**WHOLE WHEAT MASH**

1 cup whole wheat

½ chicken

2 onions

½ tbsp salt

½ cup melted butter

½ tbsp chili pepper

Soak wheat overnight in cold water.

Place chicken in pressure cooker, add chopped onion and salt, cover with boiling water and cook for half an hour. Take chicken out of broth, remove bones and pick to small pieces.

Wash wheat thoroughly, add to chicken broth . If needed add boiling water to cover wheat, cover lid, cook over medium heat for about one and a half hours.

Add chicken pieces, continue cooking for another forty five minutes over low heat until pulpy appearance.

Place in deep service bowl, add butter, simmered with chili pepper on top.