

# Koliva

## Ingredients

- 1 cup grain
- 1 cup pomegranate arils
- 1/2 cup almond pieces
- 1/2 cup finely-chopped parsley
- 1/4 cup sesame seeds
- ground cinnamon

Optional:

- 1/4 cup sultanas
- 1/4 cup pistachios
- 1 tbsp orange zest
- almond flour or sugared almonds
- icing sugar

## Method

1. Boil grain and cinnamon together.
2. Drain the grain **well** and rinse in cold water. Leave it to drain for 60+ minutes.
3. Toss all ingredients together.
4. Press into a mound and decorate it.

## Notes

Wheat berries: soak overnight beforehand

Barley: pearl barley

Rice: short-grain brown or sushi; wash very thoroughly before using

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Revision #1

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