

Ghapama Pumpkin Rice Recipe

1 3lb to 4lb pumpkin, washed and cleaned on the outside
2 cups rice
6 tablespoons butter, melted
½ cup each: prunes, dried apricots, dried cherries or
cranberries, raisins
1 teaspoon ground cinnamon
1 cup almond and walnuts, minced
3 tablespoon honey
½ cup warm water



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Cut the top of the pumpkin. Scrape out all the seeds and fibers. Wash pumpkin on the inside and pat dry.

In a pot, pour 4 cups of water and bring it to a boil. Add the rice and lower the heat and cook for 15 minutes, not to cook completely through. Drain the rice and pass it under cold water. Let it drain. Mix the rice with the dried fruits, and nuts. Add the salt, butter cinnamon and honey.

Add the rice to the pumpkin, add the warm water then place the pumpkin in a baking pan. Bake for about 2 hours at 325 degrees Fahrenheit until the pumpkin is soft to the touch. Cut the pumpkin into wedges and serve.