

SLEE'A RECIPE FOR SAINT BARBARA

This recipe is from *A guide to the Domestic Church* by Eparchy of Newton, Office of Educational Services, Roslindale, Massachusetts, United States. Recipes for the dish vary, according to the region. This recipe comes courtesy of Khouriyye Fran Russo.

2 or 3 pounds of unhulled wheat
1 or 2 boxes confectioner's sugar
walnuts
1 box white raisins
pomegranate seeds
white sugar coated almonds
cinnamon sticks
anise seed (optional)
orange water (optional)

Place the wheat in a large bowl with cold water to cover and 2 tablespoons of baking soda and soak overnight.

Drain, rinse and place in a large pot with plenty of fresh water.

Bring to a boil and simmer with several cinnamon sticks for from 3 to 5 hours, stirring frequently to prevent the wheat from sticking.

Test for doneness (note: a small amount of wheat should be allowed to cool before testing since it tends to harden when cool).

When the wheat is soft but not mushy, strain and spread out on a clean white cloth for several hours or overnight.

Place in a large bowl and mix with one or 2 boxes of confectioner's sugar, the chopped walnuts, raisins, pomegranate seeds and orange water. Decorate with the almonds.