

Slavic Kolyva (Boiled Wheat) for Memorial Service

water

1 lb wheat berries (white wheat is best)

1/2 c. honey (or more to taste)

1 c. chopped nuts (walnuts, almonds or pecans)

1 c dried raisins or cranberries

Soak clean wheat in saucepan covered with cold water overnight. Next day: Drain water, fill pan again to cover wheat, then bring to boil. Lower heat and cook 45 minutes to 1 hour, adding water when needed until wheat is softened. Drain well in colander. Place wheat in large bowl; add honey, nuts and fruit; mix thoroughly. Decorate the top in the shape of a cross using white Jordan almonds or regular almonds.

Kolyva - St Vladimir's Recipe

1 lb winter wheat kernels

1 ½ cups flour

1 cup finely crushed graham crackers

¼ cup chopped parsley

2 cups chopped walnuts

½ cup white raisins, tossed with flour

1 tablespoon cinnamon

¼ teaspoon nutmeg

1 cup powdered sugar

Day before Service

Rinse wheat. Place in pot and cover with water. Boil wheat until tender (this can take upwards of an hour) The kernels should NOT burst entirely, which indicates overcooking, but should be just at the stage of bursting, skin slightly split. When tender, drain and spread out kernels on a thick towel to cool and dry till stickiness is gone from surface of kernels. (Alternatively, place in colander and drain overnight. Blot excess water with paper towel)

Put flour in heavy sauté pan and brown. (be careful not to scorch) Place in container for use later.

Morning of Service

Combine wheat, ¾ cup browned flour, ½ cup graham crackers, nuts, raisins and parsley. Add cinnamon and nutmeg. Stir until well mixed.

Stir in ½ cup powdered sugar (this may cause kolivo to stick) do not over-mix.

Put kolivo in large decorative bowl, rounding in the center.

Sift browned flour and graham crackers over mounded kolivo.

Place waxed paper over top, smooth surface with the back of spoon. Brush off excess from edges of bowl.

Sift confectioner's sugar over top to about 1/4 thickness.

Brush excess. Repeat wax paper cover and smoothing.

Decorate with a design in the form of a Cross (carefully, using tweezers if necessary for placement). Possible decorating materials can include: raisins, white Jordan almonds, silver dragees (decorative silver balls)

NOTE: Assembly of kolivo should be done at the LATEST possible moment. The browned flour layer prevents the seepage of moisture from wheat to the confectioner's sugar layer (which seepage causes "wet spots" and cracking), but will not prevent it for an unlimited length of time.

Kollyva (Boiled Wheat Recipes) from around the World from Proshpora.org

Synieh Niyaha (Arabic)

Ingredients:

- 5 lbs. whole wheat kernels
- 1/2 cup flour
- 2 cups granulated sugar
- 1 cup raisins (optional)
- 2 cups almonds chopped
- 2 cups powdered unsalted kidameh (yellow chick peas)
- 1 box powdered sugar
- 1 tbsp. anise powder
- 3 tsp. cinnamon
- 1 pound candy covered almonds
- 3 oz. silver dragees
- 1/2 cup candy coated anise seeds
- 1/2 cup black licorice (small pieces) (optional)

Procedure:

1. Boil whole wheat kernels in a large kettle with water. Cover and let simmer until wheat is tender (do not overcook).
2. Drain thoroughly.
3. Stir flour over low heat until light brown.
4. Combine wheat, granulated sugar, flour, 1/2 cup powdered kidameh, anise powder, cinnamon, raisins, and almonds. Mix thoroughly.
5. Place the mixture in an 18" round tray, 2" deep. Pat evenly, raising mixture gradually towards the center.
6. Cover evenly with 1/2 cup powdered kidameh. Pat, using wax paper to have a smooth surface.
7. Follow the same procedure with the powdered sugar.
8. Decorate in the shape of a cross, with candy coated almonds and silver dragees.
9. Garnish and sprinkle with candy coated anise seeds and pieces of licorice. **(Contributed by: Gina M. Beidas)**

Serbian Koljivo (Zito)

Ingredients:

- 1/2 c. honey (or more to taste)
- water
- 1 tsp. vanilla
- 3 c. clean, uncooked wheat
- 2 c. ground walnuts or pecans

Procedure:

1. Soak clean wheat in saucepan covered with cold water overnight.
2. Next day: Drain water, fill pan again to cover wheat, then bring to boil.
3. Lower heat and cook 45 minutes to 1 hour, adding water when needed.
4. Drain in colander.
5. Fill saucepan with cold water again, adding wheat, and bring to another boil.
6. Lower heat; simmer for about 1 hour or until done.
7. Drain in colander again.
8. Place wheat in large bowl; add honey, vanilla and walnuts; mix thoroughly.
9. Decorate the top in the shape of a cross using Jerusalem almonds or regular almonds or pecan or walnut halves. (Wheat is used in the Serbian Orthodox Church for the memorial service (Parastos) honoring the dead.)**(Contributed by: Bob and Jelena Fritsch)**

Greek Kolliva

Ingredients:

- 5 pounds wheat kernels
- 4 boxes Zwieback toast, ground
- 1-1/2 pounds sesame seeds, toasted and ground
- 1-1/2 pounds walnuts, toasted
- 1 pound slivered almonds, toasted
- 1 or 2 boxes raisins, preferably golden
- 1 cup parsley, chopped
- 3 tablespoons, cinnamon
- 1 tablespoon nutmeg
- 1 tablespoon salt
- 1-1/2 boxes confectioners sugar, sifted
- 1 pound Jordan almonds

Procedure:

1. Cover wheat kernels with water and soak overnight.
2. Drain and rinse well.
3. Fill heavy pot with fresh water, add wheat and bring to a rapid boil.

4. Reduce heat and simmer for a minimum of 2 hours, until wheat is tender and begins to split open. Stir frequently to prevent sticking, and add more water as wheat becomes absorbed.
5. Add salt during last 10 minutes.
6. Turn heat off and let stand for about 30 minutes.
7. Drain and rinse thoroughly in sieve.
8. Spread wheat on clean towels for about 2 hours in order to absorb moisture. Shake occasionally until completely dry.
9. In large bowl mix honey with wheat; add 3 boxes of Zwieback and mix well.
10. Add and mix sesame seeds, nuts raisins, parsley, cinnamon and nutmeg.
11. Prepare large tray by lining with wax paper or foil and paper doilies.
12. Press wheat down firmly, a layer at a time, with a piece of plastic or wax paper, into mound shape.
13. Sprinkle remaining box of Zwieback on top, and press down smoothly with paper.
14. Cover surface with sifted confectioners sugar, pressing with clean paper until smooth.
15. Decorate with cross made from Jordan almonds. Silver dragees may be used for cross and initials.
16. Note: Wheat may be prepared day ahead of time, refrigerated, and decorated the following day. **(Contributed by: Claire Zinis)**

Romanian Recipe

Procedure:

1. Wash wheat in cold water; put wheat in pot to boil (water level should be width of two fingers above wheat).
2. Bring to a boil for only 30 seconds to one minute.
3. Cover and let sit for 8 hours.
4. Heat again to boil (may have to add some water to be width of two two fingers above wheat) -again boil only for 30 seconds to 1 minute.
5. Then leave another 4 hours.
6. Mix with ground nuts (for every pound of wheat use a pound of nuts).
7. Add rum (for every pound of wheat use one european coffee cup [what we drink greek coffee from]).
8. Add sugar to taste, and add golden raisins.
9. Put on tray, grind dry bread (fine) and cover top of kollyva, then put powder sugar and decorate. **(Contributed by: Margerite Pavel)**

Recipe #1

Ingredients:

- 1 cup wheat berries
- 4 quarts water
- 1 to 1 1/2 cup(s) with a mixture of raisins, chopped walnuts, pomegranate seeds, chopped parsley, sesame seeds
- 1/2 cup sugar or honey

- 1 tsp. cinnamon
- 1/4 tsp. cumin
- Jordan almonds and powdered sugar for topping

Procedure:

1. Boil wheat berries for approx. 2 hours (medium flame) or until tender (some traditions cook them until they are nearly oatmeal [using less water], it is up to you what consistency you prefer).
2. Once the wheat is tender, drain out the excess water and dump the wheat onto a towel. Spread the wheat out so the towel absorbs the excess water. This should take less than a minute. Don't let them get really dry.
3. Dump the wheat into a mixing bowl and add everything except the toppings. Mix well and allow to cool. Put the bowl in the refrigerator if you're pressed for time.
4. Dump the mixture onto your serving platter and shape into a mound.
5. Sift the powdered sugar over the top. There should be enough sugar so that the whole mound is covered by 2-3mm thickness.
6. Take a sheet of plastic wrap and stretch it over the mound. Press it down so the powdered sugar is pressed into the mound and making the surface smooth.
7. Remove the plastic wrap. Decorate with Jordan almonds. Usually the top has a cross traced out with almonds, raisins, or just a simple indentation.
8. Place in refrigerator. It is not recommended that you keep this either for more than a day or in an airtight container. In both cases, the moisture will immediately begin to attack the powdered sugar coating. If possible, make it the night before. Tight wrapping will cause condensation, ruining the powdered sugar top. In a worst-case scenario, skip the powdered sugar all together.

Recipe #2

Ingredients:

- 5 lbs. wheat berries
- 4 cups chopped walnuts
- 2 1/2 cups sugar
- 4 tsp. cinnamon
- 3 cups raisins
- Jordan almonds, silver dragees and powdered sugar for topping

Procedure:

1. Put the wheat in a kettle and cover with water. Make sure there is 1" of water above the top of the wheat. Let sit overnight.
2. Drain the old water and add fresh to just cover the wheat.
3. Cook on low flame until tender, stirring occasionally to prevent sticking.
4. Once the wheat is tender, drain out the excess water and dump the wheat onto a towel. Spread the wheat out so the towel absorbs the excess water. This should take less than a minute. Don't let them get really dry.

5. Dump the wheat into a mixing bowl and add everything except the toppings. Mix well and allow to cool. Put the bowl in the refrigerator if you're pressed for time.
6. Dump the mixture onto your serving platter and shape into a mound.
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