

## “KUTIA” RECIPE



Kutia is one of the twelve traditional dishes for Christmas dinner in Ukraine.

Kutia is the main meal to start dinner on Christmas Eve.

### Ingredients:

2 glasses of wheat seeds  
50 gr of raisins, prunes and dries apricots  
 $\frac{1}{2}$  glass of walnuts  
poppy seeds  
honey

### How to cook:

1. Rinse wheat seeds and cook on a slow fire for 2 hours.
2. Mix honey with 4 table spoonfuls of water and pour this syrup into wheat porridge
3. Cut the walnuts into smaller pieces and fry them a bit.
4. Add poppy seeds, raisins, prunes and dries apricots to wheat porridge and mix thoroughly.

**ENJOY UKRAINIAN KUTIA!**