

# KOLLYVA

(adapted from *Guide to Greek Traditions and Customs in America*, Marilyn Rouvelas, Nea Attiki Press, Bethesda, MD, 1993)

## **Small Recipe**

## **Large Recipe**

2 cups	4 cups	<b>white or soft winter wheat berries</b> (health food store, some supermarkets)
1/4cup	1/2 cup	<b>granulated sugar</b>
1/2cup	1 cup	chopped <b>fresh parsley</b>
1 teasp.	2 teaspoons	ground <b>cinnamon</b>
1 teasp.	2 teaspoons	ground <b>coriander</b>
1 teasp.	2 teaspoons	ground <b>cumin</b>
1 cup	2 cups	<b>white raisins</b>
3/4cup	1-1/2 cups	finely <b>chopped walnuts and/or chopped or slivered almonds (OPTIONAL)</b>
1 cup	2 cups	finely ground <b>zwieback toast</b> (baby food section of store) OR <b>plain breadcrumbs</b>
1-1/4 cup	2-1/2 cups	<b>powdered sugar (10X confectioners)</b>

**Decoration: Whole blanched almonds without skins OR white raisins OR white candied almonds (Jordan almonds).**

### **The day/evening before memorial:**

1. Cover the wheat with 4 quarts of water in a large heavy pot and bring to a boil. Reduce heat and simmer low heat, uncovered keeping wheat covered with water and stirring occasionally, until wheat becomes puffy and tender, about 1 hour.
2. Drain in colander and spread out to dry in a large baking pan or very large bowl for 6 hours or overnight.
3. Prepare all other ingredients but do not mix with wheat until the day of the memorial to prevent mush-like texture. *To turn zwieback crackers into crumbs:* 1) process in food processor until looks like fine breadcrumbs or 2) place in large freezer ziploc bag and crush with something heavy like rolling pin, pot, etc. until fine like breadcrumbs.

### **On the day of memorial, it is traditional to light a candle while making the kollyva.**

4. In a large bowl, combine all ingredients *except* powdered sugar, zwieback crumbs, and decorations.
5. Put combined mixture in appropriate bowl or tray and shape into heaping mound toward the center, pressing it smooth with the back of a large spoon.  
**Soul Saturday** - Place in medium or large bowl.  
**Memorial** - Cover a large tray (20" x 13", or round) with wax paper then paper doilies extending over the edge about 1-1/2 inch.
6. Sprinkle zwieback crumbs evenly over the top, making sure the wheat is thoroughly covered. Place a sheet of wax paper on top and press down and sweep with your hands to smooth it out. This layer keeps moisture from wheat from bleeding through to the top layer of powdered sugar.
7. Sift powdered sugar evenly over the crumb layer and press smooth with a clean sheet of wax paper as above.
8. Carefully decorate sugar layer with almonds or white raisins, pressing slightly into the sugar layer to set firmly in place.  
**Soul Saturday** - Make a cross in the center. Decorate along the edge of bowl if desired. Cover with saran wrap.  
**Memorial** - Make a large cross in center, making 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 if desired. Place tray in a box or other secure container for transport.

Bring the kollyva to church where it will be placed on a small table. After the service, put small amount of kollyva in small bags or cups for distribution to parishioners. Eat with spoon saying "Memory eternal!"

**SYMBOLIC MEANING OF INGREDIENTS: wheat-everlasting life/resurrection of Christ, raisins-sweetness, pomegranate seeds and nuts for plenty, powdered sugar-sweetness of heaven, parsley-green of the earth.**