

## Kolyva Recipe from A Guide for the Domestic Church, Eparchy of Newton

### KOLYVA (A Traditional Method)

1 c. whole wheat grains with the skins on(unhulled)

4 qts. water

1 cinnamon stick

anise seeds

Boil the wheat with the cinnamon stick and anise seeds until tender (about 2 hours).

Drain in a colander.

Spread on clean towels or a folded sheet

Roll up and refrigerate overnight

Take out and mix with condiments (see below).

To decorate:

Mound the mixture in a platter.

Smooth with waxpaper.

Sift a layer of toasted chickpea flour, zwieback crumbs or graham cracker crumbs evenly over the mound.

Sift confectioner's sugar over the whole until it looks like a frosted cake.

Decorate with Jordan almonds, silver decors (dragees) and whatever candy strikes your fancy.

### POSSIBLE COMBINATIONS OF CONDIMENTS

Combination #1

Sugar

Walnuts

Raisin

Currants

Jordan almonds

Mazahar (orange water)

Pomegranate seeds (very classical)

Cinnamon,

heart candies

Combination #2

Honey or brown sugar,

raisins (dark and golden)

toasted almond slivers

currants

sesame seeds

dried basil

dried parsley

cinnamon

nutmeg

ginger

dried fruit bits

poppyseed

pecans

cardamom

coriander