

# Karah Parshaad



## HISTORY

Parshaad literally means Guru's blessing. Karah is prepared by reciting Gurbaani and is made of sugar, wheat flour, ghee (butter), and water. After ardaas and Guru's Blessing (Kirpaan Bhet), Karah becomes Karah Parshaad, also known as Degh. Guru Nanak Dev Ji started this tradition and Sikhs are keeping it alive. Guru Gobind Singh Ji started the tradition of Kirpaan Bhet, which is being followed now. The ingredients of Karah Parshaad are extremely nutritious, for a strong body, and Gurbaani is essential for a strong mind.

Karah Parshaad is prepared in sarab-loh (iron) pot basically to add iron to the meal. Iron as you all know is very important for blood. During ardaas when prompted, Bhog to Karah Parshaad is performed by touching/placing Siri Sahib (Kirpan). Once it receives the Bhog (Kirpaan bhet) then it is blessed with Guru's personal touch and it has the power to quench the thirst of the soul, mind and body. In other words, placing the Kirpan in the Karah Parshaad is actually adding Waheguru's Power, as Kirpaan is a symbol of power.



According to the Sikh Rehat Maryada the Parshaad is prepared as follows:

*Only the Karah Parshaad which has been prepared according to the Maryada shall be acceptable in the congregation.*

## PREPARATION:

|                  |         |
|------------------|---------|
| 1. WHEAT FLOUR   | 1 PART  |
| 2. BUTTER (GHEE) | 1 PART  |
| 3. SUGAR         | 1 PART  |
| 4. WATER         | 3 PARTS |

## METHOD:

- ?? While making Karah Parshaad, Jap Ji Sahib and Anand Sahib is recited.
- ?? In a clean sarab-loh pot, place ghee and wheat flour on medium heat.
- ?? Keep stirring and make sure it doesn't stick to the pot.
- ?? Gradually it will start getting darker in color.

- ?? When it turns light brown place sugar and water in another pot and let it come to boil but not boiling.
- ?? If the wheat flour / ghee mixture is not quite golden brown then lower the heat for water mixture.

The idea is that the wheat and the mixture should be ready at the same time

- ?? Once the color is just right; dark brown, turn the heat up and add the hot water/sugar mixture. Carefully keep stirring quickly so that lumps don't form.
- ?? Keep stirring until all the water has evaporated and the mixture starts leaving the sides of the pot. Eventually the ghee starts to show.
- ?? Karah Parshaad is now prepared. Place it in a clean serving bowl and cover it with a clean cloth.
- ?? The bowl is then placed besides Guru Granth Sahib Ji and Anand Sahib Ji recited.
- ?? During the ardaas we request Guru Ji to bless the Karah Parshaad and Siri Sahib is placed in the Karah Parshaad (Kirpan Bhet).
- ?? First the share of the Panj Pyaras, one by one in a small bowl is taken out and served to five amrit dhari Sikhs. In case amritdhaari Sikhs are not present in the congregation, then the share of Panj Pyaras is put back into the rest of the Karah Parshaad and mixed-in.
- ?? The share of the person in attendance (**qwbAw**) of Guru Sahib is also taken out in a small bowl, covered, and placed near him or her to eat later.
- ?? The Karah Parshaad is now distributed among the congregation.
- ?? When offered, Karah Parshaad should be accepted with clean hands, sitting down with cupped hands.
- ?? During the Karah Parshaad distribution naam simran is performed.
- ?? Make sure it is not wasted. Only take what you can manage, ask for a small (**svwieAw**) portion if needed.
- ?? It is Guru Gobind Singh Ji's hukam that no one should leave the sangat. (congregation) until everyone have received Karhah Parshaad.