



DELTA FOODS

THANJAVUR

Serving With Values



No: 812, Neithal, New Housing Unit, Thanjavur-613 005.

Email: Info@deltafoodsthanjavur.com

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"To bring nutritive prosperity in every home through our innovative and traditional food products"

"ஊட்டச்சத்து மிக்க பாரம்பரிய உணவு பொருட்கள் உங்கள் இல்லந்தோறும்"



Barnyard Millet Kuthraivalli



Barnyard Millet Upma



Ingredients

1. Barnyard Millet 1 Cup
2. 1 Tsp Mustard Seed
3. Urad Dhal
4. Peanut
5. Cashew
6. Green Chill & Curry Leaves

- Take 1 cup of millet, wash thoroughly and soak in water for 30 mins.
- Pressure cook it upto 5 whistles adding 2 cups of water with salt to taste.
- Heat the pan adding oil.
- Add to the pan 1 Tsp of mustard seed, urad dhal, peanut, cashew, green chilli and curry leaves, Saute it well.
- Add chopped ginger, onion, carrot to the pan.
- Add the cooked millet to the pan and stir it well. Millet upma is ready



OTHER RECIPES :

Khichadi | Pongal | Curd Rice | Kheer | Porridge | Spicy Upma Balls

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Foxtail Millet Thinnai



Foxtail Millet Payasam



Ingredients

1. Foxtail Millet 1 Cup
2. Jaggery 1/2 Cup
3. Cashew 1 Tbsp
4. Raisin 1 Tbsp
5. Ghee 1/4 Cup
6. Milk 2 Cups

- Wash the millet and soak it in 2 cups of water for 30 mins.
- Cook with 2 cups of milk for about 20 mins.
- Melt Ghee and add cashew and raisin.
- Roast them until cashew turns golden.
- Add cardamom and jaggery.
- Cook for 5 mins.
- Millet Payasam is ready.

OTHER RECIPES :

Pongal | Idli/Dosa | Curd Rice | Idli/Dosa | Upma | Athirasam

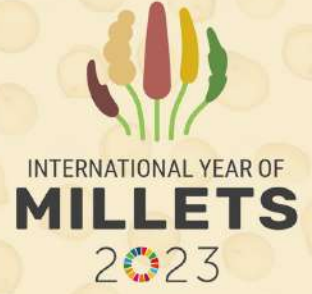


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Sorghum | Jowar Millet (Cholam) Jowar Paniyaram



Jowar Paniyaram



Ingredients

1. Jowar 1 Cup
2. Idli Rice 1 Cup
3. Urad Dhal 1/2 Cup
4. Mustard 1 Tsp
5. Urad Dhal 1 Tsp
6. Green Chilli 3
7. Chopped Onion 1

- Wash Jowar, rice and urad dhal Soak them for 3 hour.
- First grind urad dhal smooth & fluffy.
- Grind rice & jowar thick add salt to taste
- Ferment the dough for 3 hours.
- Heat the pan with oil, add mustard urad dhal, chopped onion & green chilli and saute.
- Transfer to the batter and mix well.
- Drizzle oil in paniyaram pan and make paniyaram

OTHER RECIPES :

Sundal | Roti | Idli/Dosa | Khichadi | Porridge



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Kodu Millet Varagu



Kodu Millet Adai



Ingredients

1. Kodu Millet
2. Toor Dhal 1 Tbsp
3. Moong Dhal 1 Tbsp
4. Channa Dhal 1 Tbsp
5. Urad Dhal 1 Tbsp
6. Jeera 1/2 Tbsp
7. 4-5 Red Chilli

- ❧ Wash 2 to 3 times.
- ❧ Soak for 4 Hours.
- ❧ Grind it to coarse paste adding a small piece of ginger, Jeera 1/2 tsp, 4-5 Red Chilli.
- ❧ Add Grated onion, carrot, curry leaves coconut and salt to taste.
- ❧ Cook in low flame.



OTHER RECIPES :

Pongal | Kchichadi | Pulao | Idli/Dosa | Curd Rice | Kheer | Veg. Pancake

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Little Millet Samai



Little Millet Curd Rice



Ingredients

1. Little Millet 1 Cup
2. Curd 1 Cup
3. Ginger
4. Carrot
5. Salt
6. Green Chill & Curry Leaves

- Take one cup of little millet
- Wash it thoroughly 2 or 3 times till the water runs clear soak for 1/2 an hour.
- Add 3 cups of water to the millet.
- Pressure cook it upto 5 whistles.
- Add curd, salt to taste, ginger, green chilli, chopped carrot to the cooked millet.
- Now the millet curd rice is ready to eat.



OTHER RECIPES :

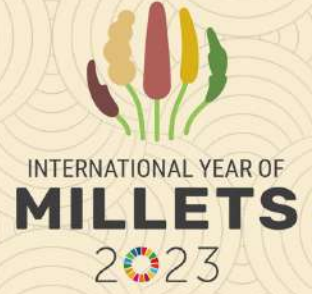
Upma | Pongal | Khichadi | Idli/Dosa | Pulao

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Pearl Millet (Bajra) Kambu



Bajra Idly / Dosa



Ingredients

1. 1/2 Cup Bajra
2. 1/2 Cup Yellow Moong Dhal
3. 1/3 Cup Urad Dhal
4. 1 Tsp Fenugreek Seeds

- ✦ Wash and rinse a couple of times
- ✦ Add water and soak for 6-7 Hrs
- ✦ Add to a blender jar, add 1 Cup of water and Blend it
- ✦ Stir with hand adding salt
- ✦ Ferment it for atleast 7-8 Hrs
- ✦ Do not close the lid tightly
- ✦ Enjoy preparing Dosa / Idly with the Batter



OTHER RECIPES :

Khichadi | Roti | Upma | Puttu | Laddu | (Diabetic Recipe) Porridge

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Ragi Kelvaragu



Ragi Roti



Ingredients

1. Ragi Flour, 1/2 Tsp Ghee, Salt
2. 1 Tsp Fenugreek Seeds

- ☞ Take 1 cup of water, add salt to taste.
- ☞ Turn on the flame and allow it to boil.
- ☞ Add one cup of sprouted ragi flour,
Stir it well with a wooden spoon for 5-10 seconds.
- ☞ 2-3 mins later transfer it to a plate.
- ☞ Knead it with hand sprinkling a little water
to make it a soft dough.
- ☞ Add 1/2 tsp ghee and divide it into equal sized
portion and make healthy rotis.

OTHER RECIPES :

Ragi Soup | Porridge | Upma | Idli/Dosa | Burfi | Laddu



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