

# Kyuri uma & nasu ushi

## Japanese

DYING 2 TALK - IF YOU ARE LOOKING FOR SOMETHING SIMPLE :)

### ingredients

- Cucumber

### directions

- Carve the cucumber into a horse



Japanese Buddhists hold a memorial festival called Obon, where spirits of loved ones are thought to visit from the afterlife. Families often make food offerings to their ancestors on the Buddhist altars in their homes. One custom is to carve or model a cucumber to represent the shape of a horse, known as kyuri uma.

Families leave these on their loved one's graves to help them return to the afterlife when Obon ends. Aubergines often represent cows, known as nasu ushi.



# Kollyva (Greek memorial food)

RECIPE BY IVY LIACOPOULOU

DYING 2 TALK

DESIGNED BY ANNETTE C OKEKE

## ingredients

- 1 kilo wheat berries
- 1 - 2 bay leaves
- 300 grams roasted white sesame seeds
- 1 cup powdered vegan biscuits or cookies
- 100 grams icing sugar
- 1 tsp ground anise seeds
- 1 tsp cinnamon

- 1 tsp ground coriander seeds
- 4 tbsp fresh parsley, finely chopped

### To decorate:

- 2 tbsp icing sugar
- 300 grams sultana raisins
- 500 grams blanched almonds
- The seeds of 1 or more pomegranates

## directions

1. **Prepare all your ingredients from the previous day:** Soak the almonds in water for a whole day so that they can be peeled easily and retain their white colour. (If they are boiled and then peeled they are not so white). After peeling them, put them on kitchen paper to drain. Peel the pomegranate seeds, roast the sesame seeds and clean the raisins from any leftover stems. Prepare a stencil with a cross to fit the size of your platter or tray.
2. Clean and wash the wheat and leave it to soak in water for at least 2 – 3 hours. Then boil the wheat and skim off the froth forming on top.
3. Add the bay leaves and cook the wheat berries until they are soft, about 30 minutes.
4. Place it in cold water and then drain. Discard the bay leaves.
5. Spread it on a clean kitchen cloth napkin and cover it with another one, so that all the moisture is absorbed. Alternatively, we can put it in a colander and leave there overnight to drain.
6. In the morning put the cookies or any of the other alternative ingredients in the food processor together with the spices and mix until they are powdered.
7. Put the wheat in a bowl, add the powdered cookies, the parsley as well as some almonds, pomegranate and raisins and mix well.
8. Put the mixture on the platter or tray and sieve the icing sugar on top.
9. Put the stencil with the cross in the middle of the platter. Fill the four sides with two of the three ingredients, either with the almonds, pomegranate or raisins. Remove the stencil and fill the cross with the third ingredient.
10. After the memorial, mix all the ingredients well, before offering them to the people attending the memorial.

NOTE: You can use the almonds, raisins and pomegranate seeds to decorate the kollyva as you please. Make the cross with one of these ingredients and decorate the four sides with the other.



# Irish Wake Cake

## WHAT

### Ingredients:

- 3/4 cup **butter**, softened or at room temperature
- 1 cup **sugar**
- 2 teaspoons **vanilla extract**
- 2 large **eggs**
- 3 ounces of **cream cheese**, softened or at room temperature
- 1 3/4 cups cake **flour** (but any flour will do)
- 1 1/4 teaspoons **baking powder**
- 1/4 teaspoon **salt**
- 2/3 cup **buttermilk**
- 1/2 cup **powdered/confectioners' sugar**
- 2 teaspoons **lemon juice**

## HOW

1. Preheat the oven to 325 degrees. Grease a 9 inch loaf pan
2. Cream the butter, sugar, and vanilla until fluffy. Add the eggs, 1 at a time. Do not neglect the fluffy. Add the cream cheese until well combined.
3. Add the flour, baking powder, and salt to the mixture.
4. Add buttermilk gradually and blend until smooth and creamy. Which, it totally will be.
5. Pour the batter into a prepared pan. Admire it.
6. Bake until knife comes out clean, about 1 hour.
7. Remove to a rack and let the cake rest in the pan for 10 minutes. Remove that beauty to a cake stand, plate, whatever you've got.
8. In a small bowl, combine the confectioners' sugar with lemon juice, and spread on the warm cake.
9. Eat. Finish. Then do it all over again!

This is the Irish wake Cake, it is a tradition when attending an Irish Wake (a celebration of life - one final party to honor the deceased). You take it as something to give the grieving family for comfort. The Irish wake tradition goes back further than Pagan times, they can continue for days – particularly if an elderly person has died. Irish wakes are still held in the countryside, despite traditions becoming more modern. Other parts of the world with large Irish populations host them also.



**Ingredients:**

- 200g flour
- 125g butter
- 150g sugar
- 160ml milk/water
- If preferred, a handful walnuts



# Halva

Cooking halva for funerals is a 3000-year-old Turkish tradition, and a tasty one too!

The oldest Turkish traditions specifically involve the cooking of halva since its believed that the smell of halva whilst cooking will go to the soul of the dead. This scent feeds the soul of the passed loved one, as well as the people left behind. Turkish people also give halva to guests who visit them.

Halva is cooked on the day of the funeral, as well as 7<sup>th</sup>, 40<sup>th</sup> and 52<sup>nd</sup> day following.

Turkish people pray as they cook halva. They believe that the prayers help the dead to rest in peace.

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- First pour milk/water in a pan and stir with sugar until it dissolves, then put it aside.
  - Place a pan on the hob and melt the butter, add the flour then walnuts.
  - On medium heat continuously stir until the paste turns brown, then turn the heat down and slowly add the sugar mixture while mixing the ingredients.
  - Once it thickens, turn the hob off and shape your halva either in a dish by cutting it into pieces or with two spoons shape it into an oval.



# PAVAN'S PAN DE MUERTO

*A staple dish for Spain's Dias de los Muertos  
(Day of the Dead)*

## INGREDIENTS

- $\frac{3}{4}$  cups white sugar
- 1 tablespoon whole aniseed
- 1 teaspoon salt
- 6 cups white bread flour
- 1  $\frac{1}{4}$  cups warm water
- 2 cups sugar
- 4 large eggs
- 2 tablespoons orange zest
- 2 packets instant dry yeast
- 113g of room temp butter
- Optional to serve with:
  - Mexican hot chocolate on the side/champurrado

## PREP TIME

- Prep | 3 hours
- Cook | 40 m
- Ready in | 3 hours 40 m
- Duration | 4 days

## PROCEDURE

Preheat oven to 180°C

- 01 Mix butter, sugar, aniseed, salt and  $\frac{1}{2}$  cup of flour. In a separate bowl, whisk eggs, water, and orange zest together. Add the wet mixture to the dry mixture +  $\frac{1}{2}$  cup of flour.
- 02 Add yeast + another  $\frac{1}{2}$  cup of flour. Add remaining flour + mix between adding until dough-like texture. Knead on flat surface for 1 minute.
- 03 Cover with damp dishcloth + let it rise for 1 hour 30 mins. Separate  $\frac{1}{4}$  loaf to make bone shapes. Shape rest of dough to make a semi sphere with a flat bottom. Drape the bone shapes on top
- 04 Let dough rise for another 1 hour. Bake loaf for 40 mins. Allow to fully cool before adding an orange juice-egg white glaze. Enjoy!





SERVINGS

24

PREP

15 min

COOK

30 min

DIFFICULTY

Easy



# Texas Funeral Sheet Cake

## DIRECTIONS

1. Heat the oven to 200°C or 180°C in a fan oven and spray a 13-inch x 18-inch x 1-inch jelly roll pan with non-stick cooking spray.
2. In a large bowl combine the flour, sugar, baking powder, and salt. Whisk the mixture until well combined and set aside.
3. In a medium sauce pan over medium heat add 1 cup of butter, water, and 1/3 cup cocoa powder.
4. Bring the mixture to a boil, stirring often, then remove from the heat and add to the flour mixture. Mix to combine then add the sour cream (or yogurt), eggs, and vanilla and mix thoroughly.
5. Spread the mixture into the prepared pan and bake for 20-22 minutes, or until the cake springs back when gently pressed in the centre and the edges of the cake are coming away from the sides of the pan.
6. While the cake is baking prepare the icing. In a medium bowl combine ½ cup melted butter, milk, and ¼ cup cocoa powder and mix until smooth. Add the powdered sugar to a large bowl and add the butter mixture and vanilla. Then whisk until no lumps remain.
7. Spread the icing on the cake as soon as it comes out the oven.
8. Sprinkle immediately with your choice of nuts.
9. Let the cake cool, serve and enjoy!

## INGREDIENTS

- 2 cups plain flour
- 2 cups sugar
- 1 tsp baking powder
- 1 tsp salt
- 1 cup butter (2 sticks)
- 1 cup water
- 1/3 cup cocoa powder
- 1 cup sour cream/yogurt
- 2 eggs
- 1 tsp vanilla

### Frosting Ingredients

- 1/2 cup butter, melted (1 stick)
- 1/3 cup milk
- 1/4 cup cocoa powder
- 1 lb icing sugar
- 1 tbsp vanilla
- 1 cup chopped nuts (optional)

# Zuckerkuchen: German Funeral Cake

## INGREDIENTS:

### Yeast Dough

- 1 tablespoon (10 grams) active dry yeast
- ¼ cup (60 milliliter) lukewarm water
- 1 teaspoon (4 grams) granulated sugar
- 1 cup (240 milliliters) lukewarm milk
- ½ cup (120 milliliters) neutral oil
- 1 large egg
- ½ cup (100 grams) granulated sugar
- about 4 - 4½ cups (520 - 585 g) all-purpose flour
- ½ cup (120 milliliters) milk or cream

### Simple Topping

- ⅔ cup (133 grams) granulated sugar
- ¾ cup (75 grams) sliced almonds
- ⅓ cup (76 grams) cold butter

Zuckerkuchen (or 'sugar cake') is a pastry that is served at both weddings and funerals. This is because Zuckerkuchen is associated with both joy and sadness and belongs to both life and death. I suggests that we ought to look at the natural, healthy relationship between the two. In Germany, it is often called 'Freude-und-Leid-Kuchen' (Joy-and-Sorrow cake).



## INSTRUCTIONS:

1. In a large bowl, mix yeast, water, and 1 teaspoon sugar. Let stand for about 5 - 10 minutes. This should be foamy. (It will be if the yeast is not old.)
2. Mix in 1 cup milk, oil, egg, and ½ cup sugar. Beat in 2 cups flour and mix well. Let stand 10 minutes.
3. Add more flour until a soft dough results.
4. Remove from bowl and knead until smooth and elastic, adding flour ONLY if necessary if it is too sticky.
5. Put dough into a greased bowl. Cover and put in a draft-free warm place for about 30 - 60 minutes, until it has doubled in size.
6. Grease a 15x10-inch jelly-roll pan. Roll out dough to fit pan and place in pan.
7. Make small hollows in the surface of the dough with your fingers.
8. Brush dough with ½ cup milk or cream.
9. Cut butter into small pieces and place in hollows.
10. Sprinkle ⅔ cup sugar and nuts over dough.
11. Cover and let stand in a warm draft-free place for about 30 minutes.
12. Preheat oven to 400°F (205°C). Bake for 20 to 25 minutes until golden brown.