

# NOAH'S PUDDING

## [ A s h u r e ]



### What is ashure?

Ashura is a dessert made from various grains, nuts, and fruits. It is completely vegetarian. The making of ashura is a common practice among Muslim and Christian people in the Middle East (although the dish has different names). The name ashure itself comes from the Hebrew word "Asor" (the tenth). It is traditionally shared with friends and neighbors.

### Ingredients

Exact ingredients depend on the cook's creativity, but common ingredients are: wheat, beans, garbanzo beans, raisins, rice, apples, coconut, dried apricots, sugar, walnuts, cinnamon, and grated orange peel.

### Time for making ashura?

Although it can be prepared any time, Turkish people traditionally prepare ashura on or around 10th of the Muslim lunar month of Muharram ("Ashura day"), which typically falls a month after Feast of Sacrifice (a big Muslim Holiday observed after pilgrimage season). "Ashura day" is derived from the Jewish Day of Atonement, and fasting is recommended for Muslims on that day. But the dessert ashura, is mostly a Mediterranean tradition, and is not referenced in religious texts.

### The Story

The story of Noah's ark is as sweet as the dessert named for it: When Noah's ark came to rest on Mount Ararat in northeastern Turkey, they felt that a feast of celebration was called for. They hunted through the ark and gathered every little bit of food they could find. This they put into the pudding and made themselves a splendid feast of ashura. Therefore, sharing is in the spirit of ashura - it is the symbol of unity among God's creatures.

### The Recipe (for 10 servings)

1 cup wheat, 1 cup white beans, 1 cup garbanzo beans, 1 cup raisins, 12 dried apricots, 5 1/2 cups sugar, water (enough to cover) Topping: walnuts, cinnamon. Soak wheat, white beans, garbanzo beans and almonds in water overnight. Boil them and remove the outer shell or skin. Soak the raisins in boiling water until they soften. Put all the ingredients, including raisins, in a large pot and boil. Add peanuts and almonds (peeled and cut in half) at this point. Chop the apricot into small pieces; add to mixture along with sugar. Boil for 10-15 minutes. Serve chilled.

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