

Adimus Offerings for the Orishas



Adimus Offerings for the Orishas Many of you ask me what offering can be made for the Orishas. Offerings are made for 2 reasons, one is as a gift when a favor is granted or as a way to request a favor from a particular Orisha . Offerings can be all kids of foods, or sacrifices, here is a list of some of the offerings that can be made with recipes and the Orishas that they favor.

Elegua or Eshu (This Orisha is the energy of Luck and opportunities) Elegua's favorites things are sweets and fruits, like all candy, pastries, and fruits Guava, or berries. Elegua also likes roasted corn, smoked fish and bush rat (Jutia) rum or any white liquor. In all he likes every thing but keep in check the frequency of the offerings an over feed Elegua in not productive, a good balance needs to be achieved.

Ogun (This Orisha is the energy of Technology, war and determination) Ogun loves beef, prepared in many ways , roasted , stewed , or raw, roasted sweet potatos, black eye peas fritters, roasted plantains as well as all kinds of fruits but specially pineapple he also enjoys rum, and all kinds of alcoholic beverages as well as honey and palm oil.

Ochosi (This Orisha is the energy of Justice and Intuition) Ochosi enjoys the same kids of offerings as Ogun but he does have favorites liquors like Anisette or Sambuca as his favorite alcoholic beverages he also likes cantaloupes and honey dew melon. Here are some other favorites you can prepare for him: corn cooked with garlic and onions, roasted red snapper, cornbread with palm oil, corn tamales.

Obatala (This Orisha is the energy of clarity and mental stability) Obatala loves all white fruits, like pears, white grapes, green apples and more all his food is prepared without salt, spices nor palm oil. He enjoys rice pudding, Merenges (Merengs) roasted red snappers with cocoa or shea butter and

onions, garlic topped with cascarilla (efun) olive oil, Taro (Malanga) raw or boiled ,whiteYam boiled or raw in balls (8) or in a tower topped with Cocoa butter and Cascarilla (efun) Orchata (made from white almond, rice or sesame drink)

Oshun (The Orisha energy of love, fertility, sexuality, passion and wealth) Oshun love every thing sweet, honey is her favorite thing, eggs, pumpkins, oranges, Champagne, beer and sweet white wine, Oshinshin (scrabbled eggs with collar greens and dried shrimps in a sofrito sauce, Capuchinos, Panetelas borrachas (You can find them in a Cuban bakery and all fancy and delicate desserts . Corn bread, flan and vanilla pudding, sweet corn pudding (Harina dulce)

Yemaya (The Orisha energy of motherhood, nurturing, care, disciplined and commitment) Yemaya loves watermelons, pork prepared in any way roasted, fried, or stewed, gofio balls (roasted wheat powder balls) Molasses, bananas, black eye peas fritters, rice pudding with coconut milk, dark coconut candy (dulce de coco prieto) rice with pigeon peas and pork (arroz con gandules y Puerco) plantain chips (Mariquitas)

Chango (The Orisha energy of strategy the great general , salesmanship, litigation Music, dance, thunder and lightning) Chango loves bananas, corn meal with stew okra on top, polenta, black eye peas ground and made into tamales, boiled corn on the cob, whole roasted red snapper with a spicy red sauce on top, red delicious apples, red grapes and plums, sweet corn meal pudding.

Orumila (The Orisha energy of wisdom and integrity) Orumila love fancy sweets like panatela borracha, white yam, raw or cooked , shrimp Creole, roasted red snapper with red sauce, all kids of fruits, pop corn, boiled vegetables. Cakes and pastries.

Babalu aye (The Orisha energy of health and decease) Babalu aye loves sesame, nuts, yams , sweet potatoes , dried beef (tasajo) corn fritters, bean fritters , beans cooked or raw, purple onion raw surrounded with black beans, white rice and black beans (moros) dried wine .

Orisha Oko (The Orisha energy of civilization, farmers, and agriculture) Oricha Oko loves all kids of root vegetables , cooked or raw, all kids beans and fruits Ebejis (The orisha energy of youth and childhood, and trickery) Ebejis love candy, cakes, and all kids of sweets, yellow rice with chicken and kids birthday parties all kids of fruits . Oya (The orisha energy of change instant and un predictable change, the female energy of war and commerce) Oya likes eggplant, ball of sweet corn meal, chocolate pudding, red beans, and red bean tamales, beef stew, rice with red beans, French toast, dice sweet potato in a sweet syrup, Papaya in sweet syrup, red bananas. This is a small list of foods that can be offered to the Orishas but don't be limited by this use your intuition and let your guardian angel and you egguns guide you to make the offering that in right for you and your needs. Blessings