

# NOAH'S

## — PUDDING —

IN HOPE THAT YOU WILL ACCEPT AND ENJOY AS WAS  
ONCE ENJOYED MANY CENTURIES AGO..

According to Muslim tradition, when the waters of the Great Flood began to recede, Prophet Noah and his family are said to have gathered up all of the food remaining on the Ark and cooked a delicious pudding out of it. Noah's Pudding is the name given to this dish.

In remembrance of Prophet Noah and as a thanksgiving to God, the people of Anatolia and other Muslims have made it a custom to prepare this pudding on this day and share it with neighbours and friends. Sharing food offers a way to reaffirm unity and the essential relationship of humans to one another, regardless of personal faith, background and belief. To continue this good tradition and expand the experience of sharing, love, peace and compassion, we too are offering you a sample of Prophet Noah's homemade pudding.

*Bon  
Appetit*



# A SAMPLE

## Noah's Pudding

### PREPARATION

Wash the wheat, chickpeas and dried beans. Soak them separately overnight with the beans and chickpeas in 1 cup and the wheat and rice mixture in 2 cups of water.

Add 3 cups of water to the wheat and 2 cups of water each to the chickpeas and beans and place individually on the burner. Cook the wheat until the grains are dissolved and the starch comes out. If necessary boil the chickpeas in a pressure cooker. Wash the dry fruit and soak them for 2 hours in 1 and half cups of water. Mix the cooked ingredients and the dry fruit in a pan and cook for 15 minutes. Peel the orange and cut the rind, including the white inner part into 3-4 cm long and 1 cm wide strips. Divide the orange slices into 4-5 pieces.

Add them altogether to the mixture and cook for another 5 minutes. Add the sugar and cook for 1-2 minutes and then remove from cooker. Add the rose water and stir. Pour into pudding bowls. Garnish with walnuts and pomegranate pits. Best served cold.

### INGREDIENTS

1 CUP OF HUSKED WHEAT  
1/3 CUP OF CHICKPEAS  
1/3 CUP OF DRY WHITE BEANS  
2 TABLESPOONS OF RICE  
1 1/3 CUP OF WATER  
10 PIECES OF DRIED APRICOTS  
5 PIECES OF DRIED FIGS  
HALF CUP OF RAISINS (SEEDLESS)  
1 SMALL SIZE ORANGE  
2 CUPS OF SUGAR  
2 TABLESPOONS OF ROSE WATER  
2/3 CUP OF WALNUTS (NOT CRUSHED)  
HALF SMALL SIZE OF POMEGRANATE A