

Millet-Fish festival popularises wholesome diets



Kochi: The millet-fish festival at the Central Marine Fisheries Research Institute (CMFRI) offered a range of dishes with high nutritional value, creating a wave of awareness of healthy eating habits among the general public. One among them was the ragi-fish sausage, a nutritious as well as delightful dish made from finger millet (ragi) and

tilapia fish. This was available at the stall of the Central Institute of Fisheries Technology (CIFT). The institute demonstrated the dish as part of introducing nutritious varieties of millet-fish combo at the festival.

Developed by the Fish Processing Division of CIFT, the sausage contains a rich source of protein, healthy fats, fibre, antioxidants, and essential micro-nutrients. It was made available at the stall for demonstration letting the visitors taste and not for sale. The fest featured an array of nutritionally beneficial and healthy food items across the stalls, providing the public with the opportunity to savour these wholesome dishes.

Live oysters excite the visitor

Live oysters, made available by the women's self-help group in Moothakunnam, also attracted health-conscious visitors to the fest. A huge rush was experienced to consume the oyster's live. A food item with rich medicinal value, the oyster was brought to the fest from the farm fields after depuration. (Depuration is the process of expelling contaminants from the gills and guts of oysters by providing them with good purified seawater before they are used for consumption). According to experts, oysters are rich in protein, lipids, carbohydrates, and minerals.

A cookery show held as part of the fest unveiled methods of preparing several millets. Led by experts from the Krish Vigyan Kendras of north Karnataka, the show offered viewers a window into the culinary world of these grains. They underscored the importance of the ways of cooking that keep the nutritional potential of millet in its full form. Native Karnataka millet dishes were demonstrated during the show. From rotis and manjooris using sorghum to foxtail millet kachoris and bisibillebath, the show showcased diverse dishes that millet offers. Viewers were also treated to demonstrations of refreshing finger millet smoothies and finger millet halwa. Dr Sreedevi Angadi and Dr Sudha Mangani led the show with the support of millet farmers Bhaghya, Shilpa and Shwetha. The fest concluded on Saturday.

