

REFRESHING SORGHUM

Milk Drink

INGREDIENTS

Yields 4 cups

- 15g sorghum drinking powder
- 40g sugar
- 1l milk
- ¼l water

DIRECTIONS

Sorghum drinking powder

1. Roast the sorghum grains on a pan until dark brown in color.
2. Cool, grind into very fine flour using a pestle and motor or a grinding stone.
3. Store in a tightly covered container.

Sorghum milk drink

1. Bring the water to the boil.
2. Make a paste from the sorghum powder using cold water.
3. Add the paste to the boiling water and stir using a wooden spoon until the mixture cooks to a running, light consistency.
4. Add the milk and allow it to boil.
5. Serve hot in a cup with an appropriate accompaniment e.g. arrowroots, sweet potatoes etc.



PEARL MILLET

Milk Paste

INGREDIENTS

Yields 4 cups

- *1l fermented milk or mala*
- *250g roasted pearl millet flour*
- *sugar to taste (optional)*

DIRECTIONS

1. Pour the fermented milk in a clean jug.
2. Add the flour and stir vigorously to the desired consistency.
3. Serve cold.



STEWED *Cowpeas*

INGREDIENTS

Yields 8 portions

- *400g cowpeas*
- *2 large chopped onions*
- *2 cloves crushed garlic (optional)*
- *1 medium sized crushed ginger (optional)*
- *4 large peeled and chopped ripe tomatoes*
- *1 bunch chopped coriander (optional)*
- *1 large cubed carrot (optional)*
- *salt*
- *oil/ghee*

DIRECTIONS

1. Soak the cowpeas 1-2 hours.
2. Drain the water and wash under running water.
3. Boil cowpeas until cooked.
4. Sweat the onions in hot oil/ghee.
5. Add crushed garlic and ginger and cook for 3 minutes.
6. Add the tomatoes and cook until tender.
7. Add the cowpeas and carrots.
8. Add salt and water.
9. Allow to simmer for 15-20 minutes.
10. Serve hot.



CREAMY PIGEONPEA AND *Sweet Potato Mash*

INGREDIENTS

Yields 10 portions

- *500g boiled pigeonpeas*
- *2kg sweet potatoes*
- *salt*
- *margarine (optional)*
- *milk (optional)*

DIRECTIONS

1. Sort and wash the pigeonpeas.
2. Soak the pigeonpeas for 2-3 hours.
3. Boil the pigeonpeas until cooked.
4. Wash, peel and boil the potatoes in salted water.
5. Combine the pigeonpeas and potatoes and mash together to a smooth but firm consistency adding a little milk and margarine if desired.
6. Serve hot with a stew, fermented milk or a hot beverage.



FINGER MILLET

Ugali

INGREDIENTS

Yields 4 portions

- *400g finger millet flour*
- *750ml water*

DIRECTIONS

1. Boil the water and add margarine and salt.
2. Add the flour to the boiling water.
3. Let the flour boil, absorb water and swell.
4. Stir the mixture until thick, then cover and simmer for 5 minutes.
5. Stir the mixture again and keep stirring until ugali rolls on the pan or pot when turned.
6. Serve hot with roast meat, fish, green vegetables, stewed meat, and fresh or sour milk.



BONGKO

INGREDIENTS

Yield 4 portions

- *400g whole grain pigeonpeas*
- *2 finely chopped medium sized onion*
- *1 small crushed ginger*
- *2 cloves of crushed garlic*
- *125g of desiccated coconut*
- *1 tablespoon cooking oil*
- *salt to taste*

PROCEDURE

1. Soak the pigeonpeas in cold water overnight.
2. Discard the excess water, rinse and boil the pigeonpeas until tender.
3. Fry the onions to golden brown.
4. Add crushed garlic, ginger and fry to brown.
5. Add the boiled pigeonpeas and stir.
6. Add the desiccated coconut and stir thoroughly.
7. Allow to simmer for 10 minutes.
8. Serve hot.



SORGHUM

Pilau

INGREDIENTS

Yield 10 portions

- *500g of pre-boiled sorghum*
- *2 medium sized chopped onions*
- *50ml of cooking oil*
- *15g of pilau masala*
- *1 medium sized crushed fresh ginger*
- *1 clove of crushed garlic*
- *1 bunch chopped coriander*
- *1 large chopped capsicum*
- *salt to taste*

PROCEDURE

1. Wash and soak the sorghum overnight.
2. Drain the water, rinse in clean water.
3. Boil until tender.
4. Drain the water
5. Fry the onions to golden brown.
6. Add the garlic and ginger and fry until brown.
7. Add the pilau masala and cumin seeds and cook evenly
8. Add the capsicum and cook until tender.
9. Add the tomatoes and cook until tender.
10. Add the sorghum mix and simmer for 10 minutes.
11. Add chopped coriander and serve hot with vegetable.



FLUFFY FINGER MILLET PANCAKE TOPPED WITH *Chocolate Syrup*

INGREDIENTS

Yields 10 portions

- *125g finger millet flour*
- *250g wheat flour*
- *30g sugar*
- *2 eggs*
- *pinch of salt (optional)*
- *10ml lemon juice (optional)*
- *500ml milk*
- *10g butter/margarine*
- *oil*
- *chocolate syrup*

DIRECTIONS

1. Sift the flour into a bowl.
 2. Add the sugar, and salt and mix thoroughly.
 3. Whisk the eggs and lemon juice in a separate bowl.
 4. Make a well in the middle of the flour mixture and pour in the whisked eggs.
 5. Using a whisk or a wooden spoon, mix in the eggs.
 6. Gradually add in the milk and whisk/mix to a pouring consistency.
 7. Add in melted butter/margarine and mix.
 8. Heat the frying pan, put little oil and heat it.
 9. Pour the pancake mixture on to the pan to form pancakes of whatever size you like.
 10. Cook on both sides until brown.
 11. Decorate with chocolate syrup.
 12. Serve hot with a beverage.
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FINGER MILLET

Mandazi

INGREDIENTS

Yields 12 portions

- 250g *finger millet flour*
- 250g *wheat flour*
- 15g *margarine (optional)*
- 45g *sugar*
- 1 *egg (optional)*
- 5 *level teaspoons baking powder*
- *Lemon/orange zest (optional)*
- 1 *level teaspoon ground cinnamon/ cardamom (optional)*
- *water/milk*
- *oil*

DIRECTIONS

1. Sift the flour into a bowl.
2. Rub in the flour, baking powder, sugar and margarine together to a sandy texture.
3. Add the grated lemon/orange rind and mix well.
4. Whisk the egg and lemon/orange juice in a separate bowl.
5. Gradually add the egg into the rubbed in mixture and knead to a stiff dough.
6. Gradually add in the water/milk and knead to a smooth firm dough.
7. Cover the dough and allow it to rest for 30 minutes.
8. On a floured surface roll out the dough to 1cm thickness.
9. Cut into desired shapes and deep fry to golden brown.
10. Serve hot with a beverage.



SORGHUM

Doughnuts

INGREDIENTS

Yields 12 portions

- *250g sorghum flour*
- *250g wheat flour*
- *15g margarine*
- *30g sugar*
- *1 egg (optional)*
- *15g instant yeast*
- *1 level teaspoon ground cardamon (optional)*
- *icing sugar*
- *water/milk*
- *oil*

DIRECTIONS

1. Sift the flour into a bowl.
2. Place the bowl of flour in a warm place to slightly warm the flour.
3. Add the yeast, cardamom, sugar and margarine and rub to a sandy texture.
4. Using warm milk, knead the mixture into a soft dough.
5. Cover the dough with a warm damp cloth.
6. Place the dough in a warm place to proof.
7. Knock back the dough, roll out to 2cm thickness and cut into doughnut shapes.
8. Place in a warm place on greased and dusted baking tray and allow to double in size.
9. Deep fry to golden brown.
10. Dust with icing sugar.
11. Serve with a beverage.



PEARL MILLET

Mahamri

INGREDIENTS

Yields 20 portions

- *250g pearl millet flour*
- *250g wheat flour*
- *30g margarine*
- *45g sugar*
- *1 egg (optional)*
- *15g instant yeast*
- *1 level teaspoon whole cardamon*
- *water/milk*
- *oil*

DIRECTIONS

1. Sift the flour into a bowl.
2. Place the bowl of flour in a warm place to slightly warm the flour.
3. Add the yeast, cardamom seeds, sugar and margarine and rub to a sandy texture.
4. Using warm milk, knead the mixture into a soft dough.
5. Cover the dough with a warm damp cloth.
6. Place the dough in a warm place to proof.
7. Knock back the dough, divide into 4 balls.
8. Roll out the balls into 2 cm circles, cut into 4 triangles.
9. Place in a warm place on greased and dusted baking tray and allow to double in size.
10. Deep fry to golden brown.
11. Serve hot with a beverage.



FLAKY FINGER MILLET

Chapati

INGREDIENTS

Yields 15 portions

- *500g pearl millet flour*
- *500g wheat flour*
- *10g salt*
- *cooking fat*
- *warm water*

DIRECTIONS

1. Sift the flour (pearl millet and wheat flour) and salt together.
2. Rub in the fat using the fingertips until the fat is well mixed.
3. Using warm water knead the flour into a stiff dough.
4. Allow the dough to rest for 30 minutes.
5. Divide the dough into 20 balls.
6. Roll each ball into a circle and apply melted fat then fold into a wheel.
7. Allow to rest for 10 minutes.
8. Roll each ball into a circle and shallow fry each side to golden brown.
9. Serve hot with a stew, vegetable or beverage.



PIGEONPEA

Chapati

INGREDIENTS

Yields 20 portions

- *100g boiled and mashed pigeonpeas*
- *1kg wheat flour*
- *10g salt*
- *cooking fat*
- *warm water*

DIRECTIONS

1. Sift the flour and salt together.
2. Rub in 1 heaped tablespoon fat using the fingertips until the fat is well mixed.
3. Add the boiled and mashed pigeonpeas.
4. Using warm water knead the flour into a stiff dough.
5. Cover the dough with a damp cloth and allow it to rest for 30 minutes.
6. Divide the dough into 20 balls.
7. Roll each ball into a circle and apply melted fat then fold into a wheel.
8. Allow to rest for 10 minutes.
9. Roll each ball into a circle and shallow fry each side to golden brown.
10. Serve hot with a stew, vegetable or beverage.



PEARL MILLET

Steamed Cake

INGREDIENTS

Yields 10 portions

- *200g pearl millet flour*
- *100ml oil*
- *75g sugar*
- *2 eggs*
- *2 level teaspoons baking powder*
- *lemon/orange zest (optional)*
- *1 cup grated carrots (optional)*
- *water/milk*

DIRECTIONS

1. Sift the flour into a bowl and baking powder into a bowl.
2. In a separate bowl cream the sugar and margarine until fluffy.
3. Gradually add the eggs as you cream.
4. Add the flour and fold in.
5. Add in the carrots and mix well.
6. Add the milk and lemon, mix to a dropping consistency.
7. Grease and dust a small sauce pan and pour in the cake mixture.
8. Cover the tin with greaseproof paper and tie the paper firmly onto the saucepan with a string.
9. Cover with a fitting lid.
10. Place the saucepan with the cake mixture into a larger sauce pan with boiling water. Cover with a lid, continue boiling.
11. Allow the cake mix to steam for 45 minutes until cooked.
12. Remove from the tin, cool and serve with a beverage.



PEARL MILLET

Half Cake

INGREDIENTS

- 250g pearl millet flour
- 250g wheat flour
- 50g margarine
- ½ level teaspoon bi-carbonate of soda
- 1 level teaspoon baking powder
- 100g sugar
- 2 eggs
- lemon zest
- water/milk

DIRECTIONS

1. Sift the flour, bi-carbonate of soda and baking powder into a bowl.
2. Rub in the margarine to a sandy texture.
3. Add the grated lemon/orange rind and mix well.
4. Whisk the eggs and lemon/orange juice in a separate bowl.
5. Gradually add the eggs into the rubbed in mixture and knead to a stiff dough.
6. Gradually add in the water/milk and knead to a smooth firm dough.
7. Cover the dough and allow it to rest for 30 minutes.
8. On a floured surface roll out the dough to 1cm thickness.
9. Cut into desired shapes and deep fry to golden brown.

Note

Pearl millet, sorghum or pigeonpea flour can be used in place of finger millet.



FINGER MILLET

Cupcakes

INGREDIENTS

Yields 30 portions

- *250g finger millet flour*
- *125g margarine*
- *375g sugar*
- *8 eggs*
- *8 level teaspoons baking powder*
- *1 teaspoon vanilla essence*
- *milk*

DIRECTIONS

1. Pre-heat the oven at 250 degrees centigrade.
2. Sift the flour and baking powder into a bowl.
3. Using a wooden spoon, cream the sugar and margarine together to a fluffy texture.
4. Whisk the eggs in a separate bowl.
5. Gradually add the eggs and continue creaming.
6. Fold in the flour using a metal spoon.
7. Gradually add in the milk and vanilla essence, mix to a dropping consistency.
8. Grease cupcake tins and place cupcake cases in the tins.
9. Pour the cake mixture into each case to $\frac{3}{4}$ full.
10. Bake at 220 degrees centigrade for 15 minutes.
11. Remove from the tin, cool and serve with a beverage.



SORGHUM

Cupcakes

INGREDIENTS

Yields 14 portions

- *400g sorghum flour*
- *200g margarine*
- *200g sugar*
- *8 eggs*
- *8 level teaspoons baking powder*
- *1 teaspoon ground cardamon*
- *milk*

DIRECTIONS

1. Pre-heat the oven at 250 degrees centigrade.
2. Sift the flour, ground cardamom and baking powder into a bowl.
3. Using a wooden spoon, cream the sugar and margarine together to a fluffy texture.
4. Whisk the eggs in a separate bowl.
5. Gradually add the eggs and continue creaming.
6. Fold in the flour using a metal spoon.
7. Gradually add in the milk and mix to a dropping consistency.
8. Grease cupcake tins and place cupcake cases in the tins.
9. Pour the cake mixture into each case to $\frac{3}{4}$ full.
10. Bake at 220 degrees centigrade for 15 minutes.
11. Remove from the tin, cool and serve with a beverage.



PEARL MILLET

Muffins

INGREDIENTS

Yields 30 portions

- 350g pearl millet flour
- 150g wheat flour
- 250g margarine
- 250g sugar
- 5 level teaspoons baking powder
- 5 eggs
- milk

Note

Finger millet, sorghum or pigeonpea flour can be used in place of pearl millet.

DIRECTIONS

1. Pre-heat the oven at 250 degrees centigrade.
2. Sift the flour (pearl millet, wheat flour) and baking powder into a bowl.
3. Using a wooden spoon, cream the sugar and margarine together to a fluffy texture.
4. Whisk the eggs in a separate bowl.
5. Gradually add the eggs and continue creaming.
6. Fold in the flour using a metal spoon.
7. Gradually add in the milk and mix to a dropping consistency.
8. Grease cupcake tins and place cupcake cases in the tins.
9. Pour the cake mixture into each case to $\frac{3}{4}$ full.
10. Bake at 220 degrees centigrade for 15 minutes.
11. Remove from the tin, cool and serve with a beverage.



PEARL MILLET AND *Groundnut Muffins*

INGREDIENTS

Yields 30 portions

- 125g wheat flour
- 250g pearl millet flour
- 125g groundnut flour
- 250ml oil
- 250ml sugar
- 5 level teaspoons baking powder
- 5 eggs
- milk

DIRECTIONS

1. Sift the flour (pearl millet, wheat flour, groundnut flour) and baking powder into a bowl.
2. Mix the oil, sugar and eggs in a separate bowl.
3. Gradually add the flour into the mixture of oil, sugar and eggs, stir as you add.
4. Gradually add in the milk or water and mix to a dropping consistency.
5. Grease muffin tins and place muffin cases in the tins.
6. Pour the cake mixture into each case to $\frac{3}{4}$ full.
7. Pre-heat the oven at 250 degrees centigrade.
8. Bake at 220 degrees centigrade for 15 minutes.
9. Remove from the tin, cool and serve with a beverage.

Note

Finger millet, sorghum or pigeonpea flour can be used in place of pearl millet.



PEARL MILLET AND *Sweet Potato Muffins*

INGREDIENTS

Yields 30 portions

- 250g pearl millet flour
- 250g sweet potato flour
- 250g margarine
- 250g sugar
- 5 level teaspoons baking powder
- 5 eggs
- milk

Note

Finger millet or sorghum can be used in place of pearl millet.

DIRECTIONS

1. Pre-heat the oven at 250 degrees centigrade.
2. Sift the flour (pearl millet, sweet potato flour) and baking powder into a bowl.
3. Using a wooden spoon, cream the sugar and margarine together to a fluffy texture.
4. Whisk the eggs in a separate bowl.
5. Gradually add the eggs and continue creaming.
6. Fold in the flour using a metal spoon.
7. Gradually add in the milk and mix to a dropping consistency.
8. Grease cupcake tins and place cupcake cases in the tins.
9. Pour the cake mixture into each case to $\frac{3}{4}$ full.
10. Bake at 220 degrees centigrade for 15 minutes.
11. Remove from the tin, cool and serve with a beverage.



PEARL MILLET

Chocolate Chip Muffins

INGREDIENTS

Yields 30 portions

- 350g *pearl millet flour*
- 150g *wheat flour*
- 250g *margarine*
- 100g *chocolate chips*
- 250g *sugar*
- 5 *level teaspoons baking powder*
- 5 *eggs*
- *milk*

DIRECTIONS

1. Pre-heat the oven at 250 degrees centigrade.
2. Sift the flour (pearl millet, wheat flour) and baking powder into a bowl.
3. Using a wooden spoon, cream the sugar and margarine together to a fluffy texture.
4. Whisk the eggs in a separate bowl.
5. Gradually add the eggs and continue creaming.
6. Fold in the flour using a metal spoon.
7. Gradually add in the milk and mix to a dropping consistency.
8. Mix in the chocolate chips.
9. Grease cupcake tins and place cupcake cases in the tins.
10. Pour the cake mixture into each case to $\frac{3}{4}$ full.
11. Bake at 220 degrees centigrade for 15 minutes.
12. Remove from the tin, cool and serve with a beverage.

Note

Finger millet, sorghum or pigeonpea flour can be used in place of pearl millet.



FINGER MILLET

Biscuits

INGREDIENTS

Yields 30 large biscuits or 60 small

- *250g plain flour*
- *250g finger millet flour*
- *125g butter or margarine*
- *125g icing sugar*
- *2 teaspoons vanilla extract*
- *2 eggs*
- *1 tablespoon milk (optional)*

DIRECTIONS

1. Preheat the oven 220 degrees centigrade.
2. Place the flour, butter and sugar in a bowl. Rub together with your fingers into fine breadcrumbs.
3. Add the eggs vanilla extract and a little milk until the mixture sticks together to form a dough.
4. Allow the dough to rest for 30 minutes in a cool place.
5. Place on a floured surface and roll out to about 5mm thick (¼ inch). Cut out your shapes and place on a baking tray.
6. Bake in the preheated oven for about 12 to 15 minutes.
7. Place on a wire rack to cool and harden.
8. Decorate with icing and sprinkles.
9. Store in an airtight container.
10. Serve with an appropriate beverage.



SHORTBREAD PEARL MILLET AND *Groundnut Biscuits*

INGREDIENTS

Yields 12 thick shortbread biscuits

- 125g plain flour
- 125g pearl millet flour
- 65g groundnut flour
- 65g caster sugar
- 125g margarine
- 2 eggs

DIRECTIONS

1. Preheat the oven at 220 degrees centigrade.
2. Mix all the ingredients in a bowl.
3. Allow the dough to rest for 30 minutes in a cool place.
4. Portion the mixture into a ball.
5. Place on a floured surface and roll out to about 5mm thick ($\frac{1}{4}$ inch). Cut out your shapes and place on a baking tray.
6. Bake in the preheated oven for about 12 to 15 minutes.
7. Place on a wire rack to cool and harden.
8. Store in an airtight container.
9. Serve with an appropriate beverage.



SORGHUM AND COCONUT

Crunchy Biscuits

INGREDIENTS

Yields 30 biscuits

- 125g plain flour
- 125g sorghum flour
- 60g desiccated coconut
- 60g caster sugar
- 75g margarine
- 2 eggs

DIRECTIONS

1. Preheat the oven at 220 degrees centigrade.
2. Place the flour, butter and sugar in a bowl. Rub together with your fingers into fine breadcrumbs.
3. Add the beaten eggs and vanilla extract and knead until the mixture sticks together.
4. Allow the dough to rest for 30 minutes, preferably in the refrigerator.
5. Place on a floured surface and roll out to about 5mm thick (¼ inch). Cut out your shapes and place on a baking tray.
6. Bake in the preheated oven for about 12 to 15 minutes.
7. Place on a wire rack to cool and harden.
8. Decorate with desiccated coconut.
9. Store in an airtight container.
10. Serve with an appropriate beverage.



FINGER MILLET

Chocolate Chip Biscuits

INGREDIENTS

Yields 30 large biscuits or 60 small

- 150g plain flour
- 350g finger millet flour
- 250g butter or margarine
- 175g sugar
- 50g chocolate chips
- 2 teaspoons vanilla extract
- 2 eggs

DIRECTIONS

1. Preheat the oven 220 degrees centigrade.
2. Place the sifted flour, butter and sugar in a bowl. Rub together with your fingers into fine breadcrumbs.
3. Add chocolate chips.
4. Gradually add the eggs and vanilla extract and knead until the mixture sticks together.
5. Allow the dough to relax for 30 minutes, preferably in a refrigerator.
6. Place on a floured surface and roll out to about 5mm thick (¼ inch). Cut out your shapes and place on a baking tray.
7. Bake in the preheated oven for about 12 to 15 minutes.
8. Place on a wire rack to cool and harden.
9. Store in an airtight container.
10. Serve with an appropriate beverage.

Note

Pearl millet, sorghum or pigeonpea flour can be used in place of finger millet.



FINGER MILLET

Salty Biscuits

INGREDIENTS

Yields 30 large biscuits or 60 small

- 150g plain flour
- 350g finger millet flour
- 250g butter or margarine
- ¼ teaspoon salt
- 2 teaspoons vanilla extract
- 2 eggs

DIRECTIONS

1. Preheat the oven 220 degrees centigrade.
2. Place the sifted flour, butter and salt in a bowl. Rub together with your fingers into fine breadcrumbs.
3. Gradually add the eggs and vanilla extract and knead until the mixture sticks together.
4. Allow the dough to relax for 30 minutes, preferably in a refrigerator.
5. Place on a floured surface and roll out to about 5mm thick (¼ inch). Cut out your shapes and place on a baking tray.
6. Bake in the preheated oven for about 12 to 15 minutes.
7. Place on a wire rack to cool and harden.
8. Store in an airtight container.
9. Serve with an appropriate beverage.

Note

Pearl millet, sorghum or pigeonpea flour can be used in place of finger millet.



FINGER MILLET

Sugarfree Biscuits

INGREDIENTS

Yields 3 large biscuits or 60 small

- 150g plain flour
- 350g finger millet flour
- 250g butter or margarine
- 2 teaspoons vanilla extract
- 2 eggs

DIRECTIONS

1. Preheat the oven 220 degrees centigrade.
2. Place the sifted flour and butter in a bowl. Rub together with your fingers into fine breadcrumbs.
3. Gradually add the eggs and vanilla extract and knead until the mixture sticks together.
4. Allow the dough to relax for 30 minutes, preferably in a refrigerator.
5. Place on a floured surface and roll out to about 5mm thick (¼ inch). Cut out your shapes and place on a baking tray.
6. Bake in the preheated oven for about 12 to 15 minutes.
7. Place on a wire rack to cool and harden.
8. Store in an airtight container.
9. Serve with an appropriate beverage.

Note

Pearl millet, sorghum or pigeonpea flour can be used in place of finger millet.

We believe all **people** have a **right** to **nutritious food** and a **better livelihood**.

ICRISAT works in agricultural research for development across the drylands of Africa and Asia, making farming profitable for smallholder farmers while reducing malnutrition and environmental degradation.

We work across the entire value chain from developing new varieties to agri-business and linking farmers to markets.

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