

# Degh Recipe

Degh is also known as Karah Parshad. This is made with flour, ghee, sugar and water.



1. Start Japji Sahib path.



2. In a Baata, mix water and sugar. Bring to boil to make a syrup.



3. In a separate Baata, heat ghee. Once melted, add atta and roast until it turns brown in colour and a sweet smell is released. Stir continuously otherwise the atta may burn. This may take 5 minutes.

Ingredients (for 10 people):

100g whole wheat flour (atta)

100g clarified butter (ghee)

100g sugar

400ml water



4. Now add the sugar syrup to the mixture. Keep stirring continuously while adding the syrup so that no lumps are formed. Do not stop stirring the deggh until it thickens into a firm pudding and the mixture leaves the side of the pan. Keep stirring until Japji Sahib path has finished.



5. Cover the Baata with a clean cloth and take to Sri Guru Granth Sahib Ji for Anand Sahib & Ardas. (If unable to visit Guru Ji in person, Ardas can be done at home).

Make Degh and share  
with your family.



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