

### *Recipe for Making Kolyva*

#### *Ingredients:*

3 Cups whole wheat kernels (24 ounces)

Water

1 Cup flour

Pomegranate seeds

*(Additional: parsley, raisins, currants, cinnamon, walnuts, slivered almonds, etc.)*

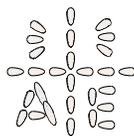
Confectioners (powdered) sugar

White sugar-coated almonds (“Jordan Almonds”)

Granulated sugar (to taste; as needed)

#### *Procedure:*

1. Pour kernels into large saucepan, adding enough water to cover plus one cup.
2. Cook over medium heat at a steady (not hard) boil, never allowing the water level to go below the wheat.
3. Stir constantly or else the wheat will stick to the bottom of the pan.
4. Remove from heat when kernels are soft and rubbery; not hard or mushy.
5. Drain off the water, then rinse kernels under cool water in colander or strainer.
6. Allow wheat kernels to drain for 3 or 4 hours. It is a good idea to wrap the boiled wheat in towels to absorb as much moisture as possible. Overnight drying is preferable.
7. Brown one cup of flour in a pan (do not burn!). Do not use oil, grease, or Pam© or any such item. Brown flour until dry and light tan in color.
8. Mix flour with dry boiled wheat.
9. Blend in pomegranate seeds, and any other desired items listed above. Kolyva is traditionally made with pomegranate seeds which are generally available in most large grocery stores. Other favorite ingredients include chopped parsley, raisins, and cinnamon.
10. Place mixture on the tray that will be taken to the church, and shape into a rounded mound.
11. Spread confectioner’s sugar evenly over the entire surface of the wheat mixture, covering it completely with a fairly thick layer of sugar.
12. Smooth with a broad-bladed knife or spatula, and then use Jordan almonds, raisins, currants, etc. to form a Cross and the first and last initial of the deceased in something similar to the following fashion:



13. When bringing the Kolyva to the church, don’t forget to bring a list of the names that the priest will remember in the Memorial Service.