

# INTERNATIONAL FOOD FAIR – VIRTUAL TOUR

## “Ghapama” – Pumpkin Rice



**COUNTRY**  
Armenia

**SERVINGS**  
10

### INGREDIENTS

1. One cup of golden raisins
2. Half a cup of sliced, dried apricots
3. Half a cup of chopped dates
4. One cup of chopped prunes
5. One cup of almonds
6. Half a cup of walnuts
7. One stick of butter (100g) unsalted
8. Pinch of salt
9. 3/4 cup of honey
10. One cup of basmati rice
11. Pumpkin (or squash)

**TIME TO  
PREPARE**  
15



**TIME TO  
COOK**  
2 hrs



### TOOLS NEEDED

Oven Pot  
Aluminum foil Stove  
Serrated knife Baking dish  
Mixing spoon Fork

Ghapama is a traditional eastern Armenian food, often served during New Years and Christmas.

### PROCEDURE

1. Put the cup of rice in 3 cups of cold water on high heat for about 15 minutes (it will boil towards the end). Cook rice about halfway and strain the water from the rice well
2. Drop butter into the rice to melt quickly
3. Mix all the ingredients and the fully drained rice together
4. Mix half of the honey with this mixture
5. Add 2 teaspoons of cinnamon powder and set mixture aside. Preheat oven to 400 F.
6. Wash the pumpkin, cut the pumpkin top off in a way that it can be placed back on top, remove the seeds, and clean the pulp out with a spoon
7. Spread the remaining honey inside the pumpkin walls
8. Fill pumpkin with the mixture, leaving space to cover it with the carved part of the head
10. If necessary, add additional butter
11. Place in a baking dish and cook for one hour at 400, then lower temperature to 375
12. Poke the pumpkin with a fork or a knife starting as early as 40 minutes for smaller/thinner pumpkins. The *ghapama* is ready if the fork enters easily.
13. If nice and soft (the fork goes into the pumpkin wall very easily), the *ghapama* is ready
14. Cut pumpkin vertically along the ridges