

The story of Noah's Pudding

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 made a delicious pudding out of it. 'Ashurah' is the name given to this dish. It is also known as 'Noah's Pudding'.

In remembrance of Prophet Noah and in 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 culture. 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.



If you get one dish of this,
please accept it as a gift and
spread the moment of goodness.



Noah's Pudding



Share the goodness of God
with the 'oldest dessert
in the world'



What you'll need?

- $\frac{1}{4}$ cup uncooked rice
- 3 tablespoon dried currants
- $1\frac{1}{2}$ cups canned navy beans, rinsed and drained
- 3 tablespoon pine nuts
- $1\frac{1}{2}$ cups canned chickpeas, rinsed and drained
- 8 dried apricots, cut into chunks
- 8 dried figs, cut in chunks
- 3 cups sugar
- 1 pomegranate
- 2 cinnamon sticks
- 3 cups uncooked whole grain wheat or barley
- Zest of 1 orange (optional)
- Zest of 1 lemon (optional)



How to make it?*

The night before put the wheat or barley in a large pot and cover it with plenty of water. Bring it to a boil, cover and reduce the heat. Allow it to boil gently for about ten minutes. Turn off the heat and leave the grain to cool and soak overnight.

The next morning, the grain should have absorbed most, if not all the liquid. Add the chickpeas, beans, rice, dried fruits, sugar and optional rose water or orange and lemon zest. Add more water just to cover the ingredients if needed. Bring the mixture to a boil.

Stir the mixture gently with a wooden spoon as it cooks until it thickens.

Remove it from the heat and fill dessert bowls or a large serving bowl with the pudding. Once it cools down and sets, cover and refrigerate it for several hours. Before serving, garnish the pudding with fresh pomegranate seeds, pine nuts, finely chopped dried fruits and groundnuts.

*Thanks to thespruce.com, Elizabeth Wilson Taviloglu.



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includes:

spring water, wheat, chickpeas, beans, rice, currants,
nuts, apricots, figs, sugar, cinnamon, orange, lemon
and pomegranate.

excludes:

selfishness, hate, discrimination, despair.

contains nuts. suitable for vegetarians.