



Ghapama

This traditional Armenian pumpkin dish symbolizes “a sweet life” and is commonly cooked and served at family celebrations including the New Year.

Makes 6 to 8 Servings

Ingredients

- 1 small pumpkin (about 7 lb)
- 1 cup rice
- 2.5 oz almonds, chopped
- 1.5 oz dried apricots, chopped
- 3 oz prunes, chopped
- 1.5 oz raisins
- 4 tbsp unsalted butter
- ½ tsp salt
- ½ tsp cinnamon
- 2 tbsp honey
- Additional butter and honey, for cooking

Note:
There are different variations of ghapama, but they typically are made with rice, dried fruit, and nuts. Feel free to make substitutions to suit your taste. Suggestions include walnuts for the almonds, or dried cherries and cranberries for some of the dried fruit.

Steps

- Carefully cut the top of the pumpkin off. Keep the lid. Spoon out the seeds and fibrous material inside.
- Add rice to a small pot along with salt and 1 ½ cup of water. Bring to a simmer and cook until tender (5 to 7 minutes).
- While rice cooks, preheat oven to 350°F.
- Add cooked rice to a bowl, and combine with almonds, apricots, prunes, and raisins. Stir in cinnamon and honey.
- Melt butter and add to the mixture. Stir thoroughly.
- Brush the inside of the pumpkin with butter and honey. Transfer the rice mixture into the pumpkin and cover with the reserved top.
- Bake for about 75 minutes or until cooked. To check readiness, stick a knife into the pumpkin. If it goes in smoothly, it’s cooked.
- Remove from oven and allow to rest for 5 minutes. Slice and enjoy as is or drizzled with additional honey.

Nutrition Information

83 Calories | 14.8g Carbohydrates | 2.5g Fat | 1g Saturated Fat | 3g Fibre | 1.8g Protein | 45mg Sodium | 5.4g Sugar

Source: www.aashpazi.com