

HARISSA, HRISSEH

Armenian Beef & Wheat Porridge

1 2/3-to-2 cups pearled wheat berries
1/2 teaspoon sugar
2 1/2 lbs trimmed meat, cut into large cubes
* I like to use Chuck roast, Tri-Tip roast or English-cut short ribs
7 cups cold water, plus more as needed
salt
clarified butter or olive oil
red Aleppo pepper
cumin

Thoroughly rinse wheat berries in cold water, drain and transfer into a medium pot. Add sugar and enough water to cover grains by 3-inches. Bring to a fast boil then turn off heat. Remove white foam forming on the surface. Cover pot and set on the counter for two hours while you prep remaining ingredients.

Add 7 cups of water to pressure cooker and bring to a boil. Drop meat pieces into pot, bring it back to a rolling boil, and then turn it down to a low simmer. Skim off any foam that forms on the surface. Close the lid and wait for the pressure to build up. Start cooking under pressure for 30 minutes.

If need to, drain wheat berries that have been soaking in water. Do not rinse.

Once pressure is released, open lid and ladle meat into a bowl. Strain broth with a fine mesh strainer into a large bowl then return back to cooker with the meat. Add wheat berries, cover, and cook under pressure for 60-to-80 minutes.

Release pressure once more and cook porridge uncovered, stirring with a large wooden spatula spoon, until thickened and cooked to your liking; adding more boiling water if need to. Turn off heat and season with salt.

Melt butter or heat olive oil in a small saucepan, sprinkle in a bit of red pepper, stir cook for about a minute until fragrant the add in some cumin.

Serve Harissa hot with spiced butter/oil drizzled on top. Or, have melted butter, red pepper and cumin individually on the side for everyone to add.