Seeding a Pomegranate

The pomegranate represents Yalda/Chelleh. Its red color represents the sun and the warmth of light. Bright red colored fruits are essential to eat on the longest night of the year to symbolize the triumph of light over darkness (the sunrise of the new day).

Instructions

1. You will need an adult’s help.
2. Pick a pomegranate. Look for a pomegranate that’s large, bright red, and smooth-skinned. It should be heavy for its size, plump and not withered whatsoever.
3. Cut the pomegranate in half. Place a very sharp knife to the right or left of the knob on top, and slice straight down.
4. Cut each half in half again. At this point you should have 4 quarters of the pomegranate.
5. Invert one quarter of the pomegranate over a bowl in the kitchen sink and pop the seeds out with your fingers. Make sure you are doing this over the sink because pomegranate juice will be squirting out a bit. Continue with the remaining three pomegranate quarters.
6. Fill the bowl of pomegranate seeds with cold water about 3-4 inches above the seeds.
7. Remove any loose peel from the seeds. The peel will float to the top and the seeds will sink to the bottom, allowing you to easily clean the peel out.
8. Drain the seeds and return them to the bowl. That’s it! Each pomegranate yields between ¾ cup and 1 ½ cups of pomegranate seeds.

Original recipe from: https://iowagirleats.com/how-to-eat-a-pomegranate