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Finger millet contains between 7.4% to 14% protein, with good amounts of amino acids especially methionine which is lacking in starchy staples such as cassava, plantain, polished rice or maize meal. Methionine helps in the proper function of vital body organs, (heart, brain, liver) and strengthens the body. Finger millet also has 0.33% calcium, 5-30 times more than in most cereals and high in minerals like iron. It has excellent storability which makes it ideal for food security. It is also an excellent diet for weaning children, diabetic patients and invalids due to its ease of digestion. Finger millet flour can be blended with soya bean flour, orange flesh sweet potato mash (OFSP) and wheat for making value added special purpose chapati.

### Recipe for protein rich Chapati

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Finger millet flour</td>
<td>200g</td>
</tr>
<tr>
<td>OFSP (Orange flesh sweet potato)Mash</td>
<td>100g</td>
</tr>
<tr>
<td>Soya flour</td>
<td>50g</td>
</tr>
<tr>
<td>Wheat flour</td>
<td>100g</td>
</tr>
<tr>
<td>Salt a pinch</td>
<td></td>
</tr>
<tr>
<td>Warm water as need be</td>
<td></td>
</tr>
<tr>
<td>Cooking liquid oil</td>
<td>500ml</td>
</tr>
</tbody>
</table>

**Preparation Method**

1. Mix flour, salt, four table spoons of oil and water in a bowl to form hard dough.
2. Knead the dough and make into equal balls and place on a tray.
3. Cover the balls with a clean wet cloth and let relax for 30 minutes.
4. Roll each ball into a circular shape on a floured board and fry on a shallow pan while applying one tablespoon of oil on the upper side.
5. Turn over the chapatti and cook the other side until well done.
6. Remove from the pan and serve warm or cold with a sauce as the main dish or with tea as a snack.

**Introduction**

Rolling and frying the chapatti