

Sheero for the Indian Mother's Soul

By Alpa M. Patel

In the state of Gujarat (the home state of my parents), *Sheero* is a sweet food, called *prasad*, that is offered to the deities and then distributed among the guests at the end of many religious ceremonies, or *pujas*. I remember going to these *pujas* when I was younger and anticipating the treat at the end of another long Hindu ceremony. It was a reward for sitting through an Indian function that I probably was dragged to in the first place. *Sheero* does not have the religious connotations for me anymore, but rather it has become my comfort food. The tasty treat is part of the culture that my mother has passed on to me and evokes memories of my childhood. After my son was born, my mom came to stay with us and helped me with my son and with household chores for several months. I would not have survived without her. During this time, she made *sheero* for me every week because it is one of my favorites. I am grateful for

the family recipes and traditions that my mom has passed down to me.

Sheero is soft, fluffy, and rich and made of roasted cream of wheat mixed with milk, butter, sugar, cardamom, and almonds. Many people add raisins and you can add fruits such as banana, grapes, apples and pineapple to give it a sweet and fruity flavor. I love my mom's simple recipe the best, of course. My mom has learned over the years to exclude raisins from almost everything if she expects me to eat it.



Sheero Recipe

Ingredients :

Preparation :

- ☐ 1 cup Ravo or Sooji from the Indian store --> substitute cream of wheat from supermarket
- ☐ one stick unsalted butter --> my mom uses 1/2 cup of ghee
- ☐ 4 cups hot low-fat milk --> my mom uses whole milk and others use water
- ☐ a little less than 1 cup sugar
- ☐ 1 teaspoon cardamom powder
- ☐ 1/2 cup chopped almonds
- ☐ 1 teaspoon saffron

1. Place non-stick pot over medium heat and melt the butter.
2. Pour one cup ravo/sooji/cream of wheat and stir continuously for about 12 minutes, or until the mixture becomes slightly pinkish-beige in color.
3. Add hot milk (pre-heat in microwave) and stir. The mixture may bubble so keep your body turned away from the pot. Stir until the milk is absorbed.
4. Add sugar and keep stirring. Do not let the mixture stick to the bottom of the pot.
5. By now, the sheero will be soft and fluffy. Add cardamom powder, chopped almonds, and saffron and stir.
6. Turn off the stove and keep the pot covered for about 5 minutes.

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ethical person is someone who asks himself/herself, before taking any action, what are the consequences to others of this action," says Shel Horowitz, ethical marketing expert, author of business ethics books, and co-author of *Guerrilla Marketing Goes Green: Winning Strategies to Improve Your Profits and Your Planet*. (John Wiley & Sons, 2010). "People with strong morals often live by a code of ethics they determine for themselves." The standard for ethics in your life can only be set by yourself. "No single point of consciousness (i.e., person) is capable of fully comprehending the whole, let alone judging other points of consciousness (other people)," says Laurie A. Gray, a Fort Wayne, IN teacher, lawyer and prosecuting attorney who uses the Socratic approach to ethics. "Every rule that we attempt to fashion that separates right from wrong only works to separate us from some aspect of ourselves, undermining our integrity. The key to integrity, then, is self-awareness which in turn leads to discernment in dealing with each person, and situation that we find along our path."

If you've scored 20 to 29 your score on the ethics scale is more toward the middle, which means you have morals, but you may not always take the road to righteousness. "Usually, this is a person who will do the right thing if he or she doesn't feel inconvenienced by it. But then some situation comes up where it doesn't feel convenient to tell the truth or act appropriately, and the ground slips. They tell themselves just one little lie won't hurt anyone, but they're

wrong," says Horowitz.

"If your score is 19 or below you rate low on the ethics scale. In fact, you don't tend to do what is expected of moral and ethical people. "An unethical person is someone who doesn't care about the truth or about hurting others, and who in a few months or years is trusted by no one, has no real friends, and counts the material success in a well of deep spiritual loneliness," says Horowitz. An unethical person is someone who is constantly looking out for their own needs above all others. "An unethical person or organization virtually always places personal gain above all else. They're just as likely as others to know the rules and that breaking those rules is wrong," says Dr. Christopher Bauer, owner of the Nashville, TN-based Bauer Ethics Seminars and a frequent speaker on both professional ethics and values-driven business strategies (www.bauerethicseminars.com). "However, that idea simply doesn't carry much weight in their thinking. Instead, their focus is on what can be done to create the greatest possible personal comfort with the greatest possible efficiency. Despite the stereotypes, these people are rarely monsters. In fact, they are most often generally good people. What separates them from others is that, despite their 'general goodness', there are parts of their personal or professional lives where the bottom line is simply based on whatever will advance their status, power, or comfort, regardless of what the relevant laws or ethical expectations might be."