

DISCIPLESHIP PRACTICE – All Saints KOLIVA – MEMORIAL FOOD

Scripture

Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit.

Meanings

Wheat Berries – Promise of Death and Resurrection

Seeds – What they have grown in us, planted in us.

Parsley – The bitter and hard parts of their life

Nuts – The crazy fun parts of their life

Dried Fruit – Remembering their whole life

Graham Crackers – The broken pieces of their life

Spices – What is unique about the one remembered?

Salt – How did they bring out the best in you?

Sugar – The sweetness of their life and love AND the sweetness of God's love that have covered it all.

INGREDIENTS

2 to 3 lbs **Organic Hard Red Wheat Berries** or Hard Red Wheat

2/3 cup **Graham Crackers** plus extra (food processed or ground)

8 to 10 oz **Raisins - Natural Unsulfured** or other dried fruits

4 to 6 oz **White Hulled Sesame Seeds**

1-1/3 cups **Sugar**

2 cups **chopped Walnuts**

1/2 cup **Slivered Almonds** (plus some extra)

1 tsp **ground Cinnamon**

1/4 tsp **ground Cardamom**

1/2 cup **Parsley** chopped fresh

1 tsp **Sea Salt**

1 **Powdered Sugar**

1 **Jordan Almonds** (traditionally white)

1 **platter with doilies**

1 **Waxed Paper**

Instructions

- Soak wheat berries for 4 hours. Do not oversoak!
- Boil berries in lightly salted water for about an hour. They should look like bloated berries and NOT like bulgur or rice. Give the berries a little taste. Berries should be tender, chewy and pop a little in your mouth. It should not be tough to chew them. Strain berries and rinse in cool water. Let the berries drain for about 10 minutes.
- Cover a table with some towels and dry berries on the towels for about an hour. You are drying the outside, not the inside! After the drying, berries can be stored in the fridge for 24 hours.
- While recalling the trait of the person(s) being remembered - Combine graham cracker crumbs, raisins, sesame seeds, sugar, walnuts, slivered almonds, spices, parsley and salt. Stir into the wheat berries.
- Mound the Koliva on top of plate or platter
- Flatten the mound with waxed paper. Remove the waxed paper.
- Sprinkle graham cracker crumbs over the mound & flatten again.
- Sift confectioners' sugar over the mound and flatten again. You can create a pattern with paper and sprinkle sugar over and lift paper to reveal pattern.
- Or Create a cross in the center of the Koliva with Jordan almonds or almond slivers.
- Make the initials of the deceased with Jordan almonds or almond slivers. Decorate edges if desired.
- Makes about 25 servings.

Eat it the same day you make it. This cannot be frozen, stored or saved in any way. The texture only lasts the day.. It is outstanding on ice cream and has been referred to as "sheer joy" by Russians and Greeks alike!

Song

Jesus, remember *name*, how your love *he/she* has shown us.

Jesus, remember *him/her*, how your love *he/she* has shown us.