

KOLLYVA

**An image of the resurrection;
each ingredient has a special meaning.**



Kollyva is specially prepared boiled wheat that is blessed by the priest and offered by the faithful on behalf of a departed Orthodox Christian in a Memorial Service. It symbolizes the resurrection of the dead at the Second Coming of Christ.

Wheat is used to symbolize the departed soul seeking resurrection, as Scripture says: “unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit” (John 12:24).

Jordan almonds symbolize bare bones to remind us that our life on earth is temporary.

Spices signify the aromas of this world.

Parsley expresses the wish for rest.

Nuts represent the life that reproduces.

Raisins convey the sweetness of life in Christ, who is the vine.

Sugar covering symbolizes the sweetness of paradise and the triumph of life.

Pomegranates reveal the glory of heaven.

The kollyva mixture is placed on a platter and shaped into a mound to resemble a grave. The surface is decorated with powdered sugar, white Jordan almonds, raisins, or other sweets. A large cross is formed in the middle with sweets. It is customary for the initials of the departed to be added on either side of the cross.

A candle is placed in the center and lit at the beginning of the service. The candle symbolizes the Christian illumined at baptism and the light of Christ — the Light of the world to come.

Traditional Greek Kollyva Recipe

Full Size Tray (for Sunday Memorial, after Divine Liturgy)

2 lb Wheat Berries	1 cup Pomegranate Kernels
3 Tbsp Cinnamon	½ cup Chopped Parsley (~ 2 c <i>pre-chopped</i>)
¼ cup Granulated Sugar	2 packs Graham Crackers
1 cup Finely Chopped Walnuts	2-3 cups Powdered Sugar
1 cup Golden Raisins	Jordan Almonds, as desired

Small Size Tray (for Private Service or Saturday of Souls/Shared Service)

½ lb Wheat Berries	¼ cup Pomegranate Kernels
½ - 1 Tbsp Cinnamon	2 Tbsp Chopped Parsley (~ ½ c <i>pre-chopped</i>)
1 Tbsp Granulated Sugar	½ pack Graham Crackers
¼ cup Finely Chopped Walnuts	½ - 1 cup Powdered Sugar
¼ cup Golden Raisins	Jordan Almonds, as desired

1. Rinse Wheat Berries. Place in pot and cover with water approx 4-6 inches above berries to allow for expansion.
2. Cover and bring water to boil, then reduce to simmer until wheat berries are soft and some have started to “pop”. Time can vary – typically 45-60 minutes.
3. Drain and rinse cooked wheat berries in colander.
4. Spread wheat berries on a bath towel covered with pillowcase or sheet. Dry for 2-6 hours, checking regularly to prevent over drying.
5. Gather dried wheat berries into a mixing bowl.
6. Add cinnamon, granulated sugar, nuts, raisins, parsley, and pomegranate seeds. Mix together, adjust flavors according to taste.
7. Place mixture on doily-lined plate or tray, creating a mound shape.
8. Cover mound with crushed grahams crackers to create a moisture barrier between mixture and powdered sugar covering.
9. Sift powdered sugar over mound. Use wax paper to smooth the surface.
10. Decorate using Jordan Almonds and other items as desired. It is customary to have a cross in the center of the Kollyva; some add initials of the deceased on either side.

Notes:

- Wheat berries can be made 1-2 days before and stored in refrigerator until ready to use.
- Mixture can be made the night before the Memorial Service. It is best to plate, add graham crackers, powdered sugar and finishing touches the morning of the service.
- Wheat berries can be found at Natural Grocers or on Amazon. White Jordan Almonds can be found in the wedding section at Hobby Lobby or on Amazon.