



Recipe Book of Neglected Crops

Towards a Healthier Future

Vol I



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**CROPS
4HD**

CROPS4HD seeks to improve food and nutrition security of smallholder farmers, especially women, through sustainable use and conservation of farmers' varieties/landraces, neglected and underutilized species respecting agroecological approaches. The project is unique of its kind and having holistic approaches to establish a balance between demand and supply. It has three components viz. PUSH (supply/ production), PULL (consumer/ demand) and Policy. Each component having 2 sub-components viz. food system and seed system. Project activities make traditional crops and varieties more attractive by illustrating their nutritional benefits. The project supports farmers in improving their cultivation techniques in order to achieve good yields. Under policy part the goal is to strengthen farmers' seed systems and protecting farmers' rights to propagate, exchange and sell their seeds



Foreword

Delicious food, prepared and served with care and consumed with relish is one of life's pleasures. And this pleasure is not very difficult to attain. You are just to follow a few simple guidelines which help you to realize that what you eat is also good for you. This conviction is important and for this some awareness is required. It is neither difficult nor time consuming to eat healthy. Healthy eating should not be regarded as boring and uninteresting. Rather it is a pleasure to cook and joy to eat. Taste of food largely depends on the quality and freshness of the ingredients and the method of cooking. Indian cooking is a rich store-house of fresh vegetables and whole foods like lentils and pulses.

Bengali cuisine is famous for its wide variety of vegetarian dishes. Vegetables are incredibly healthy and perfect foods for energy, immunity and disease prevention. The Eastern region of West Bengal is full of various amazingly healthy vegetables and crops which do not get their desired regard and respect due to our lack of knowledge. Lesser yam, Green gram, Amaranthus, Moringa are among them. This booklet is to promote awareness about these neglected, under-utilised but immensely healthy crops. These neglected and under-utilised species have great potential to make a healthy and happy universe. This booklet will show the path to that arena through some unique, easy and unforgettable recipes using forgotten or not so popular crops.



Sharmila Basu Thakur – Recipe expert



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Authentic traditional cuisine of Bengal

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Introduction

India is famous for its diversified culture and cuisines. Each region has its own cultural richness associated with special cuisines. In the eastern region West Bengal is known for its cultural heritage and unique food. Bengali cuisine is distinguishable for its flavour and serving manner (served course by course). With changing lifestyle the food habit is changing and food basket shrinkage is seen. Many nutritious and resilient food crops are less cultivated due to demand gap and thus dependency on synthetic nutrients have increased. The Neglected and Underutilized Species (NUS crops) has potential to meet the gap and to increase the food diversity.

The Recipe book has presented some unique traditional and forgotten Bengali recipes of NUS crops that can be prepared in home with delicious taste.



Why this booklet?

The basic objective of this booklet is to promote awareness and knowledge on diversified recipes of NUS crops among general public and consumers. This booklet is an attempt to capture unique cuisines of neglected and under utilized crops which can be made in household level during festive and holidays.

We would like to acknowledge sincere contribution of farmers families, field staffs, Chef and Individuals for making of this booklet.



Food for thought

What is important to you when you decide to prepare a menu at weekend?

- Vegan or vegetarian cuisine
- Promotion of rare crops or varieties on the fields
- Bengali traditional cuisine
- Low calorie menu
- Creative cuisine to avoid food waste (leftover cooking)
- Main origin of ingredients of Sundarban, West Bengal with special seasonal orientation





“Cooking is like painting or writing a song. Just as there are only so many notes or colors, there are only so many flavors- it's how you combine them that sets you apart.”

- Wolfgang Puck

New recipes of Sustainable Cuisine

- When you are looking for a new recipe, what is important to you (select one):

- Nutrition food for healthy diet
- Taste the different
- Time -Ready to eat
- Authentic food
- Seasonal availability



- How you play role on encourage farmers for cultivate nutritious and safe food (Select one):

- Visiting local farmer market or organic store for buying safe food
- Willing to pay premium price for quality product
- Encourage others for buying quality food product
- Cooking forgotten food once in a weak

Green Gram Khichuri



Protein rich one pot meal

Recipe courtesy: Lucina Yeasmin, Kolkata

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Green Gram Khichuri

Ingredients for 4 persons

250 gm Govindobhog rice
120 gm Whole green gram
100 gm Yellow mung dal
150 gm Cauliflower
30 gm Beans
50 gm Carrot
75 gm Tomato
40 gm Peas
1 tsp Turmeric powder
½ tsp Cumin powder
1 tsp Ginger paste
1 tbsp Ghee
4 pcs Green chillies
2 pcs Dry red chillies
2 pcs. Bay leaf
½ tsp Cumin (whole)
3 gm Sugar
Salt to taste



Instructions

- Dry roast the whole green gram and yellow dehulled mung dal and soak the whole green gram in water for 2 hour
- Clean the yellow dal and govindobhog rice and soak for 15 minutes
- Clean the vegetables and cut in small pieces except the cauliflower (the florets are separated only)
- Shallow fry the vegetable in two tsp vegetable oil
- In a pressure cooker take one tbsp ghee and heat, add bay leaf, cumin seed, dry red chili
- When spluttering occur add whole green gram and dal add ginger paste and turmeric, cumin powder
- Add stir for 2-3 minutes
- Add rice and stir, add all the vegetables one by one and mix by stirring
- Add 500 gm hot water and stir mix. Add green chillies, sugar and salt
- Close the pressure cooker and cook till two whistles
- Turn off the heat and wait for another 15 minutes with closed lid
- Serve with pickle or chutney and salad

Green Gram Laddu



Protein rich laddu recipe with green mung

Recipe courtesy: Lucina Yeasmin

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Green Gram Laddu

Ingredients for 4 persons

| | |
|--------|------------------|
| 250 g | Whole Green gram |
| 200 g | Jaggery/ Gur |
| 4 pcs | Small cardamom |
| 20 g | Almond sliced |
| 20 g | Cashew chopped |
| 3 tbsp | Ghee |



Instructions

- Clean whole green gram with cloth and dry roast in a pan for 5-7 minutes along with 4 small cardamom
- Make it cool and grind to a fine flour (with cardamom)
- In a small pan add chopped jaggery and add two tbsp water. On medium low flame melt it and when it starts boiling switch off the flame
- In a pan add 3 tbsp ghee and add dry fruits (chopped cashew and almond) and fry for 20- 30 seconds. Add green gram flour to it and stir to make a crumb like mixture
- Switch off the flame and add melted jaggery. Mix it well
- Divide in 20 equal portions of ~25 gm each. Take each portion and roll on your palm to give a round shape

Moong Chakli



Healthy replacement of cereals in your staples

Recipe courtesy: Sharmila Basu Thakur

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Moong Chakli

| Ingredients | | Instructions |
|-------------|--|---|
| 200 g | Kali moong (black greengram) | <ul style="list-style-type: none">• Soak kali moong (black greengram) and rice overnight.• Mix ginger, cumin, green chilli and salt with soaked moong and rice in mixi• Don't make a fine paste• Heat a fry pan, brush oil. Spread batter and make it round with a spoon• Once one side becomes brown, turn it and cook for some time• Remove from heat and serve hot with green chutney |
| 50 g | Rice | |
| 2 tsp | Cumin seeds | |
| 2 tsp | Ginger paste | |
| 4-5 | Green Chilli | |
| | Salt to taste | |
| | Water as required to make a semi thick batter while oil for frying | |



Choiti Chaat



Healthy and Chaatpata company of your puffed rice (Muri)

Recipe courtesy: Sharmila Basu Thakur

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Choiti Chaat

Ingredients

150 gm Moong dal
4-5 tbsp Mustard oil
1 tsp Whole cumin
1 tsp Mustard
2 tbsp Chopped green chilli
4 tbsp Chopped onion
2 tsp Curry leaves
½ tsp Turmeric powder
1 tsp Jaggery
2-3 tbsp Tamarind pulp
4 tbsp Chopped tomato
Chopped Coriander leaves as required
Potato fritters as required
Puffed rice

Instructions

- Roast dal and powder it.
- Heat oil in a pan. Add cumin, mustard for tempering. Gradually add onion, green chilli, curry leaves. Stir nicely.
- When aroma comes, add turmeric, jaggery, tamarind pulp and powdered dal. Stir thoroughly. Remove from heat.
- Add this mixture with puffed rice. Add tomato, coriander leaves and more onion and green chilli if you want.
- Sprinkle alu bhujia or potato fritters and serve.



Lesser Yam Cutlet



Source: Internet

Snacks with all the Goodness of Minerals, Vitamins and Fibre

Recipe courtesy: Lucina Yeasmin

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Lesser Yam Cutlet

Ingredients for 4 persons

| | |
|---------|-----------------------------|
| 200 gm | Boiled lesser yam (Khamalu) |
| 200 gm | Boiled potato |
| 100 gm | Finely chopped onion |
| 1 tsp | Garlic |
| 3 tbsp | Roasted and crushed peanuts |
| 3 tbsp | Roasted sesame seeds |
| 1.5 tsp | Lemon juice |
| 3 gm | Sugar |
| 3 pcs | Green chillies |
| 1 tsp | Ginger paste |
| 50 gm | Corn flour |
| 40 gm | Poppy seeds |
| ½ tsp | Cumin seeds |
| 200 ml | Oil for frying |
| | Salt to taste |

Instructions

- Heat 2 tsp oil in a pan; add cumin seeds, chopped onion and fry till it becomes light brown. Add garlic ginger paste and chopped green chillies, fry for another 1 minute
- When oil separates, add boiled and mashed Khamalu (lesser yam) and mashed potato and peanuts
- Stir fry for 1 minute and then take out in a bowl
- Let it cool down, then add salt, sugar, sesame, lemon juice. Mix well. Make cutlets and keep aside
- Take corn flour, salt and water in a bowl and make a medium thick batter.
- Dip the cutlets in the batter and sprinkle poppy seeds over it.
- Heat oil in a pan and deep fry the cutlets on medium heat till golden and crisp
- Serve hot with ketchup



Lesser Yam Parota



Delicious breakfast with a twist of nutrition

Recipe courtesy: Kaberi Bowlia, Hingalganj

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Lesser Yam Parota

Ingredients for 4 persons

125 gm Lesser yam
100 gm Maida/ all purpose flour
2 tbsp Ghee
6 gm Sugar
Salt to taste

Instructions

- Peel the lesser yam and clean them properly
- Boil for 5 minutes and drain the water to reduce the starchy slimy texture
- Again boil the yam to make it soft and then mash the yam
- Knead the yam along with flour and sugar salt and $\frac{1}{2}$ tsp ghee
- Keep aside for 5 minutes and cover the dough with a wet muslin cloth
- Divide the dough in 4 small portion and with a rolling pin flatten the dough and shallow fry with small amount of ghee
- Enjoy with pickle or sauce



Lesser Yam Kabab



Serve finger licking nutrition pack to your family

Recipe courtesy: Sharmila Basu Thakur

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Lesser Yam Kabab

Ingredients

300 gm Lesser yam
4 tbsp Mustard oil
100 gm Curd
1 tsp Pepper
2 tsp Green chilli paste
1 Onion
1 Lemon
Salt to taste
Skewer the
Khamalu

Instructions

- Cut yam in cube shape. Blanch in salted water
- Mix yam with mustard oil, green chilli paste, curd, salt and pepper in a bowl
- Place it on skewer and grill on open fire till they are little brownish
- Serve with onion rings and lime slices



Lesser Yam Chaat



Beat the heat with a yummy and healthy chaat

Recipe courtesy: Sharmila Basu Thakur

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Lesser Yam Chaat

Ingredients

250 gm Lesser yam
100 gm Curd
4 tbsp Mustard oil
Curry leaves
1 small bunch Mint leaves
1 Lemon
3-4 Green chilli
Salt to taste

Instructions

- Blanch yam, keep it in a bowl
- Crush yam lightly with your hand
- Heat oil in a pan and shallow fry boiled yam
- Beat curd with salt. Mix mint leaf, green chilli and lime juice in a blender
- Fry curry leaves. Mix all the ingredients with yam in a bowl
- Sprinkle fried, crunchy curry leaves on top



Amaranthus Leaf Fritters



Source: Internet

Healthy evening tea company

Recipe courtesy: Lucina Yeasmin

Authentic traditional cuisine of Bengal

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Amaranthus Fritters

Ingredients for 4 persons

250 gm Leaf Amaranthus
60 gm Onion
100 gm Chickpea flour or besan
3 tsp Rice flour
1 tsp Cumin seed powder
1 tsp Fennel seed powder
1 tsp Red chilli powder
½ tsp Turmeric powder
¼ tsp Asha foetida (Hing)
2 pcs Green chillies (chopped)
Salt to taste



Instructions

- First clean and chop the leaf Amaranthus
- Add chopped onion and green chillies
- In another pan add the rice flour and other spice powders and salt with Chickpea flour and mix well
- Add the chickpea flour mix to the Amaranth leaves in the pan
- Mix everything together in the pan. If required add little bit of water so that the mix can be shaped by hand without breaking
- Take a lemon size portion and roll and flatten to give fritter shape
- Place a frying pan over medium flame and add sufficient cooking oil for deep frying
- When the oil is heated, add one piece and check. If the temperature of oil seems ok, then you can add 4 to 5 pieces at a time to the oil
- Turn over the fritters few times in oil so that both sides are evenly cooked
- Serve hot with ketchup or puffed rice

Til Notoy (Amaranthus)



Nutty starter to your meal, healthy heart you will feel

Recipe courtesy: Sharmila Basu Thakur

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Til Notey (Amaranthus)

Ingredients

1 bunch Tika Notey
4 tbsp Chopped garlic
1 tsp Whole cumin
4 tbsp Sesame seed
4 tbsp Peanut
2 tbsp Gram flour
2 pcs Dry Red chilli
3 tbsp Chopped onion
1 cup Chopped tomato
½ tsp Turmeric powder
1 tsp Red Chilli powder
¼ tsp Asha foetida (Hing)
4 tbsp Mustard oil
Salt to taste

Instructions

- Wash and chop amaranthus
- Heat oil in a pan. Add cumin, garlic and fry for a while
- Add amaranthus leaves and salt. Stir and mix them nicely, cook for sometime, remove from heat and keep aside
- Make a paste with sesame seed, peanut and gram flour with little water in mixi
- Heat oil in a pan. Add red chilli and onion for tempering, stir, add garlic, tomato one by one, fry for a while. Add turmeric, chilli powder and nut paste
- Stir thoroughly, add chopped amaranthus, mix properly and remove from heat



Dudh Jhinge (Milky Ridge Gourd)



Add fibre in your meal to win weight loss deal

Recipe courtesy: Susmita Mukherjee, Kokata

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Dudh Jhinge (Milky Ridge Gourd)

Ingredients for 4 persons

500 gm Ridge gourd
1 tsp Coriander paste
1 tsp Cumin paste
2 tsp Dry red chilli paste
1/4 tsp Cumin seeds
(whole)
4 pcs Green chillies
(slited)
2 pcs Bay leaf
½ cup/ 120 ml Milk
1/8 tsp Asha foetida (hing)
1 ½ tbsp Ghee
3 gm Sugar
Salt to taste

Instructions

- Cut the ridge gourd in small pieces, wash and drain the water
- In a pan add one tbs ghee and heat, add washed and drained ridge gourd to it
- Stir and add salt to it. Cover and cook for 2-3 min
- When the ridge gourd is soft add the coriander paste and stir for few seconds. When the water from ridge gourd is dried add chili paste, cumin paste, sugar dissolved in milk and mis
- Cook for few min and turn off the heat, keep covered
- In another pan add half tbsp ghee and heat . Add bay leaf, cumin seed and when it splutters add hing dissolved in ¼ cup of water
- Add the cooked ridge gourd and cook in low flame for another 1-2 min
- Serve your delicious milky ridge gourd with steamed rice



Ridge Gourd Salad



Gain nutrition, lose weight

Recipe courtesy: Sharmila Basu Thakur

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Ridge Gourd Salad

Ingredients for 4 persons

700 gm Ridge gourd
5 cloves Garlic
1 tsp Jaggery
4 pcs Fresh red chilli
2 tbsp Fish Sauce
1 Lime
25 gm Pea nuts
Salt to taste

Instructions

- Cut ridge gourd diagonally and blanch lightly.
- Pound garlic, jaggery, fresh red chilli together. Add fish sauce and lime juice with it.
- Mix the pounded spices and ridge gourd together.
- Sprinkle peanuts and serve.



Roselle Leaf Fry



A sour delight with goodness of antioxidant

Recipe courtesy: Ashima Mridha, Hingalganj

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Roselle Leaf Fry

Ingredients for 4 persons

200 gm Roselle leaf
10 gm Mustard seed
20 ml Mustard oil
2 pcs Dry red chilli
1/4 tsp Turmeric powder
2 pcs Green chillies
(slited)
3 gm Sugar
Salt to taste

Instructions

- Clean the roselle leaf and chop in small pieces
- In a pan add mustard oil. Heat the oil and temper with dry red chilli and mustard seed
- Add chopped leaf, salt and turmeric powder
- Add ¼ cup water, slitted green chillies and cover the pan. Keep the flame low
- When the leaf is boiled and cooked mix them with a spatula
- Add sugar to it and mix properly
- Turn off the flame and keep covered for 10 minutes
- Serve hot with steamed rice



Roselle Leaf Prawn Curry



Prawn delicacy with goodness of antioxidant and minerals

Recipe courtesy: Rita Kamila, Patharpratima
Preparation and photography: Ruth Chatterjee

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Roselle Leaf Prawn Curry

Ingredients for 4 persons

200 gm Roselle leaf
200 gm Prawn without shel
½ tsp Panch foron
2 pcs Dry red chili
1 tbsp Mustard paste
½ tsp Turmeric powder
2 pcs Green chili
Salt to taste

Instructions

- Clean and chop the roselle leaves in small pieces
- Shallow fry the cleaned prawn marinated with turmeric and salt
- In a pan heat the oil and temper panch foron, dry red chili. Add the chopped leaves and turmeric powder and salt. Stir a bit
- Add mustard paste and fried prawn stir and cover cook till the leaf soft and mussy.



Moringa Leaf Fritters



Healthy starter to your meal

Recipe courtesy: Kaberi Bowlia, Hingalganj

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Moringa Leaf Fritters

Ingredients for 4 persons

100 gm Moringa leaf
75 gm Rice flour
25 gm Moida/ All purpose flour
50 gm Onion
1/4 tsp Turmeric powder
4 pcs Green chillies (chopped)
3 gm Sugar
200 ml Oil for deep frying
Salt to taste

Instructions

- Clean and chop the moringa leaves
- Make a paste of onion and green chillies
- In a bowl add rice flour and moida. Add onion chili paste and add all the other ingredients except oil
- Add chopped leaf and mix properly add little bit of water to bind together
- In a pan heat the oil and keep the flame low. Add small portion of mixture making a round flat shape
- Fry on low flame till golden brown
- Serve hot with dal and steamed rice or eat with ketchup during evening tea



Moringa Leaf Bharta



Right starter to boost your immunity

Recipe courtesy: Kaberi Bowlia, Hingalganj

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Moringa Leaf Bharta

Ingredients for 4 persons

200 gm Moringa leaf
2 tbsp Ghee
50 gm Onion
2 pcs Dry red chillies
Salt to taste

Instructions

- In a pan heat the ghee and add cleaned moringa leaf to it
- When the leaf becomes crispy take it out and fry two dry red chilli
- Mash the fried crispy leaves with finely chopped onion, fried dry chilli and salt
- Serve with hot steamed rice



Moringa (drumstick) Stew



Boost your immunity with Tasty stew

Recipe courtesy: Sharmila Basu Thakur

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Moringa (drumstick) Stew

| Ingredients | Instructions |
|--|---|
| <p>4 pcs Drumstick</p> <p>½ Papaya</p> <p>3 tbsp Garlic ginger paste</p> <p>2 Bay leaf</p> <p>3 (slitted) Green Chilli</p> <p>2 cups Chicken stock</p> <p>½ tsp Sugar</p> <p>2 tbsp White vinegar</p> <p>2 tsp Fish sauce</p> <p>2 tbsp Chopped Coriander leaves</p> <p>2 tbsp White oil</p> <p>1 Gondho lebu</p> <p>Salt to taste</p> | <ul style="list-style-type: none">• Wash and cut drumsticks in medium pieces• Cube raw papaya and wash it• Heat oil in a pan. Add bay leaf, ginger garlic paste, green chilli and stir• Add cubed papaya, drumstick, stir and then pour chicken stock• For a vegetarian option, use vegetable stock. Let it boil. Cover and cook• When vegetables become tender, add fish sauce, vinegar• Sprinkle coriander leaves and lime juice• Serve healthy and tasty drumstick stew |



Guava Jelly



Breakfast company with antioxidant and minerals source

Recipe courtesy: Sita Das, Patharpratima

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Guava Jelly

Ingredients for 4 persons

1 kg Guava
500 gm Sugar
1.5 litre Water
20 gm Cashew
20 gm Kismis

Instructions

- Clean the guava and slice in thin pieces
- In a pan take guava and add 1.5 litre water. Boil for 30 minutes
- Make the guava cool and mash the guava to make pulp
- Using a strainer strain the pulp and take the pulp in another pan
- Heat the pulp and add sugar
- When bubble formation occur and color changes to creamish, lower the flame
- Stir the mixture continuously till color changes to deep maroon
- Add cashew and kismis and serve



Epilogue

Malnutrition is not result of a single cause, rather it is combination of many complex factors. In a country like India malnutrition is comprehensive result of causes like poverty, lack of power, healthcare, illiteracy, unemployment and lack of knowledge of local resources etc. Indian Sundarban Delta where a complex socio-ecological system prevails malnutrition and health are the major critical issues needs to be addressed.

Locally adapted and easy to grow species which have good nutritional benefits can resolve the problem of malnutrition. Easy to cook recipes of neglected underutilized crops can be a solution to shrinkage of food basket as well.

“Our food should be our medicine and our medicine should be our food.”

– Chinese Proverb



Development Research Communication and Services Centre (DRCSC) is a non-government development organization working for more than 40 years towards ensuring sustainable management of natural resources and food, nutrition & livelihood security of the poor and marginal households in 12 Districts of West Bengal. DRCSC is implementing “Consumption of Resilient Orphan Crops and Products for Healthier Diets (CROPS4HD)” in Patharpratima & Hingalganj blocks of West Bengal. This project is being carried out in 1500 farmers families covering 25 villages of 5 Gram Panchayats

The project is supported by SWISSAID India with technical guidance from Institute of Organic Agriculture, FiBL, Switzerland. The objective is to improve food security and nutrition of smallholder peasants, especially women, through sustainable use and conservation of peasants’ cultivars /landraces, neglected and underutilized species respecting agro-ecological approaches.



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