Food of Langar

SUGAR AND OTHER SWEET FOODS: represent the sweetness of piety and community with God.

SALT: symbolizes purity and incorruptibility.

THE TRANSFORMATION OF THE RAW WHEAT TO FINISHED BREAD (ROTI): used as an analogy for spiritual development.

DAL: is better known as Kali daal/ Maa Cholleyan di Dal (Split Black Gram & Split Bengal Gram Lentils) – the poor man's protein.

VEGETABLES: any mixed vegetables / curried vegetables are cooked for Langar to complement the dal.

GHEE: is used for cooking Kadhah Prasad.

PRASHAD: (Punjabi: ਕੜਾਹ ਪ੍ਰਸਾਦ (Gurmukhi)) is a type of whole wheat flour halva made with equal portions of whole-wheat flour, clarified butter, sugar and triple the water. It is offered to all visitors to the Darbar Sahib in a Gurdwara.

What is the meaning of Parshad?

PRASHAD OR KARAH PRASHAD: literally means "gracious gift". This is the sacred offering to the congregation as it is blessed with prayers while and after it is made. It is made using butter, flour, sugar and water – 4 essentials that a person can afford. The offering must be served with, and received with, two hands only, and the person receiving must be sitting or bowing low on the ground while humbly receiving the offering with two hands. Both the person giving and receiving the offering should be appropriately dressed, with their heads covered with a scarf, and wearing no footwear.



