

Kollyva Recipe from Sitto's Kitchen, Saint Joseph Melkite Greek Catholic Church,  
Lawrence, MA

*Sitoo's Kollyva +*

*for*

*Memorial Service*

*Start preparation of Kollyva two days in advance and assemble the day of the memorial.*

***INGREDIENTS:***

*4 cups (2pounds) shelled wheat  
1/2 cup granulated sugar  
1 1/2 cups slivered almonds  
1 cup pine nuts  
2 cups white raisins  
2 teaspoons cinnamon  
2 teaspoons coriander  
2 teaspoons cumin  
2 1/2 cups powdered sugar  
2 cups finely ground zwieback toast*

***DIRECTIONS:***

*Optional: seeds of one pomegranate and 1 cup chopped fresh parsley*

*Decoration: Whole blanched almonds without skins, white candied almonds, large silver dragees, white paper doilies*

*Distribution: Small plastic bags and spoons.*

*Cover wheat with 2 quarts of water and soak overnight.*

*Drain and rinse. cover with 4 quarts of water in a large heavy pot and bring to a boil.*

*Reduce heat and simmer uncovered several hours, keeping the wheat covered with water and stirring occasionally, until wheat becomes puffy and tender.*

*(Cooking time varies with time of soaking.)*

*Drain in a colander, rinse, and drain again.*

*Spread the wheat out on a smooth dish towel to dry overnight.*

*Prepare all other ingredients but do not assemble until the day of the memorial to prevent mush-like texture.*

*On the day of the memorial light a censer and kandili while making the kollyva.*

*Cover a large tray approximately 20" x 13" with wax paper and then paper doilies that extend over the edge about an inch and a half.*

*Combine all the ingredients except the powdered sugar, zwieback crumbs and decorations.*

*Put combined mixture on a tray and mold into a heaping mound toward the center, pressing it smooth.*

*Spread crumbs evenly over the top, making sure the wheat is thoroughly covered, and press down.*

*(This layer keeps the wheat mixture from bleeding through to the top layer of powdered sugar.)*

*Sift powdered sugar over the mound and press smooth with wax paper.*

*Make a cross in the center with large silver dragees.*

*With blanched almonds from the initial of the first name of the deceased on the left side of the cross, and the initial of the last name on the right.*

*Decorate the edges as desired.*

*Take the Kollyva to church where it will be placed on a small table by the icon of Christ at the ikonostasion.*

*If the table does not have candles, put one or three in the Kollyva to be lit during the memorial service.*

*After the service put about 1/4 cup of Kollyva in small plastic bags for distribution to parishioners. eat with spoon or fingers.*

*The ingredients have symbolic meaning: wheat for everlasting life, raisins for sweetness, pomegranate seeds for plenty, powdered sugar for the sweetness of heaven, and parsley for the green of the earth.*

*End*