Panchamrit (Panchamrut)

Recipe adapted and summarized from Dassana Amit, Veg Recipes of India: https://www.vegrecipesofindia.com/panchamrit-recipe/

Traditional five-ingredient prasad

Prep: 5 minutes	Yield: 4 small servings	Cooking: None

Panchamrit is a traditional offering prepared with milk, yogurt, ghee, honey, and jaggery or sugar. It is commonly offered during puja and shared as prasad.

Ingredients

- ¼ cup milk, boiled and cooled to room temperature
- 2 tablespoons fresh plain curd (yogurt), whisked smooth
- 1 tablespoon grated jaggery or unrefined sugar
- 1–2 teaspoons ghee
- 1 tablespoon honey
- 3 teaspoons Ganga jal (optional; filtered water may be used)
- 3–4 fresh tulsi (holy basil) leaves

Method

1. Whisk the fresh curd until smooth and lump-free.
2. Pour the completely cooled milk into a clean bowl, then mix in the curd.
3. Stir in the honey, followed by the grated jaggery or sugar, until dissolved.
4. Mix in the ghee and, if using, Ganga jal or filtered water.
5. Stir gently until evenly combined. Add tulsi leaves just before offering.
6. Offer during puja and distribute fresh as prasad.

Helpful Tips & Storage

- Use fresh milk and curd; avoid sour yogurt. Always use pasteurized milk, or boil raw milk and cool it before preparing food intended to be consumed.
- Prepare just before puja. Serve within 1–2 hours; refrigerate promptly if keeping briefly and consume within a day.
- If preferred, adjust jaggery to taste. Tulsi and Ganga jal are customary additions rather than part of the five core ingredients.
- Do not serve honey to infants younger than 12 months.