

Asure (Noah's Pudding)

Turkish · Dessert · Hard · 120 min total · Serves 12

Asure is a thick, spoonable mix of wheat berries, chickpeas, beans and dried fruit, sweetened and scented with rosewater, then topped with walnuts and pomegranate. Cooked in a big batch, it is eaten warm or cold.

Ingredients

- 1 cup hulled wheat berries (soaked overnight in cold water)
- 0.5 cup dried chickpeas (soaked overnight)
- 0.5 cup dried white beans (navy or cannellini, soaked overnight)
- 1 cup dried apricots (chopped)
- 0.5 cup raisins
- 6 dried figs (stemmed and chopped)
- 2 cup sugar (added in two additions)
- 12 cup water (for cooking; add hot water as the level drops)
- 0.5 cup walnuts (toasted and chopped, for topping)
- 1 pomegranate (seeds only, for topping)
- 1 tsp rosewater
- 1 tsp ground cinnamon (optional, for dusting)

Method

1. The night before, rinse the wheat berries, chickpeas and white beans separately in cold water, then soak each in plenty of cold water overnight (at least 12 hours). Drain and rinse before cooking.
2. Put the wheat, chickpeas and beans in a large heavy pot with the cooking water. Bring to a boil over high heat, skim off any foam, then reduce to a steady simmer (about 205°F / 96°C) and cook partly covered for about 1 hour, stirring occasionally and adding hot water when the level drops.
3. Keep simmering for about 30 more minutes, until the wheat berries are soft and split slightly and the chickpeas are tender when pressed.
4. Stir in the chopped apricots, figs and raisins and simmer for 15 minutes so they soften and release their color.
5. Add the sugar in two additions, stirring until each is dissolved, then simmer uncovered for 30 minutes more, stirring often so nothing sticks to the bottom.
6. Cook until the mixture is thick and creamy, the grains are soft, and a spoon drawn through leaves a brief trail. It should be spoonable, not stiff, and it will thicken further as it cools.
7. Remove from the heat, stir in the rosewater and the cinnamon if using, and let the pot cool slightly.
8. Ladle into bowls or a serving dish, top with the toasted walnuts and pomegranate seeds, and serve warm or chilled.