

Millet Recipe contest Organized

(International year of Millet 2023)

KVK, Buxar, 30th August, 2023

Krishi Vigyan Kendra, Buxar successfully organized a Millet Recipe Contest -2023 at village Dullahpur, Simari Block of Buxar district on 30th August, 2023.

This recipe contest was organized to create awareness about the nutritional value of the locally available millets and its cultivation through inclusion of improved varieties of millet to combat the nutritional and food securities. It also helps in the promotion of diversified agriculture in Rice -Wheat cropping system to minimize the climate risk in crop production as well as cultivation of possible millets in unirrigated areas. In this programme, 25 rural women were mobilized in a participatory manner to demonstrate their culinary creativities in making traditional foods using the best possible option from indigenous biodiversity.

All the 25 rural women participated in recipe contest and prepared various food items made up of Bajra. They prepared Bajra Laddu,

Bajra Mugdal, Bajra, Lai, Bajra Namkeen, Bajra Khasta and Bajra Puwa with full zeal and enthusiasm. An evaluation committee of five members comprising School Head master, Sri Ajit



Kumar, Village Sarpanch, Sri Ram Paswan, an elderly non-participating women, Smt Maya devi, farmer, Sri Vinod Kumar Singh and a KVK member, Sri Harigovind, SMS closely monitored and evaluated the millet recipe contest and food items made up of Bajra (pearl millet) *Pennisetum glaucum* (L) prepared by the



contestants. The evaluation was conducted on various parameter keeping in view quality and procedure followed by the contestant during the preparation. The committee members selected three women participants, namely Smt. Saroja Devi for Bajra Mugdal, Maina Devi for Bajra Laddu and Sheela Devi for Bajra Khasta were ranked 1st, 2nd & 3rd respectively. The other participatory women were also facilitated for their efforts in promoting millets in their locality.