

KUT'YA OR KOLYVA

SUPPLIES

Large pan	<i>To boil the berries</i>
Large bowl, spatula or spoons	<i>To combine the ingredients</i>
Fancy bowl, large plate or platter	<i>For the presentation</i>

INGREDIENTS

Wheat berries	1½ c.
Bay leaf	1 medium, optional
Honey	8 tbsp (4 oz. or ½ c.)
Nuts (Almonds, Walnuts, Pecans, etc., coarsely chopped or broken to about the size of a raisin)	¾ cup <i>more or less, to taste</i>
Water	1½ quart, or 6 c.
Optional: Fruits and seeds [Raisins, Sultanas, Pomegranate, Dried Apricots, etc.], coarsely chopped to about the size of a raisin	To taste

TECHNIQUE

1. Put the wheat berries (and bay leaf, if used) in the pan, cover with the water. [Note: Some cooks say to soak the wheat berries in water overnight.]
2. Bring to a boil.
3. Cover, lower the heat, and simmer until the wheat berries have absorbed enough water that they are soft, and on the point of bursting — but don't let them burst! [Note: Check frequently to be sure the water does not boil away. If it drops below the level of the wheat before the berries are soft but still chewy, add more, to keep the wheat covered.]
4. Drain in a colander. [Note: Some cooks save the fluid, cool it, mix it with honey, and drink it as a beverage.]
5. Allow to dry and cool, by spreading the berries on the sides of the colander. [Note: Some cooks say to spread them on a clean terry or linen dishtowel.]
5. Place the berries in a large bowl, and fold in the honey, the nuts, and the optional ingredients.
6. The mixture may be sticky, or may be somewhat loose; what you do in the next step will depend on the consistency.
7. Move to a fancy bowl or plate, mound slightly, decorate with almonds in the form of a cross, and present for the service.
8. The traditional, but perhaps not quite exclusive use of Kut'ya or Kolyva, is at a Memorial service, or on the first Saturday of Lent, in commemoration of St Theodore the Recruit, who in a dream warned the Christian community through its bishop, that the food for sale in the market had been contaminated by the blood of animals sacrificed to idols, on the orders of the Emperor Julian the Apostate, and that they should eat boiled wheat instead.