

Harisa



INGREDIENTS

1. 1 and 1/2 cups hulled wheat
2. 6 cups water
3. 3 cups chicken, cooked and shredded
4. 3 cups chicken broth
5. Salt and pepper
6. 6 tablespoons butter

Method:

1. Wash and drain hulled wheat in cool water.
2. Let 6 cups of water boil in a 4-quart covered saucepan. Add the wheat and stir. Take off heat and let soak overnight.
3. About two hours before serving, add chicken and broth to the wheat. Add salt and pepper and cook, slowly beating with a wooden spoon until smooth and well-blended.
4. To serve, melt butter and pour over *harisa* in individual plates.