



Pitar Paksha food (recipes) offerings guide and what is and isn't appropriate to offer in this period to one's ancestors.



Jai Pitar Devata's. All glories to our most merciful ancestors.

*** Kindly note that research is still ongoing on this topic. The intention of this article is to provide you with shastric-based information. The information that follows is based on what has already been researched.

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What spices are allowed or not allowed to be used in the preparation of meals?

WHAT IS ALLOWED: Fresh chillies, dry chillies, black and white pepper, methi seeds, dhania (seeds and fresh herbs), star anise, nutmeg, elachie, jeera, cinnamon, cloves, soomph, black mustard seeds, bay leaves, pudina (mint), ginger and fresh yoghurt/maas, Rock salt (I suggest Himalayan pink salts), chilli and curry powder, garam masala, masala, turmeric (powder, dry or fresh) and margarine, butter, ghee, oils (sunflower, canola, coconut, etc).

SALT: In the Artha-shastra II.15.16 and in Ayurvedic texts mentions six varieties of salt and Saindhava or Rock salt is hailed as the best salt by Ayurveda. It is the purest form of salt - unprocessed and devoid of any pollutants and chemical components. It is laden with 84 trace elements including potassium, iron, calcium, zinc, magnesium, copper, etc. Himalayan pink salt is a rock salt but NOT all rock salts are Himalayan pink salts. The difference between the two is the mineral make up. The crystals of this salt are pinkish. This salt is the purest type of salt on this Earth.

WHAT IS NOT ALLOWED: White and yellow mustard (seeds), black salt, asafoetida (hing), onion spice, garlic spice.

What is acceptable to cook and offer to one's ancestors during Pitar Paksha.

The **Kurma Purana Uttara Bhaga, 19 Shraddha Prakarana** mentions, "The Pitars are highly satisfied with materials like **Vrihi** (sanskrit – food grains, rice SB 9.19.13), **Yava** (barley), **Maasha** (black urad dal), **Phalaa** (fruits esp. mango, grapes {draaksha}, pomegranate {anar}), **Wheat**, **Kala Tilaa** (black sesame seeds), and **Bhumi Kushmanda** (Ash gourd, winter melon, white pumpkin, white gourd melon). The Pitars are pleased with offerings of honey and gur (a form of sugar) with fruits."

The 'pitars' become satisfied with pure vegetarian food, roots, fruits and cereals. Pure and hygienic food should be offered with full devotion to our ancestors so that they become pleased and bestow their blessings of happiness, progress and remove family discords upon their descendants.

The **Mahabharata – Anusasana Parva, Book 13, Section 88** states, "with sesame seeds and rice, barley, Masha (black urad dal), water, roots and fruits, if offered during a Shraddha, the Pitris become highly satisfied".

So from the above shastric verses this is what we suggest you offer in this auspicious Pitar period.

"The Pitars are highly satisfied with food ingredients like...

- * Vrihi - rice grains...
 - * Cook rice (preferably basmati or white rice). Hurdi should be added as it is a root. You may add a little Till.
 - * Sweet rice using white rice.
- * Pitars love boiled Black Urad Dal.
- * Pitars love a variety of pumpkin preparations like...
 - Pumpkin curry, pumpkin soup, baked pumpkin, baked pumpkin seeds, pumpkin herbs, pumpkin pie, etc.

- * Pitars love roots... (kindly view pages 8-18 for lots of information on Roots)
 Root vegetables like potato curry, yams/madumbe curry, artichokes, etc.
 Steam or boil sweet potato and madumbe.
 Make sweet potato (wedged) or normal potato chips.
 Make Root soups (adding potatoes, carrots etc).
 Make salad using beetroots, carrots, celery root etc. Add chilli, dhania and/or feta cheese.
 Beets and carrot leaves in the salad. Julienne the leaves and add to the main salad.
 Use turmeric in the rice and in the curries. Use ginger in the curries.
- * Pitars love herbs like...
 Cook pumpkin herbs, garden herbs, methi and various other types of herbs.
 Beetroot herbs curry: Cook the beets leaves as you would cook normal herbs.
- * Pitars love phalaa (fruits) especially mango, grapes, pomegranate {anar}, bananas, coconut, etc.
- * Pitars love wheat and barley-based products.
 "All Purpose Flour" is made from wheat. This wheat based flour one uses to make roti, puri's and chappati's etc.
 Barley (jau/jaw) is used in the water offerings (tarpan). It is extremely versatile as it is used in soups, salads, stir-fries, casseroles, pilau's or any dish you'd use rice in. Barley is used as an alternative to basmati or white rice.
 Pumpkin and barley soup, vegetable (add carrots and potatoes, etc) barley soup, barley greek salad, vegan barley pilau, barley baked beans, and 100's other recipes.
- * The Pitars become pleased with offerings of honey and gur (a form of sugar) with fruits." In a lota/tumbler/chumbhu add milk, honey, sugar (gur), and sliced banana to this mixture.
- * 1 lota/cup/chumbhu Water and Milk.

White or yellow flowers should be used for Shraddha pujas.

What is NOT acceptable to cook and offer to one's ancestors during Pitar Paksha?

The **Kurma Purana Uttara Bhaga, 19 Shraddha Prakarana** mentions, "But, food ingredients like buffalo milk, Pippali (Indian long pepper - Ctrl-Click "**HERE**" to learn more), Masoor dal (lentil dal, pink lentil), Raajamaasha (cow-peas (Bhora) {Vigna unguiculata-Bot.}) and brinjal (eggplant) are not permitted"

In Chaturmasya certain foods are prohibited. The Chatur-masam "4 months" are Shravan, Bhadrapad, Ashwin and Kartik which is from approximately August (start of Shravan month) to approximately November (end of Kartik month). Pitar Paksha falls in the 3rd month viz. Ashwin. In this period, the following are prohibited from being consumed: sugar cane, horse gram (kulthi bean, hurali, Madras gram, Macrotyloma uniflorum Bot.), white and yellow mustard (seeds), Masoor dal (lentil dal, pink lentil), gram-chickpeas (chana dal), arhar pulse (toor dal, pigeon pea {Cajanus cajan}), raajmaa

beans (kidney beans), black salt, asafoetida (hing), watermelon, brinjal, radish, snake gourd (hindi - chichinda), onion, garlic and any non-vegetarian food (including cigarettes and alcohol) are strictly prohibited in Shraddha food offerings.

Black and red coloured flowers should not be used for Shraddha pujas.

Can non-sattvic foods (eg. meat) be offered to one's ancestors during Pitar Paksha?

Absolutely NOT!!! During this Pitar Paksha fortnight if you are going to offer the cooked food at your lamp/prayer place then the food offerings should be Sattwic (mode of goodness). Foods cooked with onions, garlic and mushrooms are not appropriate to offer at the lamp/prayer place as that place belongs to the pure domain of the Supreme couple Lakshmi-Narayana.

Also in the above mentioned scriptures is spoken by Lord Vishnu and the Lord has advised what is permissible or not to offer in this period.

Some will question but we always did it like this (cooking with onions, garlic, and mushrooms) so why change now?

And my reply is rather simple, "our Ancestors did things because they didn't have proper guidance. But now with proper guidance backed by scriptural evidence, how can one not follow this proper path?"

So before one offers food offerings to one's ancestors, one must offer the same food to Lord Vishnu - which then becomes Vishnu prasada, and then a portion of that food is offered to one's ancestors. Now ask yourself - would it be correct to offer meat, cigarettes and alcohol to Lord Vishnu? **OF COURSE NOT**. It is a huge sin to offer any non-sattvic foods (e.g. meat and any type of intoxicant, etc.) to one's ancestors (and to Lord Vishnu). The following three verses are proof of this, which are from Vedic shastras. "It's not Dharma that in the Shraddha feast one should offer meat nor should one eat meat. Only vegetarian food must be offered because meat is obtained by killing". (**Srimad Bhagavatam 7.15.7**).

"Vegetarian food prepared with pure butter, milk, sugar and curd, etc. are most pleasing to the Pitars (Ancestors)". (**Matsya Purana 17.30**).

"Cow's milk, honey and the sweet pudding made of milk, rice and sugar with dry nuts satisfies the Pitars (Ancestors)". (**Matsya Purana 17.36**)

What follows are two ways of what can be offered in the Pitar Paksha fortnight.

What follows are two examples (from very simple to simple) of food offerings. This layout of the offerings is what one may follow. *This is just a guide*. Presentation of food is extremely important especially in Hindu temples in India. On the tray, the offerings are mentioned in both examples. Do note how I laid out each food item on the tray is in little bowls. The Lord and the ancestors love flowers (white or yellow) hence I decorated the tray with flowers so that when my ancestors "eat" their food they would be uber pleased with the love and attention to detail I afforded them.

(1) Very simple tray outlay.

Provided below is a very simple tray outlay. I am providing three options on how to offer according to your convenience.

On the tray sprinkle black Sesame seeds.

- (1) Lota water OR Lota milk (with sugar), fruit and one incense.
- (2) Lota water and Lota milk (with sugar), fruit, one incense and one flower.
- (3) Lota water and Lota milk (with sugar), fruit, sweet rice, lamp (with Til oil {or ghee} and add a little black Til), three incense and flowers.



* It would be beneficial to add one Tulsi leaf on the fruit/sweet rice. Of course, if you can't procure a Tulsi leaf then leave that out.

(2) Simple tray outlay

Provided below is a simple tray outlay. I am providing three options on how to offer according to your convenience.

On the tray sprinkle black Sesame seeds.

- (1) Yellow rice, black urad dal, herbs curry, potato curry, cut fruit, salad, lota water, lota milk (with sugar), flower, incense, betel leaf and betel nut.
- (2) Yellow rice, black urad dal, herbs curry, pumpkin curry, potato curry, cut fruit, sweet rice, salad, lota water, lota milk (with sugar), flower, incense, betel leaf and betel nut.
- (3) Yellow rice, black urad dal, herbs curry, pumpkin curry, potato curry, roasted pumpkin seeds, Sweet potato wedged chips, boiled Madumbe, three kinds of fruits cut, sweet rice, two types of salad (for example beetroot and carrot), lota water, lota milk

- * Potato can be substituted with another root vegetable.
- * It would be beneficial to add one Tulsi leaf on the sweet rice. Of course, if you can't procure a Tulsi leaf then leave that out.



In the photo above, starting from the lamp (with Til oil and add a little black Til), in a clockwise direction is a lota water, three incense, boiled Madumbe, sweet potato wedge chips, spicy potato curry, pumpkin curry, yellow rice, black urad dal, herbs curry, carrot salad, beetroot salad, roasted pumpkin seeds, sweet rice, lota milk (with sugar), betel leaf and betel nut, a serviette, in the middle - 3 kinds of fruits cut and yellow flowers.

An ancestor collage.

This maybe controversial, but I made a collage of my Ancestors on an A4 page and laminated it, I only use this collage for ancestor prayers and thereafter kept safely away in a folder. On your Ancestor page should be I.D. sized photos and paste them on the page and then laminate the page. When offering your water or food offerings keep this collage in front of the dish or tray.



Procedure on how to offer the food and liquid offerings to one's Ancestors?

When the food is cooked it is first offered to the Supreme Lord, I.o.w's after cooking the food, some of the food must be placed in small containers on a tray (view the previous pages) at your prayer place and humbly request Lord Krishna to first partake in that food and bless those food offerings. Then chant the Maha-mantra three times “Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare, Hare Rama, Hare Rama, Rama Rama, Hare Hare” After this is done wait for at least five minutes.

Then once again chant the Maha-mantra three times “Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare, Hare Rama, Hare Rama, Rama Rama, Hare Hare” and then take that food and put the offerings back into the pot and mix that food. Now this food is sanctified (Prashad) food. Do not taste the food while being cooked. The food must first be offered to Bhagavan Shree Krishna.

In a designated place in your yard/balcony facing the South direction, sprinkle a little hurdi water. Place a banana leaf (optional) and on top of that a clay lamp receptacle. Add ghee or Til oil in the receptacle and a wick. Add a pinch of Black Til in the ghee/oil. Place an incense stand with three incense sticks (it is optional to have incense sticks). It is optional to place some flowers or a flower vase.

A selected member of the family (generally the eldest) then lights the three incense sticks and then light the lamp wick. Others in the family (females and widows) should be present as well.

Those present prays to Lord Yamaraja (the Lord of Death) and Lord Krishna (The Supreme Personality of Godhead), that they be kind and merciful to your departed ones (the Pitars).

Then the family pray to the Pitars to accept the food and liquid offerings and all the prayers and rituals to be accepted even if any inadequacies or mistakes are committed. Arpana is performed by sprinkling some water around the offerings three times in a clockwise direction.

Now chant

Om yama-devaya namah – three times
Shree krishna sharanam mamah – three times
Om pitri devaaya namah – three times
and finally the Maha-Mantra
“Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare” – three times

Then finally bow and take your leave.

After the offerings are offered outside one's home to the Ancestors, the claimant (i.o.w's the person who performed the last rites) should now eat the prashad then the others follow.

What to do with the food offered outside for the day to the Pitars on the tray? After Sunset the food is disposed off in the garden.

ADDITIONAL FOOD OFFERING INFORMATION

Root Vegetables and Root Vegetables leaves.



Pitars love “rustic” foods like Root Vegetables and its leaves and herbs. Carrots, potatoes, beetroot etc: these cooking staples are the common players we think of as ‘root vegetables.’ In truth, any edible plant part that grows underground counts as a root vegetable, opening up a wide world of inexpensive and tasty root veggies to enjoy!

Because roots act as the storage organs for a plant's resources, these hearty vegetables are full of nutrition. Many are used by plants to store carbohydrates, making them starchy and healthful alternatives to processed carbs like pasta or bread.

Many root vegetables keep well in root cellars, lasting several months. Another reason why Roots was so highly valued by our Ancestors. This is one way of storing food for use long after harvest.

What makes root vegetables so healthy?

All vegetables are healthy, but there's something about root vegetables, which make them a powerhouse of nutrition, here's all you need to know about them! Root vegetables are the ones that grow under the ground. They are rich in nutrients and have almost the same nutritional value as grains and leafy greens. But what makes them super nutritious is the rich vitamin and mineral content. Apart from that root vegetables are high on antioxidants, which are good for health as well as for the skin.

Some of the most widely used root vegetables include potatoes, sweet potato, ginger, carrots, etc. But how are these vegetables healthy and delightful, this is simply due to the absorption of water and natural extracts from the soil, which makes the roots way too nutritious than any other part of the plant.

The Healthiest Root Vegetables (excluding Onions and Garlic)

Sweet Potatoes

Sweet potatoes are vibrant and delicious root vegetables that are highly nutritious and jam-packed with health benefits. Sweet potatoes can be baked, boiled, roasted or sautéed and enjoyed as a delicious side dish or added to everything from sandwiches to salads to breakfast bowls.

Summary: Sweet potatoes may help improve blood sugar control and are high in vitamin A, which may preserve vision and improve immunity and skin health.

Ginger

Ginger makes a great addition to braising of food preps, tea, soups, smoothies and stews and can bring a zesty zing to just about any dish.

Summary: Ginger is rich in antioxidants and can help reduce nausea and decrease pain and inflammation.

Beets

Beets are one of the most nutritious root vegetables available, packing a good amount of fiber, folate and manganese into each serving.

To take advantage of the unique health benefits of beets, try roasting, juicing, pickling, boiling or steaming this delicious root vegetable.

Summary: Beets are a good source of nitrates and may improve exercise performance, increase blood flow and decrease the growth of cancer cells—according to human and animal studies.

Fennel

Known for its licorice-like flavor, fennel is a flowering plant species closely related to carrots. Fennel can be enjoyed fresh, roasted or sautéed, as well as mixed into salads, soups, sauces and pasta dishes.

Summary: Fennel contains the compound anethole, which has been shown to reduce blood sugar and block the growth of bacteria in test-tube and animal studies.

Carrots

As one of the most well-known root vegetables, carrots also top the charts as one of the most nutritious. Carrots make a great snack when eaten raw or dipped in hummus, but they can also be cooked and used in stir-fries, stews or side dishes.



Summary: Carrots are high in beta-carotene, which may be tied to a lower risk of vision problems and certain types of cancer. Eating carrots has also been linked to lower cholesterol levels and improved antioxidant status.

Celeriac

Also known as celery root, celeriac is a highly versatile and delicious root vegetable that's easy to cook and enjoy. Celeriac has a nutty taste and crunchy texture that works especially well in salads. It can also be boiled, roasted, baked or mashed and used in place of potatoes in nearly any recipe.

Summary: Celeriac is a nutrient-rich root vegetable that's high in vitamin K, a vitamin that is necessary for blood clotting and bone health.

Turmeric

Turmeric is a type of root vegetable that belongs to the same plant family as ginger and cardamom. Turmeric is widely available as a spice and can be added to both savory and sweet recipes, as well as drinks, such as golden turmeric milk.

To reap its benefits, be sure to pair turmeric with black pepper, as the latter contains a compound that can significantly boost the absorption of curcumin in your gut.

Summary: Turmeric contains curcumin, a compound that has been associated with a long list of benefits, including improved joint pain, blood sugar levels and symptoms of depression.

Potatoes

Potatoes are incredibly versatile and widely available, with up to 2,000 different varieties currently cultivated in 160 countries around the world.

Steer clear of fried potatoes or processed potato products, which are often high in fat, salt and calories yet lacking in nutrition. Instead, select baked, boiled or steamed potatoes to get the most nutrients.

Summary: Potatoes pack many nutrients and are high in resistant starch. They're also very filling, which may promote weight loss.

Rutabaga



Rutabagas are root vegetables that belong to the mustard family and are commonly cultivated for their edible leaves and roots. Each serving of rutabagas supplies plenty of vitamin C, potassium and manganese along with disease-fighting antioxidants. Rutabaga can be mashed, baked or roasted and enjoyed in soups, salads, noodles and even desserts.

Summary: Rutabagas are high in fiber and glucosinolates, which may help protect against cancer and prevent oxidative stress.

The Bottom Line

Plenty of nutritious and delicious root vegetables exist—each with a unique set of health benefits. From reducing oxidative stress to preventing chronic disease, adding a serving or two of root vegetables to your daily diet can be incredibly beneficial.

How to Eat 'Leaf to Root' and Enjoy Every Bit of Your Vegetables



“Leaf-to-root eating”.

There’s a new culinary trend around: “leaf to root” eating, using all the parts of a crop. It’s a challenge — but can be a source of inspiration to creative cooks.

In times gone by, eating vegetables wasn’t a choice, but a necessity. Today, roots, peel, stems and stalks are all being turned into culinary delicacies. Not only do they pack a lot of flavour, but they are also highly nutritious. It would be a shame to throw them away.

Respect the crops

Gardeners don’t need any encouragement to respect their crops and use as many parts of the plant as possible; and in the past, it wasn’t a matter of style, but of absolute necessity. Nothing was thrown away, everything was used in some way or other.

Discover the possibilities

Let’s start with carrot tops: the greens are perfect as the basis for puréed foods such as smoothies or pesto – and also taste delicious when deep-fried and salted. Moving on to fruits, both peach and apricot kernels can be used to give flavour to desserts and ice creams, while melon rinds can be made into delicious chutneys and jams. On the subject of skins, potato peel can be mixed with salt and oil and baked in the oven to make crunchy crisps. Even the leaves and stems of artichokes can be used to make a tasty soup.



Flavorful Ways to Cook Root Vegetables

Grilled Root Vegetables



Root vegetables aren't the first thing most people think to grill, but they can be delicious when cooked over an open flame. They develop a crusty exterior, and their starches get a bit sweet and nicely tender inside.

- Grill small root vegetables whole; halve or thickly slice bigger root vegetables. Brush them liberally with vegetable or olive oil, sprinkle with salt, and cook on a medium-hot grill until grill-marked and tender, about 10 minutes per side.

Mashed Root Vegetable



Mashed potatoes are well known, as are mashed sweet potatoes (often sweetened with brown sugar). Other root vegetables like rutabagas, parsnips, turnips, and celery root are also delicious mashed, either on their own or mixed in with the more traditional potato.

- Peel root vegetables and cut into large, even chunks. Put them in a pot and cover with cold water.
- Bring to a boil. Add salt. Cook until vegetables are very tender, about 20 minutes.
- Drain thoroughly; return vegetables to pot over heat; shake the pot to cook off any excess liquid, about 5 minutes.
- Put vegetables through a ricer or mash with a large fork or masher. Add cream, butter, milk, and/or buttermilk and salt and pepper to taste. Serve hot.

Roasted Root Vegetables



Roasting brings out the essential sweetness in root vegetables and creates a crispy brown exterior that's always welcomed. Plus it's easy. Try roasting rutabaga, beets, carrots, fennel, turnips or a variety of vegetables like this recipe for crockpot roasted vegetables.

- Scrub vegetables clean; peel if you like.
- Cut vegetables into bite-size pieces.
- Toss vegetables with enough olive oil, vegetable oil, or melted butter to lightly but evenly coat them.
- Put vegetables in a roasting or baking pan, sprinkle with salt. Sprinkle with freshly ground black pepper, chopped herbs, or spices (such as cayenne) to taste.
- Roast in a hot oven until vegetables are tender and browned—about 30 minutes.

Root Vegetable Braise



Root vegetables become tender and deeply flavored when cooked slowly in a bit of liquid. You can cook one kind or, better yet, a mixture of root vegetables for a hearty side dish

or casual vegetarian main dish. Scrub or peel root vegetables and cut into large bite-size pieces if necessary.

- Heat a heavy-bottomed pot over medium-high heat. Add oil and root vegetables, sprinkle with salt, and pour in 1/2 to 1 cup broth. Cover, reduce heat to maintain a simmer and cook until vegetables are tender and starting to brown about 20 minutes.
- Add fresh herbs—rosemary, thyme, and parsley are good options—at the end for a bit of fresh flavor.

Root Vegetable Chips



The word "chip" brings to mind potatoes, but all root vegetables can be fried up into crisp, delicious chips for fun, homemade snacks.

Peel vegetables and slice as thinly as possible (a mandoline works perfectly for this, but a sharp knife and steady hand works just fine).

- Rinse starchier vegetables, like potatoes, with cold water. Pat thoroughly dry.
- Heat oil and fry chips in small batches (they should form no more than a single layer in the oil) until browning along the edges.
- Use a slotted spoon to transfer fried chips to a cooling rack or paper towels to drain and let cool. Sprinkle with salt while still warm, but allow to cool (and crisp) completely before serving.

Root Vegetable Fries



Cutting root vegetables into sticks and frying or baking them works best with the starchier root vegetables like potatoes and sweet potatoes.

Peel vegetables and cut them into french fry sticks that are as even as possible.

- Soak cut vegetables in cold water for half an hour.
- Pat vegetables thoroughly dry.
- To fry: Heat oil and fry vegetables in small batches until tender and browned. Drain on a cooling rack or paper towels. Sprinkle with salt and serve.
- To bake: Toss vegetables with vegetable oil to coat. Spread in a single layer on a baking sheet. Sprinkle with salt. Bake at 425 F until tender and browned about 20 minutes. Serve immediately.

Root Vegetable Gratin



Root vegetables lend themselves perfectly to being thinly sliced, layered, and baked until tender. Gratin can be elegant side dishes or casual weeknight suppers. If you use onions or leeks, cook them until tender before adding to the gratin.

Peel root vegetables and slice them thinly (a mandoline works perfectly for this, but a sharp knife and steady hand works just fine).

- Layer vegetables in a buttered baking dish. Sprinkle with salt, pepper, nutmeg, and/or cheese every layer or two.
- Pour in a cup of broth, cream, or half-and-half if you like.
- Sprinkle gratin with freshly shredded cheese, chopped nut, and/or fresh breadcrumbs.
- Bake at 375 F until tender and browned, 45 minutes to an hour.



Root Vegetable Hash



Root vegetables are delicious when shredded and cooked until browned and crispy. Make big slabs of root vegetable hash browns or more delicate patties, as you like.

Peel root vegetables and shred on the large hole of a grater. Soak or rinse in cold water, drain, and pat dry.

- Heat vegetable oil in a frying pan or on a griddle over high heat. Add the shredded vegetables in one large cake or individual patties and sprinkle with salt. They should sizzle immediately. Reduce heat to medium-low and cook until well browned on one side. Flip and cook until the vegetables are tender and the hash browns are brown on both sides. Serve hot.

Root Vegetable Salads



Root vegetables make great additions to salads. Roasted or boiled until tender, toss them with dressings when they are still warm so they absorb the flavors.



Root Vegetable Soups



Root vegetables add flavor, nutrition, and bulk to soups and stews. When cut into bite-size pieces most root vegetables take about 20 minutes to become tender when boiled, so add them towards the end of cooking time to avoid mushy vegetables. Or, shred them on a large-holed grater to have them blend in a bit.

Root vegetables also make great bases for smooth soups. Traditionally cooked until tender, then pureed and enriched with cream, root vegetable soups can also be highlighted with sour cream, yogurt, buttermilk, or just a combination of one another.

References: Garuda Purana, Devi Bhagavatam, Shiva Purana, Brihaddharma Purana Padma Purana, Kurma Purana, Srimad Bhagavatam, Matsya Purana and Mahabharata

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