



## Asure/Noah's Ark pudding

## RECIPE



Below is a super simplified version of a rather complex recipe made by Turks (and Armenians) during the month known as the Aşure Month. This is the month which immediately follows the *Kurban Bayramı* or Feast of Sacrifice, a religious festival observed among Muslims. It is prepared in large quantities and then shared in individual portions with friends, family, and neighbors. There are multiple recipes for this dish, a bit like borsht, and mine was born much like the original, creatively using the contents of my last stores.

It is believed that sharing this recipe symbolizes the true meaning of friendship and unity among God's people. I agree.

### Ingredients for pudding

- Integral rice (2 parts)
- Chickpeas (1 part)
- Chia seeds (to taste)
- Pumpkin seeds (handful)
- Small pieces of dried prune freshly cut (3-4)
- Freshly cracked walnuts (2-3)

### Ingredients for sauce

- Coconut milk
- Sour cream
- Plain yogurt,
- A dash of vanilla and a dash of cardamom powder

### Directions

- Mix together all the ingredients for the sauce in a vessel which allows you to shake well
- Set aside for a moment
- Mix together the ingredients for the pudding
- Shake and pour over the pudding, mix, and serve

### NOTES:

While this is often served as desert, my version is specifically suggested as a perfect hearty breakfast best served room temperature or slightly warm in the cold months. Buckwheat can replace integral rice