

KOLIVA (boiled wheat) for MEMORIAL SERVICES

- 4 lbs wheat**
- 1 lb dark raisins**
- 1 pkg zweiback (ground)**
- 1 lb powdered sugar**
- * 1/2 c fresh parsley (chopped fine)**
- 1 c browned flour (put flour into a small fry pan. Cook over a medium heat, stirring constantly until flour is a light brown in color)**
- * 1 c ground walnuts**
- * 1/2 c sauteed sesame seed (saute sesame in 2 tsp. oil)**
- * 3/4 c sugar**
- * 1 Tblsp each nutmeg & cinnamon**
- White Jordan almonds for decorating**

Wash wheat. Put in pan and cover with water, add 1 tsp salt, and boil wheat for 10 minutes. Remove from heat and let wheat soak over night.

Next morning, boil again 20-30 minutes until wheat cracks. Strain and wash with cold water. Spread on white sheet to dry. Mix in parsley and raisins and let dry until afternoon (approx 5 hours).

Put wheat in a large bowl, add seasonings (marked with a * in list) and mix well. Mound wheat on tray and press to mold into shape. Sift zweiback over wheat and then sift flour. Press again to mold. Sift powdered sugar over wheat and again press to mold and form smooth cover.

You may now decorate using Jordan almonds to form a cross on top and around the base of the Koliva.