

Value added products of Ragi/Finger millet (*Eleusine coracana*)

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Background Information

Finger millet also known as ragi in India is one of the important cereals occupies highest area under cultivation among the small millets. Finger millet is comparable to rice with regard to protein (6-8%) and fat (1-2%) and is superior to rice and wheat with respect to mineral and micronutrient contents. In order to develop the value added food products based on ragi, that can able to enrich the nutritional value and also beneficial for good health is the current need for the wellbeing of the society. Krishi Vigyan Kendra, Dantewada provide technology for preparation of Ragi Laddu, Ragi Malt and other delicious value added products of Ragi as well as formed two Women Self Help Group for this Purpose.

KVK Intervention

The present work on value addition of Ragi is being done by Krishi Vigyan Kendra Dantewada, I.G.K.V., Raipur (C.G.). The value added products of Ragi were prepared by mixing the various ingredients. In order to select the ratios of ingredients, several blends were prepared and processed into targeted foods. The foods were prepared using standard techniques. The judges were trained and given pre-preparation tips for each of the foods and subjective measurement feelings. The blends rated highest among the lot were then selected for the final preparation. In order to determine the nutritional characteristics of these millets, standard methods were used given by Sadasivam *et al.*, 2005.

Value addition and value added products

Krishi Vigyan Kendra demonstrated the importance of Ragi crop and Ragi Products. The scientists of KVK provide technology for preparation of Ragi Laddu, Ragi Malt and other delicious value added products of Ragi as well as formed two Women Self Help Group for this Purpose. The Collector Dantewada directed to the committee of Mai Danteshwari temple regarding sell of Ragi Laddoo as a Prasad and this SHG earned Rs. 1.5 Lakh annually. Another WSHG are formed for the preparation of Ragi Malt and prepared materials were purchased by the District administration Dantewada under *Fulwari* Programme for given supplement food to children's of *Anganbadi*. The SHG have already sold 18 q Ragi malt (@ Rs. 90 per Kg) and further process is going on.

In the foregoing table, some of the examples of value added products and possibilities of utilizing finger millet as one of the basic ingredients are given. Finger millet can be used in a variety of ways and is a great substitute for other grains such as rice and other starchy grains. These products are either in practice or have been demonstrated as avenue for enhanced consumption of finger millet.

Table: - Important value added products of Finger millet/ Ragi

| S. N. | Name of Ragi product | Ingredient |
|--------------|-------------------------------------|--|
| 1. | Multi-grain flour / Composite flour | Cleaned finger millet seed (30%) and cleaned wheat seed (70%) |
| 2 | Ragi Malt – Weaning food | Sprouted finger millet seed (70%) and sprouted green gram seed (15%) and chickpea sprouted seed (15%) |
| 3 | Ragi Laddoo | Flour of finger millets, Chickpea and wheat, Rawa of wheat, molasses/ sugar, Ghee, Cardamom, Mawa, Dry nuts. |
| 4 | Ragi Cake | Flour of finger millets & wheat, milk powder, dry fruits, soda, vanilla accence, katri, baking soda, sugar |
| 5 | Ragi Anrasa | Flour of finger millets & rice, sesamum, dry coconut, molasses |
| 6 | Ragi Shakkarpara | Flour of finger millets & wheat, rawa of wheat, sugar and clarified butter |
| 7 | Ragi Papchi | Flour of finger millets & wheat, sugar and clarified butter |
| 8 | Ragi Cookies | Flour of finger millets & wheat, soda, salt, baking powder, caraway, clarified butter |
| 9 | Ragi Donuts | Flour of finger millets & wheat, milk, baking powder, soda, sugar, milk maid |
| 10 | Ragi Khurmi | Flour of finger millets & wheat, sesamum, refined oil, molasses, groundnut |
| 11 | Ragi Murku | Flour of finger millets, gram & rice, chilli powder, salt, caraway, sesamum |
| 12 | Ragi Sev | Flour of finger millets, gram & rice, chilli powder, salt, caraway, sesamum |
| 13 | Ragi Barfi | Flour of finger millets, rawa of wheat, sugar, dry nut, dry coconut, milk, clarified butter |
| 14 | Ragi Halwa | Flour of finger millets, pulse of moong bean and gram, cardamom, milk, dry nut, sugar, clarified butter |
| 15 | Ragi Gulsel | Flour of finger millets & rice, pumpkin, sugar, cardamom, dry nut, milk, dry coconut, clarified butter |

