

area of north India, people make similar cuisine from finger millet flour.

Pasta: Similar to vermicelli, pasta is also processed by cold pressing method. Finger millet semolina is mixed with refined wheat semolina and mixed with water. The prepared dough is allowed to rest for 30 minutes and then extruded with a pasta mold. Wheat is added



because of the lower gluten content of millet which requires a minimal percentage of wheat to make pasta. These pastes can be stored for two to three months.

Finger Fillet Cookies: Cookies are a popular ready-to-eat product consumed by almost every member of the family. Finger millet biscuits are made by mixing finely milled finger millet flour with sugar, milk solids, non-trans fats, salt, and identified natural



flavoring agents. These cookies are high in fiber, low in sugar and fat compared to other products on the market.

Bread/ Bun: Finger millet bread is prepared by mixing wheat flour with finger millet flour and adding

yeast, trans-free fat, salt, and sugar. The dough is proofed and baked in an oven to get bread. Round balls of dough are made and baked to get buns. These bread and buns are fiber, protein, and minerals rich. These products have a shelf life of 6 days when packed in LDPE packets.

Finger Millet Noodles: Finger millet noodles are prepared by blending its flour and wheat semolina and dough is prepared by adding water. This dough is pressed through a noodle-making machine. The noodles are allowed to temper at room temperature for 10-12 hours and then sun dry or oven dry for 6 hours. They can be stored for about six months at ambient temperature. These noodles are richer in dietary fiber, protein, and minerals in comparison to regular noodles.



Reference for the recipes: Dayakar Rao B, Sangappa, Vishala A.D, Arlene Christina G.D, and Tonapi V.A. 2016. Technologies of Millet Value Added Products. Centre of Excellence on Sorghum, ICAR-Indian Institute of Millets Research. Rajendranagar, Hyderabad, India. pp 48

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VALUE ADDED PRODUCTS OF FINGER MILLET

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Introduction: Finger millet is famous for its high nutritional content as well as characteristics such as drought tolerance and tolerance to climate change, which makes it sustainable crop for poor agro-climatic conditions. Like other millet it is a nutriceal crop having a high protein, essential fatty acid, dietary fiber, B-Vitamin, and minerals including calcium, iron, zinc, potassium, and magnesium. Therefore, creating technology that makes it's easy and accessible value-added products at an affordable price will have huge demand and market, especially now as people are getting awareness of the importance of eating nutritious foods.

Finger Millet Flour: Flour is a main ingredient for various food preparation. Finger millet grains are processed by dry grinding. The flour making process starts with the cleaning, followed by hammer mills to



separate the endosperm, germ, and bran from each other to get fine flour. This flour can be used for making rotis, paratha, puri, and bakery items. It is rich in dietary fiber along with protein, and minerals. Flour can be stored for two to three months duration at ambient temperature.

Semolina (Rawa/Suji): Semolina is ready to cook food. Similar to Finger millet flour, it is also prepared by dry grinding. After cleaning the grains, they are hammering mill to separate the endosperm, germ and bran from each other to obtain semolina. This

semolina can be used to make a number of items. They are rich in protein, fiber, iron and zinc. The product can be stored for four to six months.



Laddu: Finger millet laddu can be prepared from finger millet fine flour alone or along with sorghum, pearl millet. Adding to it powdered low-calorie sugar,



dry fruits, and cardamom. The mixture is roasted well in ghee until it loses its raw aroma, and make laddu while it's warm. The shelf life of the products can be up to three-six months depending on the packaging.

Ready-to-eat Snacks: Instant snacks are the most prevalent commercially available goods. Finger millet snacks are protein, fiber, iron, zinc, and magnesium rich making them a healthy munching. The product has a shelf life of up to six months.

Finger Millet Vermicelli: Another common ingredient used in Indian cuisine to prepare sweet and



savory dishes is vermicelli. Cold pressed is used to make vermicelli. Wheat semolina and finger millet are mixed together, then water is added to form a dough. This paste is pressed through a vermicelli machine or fine-sieved round mold. The vermicelli is incubated



for 10 to 12 hours at room temperature before being dried in the sun or in the oven for 6 hours. At room temperature, finger millet noodles can be kept for about 6 months.

Dosa and Idli Mix: Flour of the finger millet in combination with other millet or alone is an excellent material for the dosa and idli. Traditionally in the hill