

## Make Kara Parshad at Home

Parshad is a sustenance that is blessed and offered to the sangat at the Gurdwara and other Sikh religious functions. Parshad can be any type of food, for example, fruit, nuts, or Indian sweets. Karah Parshad is the most common Parshad served at Sikh religious functions. Try out the Karah Parshad recipe below.

### Karah Parshad Recipe

Karah Parshad is made while either reciting Vahe Guru, Vahe Guru continuously, reciting path (for example the Japji Sahib); or listening to a recorded paath. Heads must be covered while making Parshad.

Ingredients:

- 3/4 cup Nanak ghee (clarified butter)
- 1 cup whole wheat flour
- 1 cup sugar
- 2 ½ cups water
- Serving Size: 8 – 10

Method:

In heavy pot melt ghee (ghee can be substituted with unsalted butter), add flour and stir continuously. Cook on medium high until flour mixture starts turning brown and the aroma fills the air (approximately 10 – 12 minutes).

When the flour mixture begins to brown, boil sugar and water together in a pot until all the sugar has dissolved. Remove from heat.

Turn down heat of flour mixture and carefully add the water in a steady stream while stirring vigorously until the mixture comes together and away from the sides of the pot. Do this step carefully, as the content tends to bubble and splatter.

Turn off the stove and remove pot from burner.

Add Parshad to the steel bowl or rice/slow cooker and keep by the Guru Granth Sahib Ji.

For more information you can always contact the Gurudwara supervisor on details available in the contact us section.

