

Recipe Name: FOXTAIL MILLET UPMA (THINAI UPMA)
Diet Type: Vegetarian
Course:
Cuisine: Indian
Quantity:



Description

Ingredients

Foxtail Millet (Thinai): 1 cup Water: 2 to 2.5 cups (approx. 1:2 or 1:2.5 ratio of millet to water) Mixed Vegetables: 1/2 to 1 cup (e.g., finely chopped onions, carrots, beans, green peas, tomatoes) Ghee or Oil: 2-3 tablespoons Seasoning: Mustard seeds: 1/2 tsp Urad dal (split black gram): 1 tsp Chana dal (Bengal gram dal): 1 tsp Cumin seeds (optional): 1/2 tsp Cashews and Peanuts (optional): A handful, for crunch Curry leaves: A few Green chilies: 2-4, chopped (adjust to taste) Ginger: 1 tsp, grated or finely chopped Turmeric powder: A pinch or 1/4 tsp Asafoetida (hing) (optional): A pinch

Instructions

Preparation: Rinse the foxtail millet thoroughly under running water and soak it for 15-30 minutes. Drain the water and set it aside. Chop all the vegetables and keep them ready. **Tempering:** Heat ghee or oil in a heavy-bottomed pan. Add mustard seeds, urad dal, chana dal, cashews, and peanuts. Fry until the dals turn golden brown and the mustard seeds splutter. **Sauté Vegetables:** Add curry leaves, chopped green chilies, and grated ginger. Sauté for a minute. Next, add chopped onions and cook until they turn translucent. Add the chopped tomatoes and mixed vegetables, along with salt and turmeric powder. Sauté for 3-4 minutes until the vegetables soften slightly. **Cook the Millet:** Pour the water into the pan and bring it to a rolling boil. Add the drained millets, remaining salt, and a dash of lemon juice (if using). **Simmer and Serve:** Mix everything well. Reduce the flame to low, cover the pan with a lid, and cook for about 10-15 minutes, or until the water is absorbed and the millet is soft but not mushy. Alternatively, you can pressure cook for 2 whistles. Once cooked, turn off the heat and let it rest for a few minutes. **Garnish:** Fluff the upma with a fork and garnish with fresh coriander leaves and grated coconut. Serve hot with coconut chutney or raita.

Ingredients

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Quantity

• Need to Fill

Preparation



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	70	14	4	2

