



Millet-fish fest begins at CMFRI

TIMES NEWS NETWORK

Kochi: From kodo millet-shrimp biryani to octopus fry, the three-day millet-fish fest, which got under way on the Central Marine Fisheries Research Institute (CMFRI) campus on Thursday, has everything in its platter to attract health-conscious foodies.

The fest has millet products ranging from noodles, flour, chips, and cookies and fish delicacies like mulakitta meen curry, tuna curry, broasted fish, and fish shawarma. "We aim to include chama (little millet) and thina (foxtail millet) in the diets of people by providing it with a combination of fish," said Yoonus Ali of KHRA (Kerala Hotel and Restaurant Association). The highlights of the fest are kodo millet and fruit payasam, bajra, and banana smoothie.

Sale of live fish by the



TASTY DELIGHTS

Fish Farmers Producer Company is another major attraction at the festival.

Another highlight is the Karnataka millet food stall run by a team of 12 farmers from north Karnataka. Their offerings include ragi pooris, finger millet pooris, millet pongal and cholappam. There is a counter for vegetarians featuring mushrooms.

"We have brought in the Lakshadweep cuisine by introducing dishes like tuna curry, octopus fry, and our special seaweed payasam," said Haseena A P from Kavaratti Island. The fest is open to public from 11am to 8pm.