

Appendix B: Prasaadam Preparation

During morning and evening Aradhanams, it is necessary to offer cooked food (taligai) for Perumal's Bhojanam. Certain protocols apply to prepare taligai for Perumal, as noted below.

B.1 Required Taligai

The following items (at a minimum) should be offered to Perumal during Tiruvaaradhanam. Any additional items are yatha shakti.

- Morning
 - a. Suprabhatam: Lukewarm Milk (no other ingredients added)
 - b. Beginning of Tiruvaradhanam: Madhuparkam
 - c. Tirumanjanam: Pongal and Madhuparkam.
 - d. Bhojyanam: Rice, Dal, Tirukkannamudu, and Curd.
- Evening:
 - a. Beginning of Tiruvaradhanam: Madhuparkam
 - b. Bhojyanam: Curd Rice, Black Chana Dal Sundal, Madhuparkam.
 - c. Sayanam: Warm milk with honey, kunkuma poo (Kesari) and elakkai.

B.2 Guidelines for Cooks

Devotees who perform Taligai Kainkaryam:

- Must have Samaashrayanam from a Srivaishnava Acharyan
- Must wear appropriate attire:
 - Men: Panchakaccham and Dvadasha Urdhva pundrams
 - Women: Madisar (saree must be full 9 yards) and Tiruman
- Must have Upanayanam or be married to someone who does.
- Must maintain Madi¹ (purity of body and mind) to their *best effort*:
 - Prepare madi vastrams (new or clean washed the clothes).
 - Take head bath, and wear Madi-vastrams.
 - Once in Madi, don't eat or contact impure items, or any person.
 - Constantly think about Perumal and His Bhagavatas, and nothing else.
 - If it is necessary, cooks may travel to the host's place after taking madi, in a sanctified vehicle that does not contain any vizupu items.

Taligai should generally be prepared in Perumal's Sannidhyam, wherever it will be offered to Him. However, this may not be practical in certain situations. In this case, the local coordinators may bring Taligai along with Perumal to be offered during Dolai.

¹ A useful article to read on "Madi":

<http://ahobilamutt.org/us/data/pdf/SriAhobilaMuth-USA-Madi-Guidelines2014.pdf>

B.3 Ingredients

This section provides a list of traditional items that are approved for use in Perumal's aradhanam and preparing Taligai for Neivedyam.

Vegetables and Grains	Exceptions
Coconut	
Raw Plantain (Vazhakkai, Vazhathandu, vazhipu)	Dvadashi, Festival days
Okra (Ladies Finger, Vendakkai)	Festival days
Purple Brinjal (Eggplant, Kathrikkai)	Dwadashi, Ashtami, Masa pirappu, Amavasyai
Beans, Cluster Beans (Kothavaraikai)	
Snake Gourd (Podalunkkai)	Festival days
Bitter Melon (Pavakkai)	Festival days
White Pumpkin (Pushinikkai)	
Avarakkai (Pandal)	
Pumpkin (Parangikkai)	
Sweet potatoes (sakarai valli kizhangu)	Festival days
Karamani Kai (Payaththangkai)	
Taro Root (Sepangkazhangu)	Festival days
Senai kizhangu (Elephant Yam)	Festival days
Cucumber (Vallerikkai)	
Green Capicum (kodaimilakai)	
Nellikai (Amla)	Tuesday, Friday, Sunday and nights
Ginger (Inji)	
Athikeerai	
Unsalted Dry Sundaikai, Manathkali, Veppam poo and Nelli Mulli	Festival days
Lemon & Lime	
Rice, Wheat	
Toor, Channa, Moong Dal	Items made primarily from Moong dal (ex: payasam) are not used on festival days.
Dry Beans: Channa (White/Black), Black eye peas, Green peas, Lima beans, Kara mani	

Spices

Mustard, Cumin, Pepper, Salt, Curry leaves, Asafetida, Red chillies, Coriander seeds, Cloves, Cardamom, Saffron, Nutmeg, Paccha Kalpuram.

Fruits

Banana (except Dvadashi), Apple, Pear, Mango, Grapes, Pineapple, Orange, Guava, Sappota (Chiki), Pomegranate, Whole Jack Fruit, Beetle leaves, beetle nuts.

Dry fruits, Nuts, and Sugar

Dates, Raisins, Cashews, Almond, Peanuts, Pista, Walnut – unsalted and unroasted.
Kalkandu, Diamond sugar, Organic sugar, Honey, Jaggery

Dairy

Organic whole Milk, Yogurt, Butter (unsalted), Ghee.
Please take care to ensure that dairy products don't contain gelatin.

Flowers

Rose, Jasmine, Mullai, Lotus, Samandhi, Sampangi, Shenbagam, Parijatham, ThAzhampoo, Manoranjitham, Magizhampoo, Mums, Carnation, and most flowers from your backyard can be used for Perumal. However, the following are prohibited:

- China rose and similar flowers with a “tongue”
- Flowers without fragrance
- Marigold and Crotons
- Artificially colored flowers

Tulasi

Tulasi is an essential ingredient for Perumal's Tiruvaaradhanam every day.
Tulasi should only be plucked by a suitable Adhikaari on certain days with appropriate mantras.
Tulasi bought from the store cannot be offered to Perumal, but can be used to decorate the Dolai.

Credits: This list is adapted from: <http://ahobilamutt.org/us/data/pdf/SriAhobilaMuth-USA-Madi-Guidelines2014.pdf> (page 3).

B.4 Notes

- The above list is not exhaustive, but a known safe-list of permissible ingredients.
- Festival days: Tiruvonam, Tiruvaadarai, Tirunakshatrams, yearly festivals, and Dolai functions.
 - The above restriction on cooking items should be observed on these days.
 - Pongal prepared on festival days (including Tirumanjanam) must contain Turmeric.
- Taligai must contain Salt where appropriate – including Tiruvonam days.
- Don't use frozen, canned, or store-cut vegetables or fruits for Perumal's taligai.
- Avoid using the Microwave.
- Don't use glass, plastic, porcelain, aluminum or hindalium containers for cooking or storing cooked food. Steel, brass, silver vessels are OK. Copper containers OK for water.
- If you have any difficulty in meeting the guidelines in this section, or have any questions/concerns, please contact your local co-ordinator for clarification and assistance.