

## Armenian Christmas Pudding, *Anooshaboor*



*Anooshaboor* (“sweet soup”) is eaten from New Year’s until Christmas, which the Armenian Apostolic Church celebrates, according to ancient Christian tradition, on January 6. The pudding is totally vegan, so as to keep with the pre-Christmas fast, and very tasty. If you’d like to try it, here’s a family recipe that serves four:

1/2 cup shelled wheat 1/2 cup sugar (or a little less to taste)

1/2 cup dried apricots

1/2 cup seedless golden raisins

1 tablespoon pine nuts

A little rose water (1/4 tablespoon or a little more to taste)

Cinnamon and blanched almonds for garnish

Wash and then soak the wheat overnight in a covered bowl.

In a large pot, boil the wheat in about 6 cups of water until the wheat opens up, then simmer a few hours until the wheat becomes tender, adding boiling water when necessary. Stir the wheat periodically.

Once the wheat is tender, add the sugar, apricots, raisins, and pine nuts and simmer for another 1/2 hour or so, continuing to stir. Again, add boiling water if the mixture becomes dry. Then stir in the rose water and set the pudding aside to cool. Once it cools down, refrigerate until well chilled. When you’re ready to serve, add the almonds and cinnamon on top.

***Shnorhavor Nor Daree yev Soorp Dzuhoont!***

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