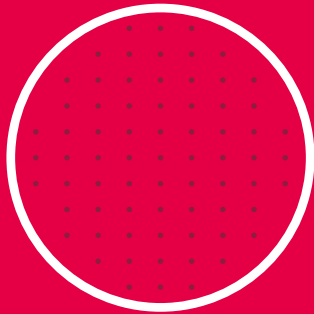


sorghum

DELICIOUS RECIPES
FROM AROUND
THE WORLD



ADVANTA



Cultivating Our Passion for Sorghum

At Advanta, we are driven by a vision of the future where sorghum plays a pivotal role. This ancient grain, often overlooked, is a powerhouse of potential not just for its nutritional value but also for its environmental resilience and its capacity to bolster food security as climates change.

Sorghum stands out for its robustness, versatility, and minimal requirements, making it an **ideal crop for the future**. It offers numerous benefits—from enhancing the sustainability of farming practices to providing a nutrient-rich source of food that can thrive in diverse climates. Despite its significant advantages, the rich nutritional profile and health benefits of sorghum remain largely underappreciated.

Our commitment at Advanta Seeds extends beyond developing cutting-edge sorghum technologies and superior genetics. We are dedicated to raising awareness and promoting the widespread adoption of sorghum. By endorsing various sorghum-focused initiatives, **we aim to highlight its status as a 'superfood.'**

In our journey to champion sorghum, we have collaborated with partners worldwide to curate a collection of delectable recipes that showcase this grain's versatility. From savory snacks and hearty main courses to exquisite desserts, these recipes bring sorghum's unique flavors to global cuisines.

Our Partner:



● Acknowledgements

This cookbook is a fruit of collaboration with organizations and chefs who share our passion for sorghum. We owe a debt of gratitude to these partners, whose enthusiasm and expertise have been instrumental in bringing this project to life.

We extend our heartfelt thanks to all the contributors who made this recipe book possible, and to the chefs whose culinary creativity has greatly enriched this collection:

Chefs:

- Luca Gubelli
- Millet Chef
- Jose Guzman
- Vishala Arcot
- Mokgadi Itsweng

NutriHub TBISC:

- Vijaya Lakshmi
- Veeresh Wali
- Stanley R.
- Ch. Tarasatyavathi
- Vilas A. Tonapi

Monia Caramma

- Sustainable Food
- Technician & Researcher



We hope this cookbook not only enlightens you about the potential of sorghum but also inspires you to incorporate this nutritious grain into your daily meals. Enjoy the flavors, and join us in spreading the word about sorghum, the super grain of the future.



FOREWORD

● Introduction to Sorghum



Sorghum is a versatile and resilient grain that has been cultivated for thousands of years. Originating in Africa, it has spread globally and is now a staple in many diets due to its adaptability to various climates and soil types. Sorghum thrives where other grains may fail, making it an essential crop for arid and semi-arid regions.

● Historical Significance



First domesticated in Africa over 5,000 years ago, sorghum played a crucial role in sustaining ancient civilizations. Today, it continues to be a fundamental food source for millions, demonstrating its ability to thrive under challenging conditions worldwide.

● Nutritional Profile



NUTRIENT	AMOUNT
Serving size	100 grams
Calories	339 kcal
Carbohydrates	74.3 g
Dietary Fiber	6.3 g
Protein	11.3 g
Fat	3.3 g (with beneficial fatty acids)
Minerals	Rich in iron, magnesium, phosphorus, potassium, and more.
Vitamins	Includes essential B vitamins.

● Environmental Benefits



Sorghum **requires minimal water** compared to other grains, making it drought-resistant and ideal for dry conditions. It helps combat soil erosion and increases soil organic content, promoting healthier agricultural ecosystems.

● Culinary Versatility



Sorghum can be **used in various dishes**, from breakfast porridges and salads to main courses and desserts. It can be popped like popcorn, cooked into porridge, ground into flour for baking, or brewed into beverages, each form bringing unique textures and flavors to the table.

● The Future of Sorghum



As we face climate change and the need for sustainable agriculture, **sorghum stands out as a crop that can meet future food demands**. Its genetic diversity and adaptability make it a promising grain for combating food insecurity and environmental challenges.

This cookbook explores the many ways sorghum can be incorporated into daily meals, celebrating its rich history, nutritional benefits, and culinary flexibility. Join us in rediscovering this ancient grain and embracing its potential for a sustainable future.

Health & Nutritional Benefits of Sorghum





Benefits of Including Sorghum in the Diet

1

GLUTEN-FREE: Sorghum is naturally gluten-free, making it an ideal grain for individuals with celiac disease or gluten sensitivity. It can be used as a substitute for wheat and other gluten-containing grains in various recipes.

2

RICH IN FIBER: The high fiber content in sorghum promotes digestive health by aiding in regular bowel movements and preventing constipation. Fiber also helps in maintaining a healthy weight by providing a feeling of fullness and reducing overall calorie intake.

3

HIGH IN PROTEIN: Sorghum is a valuable source of plant-based protein, which is essential for muscle repair, growth, and overall body maintenance. Including sorghum in the diet can help meet daily protein requirements, especially for vegetarians and vegans.

4

ANTIOXIDANT PROPERTIES: The antioxidants in sorghum help combat oxidative stress, reducing the risk of chronic diseases such as heart disease, diabetes, and cancer. These antioxidants also have anti-inflammatory properties that support overall health.

5

HEART HEALTH: Sorghum contains compounds that can help lower cholesterol levels, thereby reducing the risk of heart disease. The grain's high fiber content also contributes to cardiovascular health by regulating blood pressure and improving lipid profiles.

NUTRITIONAL BENEFITS

6

BLOOD SUGAR CONTROL: Sorghum has a low glycemic index, meaning it causes a gradual rise in blood sugar levels rather than a rapid spike. This makes it a suitable grain for individuals with diabetes or those looking to manage their blood sugar levels.

7

BONE HEALTH: The presence of essential minerals such as magnesium and phosphorus in sorghum supports bone health and development. These minerals are crucial for maintaining bone density and preventing conditions like osteoporosis.

8

VERSATILE AND DELICIOUS: Sorghum's versatility in the kitchen makes it an easy addition to any diet. It can be used in a variety of dishes, from breakfast porridges and salads to main courses and desserts, adding nutritional value without compromising on taste.

Including sorghum in your diet is a simple yet effective way to boost your nutrient intake and enjoy a range of health benefits. Whether you are looking to improve digestion, manage your weight, or support heart health, sorghum is a super grain that can help you achieve your health goals.







 Chef:

| Mokgadi Itsweng

• Ting Ya Mabele

(Fermented Sorghum Porridge)



// CATEGORY



Breakfast / Dessert



Vegetarian

// PREP TIME



3 days (fermentation)

// COOK TIME



25 minutes

// SERVINGS



4 - 6

// INGREDIENTS



1 cup ground sorghum meal



1 1/2 cups warm water



2 cups water (for cooking)



Optional: chopped dates or honey for serving

// INSTRUCTIONS

- In a glass jar, mix the ground sorghum meal and warm water using a wooden spoon to ensure they are thoroughly combined.
- Close the jar and leave it to ferment in a warm place in your kitchen. Open the jar and stir the mixture at least once a day for three days.
- After three days, the fermented sorghum is ready to be cooked.
- In a saucepan, bring 2 cups of water to a boil. Add the fermented sorghum, stirring constantly to avoid lumps. Cook covered for 5 minutes.
- Reduce the heat to medium and allow to simmer for 20 minutes, stirring constantly
- Serve warm with chopped dates or honey.

// NUTRITIONAL INFORMATION (per serving)

NUTRIENT	AMOUNT
Calories	120 kcal
Carbohydrates	24 g
Protein	3 g
Fat	1 g
Fiber	2 g



NutriHub - TBISC

• Sorghum Basbousa



// CATEGORY



Breakfast / Dessert



Vegan

// PREP TIME



15 minutes

// SERVINGS



8

// COOK TIME



40 minutes

// INGREDIENTS

- 150g** sorghum idly semolina
- 50g** sugar powder
- 4g** baking powder
- 40g** wheat flour
- 100ml** oil
- 60ml** milk
- 5ml** vanilla essence
- Pinch of salt
- 2** eggs *(or egg substitute for vegan version)*
- 100g** jaggery

// INSTRUCTIONS

- Preheat the oven to 180°C (356°F).
- In a mixing bowl, beat the eggs (or egg substitute) with the sugar powder until creamy.
- Add the milk and mix well for 5 minutes, followed by the oil.
- Add the wheat flour, sorghum semolina, baking powder, salt, and vanilla essence. Mix until well combined.
- Pour the batter into a cake tray and bake for 40 minutes.
- Meanwhile, melt the jaggery with 50ml water in a saucepan to make a syrup.
- Once the cake is done, remove it from the oven and pour the jaggery syrup over it. Let it rest for 2 hours to absorb the syrup.
- Serve and enjoy.

// **NUTRITIONAL INFORMATION** (per serving)

NUTRIENT	AMOUNT
Calories	250 kcal
Carbohydrates	30 g
Protein	3 g
Fat	12 g
Fiber	2 g

// Breakfast



 Chef:

| Jose Guzman

• **Sorghum Bread with toasted sunflower seeds**



// **CATEGORY**



Bread



Main



Vegetarian

// **COOK TIME**



15 minutes

// **PREP TIME**



20 minutes

// **SERVINGS**



4

// **INGREDIENTS**

200g flour
50g whole wheat flour
40g cooked sorghum
20g sunflower seeds
150cc water
5g yeast
5g sea salt
20g butter

// **INSTRUCTIONS**

- Toast the cooked sorghum and sunflower seeds in a pan until lightly browned.
- In a mixing bowl, make a well in the center of the flour and place salt on the outer edge.
- In the center, add water mixed with yeast, then add the toasted sorghum once it has cooled.
- Integrate all ingredients and knead the dough until smooth.
- Incorporate the butter and continue kneading until the dough is elastic and smooth.

- Let the dough rest until it doubles in volume, then divide into 120g portions.
- Shape each portion into buns, place on a greased pan, and let rise until doubled in size.
- Sprinkle with flour and bake in a preheated oven at 180°C (356°F) for 15 minutes.
- Allow to cool before serving.

// **NUTRITIONAL INFORMATION** *(per serving)*

NUTRIENT	AMOUNT
Calories	200 kcal
Carbohydrates	30 g
Protein	5 g
Fat	7 g
Fiber	3 g



// **Breakfast**



NutriHub - TBISC

• **Sorghum Herb Rolls**



// **CATEGORY**



Bread



Main



Vegetarian

// **PREP TIME**



20 minutes

// **COOK TIME**



12 - 14 minutes

(plus 40 - 55 minutes proofing)

// **SERVINGS**



10 rolls

// **INGREDIENTS**

- 125g** sorghum flour
- 125g** refined flour
- 10g** yeast
- 5g** salt
- 30g** sugar
- 150ml** water
- 2** pinches crushed peppercorn
- 30ml** oil
- 2g** rosemary
- 2g** thyme
- 2g** parsley
- 2g** basil
- 2g** oregano

// **INSTRUCTIONS**

- Combine sorghum flour and refined flour in a large bowl.
- Add yeast, salt, sugar, chopped herbs (rosemary, thyme, parsley, basil, oregano), and water. Mix until a smooth dough forms.
- Allow the dough to proof for 30-40 minutes until it doubles in size.
- Knock back the dough and divide it into equal portions (40g each).
- Shape the portions into rounds and place them on a baking tray. Proof again for 10-15 minutes.
- Preheat the oven to 200°C (392°F).
- Bake the rolls in the preheated oven for 12-14 minutes until golden brown. Let them cool before serving.

// **NUTRITIONAL INFORMATION** (per serving)

NUTRIENT	AMOUNT
Calories	120 kcal
Carbohydrates	22 g
Protein	3 g
Fat	3 g
Fiber	1 g



// **Breakfast**



 *Food Technician & Researcher:*

| **Monia Caramma**

• **Sorghum Milk**



// CATEGORY



Drink



Beverages



Vegetarian

// COOK TIME



10 minutes

// PREP TIME



2 hours (soaking)

// SERVINGS



4 cups

// INGREDIENTS

3/4 cup uncooked sorghum grains

4 cups water (use less water for thicker, creamier milk)

1 pinch salt

Optional: vanilla, raw cocoa

// INSTRUCTIONS

- Soak sorghum grains in 2 cups of boiling water for 2 hours until soft but still raw. Drain and transfer to a high-speed blender.
- Add 4 cups of fresh water, salt, and any optional add-ins (e.g., vanilla, raw cocoa) to the blender. Blend for about 3 minutes until well combined.
- Pour the mixture into a large mixing bowl covered with a thin cotton towel to strain.
- Transfer the strained milk to a sealed container and refrigerate. Sorghum milk will keep for up to 5 days.
- Use sorghum milk in the morning with smoothies or as a substitute for regular milk in recipes.

// NUTRITIONAL INFORMATION (per serving)

NUTRIENT	AMOUNT
Calories	80 kcal
Carbohydrates	16 g
Protein	2 g
Fat	0.5 g
Fiber	1 g



// Breakfast



Chef:

| Millet Chef

• **Sorghum Bread**



// CATEGORY



Bread



Main



Vegetarian

// COOK TIME



20 - 45 minutes

// PREP TIME



20 minutes

// SERVINGS



Varies based on item

// INGREDIENTS

2 cups sorghum millet flour

1 cup whole wheat flour

1/2 cup jaggery powder

1 tbsp dry yeast

1/4 tbsp calcium propionate

1 tbsp salt

2 tbsp SMP (*Skimmed Milk Powder*)

5 tbsp fat/oil

1 1/2 cups water (*lightly warm*)

// INSTRUCTIONS

- In a large bowl, mix all the dry ingredients (sorghum millet flour, whole wheat flour, jaggery powder, dry yeast, calcium propionate, salt, and SMP) until well combined
- Gradually add the lightly warm water to the dry ingredients, mixing to form a dough.
- Add the fat/oil to the dough and mix again until smooth. Let the dough rest for 45 minutes for fermentation.
- Preheat the oven to 200°C (392°F).

- Shape the dough according to your requirement (e.g., bread, pizza base, burger bun, sandwich bread, donut bun, rusk bread, croissant).
- Once the dough has fermented, place the shaped items in the preheated oven and bake for 20 to 45 minutes, depending on the size and shape of the item.
- After baking, let the items cool before serving. Optionally, add toppings or dressings as desired.

// NUTRITIONAL INFORMATION (*per serving*)

NUTRIENT	AMOUNT
Calories	150 kcal
Carbohydrates	25 g
Protein	4 g
Fat	4 g
Fiber	3 g







 Chef:

| Vishala Arcot

• Sorghum Fritters



// CATEGORY



Snack



Vegan

// PREP TIME



15 minutes

// SERVINGS



8

// COOK TIME



15 minutes

// INGREDIENTS

- 1 cup** sorghum flour
- 2 tbsp** tapioca flour or channa dal flour
- 1 cup** shredded cabbage or zucchini
- 1/2** finely chopped onion
- 2** green chillies, chopped
- 1** tomato, chopped
- 1 tbsp** coriander leaves
- 1/2** tsp chilli flakes
- 1 tsp** black pepper powder
- 1 tsp** Italian seasoning
- 2 tbsp** oil (1 tsp for cooking)
- 1/2 cup** curd (or 1 egg)
- 2 tbsp** cheese (optional)

// INSTRUCTIONS

- In a bowl, mix curd (or egg) with all other ingredients except sorghum flour and water.
- Add sorghum flour to the mixture and mix well.
- Gradually add 1/2 cup water to make a dough.
- Heat 1 tsp oil in a pan. Pour the dough onto the pan and flatten it with a ladle.
- Cook on a slow flame until golden brown on both sides.
- Serve hot with tomato ketchup.

// **NUTRITIONAL INFORMATION** (per serving)

NUTRIENT	AMOUNT
Calories	180 kcal
Carbohydrates	25 g
Protein	4 g
Fat	7 g
Fiber	3 g

// **CATEGORY**

	Snack		Vegetarian
-------------------------------------------------------------------------------------	-------	-------------------------------------------------------------------------------------	------------

// **COOK TIME**

	15 minutes
-------------------------------------------------------------------------------------	------------

// **PREP TIME**

	10 minutes
-------------------------------------------------------------------------------------	------------

// **SERVINGS**

	4
-------------------------------------------------------------------------------------	---

// **INGREDIENTS**

- 120g** sorghum flakes
- 3g** salt
- 25g** baking powder
- 15g** white sesame seeds
- 15g** black sesame seeds
- 90ml** hot water

// **INSTRUCTIONS**

- Blend the sorghum flakes into a fine powder.
- In a bowl, combine the salt, baking powder, sesame seeds, and sorghum flakes powder.
- Pour hot water into the mixture and form a dough.
- Spread the dough and cut it into desired shapes.
- Bake the crackers in a preheated oven at 180°C (356°F) for 15 minutes.
- Enjoy the crackers.



NutriHub - TBISC

• **Sorghum Flakes Crackers**



// NUTRITIONAL INFORMATION (per serving)

NUTRIENT	AMOUNT
Calories	120 kcal
Carbohydrates	18 g
Protein	3 g
Fat	4 g
Fiber	2 g

// CATEGORY

	Dessert		Vegan
-------------------------------------------------------------------------------------	---------	-------------------------------------------------------------------------------------	-------

// COOK TIME

	10 minutes
-------------------------------------------------------------------------------------	------------

// PREP TIME

	10 minutes
-------------------------------------------------------------------------------------	------------

// SERVINGS

	4
-------------------------------------------------------------------------------------	---

// INGREDIENTS

- 50g sorghum vermicelli
- 15g butter (or vegan butter)
- 35g condensed milk (or vegan condensed milk)
- Chopped pistachios (for decoration)

// INSTRUCTIONS

- Steam the sorghum vermicelli until tender.
- In a pan, roast the steamed vermicelli in butter until golden brown.
- Add the condensed milk to the roasted vermicelli and cook for 2 minutes.
- Take a tablespoon of the vermicelli mixture and shape it into bites using a cutter.
- Decorate with chopped pistachios and serve.



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• Sorghum Vermicelli Bites



// **NUTRITIONAL INFORMATION** (per serving)

NUTRIENT	AMOUNT
Calories	100 kcal
Carbohydrates	15 g
Protein	1 g
Fat	4 g
Fiber	1 g



NutriHub - TBISC

• **Sorghum Nachos**



// **CATEGORY**



Snack

// **COOK TIME**



10 minutes

// **PREP TIME**



10 minutes

// **SERVINGS**



2

// **INGREDIENTS**

50g sorghum flour

20g rice flour

25ml water

5g salt

2g cumin seeds

Toppings: Red chilli powder and chat masala

// **INSTRUCTIONS**

- In a bowl, mix boiling water, salt, and cumin seeds.
- Add sorghum flour and rice flour, kneading into a firm dough.
- Roll the dough into a thin sheet and cut into square shapes.
- Prick the squares with a fork to prevent puffing.
- Heat oil in a pan and fry the squares until crisp and golden brown.
- Drain the chips on absorbent paper and sprinkle with red chilli powder and chat masala.
- Serve hot.

// **NUTRITIONAL INFORMATION** (per serving)

NUTRIENT	AMOUNT
Calories	120 kcal
Carbohydrates	20 g
Protein	2 g
Fat	5 g
Fiber	1 g



 *Chef:*

| **Mokgadi Itsweng**

• **Sorghum Balls**



// **CATEGORY**

 **Snack**

// **COOK TIME**

 **40 minutes**

// **PREP TIME**

 **30 minutes**

// **SERVINGS**

 **4 - 6**

(plus cooling time)

// **INGREDIENTS**

- 1 cup** ground sorghum meal
- 1 1/2 cups** warm water
- 1/2 cup** extra sorghum meal
- 2 cups** water (for cooking)

// **FOR THE FILLING**

- 1 tablespoon** olive oil
- 1 small** onion, finely chopped
- 100g** oyster mushrooms, roughly chopped
- Handful** fresh thyme
- 1 teaspoon** seasoning salt
- 1 teaspoon** smoked paprika
- 1 tablespoon** tomato paste
- 1 teaspoon** chickpea flour
- 80ml** vegetable stock

// **INSTRUCTIONS**

- Preheat the oven to 200°C (392°F).
- In a saucepan, bring 2 cups of water to a boil. Add 1 cup of ground sorghum meal, stirring constantly to avoid lumps. Cook covered for 5 minutes.
- Reduce the heat to medium, add the extra 1/2 cup of sorghum meal, and allow to simmer for 20 minutes,

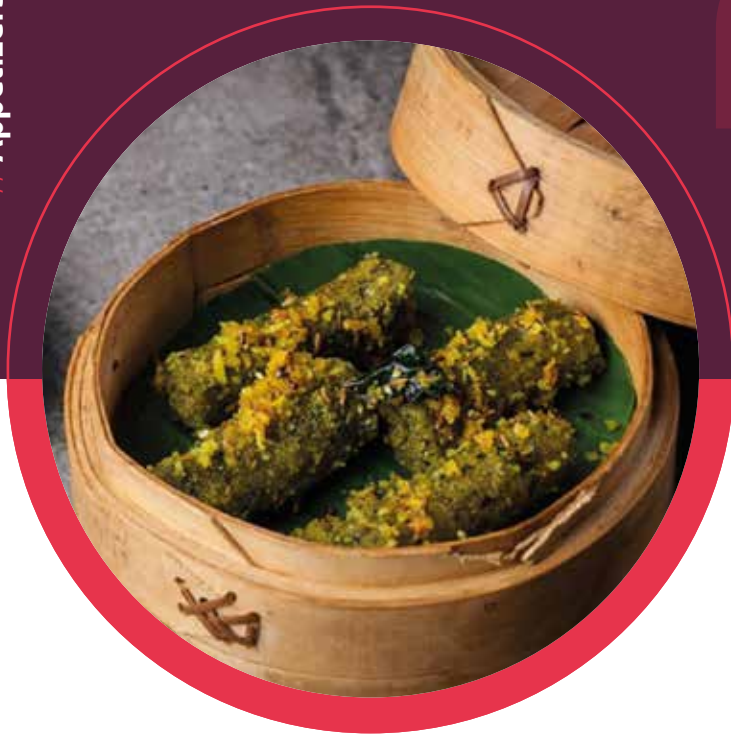
stirring constantly. Remove from heat and let it cool in a shallow bowl.

- For the filling: heat the olive oil in a pan over medium heat. Add the onion and cook for 5 minutes. Add the mushrooms, thyme, chickpea flour, tomato paste, and spices. Close the pan and allow the mushrooms to sweat.
- Add the vegetable stock and cook until the sauce thickens and the mushrooms are soft, about 10 minutes. Set aside to cool.
- Once the sorghum has cooled, form the balls by spooning a handful of sorghum into your palm and making a dent in the center for the filling.
- Place a small amount of filling in the dent, then close the ball, ensuring the sorghum completely covers the filling. Roll the balls in roughly crushed sorghum meal to form a coating.
- Brush a baking sheet with oil and place the sorghum balls on it.
- Bake in the preheated oven, turning after 15 minutes. The balls should be golden after 30 minutes.
- Serve warm.

// **NUTRITIONAL INFORMATION** (per serving)

NUTRIENT	AMOUNT
Calories	180 kcal
Carbohydrates	30 g
Protein	5 g
Fat	5 g
Fiber	4 g

// **Appetizers/ Snacks**



NutriHub - TBISC

• **Sorghum Moringa Dumplings**



// **CATEGORY**



Main Course

// **COOK TIME**



20 minutes

// **PREP TIME**



20 minutes

// **SERVINGS**



4

// **INGREDIENTS**

| **FOR DUMPLINGS:**

- 1/2 cup sorghum flour
- 3 tsp little millet grains
- 15 moringa leaves
- 1 tsp ginger
- 1 tbsp green chilies
- Rock salt to taste
- 1/2 tsp ajwain
- Water

| **FOR TEMPERING:**

- 1 tbsp ghee
- 1/2 tsp cumin seeds
- 1/2 tsp mustard seeds
- 1/2 tsp sesame seeds
- 4 curry leaves
- 1 small grated carrot
- 1/2 tsp turmeric

// **INSTRUCTIONS**

- In a blender, add moringa leaves, green chilies, ginger, and ajwain with a tablespoon of water to make a fine paste.
- In a pot, bring water and a pinch of rock salt to a boil. Add little millets and cook for 10-15 minutes on medium heat until soft.
- In a bowl, combine the cooked millet, sorghum flour, and the moringa paste to prepare a dough.
- Roll the dough into a cylindrical shape (approx. 3 cm diameter) and steam it for 20 minutes or until done.

- Allow the steamed dough to cool, then cut the dumplings horizontally into equal portions.
- In a heated pan, add ghee, mustard seeds, cumin seeds, sesame seeds, curry leaves, grated carrot, and turmeric. Add the steamed dumplings and shallow fry.
- Serve the dumplings hot.

// **NUTRITIONAL INFORMATION** (per serving)

NUTRIENT	AMOUNT
Calories	150 kcal
Carbohydrates	25 g
Protein	3 g
Fat	5 g
Fiber	3 g





NutriHub - TBISC

• Pri Pri French Fries



// CATEGORY



Snack

// COOK TIME



15 minutes

// PREP TIME



15 minutes

// SERVINGS



2

// INGREDIENTS

150g sorghum idli rawa

100g mashed potato

5g chat masala

10g salt

Piri Piri masala, to taste

225ml water

Oil, for deep frying

// INSTRUCTIONS

- Boil water in a vessel until bubbling.
- Add sorghum idli rawa, salt, and chat masala to the boiling water and cook for 3-4 minutes.
- Knead the mixture into a dough by adding boiled and mashed potato, a pinch of salt, and additional chat masala if needed.
- Divide the dough into equal portions and roll each portion on a flat surface.
- Cut the dough into rectangular shapes (like stripes) using a knife.
- Preheat oil for deep frying. Add a few dough strips at a time and deep fry until lightly browned on both sides.
- Place the fried strips on butter paper and sprinkle with Piri Piri masala.
- Serve as a healthy and delicious snack with tomato sauce.

// NUTRITIONAL INFORMATION (per serving)

NUTRIENT	AMOUNT
Calories	180 kcal
Carbohydrates	25 g
Protein	3 g
Fat	8 g
Fiber	2 g



 Chef:

| Jose Guzman

• Sorghum Burgers



// CATEGORY



Main Course

// COOK TIME



30 minutes

// PREP TIME



15 minutes

// SERVINGS



4

(plus 24 hours soaking)

// INGREDIENTS

- 120g sorghum
- 70g brown rice
- 200g onions, chopped
- 50g red pepper, chopped
- 7g sea salt
- 2g ground black pepper
- 3g ground sweet pepper
- 15g oregano
- Olive oil, as needed

// INSTRUCTIONS

- Hydrate the sorghum for 24 hours, then cook until tender.
- Cook the brown rice until tender.
- Sauté the chopped onions and red pepper in olive oil until soft.
- Add the black pepper, sweet pepper, and oregano to the sautéed vegetables.
- Use a food processor to blend half of the rice with the cooked sorghum. Incorporate the rest of the rice and the sautéed vegetables.

- Form the mixture into burger patties.
- Grill the patties until golden brown on both sides.
- Serve with your favorite burger toppings and buns.

// **NUTRITIONAL INFORMATION** *(per serving)*

NUTRIENT	AMOUNT
Calories	250 kcal
Carbohydrates	40 g
Protein	6 g
Fat	8 g
Fiber	5 g



// **Appetizers/ Snacks**



 *Chef:*

| **Mokgadi Itsweng**

• **Dikgobe (Sorghum Grain and Cowpeas)**



// **CATEGORY**



Main Course

// **COOK TIME**



1 hour 40 minutes

// **PREP TIME**



15 minutes

// **SERVINGS**



4 - 6

(plus 24 hours soaking time)

// **INGREDIENTS**

- 1 tablespoon oil
- 1 onion, chopped
- 1 garlic clove, chopped
- Handful fresh thyme
- 2 cups sorghum grain, soaked
- 4 cups vegetable stock
- 1 cup cowpeas, soaked
- Seasoning salt to taste
- 1 tablespoon butter (optional)
- 1 tablespoon herb pesto

// **INSTRUCTIONS**

- Heat oil in a deep saucepan, then fry the onion, garlic, and thyme together until the onion is soft.
- Drain the sorghum from the soaking water, then stir-fry it into the onion mixture. Cook for 3 minutes, then add the vegetable stock and close the lid. Cook covered for 30 minutes.
- Stir in the soaked cowpeas and 1 cup hot water to the sorghum. Cook covered on medium heat for a further hour, until the cowpeas are soft. Season with seasoning salt to taste.
- Add the butter and herb pesto, and cook for a further 10 minutes on low heat.
- Serve warm.



// **NUTRITIONAL INFORMATION** (per serving)

NUTRIENT	AMOUNT
Calories	300 kcal
Carbohydrates	50 g
Protein	12 g
Fat	8 g
Fiber	10 g



// Appetizers/ Snacks



NutriHub - TBISC



• **Sorghum
Potato Tacos**



// CATEGORY

Main Course

// COOK TIME

15 minutes

// PREP TIME

15 minutes

// SERVINGS

2

// INGREDIENTS

1 sorghum roti

1 chopped onion

5 red chillies, chopped

1 boiled potato, mashed

50g grated cheese

Salt, to taste

10ml red chilli sauce

10ml oil

1/2 bunch coriander leaves, chopped

// INSTRUCTIONS

- Heat oil in a pan. Add the chopped onions and red chillies, frying until golden brown.
- In a bowl, combine the mashed potatoes, onion-chilli mixture, and chopped coriander leaves. Mix until creamy and smooth.
- Take a sorghum roti and spread red chilli sauce on one side.
- On half of the roti, layer shredded cheese, followed by the potato mixture, and another layer of shredded cheese.
- Fold the roti and shallow fry it on a pan until crispy.
- Serve hot.

// NUTRITIONAL INFORMATION (per serving)

NUTRIENT	AMOUNT
Calories	250 kcal
Carbohydrates	30 g
Protein	6 g
Fat	12 g
Fiber	3 g


**// Appetizers/ Snacks**


Chef:


| Mokgadi Itsweng

• Mighty Sorghum Salad

// CATEGORY	
	Salad

// COOK TIME	
	15 minutes

// PREP TIME	
	20 minutes

// SERVINGS	
	4

// INGREDIENTS

- 2 cups sorghum grain
- 8 carrots, sliced in half lengthwise
- 2 whole sweet corn, cut into ribs
- 3 zucchinis, sliced lengthwise
- 200g broccoli, cut into steaks
- 1/2 cup pomegranate seeds
- Handful coriander, chopped
- Handful mint, chopped
- Handful Italian parsley, chopped
- 2 tablespoons pickled onions

// FOR THE DRESSING

- 1 cup lemon juice
- 1/4 cup olive oil
- Salt and pepper to taste
- 1/2 tsp cumin
- 1 tsp honey
- 1 tsp garlic, minced
- 1 tsp ginger, grated



// INSTRUCTIONS

- Preheat the oven to 200°C (392°F).
- Cook the sorghum according to package instructions and let it cool.
- Place the carrots, zucchini, broccoli steaks, and sweet corn ribs on a baking tray. Grill for 20 minutes. Remove from the oven and allow the vegetables to cool.
- Whisk together all the dressing ingredients and season with salt and pepper to taste.
- Mix half of the dressing with the cooked sorghum, adding the chopped herbs and dried fruits.
- Arrange the sorghum mixture and grilled vegetables on a platter. Top with pickled onions and the remainder of the dressing before serving.

// NUTRITIONAL INFORMATION *(per serving)*

NUTRIENT	AMOUNT
Calories	200 kcal
Carbohydrates	35 g
Protein	5 g
Fat	7 g
Fiber	6 g



 Chef:

| Vishala Arcot

• Sorghum Salad



// CATEGORY



Salad

// COOK TIME



20 minutes

// PREP TIME



15 minutes

// SERVINGS



4

(plus overnight soaking)

// INGREDIENTS

- 1 cup** sorghum grain
- 2 tbsp** sweet corn
- 1/2 cup** sprouted chickpeas
- 1/2 cup** sprouted green gram
- 1/2 cup** cherry tomatoes, halved
- 1 tbsp** coriander leaves
- 1 tsp** lemon juice
- Salt** to taste
- 1 tsp** cumin seeds
- 1 tsp** mustard seeds
- 1/2 cup** chopped spring onion
- 1 tsp** oil
- 1 tsp** pepper powder

// INSTRUCTIONS

- Soak sorghum grains overnight. Wash and cook in a pressure cooker with 1/4 tsp salt and 1/4 tsp turmeric until soft.
- Heat oil in a pan and add mustard seeds and cumin seeds. When they splutter, add chickpeas and green gram. Add salt and cook for 10 minutes on low flame with the lid covered.
- Add cooked sorghum grain and the remaining vegetables. Stir fry and let it cook.
- Garnish with lemon juice, cherry tomatoes, and cucumber. Serve.

// **NUTRITIONAL INFORMATION** (per serving)

NUTRIENT	AMOUNT
Calories	150 kcal
Carbohydrates	30 g
Protein	5 g
Fat	2 g
Fiber	5 g

// **Appetizers/ Snacks**



 **Chef:**

| **Vishala Arcot**

• **Sorghum Soup**



// **CATEGORY**



Soup

// **COOK TIME**



10 minutes

// **PREP TIME**



10 minutes

// **SERVINGS**



4

// **INGREDIENTS**

- 2 tbsp** sorghum flour
- 1 tbsp** finely chopped ginger
- 1 tbsp** finely chopped garlic
- 1** green chilli, chopped
- 1 tbsp** finely chopped carrot
- 1 tbsp** finely chopped French beans
- 1 tbsp** finely chopped broccoli
- 1 tbsp** sweetcorn
- 1 tbsp** chopped coriander leaves
- 2 tbsp** tomato sauce
- 1 tsp** soy sauce
- 1/2 tsp** black pepper powder
- 1 tsp** Italian seasoning
- 1 tsp** oil
- 3 cups** vegetable broth or water
- Salt** to taste

// **INSTRUCTIONS**

- Heat oil in a pan. Add chopped ginger and garlic, sauté for half a minute.
- Add all the vegetables and sauté. Add 1/2 tsp salt and mix well.

- Add vegetable broth or water and cook for five minutes with the lid covered on low flame.
- Mix sorghum flour with 1/2 cup water to prepare a slurry, ensuring no lumps form. Slowly add the slurry to the vegetables while stirring. Keep stirring for 5 minutes until thickened.
- Add pepper powder and Italian seasoning. Mix well.
- Serve hot.

// **NUTRITIONAL INFORMATION** (per serving)

NUTRIENT	AMOUNT
Calories	90 kcal
Carbohydrates	15 g
Protein	2 g
Fat	2 g
Fiber	2 g



// **Appetizers/ Snacks**



 Chef:

| Luca Gubelli

• **Sorghum with Pumpkin, Goat's Blue Cheese, and Pistachio**



// **CATEGORY**



Main Course



Vegetarian

// **PREP TIME**



15 minutes

// **COOK TIME**



60 minutes

// **SERVINGS**



4

// **INGREDIENTS**

- 250g hulled white sorghum
- 1.5 liters vegetable broth
- 500g Delica pumpkin
- 500ml milk
- 150g goat's blue cheese
- 80g butter
- Bronte pistachio grains (for garnish)
- 1 drizzle of oil
- Salt (to taste)
- A few drops of apple cider vinegar

// **INSTRUCTIONS**

- Pumpkin Puree:** Preheat the oven to 160°C (320°F). Wrap the pumpkin in aluminum foil and bake for about 40 minutes until tender. Scoop out the pulp and sieve it to make a smooth puree. Store in a bowl.
- Goat's Blue Cream:** In a small saucepan, bring the milk to a boil. Add the goat's blue cheese and simmer until the mixture reaches the desired density. Mix well and set aside.
- Cooking Sorghum:** Heat a drizzle of oil in a saucepan over medium heat. Add the soaked sorghum and a pinch of salt, toasting it well. Gradually add the vegetable broth, cooking for about 20 minutes and adding more broth as needed.
- Combining Ingredients:** With 3 minutes remaining in the sorghum's cooking time, start adding the pumpkin puree a little at a time. Once cooked, turn off the heat and add the cold butter, a few drops of apple cider vinegar, and adjust salt to taste. Stir vigorously until the butter is completely melted and the mixture is well combined.

- Serving:** Lay the whipped sorghum on flat plates. Decorate with the goat's blue fondue and sprinkle with pistachio grains.

// **NUTRITIONAL INFORMATION** (per serving)

NUTRIENT	AMOUNT
Calories	400 kcal
Carbohydrates	50 g
Protein	12 g
Fat	18 g
Fiber	6 g





 Chef:

| Luca Gubelli

• Sorghum with Coconut Milk, Vanilla, Fermented Blueberries and Lime



// CATEGORY



First Course



Vegetarian

// PREP TIME



10 minutes

// COOK TIME



20 minutes

// SERVINGS



4

// INGREDIENTS

200g hulled white sorghum

1 liter coconut milk

150ml water

1/2 vanilla pod

100g white chocolate, chopped

80g fermented blueberries

30g brown rice syrup

1 lime (zest and juice)

// INSTRUCTIONS

- In a saucepan, combine the previously soaked sorghum, coconut milk, water, and the seeds from the vanilla pod. Cook over medium heat for about 20 minutes until the sorghum is tender.
- Turn off the heat and immediately add the chopped white chocolate and a few drops of lime juice. Whisk until the chocolate is fully melted and the mixture is smooth.
- Plate the sorghum mixture, and top with fermented blueberries.
- Drizzle with the reduction of the blueberry fermentation liquid mixed with brown rice syrup.
- Garnish with lime zest and serve warm or chilled.

// NUTRITIONAL INFORMATION (per serving)

NUTRIENT	AMOUNT
Calories	350 kcal
Carbohydrates	45 g
Protein	5 g
Fat	18 g
Fiber	4 g



NutriHub - TBISC

• Indian Chilli Sorghum Macaroni



// CATEGORY



Snack

// COOK TIME



15 minutes

// PREP TIME



5 minutes

// SERVINGS



2

// INGREDIENTS

- 20g sorghum pasta
- 10g corn flour
- 10g rice flour
- 5g red chilli powder
- 2g salt
- 3g chat masala
- 1 tsp oil (for boiling pasta)
- Oil for deep frying

// INSTRUCTIONS

- Cook the sorghum pasta in boiling water with 1 tsp oil and a little salt. Drain and let the pasta cool for 5 minutes.
- Coat the cooled pasta with corn flour and rice flour.
- Deep fry the coated pasta in oil until crispy and golden brown.
- Toss the fried pasta with red chilli powder, chat masala, and salt. Serve with ketchup.

// NUTRITIONAL INFORMATION (per serving)

NUTRIENT	AMOUNT
Calories	150 kcal
Carbohydrates	25 g
Protein	2 g
Fat	6 g
Fiber	1 g





 *Food Technician & Researcher:*

| **Monia Caramma**

• Biscuits



// CATEGORY



Snack

// COOK TIME



12 minutes

// PREP TIME



15 minutes

// SERVINGS



24 biscuits



// INGREDIENTS

700g butter, softened

250g brown rice syrup

1 egg

450g sorghum flour

30g baking soda

1 tsp cinnamon

1/2 tsp salt

// INSTRUCTIONS

- In a mixer, combine the softened butter and brown rice syrup until creamy. Beat in the egg and sorghum flour until thoroughly combined.
- In a separate bowl, whisk together the sorghum flour, baking soda, cinnamon, and salt. Gradually add the dry ingredients to the butter mixture, beating until just combined. Cover the dough and refrigerate for 1 hour.
- Preheat the oven to 160°C (320°F). Drop rounded tablespoons of dough onto a baking sheet for each biscuit.
- Bake for 10 to 12 minutes until golden brown.
- Let the biscuits cool on a wire rack before serving.

// NUTRITIONAL INFORMATION *(per serving)*

NUTRIENT	AMOUNT
Calories	180 kcal
Carbohydrates	14 g
Protein	2 g
Fat	14 g
Fiber	1 g



 Chef:

| Millet Chef

• Sorghum Cake



// CATEGORY



Snack

// COOK TIME



12 minutes

// PREP TIME



15 minutes

// SERVINGS



24 biscuits

// INGREDIENTS

2 cups sorghum millet flour

1 cup jaggery powder

5 eggs (or 2 cups milk for eggless version)

1 spoon cake gel

1/2 cup oil

1/2 spoon cardamom powder

1/4 spoon salt

1/4 spoon baking powder

1/4 spoon baking soda

1/2 spoon butter flavor

Optional: kaju (*cashews*), almonds, etc. for topping.

// INSTRUCTIONS

- In a bowl, mix all the dry ingredients (sorghum millet flour, cardamom powder, salt, baking powder, baking soda) and set aside.
- In a mixing bowl, beat the eggs (or milk for eggless version) with the cake gel and jaggery powder until soft and creamy.
- Add the oil and dry ingredients to the egg mixture and mix well for 1 minute, ensuring there are no lumps.
- Preheat the oven to 180°C (356°F).
- Pour the cake batter into desired shapes or molds. Add toppings as per taste (e.g., muffins, plum cake).
- Bake the cakes in the preheated oven at 180°C for 15 to 35 minutes, depending on the size and shape of the item.
- Once the cakes have a golden color, remove from the oven and allow to cool before serving. Add any additional toppings or dressing as desired.

// NUTRITIONAL INFORMATION (per serving)

NUTRIENT	AMOUNT
Calories	220 kcal
Carbohydrates	30 g
Protein	4 g
Fat	10 g
Fiber	2 g



 Chef:

| Millet Chef

• Sorghum Millet Cookies



// CATEGORY



Snack

// COOK TIME



15 - 20 minutes

// PREP TIME



20 minutes

// SERVINGS



Varies based on size

// INGREDIENTS

2 cups sorghum millet flour

1 cup jaggery powder (or Stevia/ Aspartame/ Sucralose/ Liquid Fibre for sugar-free)

1 cup bakery shortening/butter/ghee (equal portion to jaggery powder)

1 spoon salt

1/2 spoon baking soda

1/2 spoon baking powder

2 spoons SMP (Skimmed Milk Powder)

1 1/2 cups water

1 spoon vanilla powder

1/2 spoon cardamom powder

Optional: nuts and other flavors as per taste

// INSTRUCTIONS

- In a mixing bowl, cream together the jaggery powder and bakery shortening/butter/ghee.
- Add water, SMP, baking soda, baking powder, vanilla powder, cardamom powder, and salt to the mixture. Mix well to form a smooth cream.
- Gradually add the sorghum millet flour to the cream mixture, mixing well until there are no lumps. The dough should be smooth and well combined.

- Shape the cookie dough into desired shapes and place them on baking trays.
- Preheat the oven to 180°C (356°F).
- Bake the cookies in the preheated oven for 15 to 20 minutes, depending on the size of the cookies.
- Once the cookies are golden brown, remove them from the oven and let them cool on a wire rack before serving.

// **NUTRITIONAL INFORMATION** (per serving)

NUTRIENT	AMOUNT
Calories	150 kcal
Carbohydrates	20 g
Protein	2 g
Fat	7 g
Fiber	1 g



// **Desserts**




NutriHub - TBISC

• **Dessert
Sorghum Kunafa**



// **CATEGORY**
 Dessert

// **PREP TIME**
 15 minutes

// **COOK TIME**
 35 minutes

// **SERVINGS**
 8

// **INGREDIENTS**

- 150g** sorghum vermicelli
- 25g** melted butter
- 2-3 drops** orange food color

// **FOR STUFFING**

- 50g** milk powder
- 10g** sugar
- 10g** corn flour
- 50g** cream cheese
- 150ml** lukewarm water
- Sugar** syrup (as required)

// **INSTRUCTIONS**

- In a bowl, mix the sorghum vermicelli with melted butter and 2-3 drops of orange food color. Set aside to rest.
- For the filling, add milk powder to 100ml of water in a saucepan. Bring to a boil, then add sugar. Gradually add corn flour, whisking vigorously over low flame until it thickens. Add cream cheese and allow the mixture to cool.
- Preheat the oven to 180°C (356°F). Line a baking pan with parchment paper and grease it with butter.
- Spread half of the vermicelli mixture evenly in the pan. Add the prepared filling on top, then cover with the remaining vermicelli mixture.
- Bake in the preheated oven for 35 minutes.
- Meanwhile, prepare the sugar syrup by dissolving sugar in water over heat until it reaches a sticky syrup consistency.

- After baking, pour the sugar syrup over the kunafa and let it cool for 30 minutes before cutting and serving.

// **NUTRITIONAL INFORMATION** (per serving)

NUTRIENT	AMOUNT
Calories	350 kcal
Carbohydrates	45 g
Protein	5 g
Fat	18 g
Fiber	4 g



// Desserts



NutriHub - TBISC

• **Sorghum Honey Cake**



// CATEGORY



Dessert

// PREP TIME



15 minutes

// COOK TIME



35 minutes

// SERVINGS



8

// INGREDIENTS

250g sorghum flour

50g butter

3g baking soda

75g powdered sugar

50g hydrogenated fat

130g powdered sugar

120g fresh cream

5ml vanilla essence

40ml honey

// INSTRUCTIONS

- Preheat the oven to 180°C (356°F).
- In a bowl, beat the eggs and powdered sugar. Add the butter and honey, melting by the double boiling method.
- Add the sorghum flour and baking soda to the mixture and prepare a dough.
- Divide the dough into equal balls and roll it out. Dock the dough sheet using a fork.
- Bake the dough in the preheated oven for 7 minutes.
- In a planetary mixer, add fresh cream, powdered sugar, vanilla essence, and hydrogenated fat. Mix until light and fluffy.

- Layer the flattened dough one over the other with the cream mixture in between.

// NUTRITIONAL INFORMATION (per serving)

NUTRIENT	AMOUNT
Calories	280 kcal
Carbohydrates	35 g
Protein	4 g
Fat	14 g
Fiber	2 g



// Desserts



Chef:

| Vishala Arcot

• Sorghum Walnut Malai



// CATEGORY		// PREP TIME	
	Dessert		2 hours (soaking)
// COOK TIME		// SERVINGS	
	30 minutes		6

// INGREDIENTS

- 1/2 cup sorghum dalia
- 250g fresh cream
- 50g khova
- 1 cup milk
- 100g milkmaid
- 50g fresh dates (soaked)
- 100g walnuts (soaked overnight)
- 1/8 tsp ilaichi (cardamom) powder


// INSTRUCTIONS

- Soak the sorghum dalia in warm milk for 2 hours. Cook it until soft, adding water if necessary.
- In a large bowl, combine fresh cream and milkmaid. Mix well using a blender or spoon. Add khova and mix.
- Add the cooked sorghum dalia to the mixture. Then, add the soaked walnuts, dates, and cardamom powder. Mix thoroughly.
- Optionally, add fruits of your choice. Refrigerate for 30 minutes.
- Serve chilled.

// NUTRITIONAL INFORMATION (per serving)

NUTRIENT	AMOUNT
Calories	300 kcal
Carbohydrates	25 g
Protein	6 g
Fat	20 g
Fiber	2 g



 Chef:
Jose Guzman

• Sorghum Brownies	
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// CATEGORY



Dessert

// PREP TIME



10 minutes

// COOK TIME



15 minutes

// SERVINGS



8

// INGREDIENTS

250g cooked sorghum

30g dark cacao powder

40g sunflower oil

2 eggs

200g sugar

5g baking powder

60g flour for celiacs

Orange zest, to taste

Chopped walnuts, for topping

// INSTRUCTIONS

- Use a food processor to mix the cooked sorghum, sunflower oil, eggs, dark cacao powder, and sugar.
- Add the celiac's flour, baking powder, and a pinch of salt. Mix until smooth.
- Pour the mixture into a greased pan and top with chopped walnuts.
- Bake in the oven at 160°C (320°F) for 15 minutes.
- Allow to cool before serving.

// NUTRITIONAL INFORMATION (per serving)

NUTRIENT	AMOUNT
Calories	300 kcal
Carbohydrates	45 g
Protein	4 g
Fat	12 g
Fiber	3 g



// Desserts



Chef:

| Mokgadi Itsweng

• Sorghum Chocolate Cake



// CATEGORY	
	Dessert

// PREP TIME	
	20 minutes

// COOK TIME	
	30 minutes

// SERVINGS	
	8

// INGREDIENTS

- 1 cup sorghum flour
- 1/2 cup coconut oil
- 1/2 cup milk
- 3/4 cup sugar
- 2 eggs
- 1 tsp vanilla essence
- 1/3 cup cocoa powder
- 1 tsp baking powder
- 1/2 tsp bicarbonate of soda

// FOR THE COCONUT CHOCOLATE GANACHE

- 230g 70% dark chocolate, chopped into small chunks
- 250ml coconut cream
- 200g fresh berries

// INSTRUCTIONS

- Preheat the oven to 170°C. Line a cake tin with baking paper and set aside.
- In a blender, blend the coconut oil, milk, sugar, eggs, and vanilla essence until well combined and fluffy.
- Add the cocoa powder, baking powder, and bicarbonate of soda to the mixture and blend for a further minute.

- In a bowl, place the sorghum flour, then add the chocolate egg mixture to the flour and mix until smooth with no lumps.
- Pour the batter into the cake tin and bake for 30 minutes. Test if the cake is cooked by inserting a toothpick into the middle of the cake. If it comes out clean, the cake is done.
- Allow the cake to cool completely.

// FOR THE GANACHE

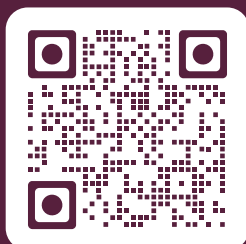
- Add the chopped chocolate into a bowl and set aside.
- In a small saucepan, warm the coconut cream (do not boil). Pour the warmed cream over the chocolate and whisk until smooth and well combined. Allow to cool slightly before using as frosting.
- Top the cake with the chocolate ganache and fresh berries.

// NUTRITIONAL INFORMATION *(per serving)*

NUTRIENT	AMOUNT
Calories	350 kcal
Carbohydrates	45 g
Protein	5 g
Fat	20 g
Fiber	4 g



Learn more about
our sorghum



Advanta Seeds supports the United Nations
Sustainable Development Goals (SDGs).

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