Traditional millet recipes of Kerala – a review

Millets are small seeded annual grasses often termed as nutricereals. They can be included in daily diet due to their high nutritional contents and health benefits. Finger millet, sorghum and little millet are majorly cultivated in Kerala. Among the millets available in market, finger millet (raagi) contributes to major millet recipes popular in Kerala. Through this article an attempt is made to highlight the traditional recipes of Kerala like kanji, kurukku, ada, puttu, roti, etc. along with their method of preparation using millets. Millets may be used as a substitute for cereals in the preparation of idli, dosa, upma, etc. Besides these, more value-added products ie. ready to eat and ready to cook are available in the market making them more convenient to use. Millets provide food security, nutritional security and also economic security. Thus, they are gaining more acceptance in the current scenario.