
Flour and Food Preparations from Sorghum, Maize and Kurakkan

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SORGHUM maize and kurakkan can be grown in areas unsuitable for paddy. These grains are quite useful as substitutes for rice. Many palatable foods can be prepared from them.

Sorghum Rice Substitute

There are a number of varieties of sorghum which are suitable for human

consumption. These varieties have a comparatively thin seed coat and are free from bitter taste. Sorghum is usually contaminated with sand. The sand can be removed by sifting the grains under water in an earthen vessel with a rough inside surface. The moist grains are pounded lightly in a wooden mortar and the husk is winnowed off. This is repeated twice or

thrice until the grains are comparatively free from husk. A little water may be sprinkled to moisten the grains while pounding, to facilitate the removal of the husk. The grains are then dried thoroughly in the sun and stored in dry airtight containers.

Sorghum Flour

Dehusked sorghum is soaked in water for about 6 hours, the water is drained off and the grains are pounded into flour. The flour is sifted to the required degree of fineness, roasted gently in a hot open pan to expel moisture and stored in dry airtight containers. Sorghum rice substitute can also be ground into flour in a cereal grinding mill.

Maize Rice Substitute

The grains are soaked in water for 4 hours and the water is discarded. The wet grains are pounded in a wooden mortar and the husk is winnowed off. This is repeated three or four times until the grains are comparatively free from husk. A little water may be sprinkled to moisten the grains while pounding, to facilitate the removal of the husk. The husked grains are pounded and broken up into small particles similar to rice. The product is dried thoroughly in the sun and stored in dry airtight containers.

Maize Flour

Maize flour is prepared from maize rice substitute in the same manner as sorghum flour.

Kurakkan Flour

Kurakkan is best used in the form of flour. Kurakkan is invariably contaminated with sand. The sand is removed in the same manner as described under sorghum rice substitute, after the thin seed-coat is removed by pounding and winnowing. To eliminate the coarseness in ordinary kurakkan flour preparations, the grains are parboiled in water for about 15 minutes until they begin to burst. The water is discarded, the grains are dried thoroughly in the sun and ground into flour in a hand operated stone mill or a cereal grinding mill. The flour is stored in dry airtight containers. Kurakkan flour processed in this manner should give soft and palatable food preparations.

Boiled Rice Substitute from Sorghum and Maize

One cut-measure or sorghum rice substitute is boiled with three measures of water and salt to taste, until well cooked and excess water evaporates. One cut measure of maize rice substitute requires four measures of water. It is cooked in the same manner as Sorghum.

Milk-rice Substitute from Sorghum and Maize

Boiled rice substitute prepared from one cut-measure of sorghum or maize is treated with the milk of one medium size coconut and cooked until excess water evaporates. The milk-rice substitute is spread on a plate, allowed to cool and cut into suitable pieces.

Porridge from Sorghum and Maize

One cut-measure of the small bits of rice substitute from sorghum or maize is boiled with four measures of water and salt to taste until the product is well cooked. The milk of half a medium-sized coconut or one pint of cow milk may be added just before removing from the fire.

Rotti from Sorghum, Maize and Kurakkan

One cut-measure of sorghum or maize or kurakkan flour is mixed with the scrapings of one medium-sized coconut and salt water to taste. The mixture is kneaded with sufficient clean water to form a soft dough. The dough is turned into small balls and flattened out to form the rotti. The rotti is baked on a hot iron plate and turned over to bake the other side.

Pittoo from Sorghum, Maize and Kurakkan

One cut-measure of sorghum or maize or kurakkan flour is roasted gently in a hot open pan until it becomes quite crisp. This is mixed with the scrapings of one medium-size coconut and salt water to taste. Sufficient clean water is sprinkled and the mixture is stirred to form small granules. The product is steamed till well cooked in a "pittoo bambu" placed over a pot of boiling water, or in a conical shaped perforated basket placed over a pot of boiling water and covered with another pot.

Stringhoppers from Sorghum, Maize and Kurakkan

One cut-measure of sorghum, maize or kurakkan flour is steamed till well cooked in a conical shaped perforated basket, placed over a pot of boiling water and covered with another pot. The steamed flour is broken up and sifted through a sieve. If steaming is not possible, the flour can be roasted gently in a hot open pan until it becomes quite crisp and then sifted.

The flour is mixed with sufficient boiling water and salt water to taste, to form a soft dough. The dough is turned into balls and squeezed through a stringhopper mould on to small circular cane mats. The mats are placed over a pot of boiling water one on top of the other with cane rings to separate the mats. The pot is covered with another pot and the stringhoppers are steamed till well cooked.

Hoppers from Sorghum

One cut-measure of sorghum flour is mixed with the water of one medium-sized coconut and salt water to taste. Sufficient clean water is added to form a thick batter. A tablespoonful of fermented toddy or yeast from a bakery is mixed with the batter and kept overnight in a covered pot. The leavened batter is mixed with the milk of one medium-sized coconut to form a thin batter. If toddy or yeast is not available, the thick batter is kept overnight as before and treated with one cut-teaspoonful of baking soda before mixing with the coconut milk. A small coconut spoonful of the batter is poured into a hot deep iron pan or chatty smeared

with gingelly oil. The pan or chatty is immediately removed from the fire and given a circular movement to spread the batter evenly.

The vessel is placed on the fire and covered with another deep vessel containing hot embers. The hopper is removed by means of a flat iron spoon when well baked.

Thosai from Sorghum and Maize

Quarter measure of black-gram is soaked in water for 6 hours and the skins are rubbed off and washed away with water. The cleaned black-gram is ground into a paste and mixed with one cut-measure of sorghum or maize flour. To this is added the water of one medium-sized coconut and salt water to taste. Sufficient clean water is added to form a thick batter. A tablespoonful of fermented toddy or yeast from a bakery or curd is mixed with the batter and kept overnight in a covered pot. The leavened batter is mixed with the milk of one medium-sized coconut to form a thin batter. To this is added a small quantity of fried onions, chillies, curry leaves and mustard and a pinch of turmeric to give a light yellow colour. A small coconut-spoonful of the batter is poured on a flat hot iron plate smeared with gingelly oil. The batter is spread evenly using the bottom of the coconut-spoon. The thosai is turned over with a flat iron spoon to bake the other side.

Halape from Sorghum and Kurakkan

One cut-measure of sorghum or kurakkan flour is roasted gently in a hot open pan until it becomes quite crisp. To this

is added half a pound of scraped jaggery, half a pound of scraped coconut and salt water to taste. Sufficient boiling water is mixed to form a stiff dough. The dough is turned into small balls and flattened out on *kenda* leaves or plantain leaves previously withered by heating over a fire. The leaves are folded with the dough inside and placed on a piece of cloth tied to the mouth of a pot of boiling water. The pot is closed with another pot and the halapes are steamed till well cooked.

Thalapa from Sorghum and Kurakkan

One cut measure of sorghum or kurakkan flour is roasted gently in a hot open pan until it becomes quite crisp. One measure of water is boiled in a vessel and the flour is added in small quantities at a time and well mixed with a wooden spoon to form a paste. Salt water is added to taste. The paste is well stirred over a slow fire until it is cooked. The paste is then spread on a plate, allowed to cool and cut into small pieces. Thalapa is usually eaten with gravy. It can also be eaten with sugar, jaggery or treacle, mixed with coconut milk or cow milk.

Kesari-aluwa from Sorghum and Maize

One cut measure of sorghum or maize flour is roasted gently in a hot open pan with four ounces of ghee until it becomes quite crisp. Half a measure of hot water or cow milk is added with half a pound of sugar and salt water to taste. The product is stirred over a slow fire until it is cooked. It is then spread on a plate, allowed to cool and cut into small pieces.