table>
<thead>
<tr>
<th>Crop / Nutrient</th>
<th>Protein(g)</th>
<th>Fiber(g)</th>
<th>Minerals(g)</th>
<th>Iron(mg)</th>
<th>Calcium(mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pearl millet</td>
<td>10.6</td>
<td>1.3</td>
<td>2.3</td>
<td>16.9</td>
<td>38</td>
</tr>
<tr>
<td>Finger millet</td>
<td>7.3</td>
<td>3.6</td>
<td>2.7</td>
<td>3.9</td>
<td>344</td>
</tr>
<tr>
<td>Foxtail millet</td>
<td>12.3</td>
<td>8</td>
<td>3.3</td>
<td>2.8</td>
<td>31</td>
</tr>
<tr>
<td>Proso millet</td>
<td>12.5</td>
<td>2.2</td>
<td>1.9</td>
<td>0.8</td>
<td>14</td>
</tr>
<tr>
<td>Kodo millet</td>
<td>8.3</td>
<td>9</td>
<td>2.6</td>
<td>0.5</td>
<td>27</td>
</tr>
<tr>
<td>Little millet</td>
<td>7.7</td>
<td>7.6</td>
<td>1.5</td>
<td>9.3</td>
<td>17</td>
</tr>
<tr>
<td>Barnyard millet</td>
<td>11.2</td>
<td>10.1</td>
<td>4.4</td>
<td>15.2</td>
<td>11</td>
</tr>
<tr>
<td>Rice</td>
<td>6.8</td>
<td>0.2</td>
<td>0.6</td>
<td>0.7</td>
<td>10</td>
</tr>
<tr>
<td>Wheat</td>
<td>11.8</td>
<td>1.2</td>
<td>1.5</td>
<td>5.3</td>
<td>41</td>
</tr>
</tbody>
</table>

By any nutritional parameter, millets are miles ahead of rice and wheat. In terms of their mineral content, compared to rice and wheat. Each one of the millets has more fibre than rice and wheat. Some as much as fifty times that of rice. Finger millet has thirty times more Calcium than rice while every other millet has at least twice the amount of Calcium compared to rice. In their Iron content, foxtail and little millet are so rich that rice is nowhere in the race. While most of us seek a micronutrient such as Beta Carotene in pharmaceutical pills and capsules, millets offer it in abundant quantities. The much privileged rice, ironically, has zero quantity of this precious micronutrient. In this fashion, nutrient to nutrient, every single millet is extraordinarily superior to rice and wheat and therefore is the solution for the malnutrition that effects a vast majority of the Indian population.
**STICKY MILLET (HALWA)**

**Ingredients:**
- Foxtail Millet - 500 gm,
- Refined oil - 4 tb spoon,
- Water - 1/3 litre, Sugar/salt – to taste

**Local dialect:**
- Murasii - Pomai
- Tütsü chepa - Pochury
- Chübe/Etshübe mena - Khezha

**Method of Preparation:**
1. Wash dehusked millet and seive in the siever.
2. Take a pan and heat oil, add millet in the hot oil and fry for some times like (3 minutes) constantly stiring.
3. Add water, sugar/salt to the frying millet and stir well.
4. Cover the pot and cooked in low flame till the grains become thick and reach sticky consistency.
Serve hot for breakfast/brunch.

**STICKY MILLET (PURI)**

**Ingredients:**
- Millet flour - 300 gm,
- Salt/sugar - as per taste
- Refined oil - 250ml
- Water - as required

**Local dialect:**
- Etshübe/chübe mena thuwa - Khezha

**Method of preparation:**
1. Add millet flour, salt/sugar and mix with water nicely. (The mixture should be thick).
2. Roll with hand and then deep fry in the hot oil. Serve with tea.

Millets are amazing in their nutrition content.
MILLET AND JOBSTEAR’S PORRIDGE

Ingredients;
Jobstear’s - 300 gm
Foxtail Millet - 200 gm, Water - 2 litre
Sugar/salt - as per taste, Milk - 250 ml

Local dialect:
Etshube la Totshebe - Khezha

Method of preparation:
1. Wash dehusked Jobstears and cook in the pressure cooker, bring to full pressure on high heat, let it whistle for 6-8 times and remove from the heat.
2. Add millet and stir, close the cooker and let it whistle for 2-3 times again.
3. Add milk, sugar/salt and constantly stirring. (Add more water if required)
4. Cook for another 10 minutes. Serve hot for breakfast.

SORGHUM AND FOXTAIL MILLET PORRIDGE

Ingredients;
Sorghum - 300 gm
Foxtail Millet - 200 gm, Water - 2 litre
Sugar/salt - to taste, Milk - 250 ml

Local dialect:
Tenakhru la Etshiêbe - Khezha
Akithi/ Asü - Sumi

Method of preparation:
1. Wash dehusked sorghum cook in the pressure cooker, bring to full pressure on high heat, let it whistle for 6-8 times and remove from the heat. Release pressure with slight lifting of vent weight.
2. Add milk, sugar/salt and constantly stirring. (Add more water if required)
3. Cook for another 10 minutes. Serve hot for breakfast.
**STICKY MILLET PORRIDGE**

**Ingredients:**
Foxtail Millet - 250 gm, Water - 2 litre
Sugar/salt - as per taste, Milk - 200 ml

**Local dialect:**
*Etshübe/ chübe* - Khezha

**Method of preparation:**
1. Cook wash dehusked millet in the pressure cooker, bring to full pressure on high heat, let it whistle for 2-3 times and remove from the heat.
2. Add milk, sugar/salt to the cooking millet and constantly stir.
3. Cook for another 5-8 minutes. Serve hot for breakfast.

**JOBSTEARS SOUP**

**Ingredients:**
Jobstear – 250 GM
Water – 2 litre
Sugar/Salt – to taste

**Local dialect:**
*Totshübe Lepfhü/lekhu* - Khezha

**Method of Preparation:**
1. Wash the dehusked jobstears and cook in the pressure cooker, bring to full pressure on high heat, let it whistle for 6-8 times and check whether it is cook.
2. Add more water if required and cook for another 2-3 whistle again. (You can add sugar/salt and serve with snacks)

“Foxtail Millets is used as a replacement to breast milk for infants”
- Farmer, New Phor
**SORGHUM PORRIDGE**

**Ingredients:**
Sorghum - 250 gm, Water - 2 litre
Sugar/salt - to taste
Milk - 250 ml

**Local Dialect:**
Tenakhru - Khezha
Konitsa - Sumi

**Method of preparation:**
1. Wash dehusked sorghum and cook in the pressure cooker, bring to full pressure on high heat, let it whistle for 6-8 times and remove from the heat.
2. Add milk, sugar/salt. Constantly stirring, cook for another 10 minutes. Serve hot for breakfast.

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**JOBSTEAR’S PORRIDGE**

**Ingredients:**
Jobstear’s - 250 gm, Water - 2 litre
Sugar/salt - to taste, Milk - 250 ml

**Local dialect:**
*Totshübe/Tuchübe* - Khezha

**Method of preparation:**
1. Wash the dehusked jobstears and cook in the pressure cooker, bring to full pressure on high heat, whistle for 6-8 times and remove from the heat.
2. Add milk and sugar/salt. Constantly stirring, cook for another 10 minutes. Serve hot for breakfast.

"Millets continue to be as cure for vomiting and dysentry"
- Farmer, Thang Village