



sharing our Greek culinary heritage

Sweet Trahana

You will need...

1kg whole-wheat kernels (also called wheat berries)

2L whole milk

Preparing the sweet trahana

- Grind the whole wheat kernels using a larger coffee grinder or Thermomix - aim for a finer grind - see video
- Heat the milk in a large pot on medium-high heat
- When the milk just reaches boiling, add the ground wheat slowly, while stirring continuously
- Continue boiling and stirring until all the milk has been absorbed and the mixture thickens
- Take it off heat and place a clean dry tea-towel on top
- Allow the "trahana porridge" to cool completely
- Place a table out in the direct sun - lay a clean table cloth on top
- Break the "trahana porridge" into cherry-sized chunks and lay them out on the table-cloth
- Lay a mesh/tulle food cover over the trahana chunks
- Leave out in the sun for 2-3 days - until the trahana chunks are bone-dry (Note: Place table with trahana in a safe place at night - away from hungry nocturnal animals)
- If you prefer the trahana chunky, then, when it has completely dried out - place it in a jar to store for later use
- If you prefer finer trahana, then pulse batches of the dried trahana in a food processor a few times
- Return the trahana to the table outside in direct sunlight, again covering it with mesh/tulle cover and leave it out for 1-2 days to dry further
- Store in a jar for later use

Key Points

- It is important to check the long-range weather forecast before making trahana. You will need 4-5 consecutive days of hot, dry, sunny weather to make it. Temperatures in the upper 20s - lower 30s are best.
- Ground whole wheat is also called **kibbled wheat**
- If you don't have a powerful grinder, you can purchase kibbled wheat instead or if you are local to Oakleigh in Melbourne, the Squirrel's Den sells whole wheat and they can grind it for you!
- Trahana can then be used for soups, stews, pites or in dishes like Paspaliara to absorb liquids released from other ingredients
- Burghul/bulghur is made using exactly the same preparation and process, except the ground wheat is boiled in water rather than milk
- Sour trahana also follows the same process as sweet trahana, except fermented milk and/or fermented yoghurt is used to boil the ground wheat - see Eleni's @myfamilysfooddiary recipe
- Trahana made from whole-wheat and milk products are super foods. Whole-wheat has protein, fibre, complex-carbohydrates. When these combine with the nutritional values of dairy - fat, protein, calcium - they create a nutritionally dense and deeply satiating food.
- This trahana made from whole-wheat is different from pasta-trahana which is made with regular plain flour and either regular milk or fermented milk and/or fermented yoghurt. Pasta-trahana is made with regular milk or fermented milk/yoghurt. Again, the pasta-trahana made with fermented milk/yoghurt will have a sour finish.