



## Burbara or Snouniyyeh

Burbara is a sweet dish that is offered during Eid al-Burbara or Saint Barbara's Day, an annual holiday celebrated among Middle Eastern Christians on December 4, according to the Gregorian calendar, and on December 18, according to the Julian calendar. Celebrations begin on the eve of December 17, when this delicious and nutritious sweet is served.



### **Ingredients:**

- 1 cup wheat grains (without the bran)
- 7 cups water or enough to boil the wheat
- 1 cup sugar, or to personal taste
- ½ cup seedless raisins, golden or black
- ½ tablespoon ground cinnamon
- ½ tablespoon ground anise
- ½ tablespoon ground fennel

### **For decoration:**

- 1 tablespoon ground leblebi (in Arabic: Qdameh, which is roasted unsalted chickpeas)
- Almonds, blanched and peeled
- Pistachios
- Walnuts
- Pine nuts
- Pomegranate seeds
- Dried apricots

### **Preparation and cooking:**

1. Clean the wheat from any possible stones or the like, wash with running water, soak in ample water for 8 to 12 hours.
2. Drain the wheat, wash once, and cook in the 7 cups of water, on gentle heat tender (depending on the kind of wheat, it can take up to two hours). When ready, the pudding-like mixture should be of the consistency of chowder, or a little more liquid.
3. Add sugar, cinnamon, anise, fennel, and raisins, stir gently to dissolve the sugar and to mix the spices well. Cook on low heat for 10 minutes. Taste and add more sugar if needed.
4. Ladle in serving cups while hot, decorate with the ground leblebi, nuts, dried apricots, and pomegranate seeds.
5. Usually served hot, but also tasty when at room temperature. Store covered in the refrigerator.