

Guidelines for preparing food for JSNE

1] General [applicable all the time]

No...No...to.....

- Underground veg. / “Anantkay” like..... Garlic, Onion, Potatoes, Ginger, Carrot, Egg plant/Baingan, Khas-khas, Palak bhaji
- All the items have to be cooked on the same day [not the day before] EXCEPT – some sweets like Mohanthal, Gulabjamun, bundi na ladoo, churma ladoo etc.; some of the dry farsan like Fulwadi, Khasta kachori, Sev, etc.
 - Do not soak “Kathol” on a night before
 - Do not make “Khiroo” [for Idli, Dhosa, Dhokala, Khaman] on a day before
- “Dwidal” = any grain [or flour of that grain] which can be split in to two CAN NOT be mixed in raw yogurt or milk, yogurt has to be nicely warmed before mixing it. Some examples of typical “Dwidal”
 - While making “Kadhi” mixing besan in chhas without warming it.
 - Preparing “Dahi Bundi” [or Rayatoo] with out warming Dahi
 - Preparing beson for Khaman.....same thing
 - Dahi wada --- Putting wada in dahi with out warming dahi
 - Some of the Split beans are..... all “kathol” & it’s flour, all “Dal” & it’s flour, Methi – dana & bhaji.
- Avoid Cauliflower

2] On “Tithi” days [Sud 5, Sud & Vad 8, 14]

- All listed in [1] are applicable, plus
- No green vegetables like Bhindi, Tindola, Peas, green beans, cucumber, cabbage, Cilantro / Kothmir, limdo etc.
- Suggested “Shak” for Tithi
 - Kela
 - Gatta
 - Sev-Tomatoes
 - Kathol –any
 - Papad/vadi/sarevada nu shak

3] During “Paryusana”

- All Listed in [1] & [2] are applicable, plus
 - No Tomatoes
 - Avoid Kela nu shak, if possible
 - No green chillies