

KOLYVA

“Most assuredly, I say to you, unless a grain of wheat falls into the ground and dies, it remains alone; but if it dies, it produces much grain.” JOHN 12:24



RECIPE FOR A SMALL BOWL OF KOLYVA FOR SATURDAY OF SOULS:

- 1 cup wheat berries
- 1/4 cup sesame seeds, lightly toasted
- 1/3 cup slivered almonds
- 1/3 cup golden raisins
- 1/2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp ground clove
- 1 1/2 tbs parsley, fresh & chopped
- 1/2 cup pomegranate seeds

For the topping:

- 1/2 cup powdered sugar
- 1/2 cup sesame seeds, lightly toasted & ground
- Jordan almonds, for decoration



STEP 1:

Place one cup of wheat berries in a bowl and cover with water until the wheat is submerged by a couple of inches of water.

Soak the wheat for at least a couple of hours. (Overnight is fine as well)

*If you don't have time to soak the wheat or if you forget to do it, that's fine. Soaking the wheat just shaves off some of the cooking time. Simply simmer the wheat for a little longer if you haven't soaked it, checking it about every 10 minutes by scooping up a few pieces of wheat to see if it is done.



STEP 2:

Bring 2 cups of water to a boil.

Drain your wheat, if soaking, and add to the boiling water.

Cover your pot, reduce to medium-low to **simmer** for 25 minutes. After 25 minutes, turn off the heat, but leave the pot on the burner to rest for 10 more minutes. (Just leave it be.)



*IF YOU DID NOT SOAK YOUR WHEAT:

After simmering for 25 minutes, check your wheat about every 10 minutes to see if it's done. Re-cover the pot after checking the wheat. (It may take 45 minutes - 1 hour of total cooking time, if you did not soak the wheat beforehand.)

The wheat is done when it is slightly plump and chewy, but not super hard. **If the wheat explodes open, it is overcooked.**



STEP 3:

Drain your wheat and rinse under cold water to stop the cooking process.



STEP 4:

Lay out a clean sheet or linen tablecloth on your table or counter. Some of the wheat will stick to whatever you lay it on to dry, so you preferably don't want lint from a towel or part of the paper towel sticking to the wheat.

Spread out your cooked wheat to dry, it will take about 60 - 90 minutes. You can prep the rest of your ingredients while it is drying.

Gently rub your hand over the wheat 2-3 times over the course of the next hour to help it dry.



STEP 5:

Chop your parsley



STEP 6:

It will take about 1/2 of a pomegranate to get 1/2 cup of pomegranate seeds. This measurement doesn't need to be precise.



STEP 7:

Preheat a pan over medium heat. (Be patient and don't crank up the heat, otherwise you'll burn the seeds.)

When you can feel some heat gently radiating from the pan, add your sesame seeds. Fold the seeds over (or carefully toss the seeds in the pan) about every 30 seconds until they are a light, golden brown.

Pour toasted seeds into a bowl and let cool.

*Then toast the additional 1/2 cup of sesame seeds now. When they are a light, golden brown, then transfer to a second bowl to cool. We will grind them later for the topping.



STEP 8:

Measure out your almonds, raisins, cinnamon, nutmeg, and cloves.

Then gather all of your prepared ingredients, **except** the ones you'll need for your topping.

***This wheat mixture is very perishable! It must be kept refrigerated if you're preparing it the day before liturgy.**



STEP 9:

Pour your cinnamon, nutmeg, and clove over your prepared wheat. Gently fold until your spices are covering all of the wheat.

Then add your 1/4 cup toasted sesame seeds, parsley, slivered almonds, raisins, and pomegranate. Fold your mixture until everything is incorporated.

If this is not the bowl you are bringing your kolyva in to church, transfer it now to the bowl you will be bringing.



STEP 10: THE TOPPING

***The topping needs to be done in the morning before bringing the kolyva to liturgy.** It will take about 10-30 minutes to do, depending on how elaborate you make it.

Using a blender or food processor, pulse your 1/2 cup of toasted sesame seeds several times until it is coarsely ground.

Measure out 1/2 cup of powdered sugar.



STEP 11:

Evenly pour your ground sesame seeds over your wheat mixture and then pat it down.



STEP 12:

Sift your powdered sugar over the entire contents of the bowl.

Using a dish towel, wipe the excess powdered sugar from the rim of your bowl.



STEP 13:

Firmly pat down your powdered sugar, making a mound.

I've tried several different ways to do this and have found that plastic wrap works the best.



STEP 14:

Clean up any powdered sugar you don't want around the edges of the bowl.



STEP 15:

It's time to decorate! Use your Jordan almonds, leftover almonds, or even your raisins on the top of your kolyva. Usually, you will see a cross on the top but feel free to decorate it as you wish.