

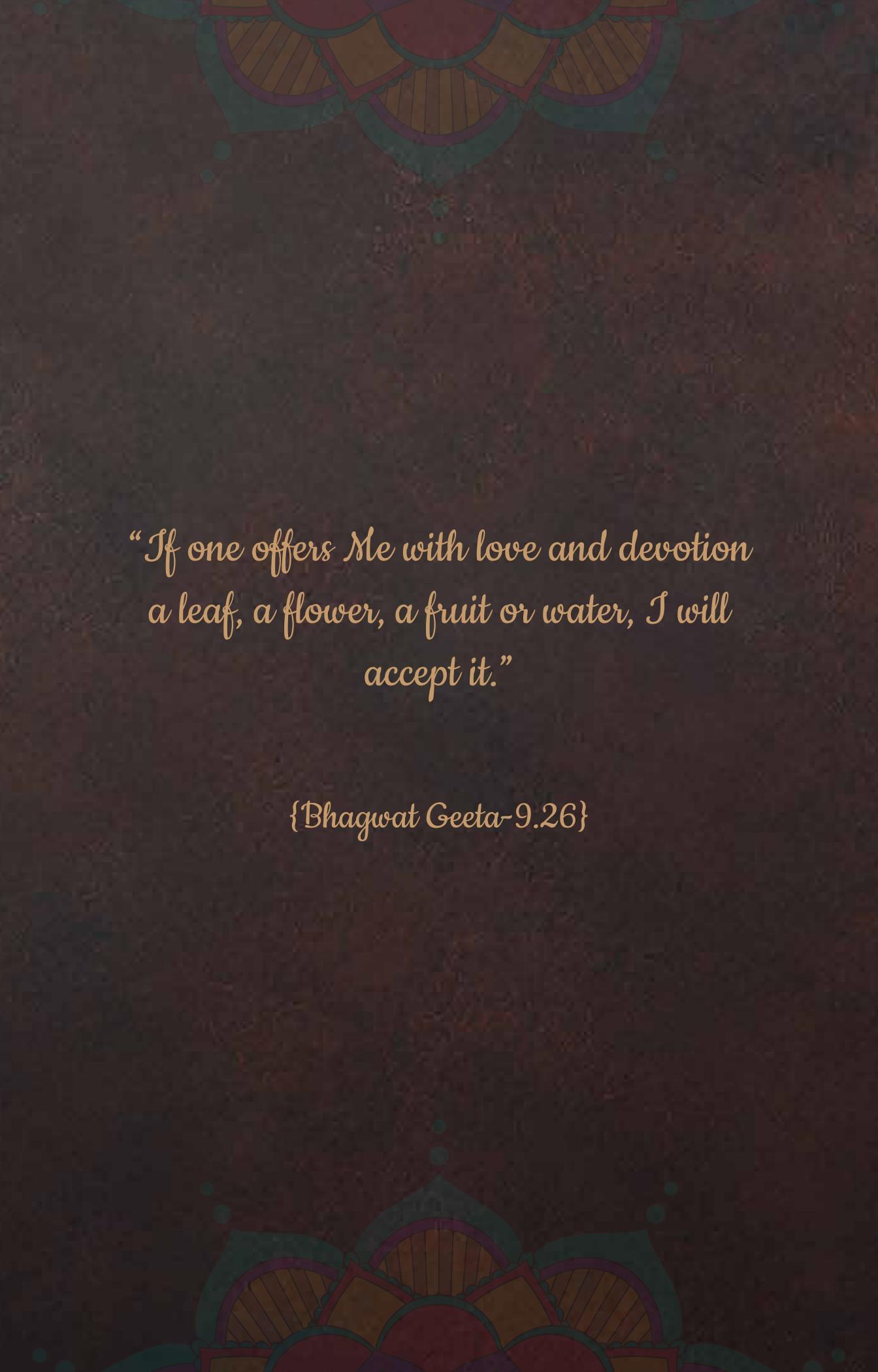


वर

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Temple Food of India



The page features intricate, colorful floral and geometric patterns at the top and bottom. The top pattern consists of overlapping semi-circular shapes in shades of teal, purple, and brown, with a central circular motif. The bottom pattern is a similar, more complex design with multiple layers of overlapping shapes. The background is a dark, textured brown. The text is centered in a light beige, cursive font.

*“If one offers Me with love and devotion
a leaf, a flower, a fruit or water, I will
accept it.”*

{Bhagwat Geeta-9.26}

'HOLYWATER by Ganga Kinare' proudly presents its specialty artisanal restaurant 'VARR – Temple Food of India'.

Temple Bhog form an integral part of the culinary landscape of India. Each Temple has its own unique prasadam that is infused with distinctive flavours and ethereal faith. At VARR, we take you on a culinary pilgrimage of the best known prasadams from temples across the country. You and your loved ones will relish mouth-watering thalis conjured up by our award-winning chef Anuj Kapoor, inspired by Gurudwaras across North India, the Himalayan Char Dhams, Brijbhoomi, Sri Padmanabha Swami, Thiruvananthapuram; Akshhardham Temple of Vadtal, Gujarat, to Jagannath Temple Puri, to name a few.

Lilting chants, soothing incense, and striking temple artefacts promise to infuse a sacred aura.

Kadi Pakoda and Kadha Prasad will take you on a sensorial journey from the breathtaking Hemkunt Sahib nestled in the misty Himalayas, to the gilded pinnacle of Harminder Sahib and the humble divinity of Bangla Sahib. The legend of Lord Krishna is awakened in all its resplendence at the heart of Brij Bhoomi and our Thalís resonate with the favourite ingredients of Radha-Krishan, be it dairy or Barsaane ki Arbi (believed to be a dish loved by Radha). You will savour elements from the majestic Himalayan Char Dham such as Nadru (lotus stem) and unique local lentils and grains. Jagannath Namak Khichidi from Orissa Puri and Kozhambu, Payasam and Poriyal from the Temples in the South will leave you asking for more.

All our preparations use pure Desi Ghee infused with immunity boosting Ayurvedic herbs and spices such as triphala, holy basil (tulsi), curry leaves (kadi patta), gooseberry (amla), turmeric, cinnamon, black peppercorns, honey, bay leaves etc.

And what better place to relish than in the Gateway to the Himalayas – Rishikesh. We look forward to your patronage at VARR.



Chef Anuj Kapoor
The Culinary Pillar of VARR

A close-up photograph of a person's hand, wearing a grey long-sleeved shirt and a wooden bead bracelet, garnishing a plate of food with a green herb. The plate is surrounded by several small, round, terracotta-colored bowls containing different liquids or pastes. The background is dark and out of focus.

Rajbhog

Each significant temple in India has a special and specific menu. Temple food of India covers a wide and varying spectrum of dishes, sometimes called chappan-bhog, all the way from the Himalayas down to the South, keeping alive the kitchen religion. Raj bhog is the main meal of the day. Our Raj Bhog always has a dry vegetable dish along with another gravy one. So you have sweet dish, dal, rice, rotis, different kind of Khicdhi and Krishna-worthy kadhi to name a few.



All our preparations use pure Desi Ghee

*We serve food on artisanal Kaansa Thalis
handmade by craftsmen from Gujarat.*

*Kaansa is also called bell metal owing to the
unique sound it makes resembling temple bells.*

*It is also widely considered as a Vedic metal
and has tremendous nourishing properties.*





Utsava
Rajbhog

Aachaman

Holywater Panchamrit

Abhisheka Prasad made of cow milk, ghee, honey, Ganga jal and tulsi (holy basil)



Suswaagatam

Dhwaan Chaas

Our signature welcome buttermilk drink smoked with ghee and sizzling coal



Panira Bhappa

A unique snack with a inimitable flavour by virtue of being cooked inside a banana leaf pocket. Fresh cottage cheese marinated in lemon juice is coated with a masala made of coriander seeds, freshly grated coconut and mustard seeds, wrapped in banana leaves and cooked for a few minutes till the flavours fuse. Panira Bhappa is one of the appetizers served to Lord Jagannath at Puri, Orissa.



Sheetal Samagri

Scented crystalline beverage, a concoction of fennel seeds, rock sugar candy, green cardamom, black pepper and rose water. There is a famous folklore in Brajbhoomi - “The

carbohydrate rich afternoon meal ensures that Krishna lies in relaxed repose. The natkhat Bal Krishna however sneaks out during the afternoon to frolic at the riverside with his playmates, till he realises that he will be missed

at home and leaves his playmates in a hurry. Expectedly Yashoda Maa is waiting at the door with a glass of Sheetal Samagri in her hand. She sits her son down on her lap, mops the sweat off his brow, as Krishna sips the softly scented crystalline liquid”.



Mukhaya Bhog

Barsane Wali Arbi

Arbi (colocasia) coated with dry Indian spice mix shallow fried in desi ghee. This dish is a must during the birth celebration of Smt. Radharani ji, who is the source

of spiritual inspiration to Krishna devotees. Arbi is her favourite vegetable and the dish got its name from Barsana, the birthplace of Smt. Radharani ji. Hence the dish is also referred as 'Radha Astami wali Arbi'.



Seetaphal Khatte Meethe

Tart, sweet and pleasantly bitter all at once, this pumpkin preparation is a popular accompaniment to fried pooris/bedhmi. Pumpkin dishes are typically cooked with their skin on, but we cook it with the skin off to make it easier for Bal Krishna to savour.



Vegetable Stew

A delectable coconut milk based stew with vegetables mildly scented with whole spices - bay leaf, clove, cinnamon and black pepper corn. Stews have been made since ancient times such as a popular vegetable based curry from Kerala known as 'ishtu'

Appam

Appams are tasty lacy soft hoppes made from a ground, fermented rice and coconut batter. They derive their shape from the small Appachatty in which they are cooked. Popular throughout Kerala and served with a vegetable stew.



Punjabi Kadhi

Thick gravy made with curd and besan (chickpea flour) with chickpea dumplings. A ubiquitous dish served at Langars across Gurudwaras.



Sarson Ka Saag

A popular vegetarian dish from the northern region of the India. Made from mustard greens (sarson) and spices, it is often served with makki ki roti. Sarson Ka Saag and makki ki roti with lassi is a must at Langars during the winter season.



Daal Prasada

No Langar meal is complete without this lentil dish. In any Gurdwara kali dal is cooked in big pots with no perfect measurements, yet a delicious outcome is achieved every time. The sangat sit beside one another and enjoy the meal. Commonly called Langar wali Daal.



Makke ki Roti

Indian flat bread made with maize flour, the perfect accompaniment to Sarson ka Saag.



Radha Vallav Bedmi

The Bengali version of Bedhmi made with a stuffing of Channa Daal.



Thakkali Sadam

Thakkali Sadam or tomoto rice is one such ancient Tamilian dish made with par-boiled rice, tomato paste, tempered with mustard and curry leaves. Thakkali Sadam finds its reference in Tamil Sangam Literature as one of the dishes served to deities during festive occasions.



Abada Jagannath Namak Khichdi

A popular dish from the kitchen of Jagannath Puri. Abada Namak Khichdi a simple preparation of rice and lentils cooked together only with salt and served with rice.

According to tradition 14 days before the famous Chariot festival of Puri (Rath Yatra),

Lord Jagannath falls sick and he along with his sibling are served boiled food. Abada Jagannath Namak Khichdi is served during this time.



Meetha Prasad

Kadha Prasad

In Sikhism, Karah is a type of whole wheat flour halva made with equal portions of whole-wheat flour, clarified butter, and sugar. It is offered to all visitors of the Darbar Sahib in a Gurdwara.



Chatur Sugandh Coconut Payasam

Coconut milk is slowly simmered with cardamom, clove, cinnamon and edible camphor. A delicate milk pudding. Using spices to create fragrance in food is a common practice in temple food of South India.



Sangat mein

Aam Ka Achar: Raw Mango Pickle

Kathal ka Achar: Raw Jackfruit Pickle

Bel ka Murabba: Woodapple Marmalade

Aam ka Murabba: Ripe Mango Marmalade

Pudine ki Chutney: Mint chutney

Krishna Chakri: Pappadam made with refined flour in various shapes

Dahi wada: Fried lentil dumpling soaked in curd



Rachna
Rajbhog

Rachna

Aachaman

Holywater Panchamrit

Abhisheka Prasad made of cow milk, ghee, honey, Ganga jal and tulsi (holy basil)



Suswaagatam

Dhwaan Chaas

Our signature welcome buttermilk drink smoked with ghee and sizzling coal



Golgappa Chaat

Golgappa (fried semolina/refined flour puffy crisp sphere) with various fillings served with sweet and sour chutney of tamarind and mint, topped with freshly beaten curd and Khatte Kachalu (tangy taro). This finds its origin in the Gokul region of Braj and is now famous all over India with its own variations.



Kharbooje Ka Panna

Panna is an Indian beverage renowned for its heat-reducing properties. Muskmelon pulp and juice are flavoured with saffron and cardamom, sweetened with rock candy sugar and mixed with cold water to make a delightful refreshing beverage. Offering of Panna to a deity in RajBhog during the afternoon meal especially during summer months gained popularity in ISCKON Vrindavan.



Mukhaya Bhog

Arbi ki Gutke

Cubed Arbi (Colocasia) sautéed with Jakhiya (local wild mustard), a local preparation from the Gharwal Region of Uttarakhand.

In olden days, Arbi ke Gutke was a staple food to carry for journeys in hilly terrains while completing the Char Dham Yatra. Since Arbi is also considered a fruit, consuming Arbi ke Gutke was considered as phalahaar.



Mausam ki Sabji

Seasonal vegetables cooked in ghee with tempering of cumin and asafoetida. Lord Krishna, the King of Braj, was served a dish made of seasonal vegetables, a practice still prevalent across all temples in Brajbhumi.



Urad Dal Vadi aur Aloo

Potato and dry lentil dumpling (vadi) cooked with Indian Spices. The humble curry with roti is a staple and consumed with great devotion at Langars in Sri Harmandir Saheb Gurudawara (Golden Temple) Amritsar.



Paneer Tamatar Wala

Clay oven roasted fresh cottage cheese served in whole spice infused rich tomato gravy from Bade Mandir in Delhi. This preparation gained its popularity in the satvik langar served at Guruji Ashram.



Pahari Palak

Wild spinach cooked in mustard oil tempered with jakhiya, a local delicacy from Garhwal. Offered to Lord Bardi Narayan at Bardinath Dham and to Kedareshwar Jyotirling at Kedarnath Dham, Uttarakhand.



Bade Mandir ki Urad Channe Dal

Rich creamy lentil preparation using sendha namak (Himalayan Pink Rock Salt) without onion and garlic. A must in langar of Bade Mandir wale Guruji in Delhi.



Vaishnodevi Ke Channe

A delicate and wholesome preparation using black gram, tempered with cumin, freshly chopped ginger and Indian spices, this dish is offered as Bhog and distributed among pilgrims as Prasad in Vaishnodevi's abode at Trikuta Hills in Katra. During Navaratas, no Bhog is complete without a black gram preparation, hence the name 'Vaishnodevi ke Channe'.



Matar Ki Tehri

A rice dish with fresh green pea from the Awadhi cuisine. Spices are added to plain cooked rice for flavour and colour. Matar ki Tehri is served as a part of Raj Bhog to Goddess Annapurna and Kashivishwanth during the Annakut festival in Varanasi.



Brajbhomi ki Khichdi

This aromatic rice and channa dal preparation is an integral part of Bhog Prasada at Krishna Temples all across the globe finding its origin from Brajbhoomi.



Choori ka Partha

Indian flat bread with a moong dal (yellow lentil) filling, shallow fried with desi ghee.



Bejar ki Roti

Multigrain bread at its mouth-watering best, served with a dollop of ghee. Little wonder that Lord Krishna called it his favourite dish.



Nagori Puri

An all-time favourite small bite size poori, famous from the streets of Chandni chowk in Delhi. One cannot miss the hot fried nagori served in front of Lal Mandir at Chadani Chowk.



Meetha Prasad

Mathura ke Pedhe

A North Indian sweet dish that originated from Mathura, the birthplace of Krishna, where Mathura ke Peda is a popular offering. The festival of Janmashtami, celebrated as Lord Krishna's birthday, is considered incomplete without Peda.



Imarti Rabri

Syrupy Indian version of pretzel served along with condensed milk infused with cardamom. By the 15th century, Imarti became a mainstay in festive occasions, weddings and even temple food across Northern India. Imarti was also the favourite sweet of Shri Ramakrishna from Bengal.



Sangat mein

Dela ka Achar: Tenti fruit pickle

Nimbu ka Achar: The iconic Indian lime pickle

Amle ka Murabba: Gooseberry marmalade

Aam ka Murabba: Ripe Mango marmalade

Kale til ki Chutney: Chutney made with roasted black sesame seeds and lemon juice. A local delicacy from Gharwal.

Charwal Ke Papad: Rice poppadum

Dahi Pakori: Deep fried lentil dumpling soaked in beaten curd flavoured with roasted cumin and black salt



*Naivedyam
Rajbhog*

Naivedyam

Aachaman

Holywater Panchamrit

Abhisheka Prasad made of cow milk, ghee, honey, Ganga jal and tulsi (holy basil)



Suswaagatam

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Samosa Chaat

Fried pastry with pea and potato filling served with sweet tangy tamarind and spicy mint chutney. Originated from Brajbhoomi it is now a popular snack across India.



Pallar

A smoky, locally spiced, fermented butter milk from the valleys of Uttarakhand. Traditionally served during festivals, this drink also aids the digestive system.



Mukhaya Bhog

Aloo Gobi Adark Wali

Potato and cauliflower flavoured with ginger. A regular feature at Langars across Gurudwaras.



Masala Carrot, Bean, Cabbage Poriyal

Stir fried shredded or diced vegetables along with spices and grated coconut from the temples of South India.



Chaanch Dhaniye ke Aloo

A delectable curry made with potatoes simmered in buttermilk and flavoured with coriander seeds. One of Lord Krishna's favourite dishes served at all temples in Brajbhoomi.



Krishna Kadi

Across Brajbhoomi, a meal offering is considered incomplete without this thick gravy made of gram flour with curd and chickpea flour dumplings flavoured with the five Indian spices.



Methi Palak Bathua Saag

Tempered with mustard, this north Indian preparation of stir-fried chopped green leaves of fresh fenugreek, spinach and bathua is served at Harmandir Saheb Gurudwara in Amritsar.



Dalma

An all-in-one dish with lentils, tuber vegetables and spices hailing from the kitchen of Jagannath Temple Puri. Such was the predilection of this dish for Lord Krishna that the ISKON temple too adopted the dalma as part of their prasad across India.



Kayuppucana Kattrikay Kozhambu

Tangy thick broth flavoured with tamarind and spices along with fried brinjal, chickpeas and sundried lentil dumplings. Inspired from the temple kitchens of Tamil Nadu, Kozhambu is a popular accompaniment for rice.



Udupi Curry Rice

Steamed Rice served with a delectable curry paste wrapped and steamed inside a banana leaf, a culinary delight that dates back to the 13th century from the temple town of Udupi in Southern Canara.



Swaminarayan Khichdhi

Khichdhi from the kitchen of Swaminarayan Temple is a popular prasad served at Swaminarayan temple, Vadtal Gujarat. This Khichdi recipe from Gujarat is one wholesome meal with rice, lentils and full of hearty vegetables.



Ragi Idli

Steamed cake made with fermented millet flour from Southern India



Chane aur Jau ki Roti

Indian Flat bread made with chickpea and barley flour



Methi Bedmi

Stuffed pooris, a specialty all over north India and offered during festivals



Meetha Prasad

Mohanthal

A mishtan (Indian sweet) which is said to have been loved by Lord Krishna. Its name is inspired by an alias of Krishna 'Mohan' meaning enchanting and 'thal' meaning dish.



Rice Kheer

The word 'kheer' is derived from the Sanskrit word for milk, Ksheer. Ksheer is also the archaic name for sweet rice pudding.



Sangat mein

Baas Ka Achar: Bamboo shoot Pickle

Lasode ka Achar: Bird Lime Pickle

Karonde ka Murabba: Cranberry Marmalade

Harad ka Murabba: Chebu Marmalade

Tamatar ki Chutney: A popular chutney using tomato as the primary ingredient

Kali Mirch Papad: Pappadam flavoured with black pepper

Mula Raita: Yoghurt made with raw shredded radish blended with roasted whole spices



*Annandam
Rajbhog*

Annandam

Aachaman

Holywater Panchamrit

Abhisheka Prasad made of cow milk, ghee, honey, Ganga jal and tulsi (holy basil)



Suswaagatam

Dhwaan Chaas

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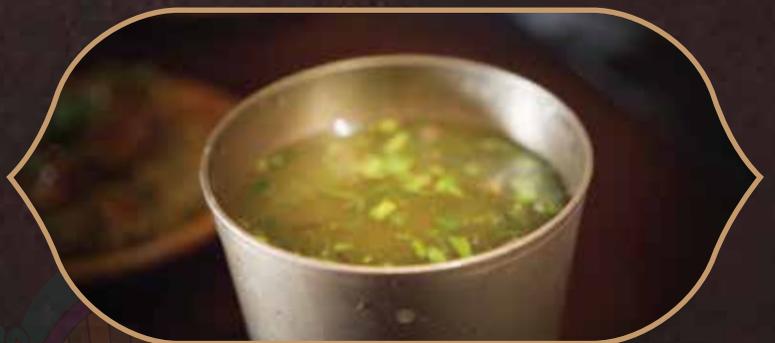
Naduri ki Tikki

Cutlet or croquette made of lotus stem



Pudina Jal Jeera

A refreshing Indian beverage flavoured with cumin and mint.



Mukhaya Bhog

Gajar, Methi, Matar

A seasonal vegetable preparation from the Bade Mandir in Delhi.



Kashiphal Channa Dal

Sweet and tangy pumpkin-lentil combination popular in Brajbhumi.



Kadhi Pakodi

A Raj Bhog essential, this thick gravy made from gram flour and curd contains vegetable fritters called pakoras.



Kongunada Urulaikkianku

Potato curry made with tamarind and jaggery from the temples of Tamil Nadu.



Keeral Poriyal

Stir fried greens along with spices and grated coconut, a dish hailing from South India.



Parrupu Suraikai Kootu

Lentil and bottle gourd stew with a hint of mustard and curry leaves from the temple kitchen of Meenakashi Temple in Madurai.



Channa Dal of Jagannath

A sweet and savoury lentil preparation with 12 whole spices from the city of Puri. A staple in the mahaprasad for Lord Jagannth.



Enduri

Steamed rice dumpling wrapped in banana leaf. Enduri is one of the many other pithas offered to Jagannath in the Jagannath Temple, Puri.



Badrinath ki Khichdi

Aromatic rice and moong lentil preparation, an integral part of bhog prasada at Badrinath Temple, one of the sacred Char Dhams.



Ragi Dosa

Thin layered pancake made with fermented millet flour from Southern India. A staple side to go with curries and lentil dishes.



Gahat ki Roti

Indian Flat bread with stuffing of black lentil local to the Uttarakhand region of North India.



Koraishutir Kochuri

Stuffed poori with filling made of fresh green pea and whole spices from Eastern India, one of Lord Krishna's favourites.



Meetha Prasad

Shondesh

A sweetmeat originating from the Bengal region in the eastern part of India created with Chheena (curd cheese) and sugar with a hint of saffron. Shondesh finds its mention in medieval Bengali literature, including Krittibas' Ramayana and in kirtan hymns of Chaitanya Mahaprabhu.



Jalebi and Rabri

Syrupy Indian version of pretzel served with condensed milk infused with cardamom. You can have jalebis alone, but it is best paired with a generous dollop of creamy rabdi. By the 15th century, Jalebi became a mainstay in festive occasions, weddings and even temple food across Northern India.



Sangat mein

Kamal Kakdi Achar: Lotus Stem Pickle

Aaam ka Achar: The Iconic Indian Mango pickle

Amla Murabba: Gooseberry Marmalade

Bel ka Murabba: Woodapple Marmalade

Khejur Amashotto Chutney: Dates and dried mango chutney tempered with Indian five spices

Urad Dal Papad: Split black lentil pappadam

Makhana Raita: Roasted foxnuts and curd blended with roasted whole spices.





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