

Such experts must obviously drink coffee unspoiled by any other flavour, but it is not uncommon to find coffee perfumed with cardamom, which is a pleasant variation for those not among the first grade of connoisseurs, who regard cardamom flavoured coffee as only a second rate coffee.

In towns Arab coffee is served in coffee shops and in private houses. In one of Baghdad's most famous coffee shops the coffee is crushed in a huge stone mortar by means of shining steel pestle. The use of modern machines for grinding coffee is despised as an inefficient method since only by pounding, it is maintained, is the oil satisfactorily extracted from the beans. The method of preparation differs somewhat from that among the tribes. Either warm sharbat, that is the remains from previous recent makings, is poured over the ground coffee (Recipe 220) and very slowly brought to the boil or boiling sharbat may be poured over the fresh grounds (Recipe 221) and stirred vigorously to cause the much prized froth to rise. The coffee is allowed to precipitate for a few moments and then a piece of date palm fibre or "lif" is inserted into the long spout to act as a filter. A filter may look like a tiny, long, thin broom, the fibres being bound of one end with brass wire, or it may simply be a few pieces of loose fibre pushed into the spout of the coffee pot. The coffee is then poured through the filter into the cups. In some instances it is strained from one daila into another from which it is served. In this case the former is known as the "misfat" (the strainer) and the latter the "masabb" (the pourer). If cardamom is liked the seeds are crushed and added to the misfat.

Among city dwellers sweet Turkish coffee is probably more used than Arab coffee. (Recipe 223). When for only a few persons the sugar and coffee are mixed in a small coffee pot rather like a narrow necked pan with a long handle. Cold water is added and it is heated slowly over a low fire. As tiny bubbles show at the edge of the fluid the flame is reduced or the pan lifted higher from the stove. The purpose of bringing to the boil slowly is twofold. Firstly time is given for the sugar to melt and secondly to allow the froth, which is one of the qualities of good coffee, to form in more generous amounts. With rapid boiling such is not the case. When serving a little of the froth must first be placed in each cup before filling with coffee.

Coffee whether Arab or Turkish is usually made with finely powdered coffee, whereas French coffee (Recipe 222) is made with coarsely ground beans. America is a great nation of coffee drinkers but the fluid is usually diluted with an equal volume of hot milk and is drunk in large quantities. In Britain, it is not so popular, but it is customary to serve it in small cups after dinner. In the occident many pieces of apparatus, simple and complicated, have been devised for the preparation of coffee, but the excellence of oriental coffee justifies the contempt with which such appliances are regarded in the east. For exact details of the preparation of coffee turn to the section on beverages. (Recipes 220—223).

Lunch

In the west lunch is usually a light meal of one or possibly two courses followed by biscuits and cheese and coffee. One of the reasons for this is that working hours are commonly from 9 a. m. to 5 or 6 p. m. with only one hour

allowed for lunch. Under these circumstances few people have either the time or the inclination for a large meal, and the habits of the wage earner are followed by his family at home. In Iraq where, because of the intense heat, hours are early in summer, it is customary for most Iraqis to complete the day's work without more than a snack and to return home at two or three o'clock in the afternoon to a substantial meal, which is as heavy if not heavier than the evening meal.

Some oriental dishes, a number of which are mentioned in the following pages, are suitable for the light occidental lunch and are popular with residents in Iraq. Many more will be found under other headings.

18. Baked Rabbit.

1 rabbit	Herbs
Flour	Dripping
Salt and pepper	Bacon (optional)
8 medium onions	Stock or water

Clean the rabbit and cut it into small neat joints. Roll each piece in well seasoned flour. Slice the onions very finely; wash and chop some fresh herbs such as parsley, thyme, marjoram or fennel and mix with the onions. Season. Arrange this mixture in layer in a fireproof dish generously greased with dripping. Lay a few strips of bacon on top and cover with the pieces of rabbit put a few more pieces of bacon on the rabbit or cover with greased paper, add a tin of stock and cook in a moderately slow oven for about an hour and a half. When ready thicken the gravy with a little flour mixer to a cream in cold water.

19. Baked Savoury Potatoes and Tomatoes.

$\frac{1}{4}$ k. potatoes	3—4 cloves of garlic
3 tins game, chicken or meat in large pieces	Salt and pepper
$\frac{1}{2}$ k. onions	$\frac{1}{2}$ tin melted butter
	1—1 $\frac{1}{2}$ tins stock
	$\frac{1}{2}$ k. tomatoes

Peel and slice the potatoes into thick pieces. Keep in salted water till wanted. Skin and slice the onions and rub with salt and pepper. Skin half the tomatoes and take the juice from the other half. Arrange the chopped garlic on the meat. Arrange in a fire proof dish the potatoes, meat, onions and sliced tomatoes, in that order and pour over the tomato juice, stock and butter. Bake and remove the cover $\frac{1}{4}$ hour before ready, to make crisp.

20. Baq'ia Pilau.

1 tin diced leg of lamb	$1\frac{1}{4}$ k. broad beans
Salt	Cooking fat
1 small onion	$1\frac{1}{2}$ tins rice soaked overnight
$4\frac{1}{2}$ tins dill without thick stems	

Stew the meat with a little salt and the chopped onion until tender. Clean, wash and chop the dill finely. Remove both skins of the broad beans, wash and drain. The rice which should have been soaked in salted water

overnight is drained in a tin of the salt water add the beans & cook. Rinse with tepid water, pour in the rice and add another $1\frac{1}{2}$ tablespoons of the middle of the meat. The beans are cooked and of cloth under it to p

21. Boston Baked B

2 tins dried beans
$\frac{1}{4}$ — $\frac{1}{2}$ lb. fat salt
or fat salted me
1 tbs. salt
$1\frac{1}{2}$ tbs. sugar

Pick over the be wash and cover with fresh cold water, and the beans can be easi. Pour boiling water ov slice and put in the every $\frac{1}{2}$ inch, making the meat in them so of the molasses, must thoroughly. Pour ove cover. Put on a tight hours, or leave on th sufficient water in th crisp the lid should b done in the oven. Ac Finally taste, add mo should be avoided as

This dish is ver made in a larger qu

22. Burghul and M

8 small onions
4 tbs. butter
$\frac{1}{2}$ k. meat

Fry the choppe pieces and continue leave on the fire unt When boiled till aln

overnight is drained and put into a large volume of boiling water, to which $\frac{1}{2}$ a tin of the salt water in which it was soaked is added. When nearly ready add the beans & cook for two or three minutes then drain and if too salty rinse with tepid water. Melt $1\frac{1}{2}$ tablespoonfuls of fat in $\frac{1}{4}$ tin water in a pan, pour in the rice and beans in the form of a mound, sprinkle with the dill and another $1\frac{1}{2}$ tablespoonfuls of fat melted in $\frac{1}{4}$ tin water. Arrange the meat in the middle of the mound. Cook on a low fire for about $1\frac{1}{2}$ hours until the beans are cooked and the rice is flaky. The lid of the pan should have a piece of cloth under it to prevent any water dripping on to the rice.

21. Boston Baked Beans.

2 tins dried beans	1 tbsp.— $\frac{1}{2}$ tin molasses or date syrup
$\frac{1}{4}$ — $\frac{1}{2}$ lb. fat salt pork or bacon or fat salted meat	$\frac{1}{2}$ tsp. mustard
1 tbsp. salt	$\frac{1}{8}$ tsp. pepper
$1\frac{1}{2}$ tbsp. sugar	Boiling water

Pick over the beans carefully to be sure there is no gravel among them, wash and cover with cold water. Leave to soak overnight. Drain, cover with fresh cold water, and heat slowly. Simmer till tender, but do not boil. When the beans can be easily pierced with a fork drain and blanch with cold water. Pour boiling water over the meat, scrape the rind until white. Cut off a thin slice and put in the bottom of the pan. Cut through the skin of the meat every $\frac{1}{2}$ inch, making cuts 1 inch deep. Put the beans in the pot and bury the meat in them so that only the skin is exposed. Put the salt, sugar, some of the molasses, mustard and pepper in a cup, fill with boiling water and mix thoroughly. Pour over the meat and beans. Add sufficient boiling water to cover. Put on a tight-fitting lid and either bake in a slow oven for about 8 hours, or leave on the embers of a fire overnight, being sure that there is sufficient water in the pan to last all night. If the meat is wanted brown and crisp the lid should be removed for the last hour of cooking which should be done in the oven. Add boiling water if necessary in the course of cooking. Finally taste, add more molasses if wanted and seasoning. Stirring the beans should be avoided as it results in them disintegrating.

This dish is very tasty when reheated and is even more satisfactory if made in a larger quantity.

22. Burghul and Meat.

8 small onions	10 tins hot water
4 tbsp. butter	$\frac{1}{4}$ tin chick peas
$\frac{1}{2}$ k. meat	$1\frac{1}{2}$ tins crushed wheat
	Salt and pepper

Fry the chopped onions till brown. Add the meat chopped in large pieces and continue to fry for 5 minutes. Add the water and chick peas and leave on the fire until it is cooked. Wash the crushed wheat, add and season. When boiled till almost dry, dish and serve with leban.

23. Chow Mien—Chinese Spaghetti.

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|---|--|
| $\frac{1}{2}$ small cabbage finely sliced | $\frac{1}{4}$ k. fresh or tinned bamboo shoots or asparagus tips |
| Soya oil or 1 cube oxo in $\frac{1}{2}$ tin water | $\frac{1}{4}$ k. unbroken vermicelli |
| Wine | $\frac{1}{2}$ tin mushrooms, cooked shrimps or chopped egg plant |
| 2 tsp. sugar | Salt and pepper |
| Vegetable oil | |
| 1 chicken | |

It is essential when any of the ingredients require slicing that they should be sliced as fine as match sticks. Slice the cabbage, sprinkle with 2 tablespoonfuls of soya, the same amount of wine and the sugar. Fry for five minutes in vegetable oil.

Slice the raw meat of the chicken very finely, then cut into shreds. Sprinkle with soya and fry for five minutes. Cut the bamboo or asparagus very fine and add. Boil the vermicelli till soft. Make some fat smoking hot in a large pan, add the cabbage mixture, the chicken mixture and the vermicelli; sprinkle with soya to taste and season. Add the mushrooms, cook a little longer and serve very hot.

24. Cumberland Savoury Pie.

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|----------------------------------|--------------------------|
| $\frac{3}{4}$ tin butter | 8 large rashers of bacon |
| $1\frac{1}{4}$ tins sieved flour | 4 eggs |
| 1 tin mashed potatoes—cold | Salt and pepper |

Cream the butter, add the flour and potatoes knead well and divide into two pieces. Roll out half to fit a pie dish and line it with the paste. Cut the two rind off the bacon, roll up each piece separately and arrange in the bottom of the pie dish. Beat and season the eggs and pour over. Roll out the remainder of the paste, cover and trim neatly. Make two small holes in the top and bake in a moderate oven for 30 minutes. Serve cold with a mixed salad of lettuce, tomato, cucumber, grated carrots and thinly sliced apple, or hot with stuffed tomatoes.

25. Curried Kofta.

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|----------------------------|----------------------------------|
| $\frac{1}{2}$ k. meat | 1 tin butter or fat |
| 3 tbsp. sifted breadcrumbs | 1 tbsp. curry |
| 4 small onions | 1 tsp. tomato paste |
| Salt and pepper | 7 tins water |
| 1 tbsp. flour | $1\frac{1}{2}$ tbsp. lemon juice |
| 3 cloves of garlic | $\frac{1}{2}$ k. potatoes |

Mince the meat finely, add the crumbs and 1 onion chopped. Pass all through the mincer once more. Add salt and pepper and mix well. Make small balls with level tablespoonfuls of the mixture. Dip in flour, covering well. Fry the koftas in butter; have ready the remaining onions chopped and the garlic and fry these. Dilute the tomato paste in a little water and add with the curry to the onions. Bring to the boil, add the water, season and allow to boil for about ten minutes. Add the lemon juice and the fried koftas. Boil the potatoes, peel them and cut in halves. Add them to the boiling koftas, allow to simmer for an hour and serve with boiled rice.

26. Dhul' Mahshi.

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|---------------------------|
| Mutton ribs |
| 1 tin rice |
| $\frac{1}{2}$ tin almonds |
| $\frac{1}{2}$ tin raisins |
| Salt and pepper |

Take all the ribs between the fibrous for the stuffing. M push into the cavity to allow the water t the ribs and add ar the oven for half an

27. Dolma.

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|-------------------------------|
| 8 small egg p |
| leaves etc. (Se |
| 1 tin rice |
| $1\frac{1}{2}$ tins minced fa |

Cut the tops of a mixture of rice, m some of the mixture upwards. Cover with and leave on a slow cooked.

This dish may splanch beet (silik) the soft blanched le be boiled until the without breaking, e

The flavour of other of the followi

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| 1—2 tbsp. chopp |
| 1 tsp. mint |

28. Dolma of Vine

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|-----------------------------|
| $\frac{3}{8}$ k. mutton and |
| $\frac{1}{2}$ k. very fat n |
| $\frac{2}{3}$ tin rice |
| 4 tsp. salt |
| $\frac{1}{2}$ tsp. pepper |

Mince the me Remove the pulp ar pass through easily. the vine leaves in b

26. Dhul' Mahshi.

Mutton ribs	1 red onion
1 tin rice	Bunch of herbs
$\frac{1}{2}$ tin almonds	$\frac{1}{2}$ tsp. ground cinnamon
$\frac{1}{2}$ tin raisins	Vegetables
Salt and pepper	

Take all the ribs from one side of a sheep. At the lean end make a hole between the fibrous tissue and muscle, and the bones in order to have a cavity for the stuffing. Mix the remaining ingredients except the vegetables and push into the cavity, leaving room for the rice to swell. Pierce with a skewer to allow the water to penetrate. Put into a large pan with water half way up the ribs and add any chopped vegetables. Simmer till tender then put into the oven for half an hour to brown. Serve with its own sauce or with leban.

27. Doima.

8 small egg plants, or vine leaves etc. (See below)	1 tin sliced tomatoes
1 tin rice	Salt and pepper
$1\frac{1}{2}$ tins minced fat mutton	4 tbs. lemon juice

Cut the tops off the egg plants and remove the pulp from inside. Make a mixture of rice, meat, tomato and seasonings. Half fill each egg plant with some of the mixture and cork with the tops. Put into a pan with the open end upwards. Cover with water and boil for half an hour then add the lemon juice and leave on a slow fire for another half hour. Remove from fire as soon as cooked.

This dish may be made with tomatoes, with celery added to the filling, splanch beet (silik) or vine leaves, in which the meat mixture is rolled up in the soft blanched leaves, sweet green peppers, or onions. The onions should be boiled until the concentric segments can be separated from each other without breaking, each segment being filled separately.

The flavour of the filling may be altered according to taste with one or other of the following substances:

1—2 tbs. chopped parsley	1 tsp. chopped sweet green pepper
1 tsp. mint	$\frac{1}{4}$ tsp. cinnamon

28. Doima of Vine Leave and Gourd.

$\frac{3}{4}$ k. mutton and $\frac{1}{4}$ k. tail fat or	$\frac{1}{2}$ k. small gourds
$\frac{1}{2}$ k. very fat mutton	$\frac{1}{8}$ k. vine leaves
$\frac{2}{3}$ tin rice	Bones if available
4 tsp. salt	2 tins water
$\frac{1}{2}$ tsp. pepper	6 tbs. lemon juice

Mince the meat and fat, wash the rice and add it to the meat. Season. Remove the pulp and make a lot of holes in the gourds to allow the water to pass through easily. If the vegetable is very soft this is not necessary. Blanch the vine leaves in boiling water until they are tender. Stuff the gourds loosely

with the meat and rice mixture and put a little on each leaf and roll it up. If some bones are available, put them in the bottom of the cooking pan and put layers of gourd and vine leaves on top. Mix the water and lemon juice, pour over and cook until practically no water remains.

Instead of vine leaves, spinach beet or cabbage may be used but dolma of these vegetables should be without gourd. When cabbage is used a head of garlic should be put between the layers.

29. Fattat al Badinian.

9 tins water	1½ tins leban
½ k. meat and bones	2 tbsp. cornflour
4 egg plants	½ Arab round bread
2 tbsp. butter	Chopped parsley

Add the water to the meat and bones and cook slowly till the meat is tender. Cut each egg plant into four pieces lengthwise and fry. Add to the broth and when cooked thoroughly mix in half the leban and the cornflour which should first be mixed together. Toast the bread after cutting it into small squares and when crisp add to the other ingredients. Season, boil for five minutes and pour into a deep serving dish. Pour over the remaining leban, and sprinkle with cut parsley and a little hot butter. Serve at once.

30. Gniocchi.

1 tin milk	Salt and pepper
½ tin butter	3 eggs
1/3 tin grated cheese	

Boil the milk in a saucepan with the butter, and when the butter is melted add the cheese, salt and pepper. Stir briskly until the paste separates from the side of the pan leaving it quite clean. Remove from the fire, beat until slightly cooled, and add the eggs one at a time beating after each addition. Tie this paste in a floured cloth, place in a pan of salted boiling water and allow to cook for about 20 minutes. Do not boil, if should just simmer. Put the mixture into a forcing bag and cut off in inch lengths. These should look like pieces of ribbon about an inch wide. The gniocchi may be served with many varieties of sauces, white sauce springled with cheese being one of the simplest and most popular.

31. Gucht Kub.

Use half of the meat, chick peas and beans from Abb Gucht, before the potatoes are added. Add 1½ tsp. pepper and pound well. Allow to cool and serve.

32. Haggis.

1 sheep's stomach	1 tbsp. salt
The pluck, i.e. the heart, liver and lungs	½ tsp. white pepper
2 tins minced beef suet	¼ tsp. black pepper
1½ tins oatmeal	½ tsp. grated nutmeg
2 onions finely chopped	3 tins good stock
	2 tbsp. lemon juice

Soak the stomach for several hours, cut out and wash thoroughly in several changes of cold water, then boil for 1½ hours. Grate half the liver and grate the oatmeal which should be moistened with water, onions and lemon, and mix with the water. Cook for 3 hours. A portion should be removed during the first hour prick out the fat.

33. Hot Pot

½ k. best neck end of mutton
2 sheep's kidneys
½ k. potatoes
1 small onion

Cut the meat into neat portions, trim the short bones, the lean trimmings, etc. Cover with cold water and boil. Put in a deep layer of sliced potatoes, add the other and on each, place one portion of the remainder of the potatoes. Lay the potatoes down the side of the dish pour over the remainder of potatoes with warmed fat. Cook for 2 hours in a moderate oven. Remove the potatoes. When ready to serve pour over the potatoes which it was cooked.

34. Hot Soufflé (Savoury).

Make as for Hot Soufflé (Sweet). Add salt and pepper and instead of fruit put in cooked meat. Cooked vegetables such as mushrooms can also be used.

35. Indian Kubub.

1 egg
6 tins leban
6 tbsp. sesame oil or butter
½ k. meat

Mix the egg, leban, and butter, and beating, pass through a fine strainer. Mince the meat, season and add a level tablespoonful of the mixture to each square and fry it with the oil stirring constantly, then add the bread and dish. Pour over the mixture and stir. Sprigs of parsley.

36. Irish Stew.

¼ k. neck or flank of mutton
½ k. potatoes
2 onions

Wipe the meat, remove the fat, and put the meat into the pan and pour

Soak the stomach for several hours in salt and water, then turn in inside out and wash thoroughly in several waters. Wash the pluck & cover the liver with cold water, then boil for 1½ hours and after ¼ hour add to it the heart and lungs. Grate half the liver and mince the heart and lungs, mix and add the oatmeal which should be, toasted brown in the oven, the stock, seasoning, onions and lemon, and half fill the bag. Sew up and put into boiling water. Cook for 3 hours. A plate should be put in the bottom of the pan. During the first hour prick occasionally with a needle.

33. Hot Pot

½ k. best neck end of mutton	Salt and pepper
2 sheep's kidneys	½ tin gravy
½ k. potatoes	1 tbsp. butter or clarified fat
1 small onion	Stock

Cut the meat into neat pieces. Take away skin and part of the fat. Put the short bones, the lean trimming of the meat and onion into a stew pan. Cover with cold water and boil down for gravy. Grease a deep fireproof dish. Put in a deep layer of sliced potato, on top arrange cutlets overlapping each other and on each, place one or two slices of kidney. Season well, add remainder of the potatoes. Let the top layer be small potatoes cut in halves. Down the side of the dish pour hot stock or water, seasoned; brush top layer of potatoes with warmed fat, cover with greased paper and bake for two hours in a moderate oven. Remove the paper before ready to crisp the potatoes. When ready to serve pour in hot gravy and serve in the dish in which it was cooked.

34. Hot Soufflé (Savoury).

Make as for Hot Soufflé (sweet) but omit the sugar. Season with salt and pepper and instead of fruit purée add grated cheese, flaked fish, game or meat. Cooked vegetables such as fried egg plant with tomato sauce may also be used.

35. Indian Kubub.

1 egg	Salt and pepper
6 tins leban	1½ round of khubz
6 tbsp. sesame oil or butter	Frying fat or butter
½ k. meat	Parsley

Mix the egg, leban, and sesame oil. Season with salt, and after vigorous beating, pass through a fine sieve to be sure the mixture is quite smooth. Mince the meat, season and pound till smooth. Form into small balls, using a level tablespoonful of the mixture for each one. Cut the bread into small squares and fry it with the meat balls. Bring the leban mixture to the boil, stirring constantly, then add the meat balls. Cook for a few minutes, add the bread and dish. Pour over a little fat or melted butter and decorate with sprigs of parsley.

36. Irish Stew.

¼ k. neck or flank of mutton	Salt and pepper
½ k. potatoes	1 tin hot water
2 onions	

Wipe the meat, remove all superfluous fat and cut into neat joints. Put the meat into the pan and pour over the water. Season, bring to the boil and

skim. Peel and slice the onions and add. Peel the potatoes, cut half of them into slices, add to the meat and onions. Simmer for about $1\frac{1}{2}$ hours or somewhat longer. About 40 minutes before serving add the rest of the potatoes cut in halves or quarters. Season if necessary. Cook very gently, shaking in preference to stirring. To serve pile either the meat or the potatoes in the centre, arrange the other solid ingredients around it and pour over the gravy. Boiling water should be added during cooking if there is any risk of the stew becoming dry.

37. Kaaldolmar.

1 small cabbage	2 eggs
6 tbsp. butter	1 tin milk
3 tins stock or water	Salt and pepper
2 tins minced beef	$\frac{1}{2}$ tin cream

Clean the cabbage, remove the outer leaves and separate the inner leaves one by one. Put into boiling salted water for 3—5 minutes until slightly soft. Drain well and cut away the protruding part of the rib of the leaf to make it easy to roll. Mix the meat, eggs, milk and seasonings and put some on each leaf. Roll up neatly, tucking in the ends as it is rolled, and tie with string.

Make the butter very hot and fry the dolma till nicely browned. Put into a pan and add 1 tin of stock and simmer gently for about two hours adding the rest of the stock little by little. Keep the pan tightly covered and cook slowly. Remove strings when ready and keep hot. Strain off the liquid in the pan, add the cream heat quickly and pour over the dolma.

A similar dish is made in Iraq the filling begin of minced meat with which are mixed salt and pepper, mixed spice, dried mint and rice. Milk, eggs and cream are not used but 2—3 tbsp. of lemon juice are added to the sauce.

38. Kabab.

800 grammes of meat	4 green peppers
Salt and pepper	4 tomatoes
Mixed spice	$\frac{1}{4}$ tin olive oil
2 onions	

Remove the fibres from fillet of beef or mutton. Cut into 1 to $1\frac{1}{2}$ inch cubes. Rub the meat carefully all over with the seasonings and onion juice and 2 tablespoonfuls of olive oil. Let the meat stand in cool place for at least three hours. When wanted pass the meat onto iron skewers alternating a piece of meat and a slice of green pepper with a piece of tomato and a slice of green pepper. Grill on an open charcoal fire and while grilling brush lightly with olive oil. Serve on the skewers or on a bed of hot puree or rice, or serve with salad.

39. Kabab Hindi.

1 k. meat	3—4 tbsp. concentrated pomegrate juice
5 tins broth from the meat	Round Arab bread
Salt and pepper	

Cut the meat into small pieces. The amount should be obtained. Se fresh juice is used the m the volume made up w quarter of an hour. Cov bread (khubz) cut into at once.

40. Kabab Karaz.

$\frac{1}{2}$ k. black cherries
$\frac{1}{2}$ k. meat
Salt and pepper

If the cherries are the meat twice at least, a long sausage, then at little balls are formed. butter, add the cherries somewhat soft, then swe of the fruit. Remove th Boil for about five minu squares and spread over scalding meat and cher

41. Kabab Matrum.

$\frac{1}{2}$ k. minced meat
2 tbsp. flour
Salt and pepper
1 tsp. mixed spice

The meat should co small amount of fat.

Mix all the ingre ther, form into balls a skewers. Cook over a fire, fanning gently and skewers for about fi Keep hot in the oven a brazier the table servin at a time so that the m hot. Serve with salad, green onion, or with ch eggs.

Cut the meat into neat 1 inch cubes. Boil till tender. 5 tins of broth should be obtained. Season. Add the concentrated pomegranate juice—if fresh juice is used the meat stock must be concentrated to about a tinfal and the volume made up with the fresh juice—and allow to simmer for another quarter of an hour. Cover a large serving dish with a layer of pieces of Arab bread (khubz) cut into inch squares, pour over the meat and sauce and serve at once.

40. Kabab Karaz.

$\frac{1}{2}$ k. black cherries (karaz)	2 tbsp. butter
$\frac{1}{2}$ k. meat	$1\frac{1}{4}$ tins water
Salt and pepper	Sugar
	$2\frac{1}{2}$ Arab round bread

If the cherries are dried soak them overnight. Remove the stones. Mince the meat twice at least, or until very fine. Season and arrange on skewers like a long sausage, then at short intervals squeeze the meat paste till a lot of little balls are formed. Cook over charcoal turning as required. Melt the butter, add the cherries and stir. Add the water and cook till the fruit is somewhat soft, then sweeten, the quantity of sugar will depend on the acidity of the fruit. Remove the kababs from the skewers and mix with the fruit. Boil for about five minutes till the sauce is thick. Cut the bread into 2 inch squares and spread over the bottom of a serving dish. When wanted dish the scalding meat and cherries over the bread. Eat alone or with kubba.

41. Kabab Matrum.

$\frac{1}{2}$ k. minced meat	1 tsp. coriander
2 tbsp. flour	1 tsp. dried mind (optional)
Salt and pepper	1 clove of garlic—crushed
1 tsp. mixed spice	1 tsp. chopped parsley (optional)

The meat should contain only a small amount of fat.

Mix all the ingredients together, form into balls and put onto skewers. Cook over a low charcoal fire fanning gently and turning the skewers for about five minutes. Keep hot in the oven or have the brazier the table serving one skewer at a time so that the meat is always hot. Serve with salad, pickles or green onion, or with chelow and raw eggs.



42. Kabab with Leban.

800 grammes of meat	2 onions
1 Arab round bread	Salt and pepper
1 tin thick leban or lebné	$\frac{1}{2}$ clove garlic
1 tin rich broth or brown gravy	1 tbsp. butter
	Paprika

The meat should be from a tender joint of mutton or lamb and should not be too lean. Skin, trim and cut into inch cubes. Rub over with onion juice, salt and pepper, and allow to stand overnight.

Prepare the leban by mixing it well with the crushed garlic. Allow to stand for some time. Cut the bread into neat pieces an inch square and crisp them on the fire or in the oven and keep hot. Have the broth ready on the fire almost boiling. Pass the meat onto skewers, grill over an open charcoal fire and when almost ready pour the scalding brith over the crisp bread. Dish the hot kababs, removed from the skewers, on top of the bread and gravy and cover with leban. Decorate the leban with very hot butter and paprika.

43. Kamah Stew.

$\frac{1}{2}$ k. fat mutton	1 tbsp. tomato paste
$\frac{1}{2}$ k. tiny onions	Salt and pepper
1 k. cleaned truffles (kamah)	1 tsp. mixed spice

Cut the fat from the mutton and cut both into cubes. Fry the lean meat and the onions in the mutton fat. Cut the truffles into small pieces and fry also but shake the pan and do not stir. Add the boiling water, tomato paste (if wanted), pepper, very little salt if tomato paste is used, and mixed spice. Leave on a slow fire for 30—40 minutes until the stew is fairly thick. Serve with rice.

44. Kashgar Pilau.

$\frac{1}{2}$ k. fatty meat	2 tbsp. chopped pistachio nuts
2 tins rice	2 tbsp. seedless raisins
4 tins seasoned broth	$\frac{1}{4}$ tsp. cinnamon
1 large onion	$\frac{1}{8}$ tsp. cloves
Frying fat	$\frac{1}{8}$ tsp. cardamom
1 tin diced carrots	Salt and pepper

Cut the meat into cubes and fry in its own fat. When browned add a little water, cover and cook till tender. Have the rice cleaned and soaking in water, and the broth hot and seasoned. Fry the sliced onion till lightly browned. Add the carrots & cook till they are browned. Add the nuts, raisins and spices. Put the broth on the fire, bring to the boil and add to it alternately the drained rice and the vegetables. Boil quickly for five minutes then cook on a low fire till all the water is absorbed. Serve the meat, which should be cooked till the water is almost all absorbed and the seasoned, in the centre of the vegetable and rice mixture.

45. Kubaibat.

$\frac{1}{2}$ k. meat	2 tins wheat
2—3 onions	1 tin crushed wheat
$\frac{1}{4}$ tin parsley	Salt and pepper

Soak the wheat and of an hour, drain and paste into thin walled cones, pressing firmly together about 20 minutes. Drain dipped in beaten egg, fried

46. Kubba Arnabia.

2 k. meat with bones
3 large onions
1 tin soaked chick peas

Take a kilo of the m Put the remainder of the the onion chopped, the ch meat is tender, and just small and oval in shape. remove the meat, bones and crushed seame—1-2 tinfu thoroughly adding the ju meat and reheat. (Serves

47. Kubbat Burghul Bis

1 k. meat of good qua
1 onion
5 tsp. salt
$\frac{1}{2}$ tsp. pepper

Mince half of the m salt and the nuts and mix have been washed, drain hour. Pound thoroughly. weather is hot small piece pounded spread half of it minced meat and then pu layer on top. Cut in dian and a little water and bal

Instead of making t may be flattened on the oval shaped kubbas and

Sometimes raisins a an eighth of a teaspoon rosewater which is then

Eat hot served with

48. Kubba Haleb.

$\frac{2}{3}$ tin rice
1 tsp. turmeric

Soak the wheat and crushed wheat (burgul) in salted water for quarter of an hour, drain and pass through a fire mincer. Season with salt. Mince the meat and onion and add parsley and seasoning. Form the crushed wheat paste into thin walled cones, stuff with the meat mixture and close the opening, pressing firmly together. Put into boiling salted water and cook covered about 20 minutes. Drain and eat very hot. If allowed to cool they may be dipped in beaten egg, fried and served with salad and leban.

46. Kubba Arnabia.

2 k. meat with bones	2 sticks cinnamon
3 large onions	Salt and pepper
1 tin soaked chick peas	1—2 tins crushed sesame
	3—5 bitter oranges

Take a kilo of the meat without bones and make kubbas (Recipe 47). Put the remainder of the meat and bones into a pan with boiling water, add the onion chopped, the chick peas, cinnamon, salt and pepper. Cook till the meat is tender, and just before it is ready add the kubbas which should be small and oval in shape. After half an hour take the pan from the fire, remove the meat, bones and kubbas and allow the stock to become cold. Add crushed seame—1-2 tinfuls according to taste—to the cold stock, and beat thoroughly adding the juice of several bitter oranges. Add the kubbas and meat and reheat. (Serves 8).

47. Kubbat Burghul Bis Sinia.

1 k. meat of good quality	3 tins crushed wheat
1 onion	$\frac{1}{2}$ tin chopped walnuts, almonds
5 tsp. salt	or pine kernels
$\frac{1}{2}$ tsp. pepper	$\frac{3}{4}$ tin frying fat or butter

Mince half of the meat and the onion and fry until well done. Add the salt and the nuts and mix all together. Add the crushed wheat which should have been washed, drained and allowed to stand for about quarter of an hour. Pound thoroughly. Knead it with water every now and then and if the weather is hot small pieces of ice should be used instead of water. When well pounded spread half of it in a thin layer on a greased tray, cover with the minced meat and then put the other half of the crushed wheat mixture in a layer on top. Cut in diamond shapes, sprinkle over the frying fat or butter and a little water and bake.

Instead of making this in a tray small pieces of the crushed wheat paste may be flattened on the hand, stuffed with the meat mixture, formed into oval shaped kubbas and fried.

Sometimes raisins and mixed spice are added to the meat and if wanted an eighth of a teaspoonful of saffron may be added to 2 tablespoonfuls of rosewater which is then sprinkled over just before baking.

Eat hot served with salad and leban.

48. Kubba Haleb.

$\frac{2}{3}$ tin rice	2 tbsp. almonds
1 tsp. turmeric	1 onion

Salt and pepper
 $\frac{1}{4}$ k. minced meat

2 eggs
 4 tbs. butter

Clean and boil the rice, drain when tender and add the turmeric, salt and pepper. Stir well. Fry the finely chopped onion, add the blanched sliced almonds and the mince and mix. Form the rice into a thin layer on the hand stuff with a little of the mixture and work till it is somewhat elongated and slightly pointed at the ends. When all are ready coat with beaten egg and fry reducing the heat somewhat to give sufficient time for cooking. Serve hot.

49. Kubba Hamidh.

2 tins rice

1 tin minced lean meat—usually mutton

Soak the rice in water for an hour. Drain and grind finely while still wet. Mix the well minced meat (free from fat) with the ground rice to make a thick paste. This mixture is used for the casing.

$1\frac{1}{2}$ tins minced fat meat
 $\frac{3}{4}$ tin minced onion

Salt and pepper

Mix the minced meat and onion and season to taste. This is used for the stuffing.

Take a small piece of the casing paste and flatten it till it is about $\frac{1}{4}$ inch thick (not more) and about 3 inches in diameter. Put some stuffing onto it and work the casing round to form a ball. Continue till all the material is used up. Complete one kubba before making the flat casing for the next.

$\frac{1}{2}$ k. bones
 8 tins water
 1 k. marrow or turnip or egg plant

$\frac{1}{2}$ tsp. tomato paste or $\frac{1}{2}$ tin fresh tomato juice
 $\frac{1}{4}$ — $\frac{1}{2}$ tin lemon juice according to taste
 1 tsp. dried mint

Bring the bones to the boil. Add the vegetable in large slices (use one vegetable only), the tomato paste or juice, the lemon juice and the dried mint. Boil for about $1\frac{1}{2}$ hours. Add the kubbas and boil again until they are well cooked, about $\frac{1}{4}$ hour. Remove bones, season and serve.

The success of this dish depends on the casing of the kubba being made very thin.

50. Khoroshti Ghormi Sabzi.

$\frac{1}{2}$ k. meat
 $\frac{1}{2}$ tin cowpeas (lubia)
 2 small onions
 Frying fat
 $\frac{3}{4}$ k. chives

3 tins parsley
 3 tins fenugreek
 1 tsp. turmeric
 Lemon juice
 Salt and pepper

Cut the meat into dice and stew till tender. Boil the cowpeas separately and drain. Chop the onion and fry and when half ready add the chopped vegetables and fry also. Add this fried mixture to the meat which is stewing; add the cowpeas, lemon juice to taste, turmeric and seasoning. Cook till tender and serve with chelow.

51. Kufra Bis Sinia.

$\frac{1}{2}$ k. meat, preferably
 3 medium potatoes
 3 small tomatoes
 2 tsp. salt

Mince the meat, into circles with the fire any fry. Any fat remain tomatoes, cut in round. Pour over lemon juice o

52. La Chatchouka (

$\frac{1}{2}$ —1 tin chicken, b
 ham

Frying butter
 8 small green sweet

Cook some finely from the pan. In the so some whole tomatoes v an hour on a quick fir eggs carefully to the n until they are almos immediately.

53. Leban Ummu.

$\frac{1}{2}$ k. mutton or beef
 2—3 whole onions
 3 tins leban
 1 egg yolk

Cut the meat in c until nearly dry. Beat th continuously till thick minutes. Season. To fl or cold.

54. Macaroni Cheese

4 oz. macaroni (ha
 packet)
 4 tbs. butter
 2 tbs. flour

Boil the macaron evaporated. Cut into u add the flour and mak minutes, add the macc pour into a well greas on top and quarter of

51. Kuftha Bis Sinia.

$\frac{1}{2}$ k. meat, preferably veal	$\frac{1}{2}$ tsp. pepper
5 medium potatoes	$\frac{1}{4}$ tin lemon juice
3 small tomatoes	4 tbsp. frying fat
2 tsp. salt	

Mince the meat, season and spread in a greased fireproof dish. Form into circles with the finger. Peel the potatoes, cut them into circular pieces, fry. Any fat remaining should be spread over the meat. Wash the tomatoes, cut in round pieces and arrange with the potatoes over the meat. Pour over lemon juice and bake in the oven $\frac{1}{2}$ to $\frac{3}{4}$ an hour or until well done.

52. La Chatchouka (Tunisian).

$\frac{1}{2}$ —1 tin chicken, bully beef or ham	8 medium tomatoes
Frying butter	Salt and pepper
8 small green sweet peppers	4 eggs

Cook some finely chopped meat quickly in frying butter then remove it from the pan. In the same pan brown the green peppers cut in quarters and some whole tomatoes with their skins on. Add the meat again and cook for an hour on a quick fire, adding water if necessary. Before serving add the eggs carefully to the mixture allowing them to poach among the tomatoes until they are almost of the consistency wanted. Remove and serve immediately.

53. Leban Ummu.

$\frac{1}{2}$ k. mutton or beef	Salt and pepper
2—3 whole onions	1 tsp. dried mint
3 tins leban	1 tbsp. butter
1 egg yolk	

Cut the meat in cubes, wash and cook with the onions, without water, until nearly dry. Beat the leban and the egg yolk together and cook, stirring continuously till thick and boiling. Add to the meat and boil for 5—10 minutes. Season. To flavour pour over dried mint in melted butter. Serve hot or cold.

54. Macaroni Cheese.

4 oz. macaroni (half of a $\frac{1}{2}$ lb. packet)	2 tins milk
4 tbsp. butter	1 tsp. made mustard
2 tbsp. flour	Salt and pepper
	1 tin grated cheese

Boil the macaroni in salted water until quite tender and the water has evaporated. Cut into uniform pieces about $\frac{1}{2}$ inch in length. Melt the butter add the flour and make a white sauce with the milk. Boil for about two minutes, add the macaroni, seasonings and the thirds of the cheese. Mix and pour into a well greased fireproof serving dish. Sprinkle the remaining cheese on top and quarter of an hour before serving put into a hot oven to brown.

55. Maqlub el Badinjan.

4 egg plants (badinjan)	1 onion
$\frac{1}{2}$ k. minced meat	1 clove of garlic
Frying fat	Salt and pepper
2 tins rice	Almonds and mixed spice (optional)

Skin the egg plant, slice, salt and leave for an hour, then dry with a clean cloth. Fry till lightly browned. Slice the onion and fry, add the minced meat and crushed garlic and stir until lightly browned. Boil the fried meat for about an hour and a half, but be sure when it is ready that $2\frac{1}{2}$ tins of fluid remain. Arrange the meat and egg plants in layers in a pan, season and if wanted sprinkle a little mixed spice and sliced almonds between the layers. Spread the rice, which should have been soaked for half an hour previously, in a layer on top, pour over the $2\frac{1}{2}$ tins of broth from the meat and cook for 20 minutes. Invert a serving dish over the pan, turn the whole thing over and, if the is suitable, cook over a slow fire for 10 minutes; alternatively put in the oven. When ready carefully remove the pan and serve the mould with leban or salad.

56. Maqlub el Kastana.'

2 tins rice	Salt and pepper
$\frac{1}{2}$ k. chestnuts (kastana')	Frying fat
$\frac{1}{2}$ k. mutton	3 tins water

Soak the rice in hot water. Cut a slit in the skin of each chestnut and put into boiling salted water to remove both the skins. Cut the meat into pieces the size of the chestnuts, wash and put on to cook, with salt and pepper, till tender and the water has evaporated. Brown the pieces in a little fat, add the chestnuts, add three tins of water and bring to the boil. Wash the rice, add to the meat and chestnuts and cook. When ready leave on a low fire for half an hour and then turn out onto a serving dish.

57. Maqlub el Qarnabit.

$\frac{1}{2}$ k. minced meat	1 tin rice
Frying fat	$\frac{1}{2}$ tin tomato juice
1 small cauliflower (qarnabit)	Salt and pepper

Fry the meat. Cut the cauliflower in flat pieces and fry till only lightly browned. Half cook the rice, drain and cool it in cold water. Arrange the meat in the pan, then the cauliflower in a layer on top and then the rice. Season each layer. Pour over the tomato juice and cook on a low fire for an hour. Before serving turn out carefully. It should be in the forme of a neat mould.

58. Mosul Kubba.

3 tins fine burghul	4—5 onions
1 tin wheat-crushed	$\frac{1}{4}$ tsp. mixed spice
1 k. meat	$\frac{1}{4}$ tsp. pepper
1 k. fat mutton	Salt

Mince the meat and work to a paste. Season

Mince the mutton, burghul paste until very firm together. The ha sticking. Have ready a this and cook, covered, when ready. Remove ca salad or pickles and a g

59. Mumbar.

Sausage skins
$\frac{1}{4}$ k. meat
1—2 sheeps kidneys
$\frac{1}{4}$ tsp. cardamon
$\frac{1}{4}$ tsp. cinnamon

Have enough sau small ones. Clean thoro

Mince the meat, a garlic and the black pe in two or three places a

60. Musaqqat Badinjan.

$\frac{1}{2}$ k. egg plant
$\frac{1}{4}$ k. meat
Frying fat
1 small onion
Pepper and salt

Cut the egg plant Fry till browned. Mince fry for another few min the egg plant in alter tomatoes are available Cook in a fireproof di nearly all the water ha parsley sprinkled on to

61. Pacha.

4 sheeps trotters
1 stomach
3 tins rice
3 tins minced meat

Put the trotters a cover with water and b a sharp knife till thoro

Mince the meat and add the burghul and the finely pounded wheat, and work to a paste. Season with salt.

Mince the mutton, and onions and add the seasonings. Flatten pieces of burghul paste until very thin and about the size of saucer. Spread over a layer of meat and cover with another layer of very thin burghul paste. Press firmly together. The hands should be damp and rubbed with salt to prevent sticking. Have ready a pan of boiling salted water. Immerse the kubbas in this and cook, covered, for about quarter of an hour. They rise to the surface when ready. Remove carefully with a draining spoon and serve very hot with salad or pickles and a glass of leban.

59. Mumbar.

Sausage skins	$\frac{1}{2}$ tin rice
$\frac{1}{4}$ k. meat	$\frac{1}{8}$ tsp. cloves
1—2 sheeps kidneys	Salt
$\frac{1}{4}$ tsp. cardamon	Black pepper
$\frac{1}{4}$ tsp. cinnamon	1 clove of garlic

Have enough sausage casings for four fairly large sausages or eight small ones. Clean thoroughly with hot water and lemon juice.

Mince the meat, chop the kidney, add the rice and spices, the pounded garlic and the black pepper. Fill into the skins loosely, tie at each end, prick in two or three places and cook in boiling water for 2—3 hours.

60. Musaqqa'at Bodinjian.

$\frac{1}{2}$ k. egg plant	2 or 3 tomatoes
$\frac{1}{4}$ k. meat	$\frac{1}{2}$ tbsp. tomato paste in $\frac{1}{2}$ tin water
Frying fat	
1 small onion	Chopped parsley
Pepper and salt	

Cut the egg plants in $\frac{1}{2}$ inch thick slices, lengthwise or in cross section. Fry till browned. Mince the meat and fry it. Add the thinly sliced onion and fry for another few minutes. Season to taste. Arrange the meat mixture and the egg plant in alternate layers, with thinly sliced tomato between if tomatoes are available. Pour over the tomato juice or tomato paste in water. Cook in a fireproof dish in the oven or in a pan over a free flame. When nearly all the water has evaporated—20 to 30 minutes—serve with chopped parsley sprinkled on top.

61. Pacha.

4 sheeps trotters	1 tbsp. olive oil
1 stomach	1 tsp. pepper
3 tins rice	2 tbsp. salt
3 tins minced meat	1 tsp. mixed spice

Put the trotters and stomach into a large pan with a small piece of soap, cover with water and boil for half an hour. Remove and scrape very well with a sharp knife till thoroughly clean. Rinse well in fresh water. Clean and



Have ready some diced Arab bread on a large plate. Arrange the meat on the bread, make the broth into a sauce with eggs and vinegar and a touch of garlic and pour over.

62. Persian Harisa.

$\frac{1}{2}$ k. mutton	$\frac{2}{3}$ tin chick peas
$\frac{1}{2}$ k. cleaned whole wheat	Salt

The wheat and meat should be boiled overnight in a large pan with sufficient water to prevent any risk of drying. When nearly dry remove any bones from the meat and pass the mixture through a coarse and then through a fine sieve. Season with salt. The consistency should be that of thick cream. Serve with a little hot butter and cinnamon. This dish may be eaten with sugar.

63. Persian Kuftha.

$\frac{1}{2}$ k. meat	3 tbsp. Persian currants
Turmeric	3 tbsp. chopped walnuts
$\frac{3}{4}$ tin rice	4 small eggs
1 tin split chick peas	$\frac{3}{4}$ tin prunes or dried plums
Frying fat	3 tins broth
4 small onions	

Chop the meat and pound in a mortar till it is like a paste. Clean the rice and boil until half cooked, then drain. Add a little turmeric. Fry the split chick peas and pound with the rice. Mix this with the meat and bind with two eggs. Season. Chop two onions and fry. Add the currants and the walnuts and when cooked somewhat allow to cool. The other two eggs should be hard boiled, shelled and put with the washed prunes and fried ingredients into the centre of the ball made of the meat paste and rice. Fry the remaining 2 onions, add turmeric and seasoning to taste and 3 tins of broth. Bring to the boil and carefully add the meat ball and cook gently for about 30 minutes. If wanted the ball may be tied in a thin cloth and there will be no risk of it breaking. Serve with the gravy in which it is cooked.

64. Potato Curry.

8 medium potatoes	1 cauliflower
4 onions	2 tbsp. curry powder
4 tomatoes	1 tbsp. salt
$\frac{1}{2}$ k. meat with fat	6 tbsp. lemon juice

Boil the potatoes size. Cut the remaining potatoes. Put the fat and $\frac{1}{4}$ tin of water. C Add the potato, toma Add the lemon juice considerably reduced longer.

65. Pytt-Panna.

2 tins cold cooked
$3\frac{1}{2}$ tins diced cooke
2—3 onions chopp

Beef, veal, ham and fry the onion, add fire without mashing with fried eggs.

The meat, fried formed into a cake. T crisp and brown for al with sweet chutney.

66. Qalib el Kibad.

1 onion cut finely
$\frac{1}{4}$ tin chopped par
Frying fat
2 tins minced mea

Fry the onion an bread in a little water. Arab bread—and add mould, fill and bake i

67. Qalib el Khudra

1—2 big white on
Frying fat
$\frac{1}{4}$ k. meat
4 medium carrots
$\frac{1}{4}$ k. French beans

Peel the onions, of water, stew until Cover and cook furth beans in and cover v well brushed, and sli thing is added. Slice tomato paste mixed sliced potatoes. Cov cooked and very littl on top of the pan, i plate.

Boil the potatoes, remove the skins and cut into neat pieces of equal size. Cut the remaining vegetables and meat into pieces the same size as the potatoes. Put the fat from the meat into a pan with the meat, curry and salt and $\frac{1}{4}$ tin of water. Cook stirring from time to time till the meat is cooked. Add the potato, tomato and sufficient water to come level with the contents. Add the lemon juice and cook for about quarter of an hour till the fluid is considerably reduced then lower the fire and cook more slowly for a little longer.

65. **Pytt-Panna.**

2 tins cold cooked meat	$\frac{1}{2}$ tin butter
$3\frac{1}{4}$ tins diced cooked potatoes	Salt and pepper
2—3 onions chopped finely	

Beef, veal, ham or salt beef may be used. Cut into dice. Melt the butter and fry the onion, add the meat, potatoes and seasonings. Stir gently over the fire without mashing the mixture. When light brown serve with beetroot or with fried eggs.

The meat, fried onion and seasonings may be mixed with two eggs and formed into a cake. This should be cooked very slowly in a frying pan until crisp and brown for about an hour. Turn once to crisp the other side. Serve with sweet chutney.

66. **Qalib el Kibad.**

1 onion cut finely	2 tins liver
$\frac{1}{4}$ tin chopped parsley	$\frac{1}{4}$ Arab round bread
Frying fat	3 eggs
2 tins minced meat	Salt and pepper

Fry the onion and parsley and add the minced meat and liver. Soak the bread in a little water—a tin of soft bread crumbs may be used instead of the Arab bread—and add together with the well beaten eggs. Season. Grease a mould, fill and bake it in the oven. When ready turn out and slice. Serve hot.

67. **Qalib el Khudra.**

1—2 big white onions	2 medium marrows
Frying fat	Salt and pepper
$\frac{1}{4}$ k. meat	4 tomatoes
4 medium carrots	$\frac{1}{2}$ tsp. tomato paste
$\frac{1}{4}$ k. French beans	4 large potatoes

Peel the onions, cut finely and fry. Cube the meat and fry. Add a tin of water, stew until the meat is nearly cooked, then add the sliced carrots. Cover and cook further adding a little water as it is needed. Put the chopped beans in and cover with a plate pressing it down firmly. Put the peeled, or well brushed, and sliced marrow on top of the plate. Season each time anything is added. Slice the tomatoes on top of the marrow and pour over the tomato paste mixed with a little water. Cook further and finally add the sliced potatoes. Cover and continue cooking. When the potatoes are well cooked and very little fluid is left remove the cover, put a large serving dish on top of the pan, invert the whole and carefully remove the pan and the plate.

68. Qalib Zahra.

1 small cauliflower	Frying fat
$\frac{1}{2}$ Arab round bread	Salt and pepper
$\frac{1}{4}$ k. meat	1 tbsp. tomato paste

Cut the cauliflower into pieces, the bread into squares and the meat into cubes. Fry each ingredient separately. Put into a fireproof dish in layers, first the meat, then cauliflower, bread, more cauliflower and finally pour over the tomato paste mixed in a tin of water. Bake in the oven adding a little more water if necessary.

69. Qazan Kababi.

$\frac{3}{4}$ k. small egg plants	Salt and pepper
2 tins minced meat	2 tbsp. butter

Remove the ends from the egg plants and make cuts in them about an inch apart but leaving the parts attached to each other. Season the meat and stuff between the pieces of egg plant. Put the butter in a pan, arrange the egg plants in rows and cover a plate or lid which must fit into the pan to hold the contents down. over 2 tins of water to which a little salt was added. Cover the pan and leave on a low fire until only a little sauce remains.

70. Raviola Paste.

4 tins flour	2 tbsp. oil
2 eggs	Salt and pepper
1 yolk of egg	Water

Mix the ingredients adding sufficient water to make a stiff dough. Boil out, allow to dry for at least an hour, then cut in ribbons. Boil in salted water and serve with tomato sauce and cheese. It may be tinted green with the strained juice from pounded spinach leaves.

In Syria the paste is cut into discs, filled with meat or cheese folded over and firmed and then cooked in seasoned broth and served with leban and garlic.

71. Shami Kababi.

$2\frac{1}{2}$ tins chick peas	1 tbsp. salt
$\frac{1}{2}$ k. meat	1 tsp. turmeric
	Frying fat

Boil the soaked chick peas and mince the meat. Remove the skin from the chick peas, add to the meat and pound well until like dough. Add the salt and turmeric. Form into flat cakes and fry in hot fat. Serve hot or cold.

72. Sheikh al Mahshi.

3 small egg plants 4—5" in length	2—4 tbsp. pomegranate juice or 1—2 tbsp. lemon juice
Frying fat	Salt and pepper
Salt and pepper	$\frac{1}{2}$ tin tomato juice or 1 tsp. tomato paste in $\frac{1}{2}$ tin water
$\frac{3}{4}$ k. tender mutton	1 tbsp. date syrup
1 tbsp. blanched almonds or pine kernels	
2tbsp. raisins or currants	

Peel off the green. Hollow out the centre in hot fat turning corners salt and pepper and k strips and raisins and

Fill the egg plants. Sprinkle with salt and juice and date syrup. oven for half an hour is preferable to use a often breaks the egg p

This dish may be slit in the upper surface then hidden with strips spoonfuls of chopped. Similarly the chokes or or mashed potatoes.

73. Sheikh Mahshi E

4 small marrows
$\frac{1}{4}$ k. meat
8 almonds
2 tbsp. fat

Grate off the outside. Stuff with a mixture of seasonings. Boil the le half cooked and the f

If wanted this dish and lemon juice have

74. Shish Buragi wi

$1\frac{1}{2}$ tins flour
$\frac{1}{2}$ tsp. salt
1 tsp. baking powder
3 tbsp. butter
Water
$\frac{1}{4}$ k. mutton
Salt and pepper

Make a firm dough into rounds about $1\frac{1}{2}$ inches. Mince the this stuffing on a round with the straight side thus forming a small hot oven, or alternat

Peel off the green round the stem of the egg plant. Cut off this end. Hollow out the centre and then use the small piece as a cork. Fry one by one in hot fat turning continually. Mince the meat finely and fry. Season with salt and pepper and keep stirring it till half cooked. Add the almonds cut in strips and raisins and continue stirring till the almonds brown slightly.

Fill the egg plants three quarters full and cork with the small end pieces. Sprinkle with salt and pepper. Mix the tomato and pomegranate or lemon juice and date syrup. Season and pour over the egg plants. Bake in a hot oven for half an hour adding a little water if there is any risk of drying. It is preferable to use a fireproof dish as transferring to a fresh serving dish often breaks the egg plant.

This dish may also be prepared by frying whole egg plants, cutting a slit in the upper surface and filling the meat through this opening which is then hidden with strips of tomato. If nuts and raisins are not liked 2 table-spoonfuls of chopped parsley may be added to the meat as an alternative. Similarly the chokes of globe artichokes may be stuffed and served with rice or mashed potatoes.

73. Sheikh Mahshi Bil Leban.

4 small marrows	1 tsp. cornflour
$\frac{1}{4}$ k. meat	2 tins leban
8 almonds	Salt
2 tbsp. fat	1 tbsp. rice

Grate off the outer skin of the marrow and then hollow out the centre. Stuff with a mixture of minced meat, skinned almonds, washed rice and seasonings. Boil the leban with the cornflour and add to the marrow. When half cooked and the fluid is considerably reduced serve hot with pilau.

If wanted this dish may be cooked in water to which some tomato paste and lemon juice have been added.

74. Shish Buragi with Leban.

$1\frac{1}{2}$ tins flour	2 tbsp. chopped parsley
$\frac{1}{2}$ tsp. salt	1 minced onion
1 tsp. baking power	6 tins leban
3 tbsp. butter	1 beaten egg or 2 tbsp. cornflour
Water	5 cloves garlic
$\frac{1}{4}$ k. mutton	1 tbsp. coriander
Salt and pepper	$\frac{1}{2}$ tin butter

Make a firm dough with the first five ingredients. Roll very thin and cut into rounds about $1\frac{1}{2}$ inches in diameter. A coffee cup may be used for cutting these. Mince the meat, season & add the parsley and onion. Put a little of this stuffing on a round of pastry, fold it over, press the edges together, then, with the straight side facing one, take the two corners and pull them together thus forming a small round, hat-shaped pasty. Bake till lightly browned in a hot oven, or alternatively, fry the pasties. Beat the leban, pass it through a

sieve, add the beaten egg or cornflour and bring to the boil, stirring constantly. Add the baked pasties and cook for fifteen minutes. Pound the garlic with salt, pound the coriander, fry both in smoking hot butter for one minute, add to the leban, boil for ten minutes and serve hot.

Frequently the pastry for this dish is made only of flour water and salt, sometimes the meat filling is fried before being used, and may be seasoned with mixed spice and cinnamon. The stuffing may be placed between two rounds of pastry and be put straight into the leban without previous cooking.

75. Su Buragi.

8 eggs	$\frac{1}{2}$ k. cheese
Salt	1 k. butter
$\frac{1}{4}$ tin water	$\frac{1}{2}$ tin parsley
4 tins sifted flour	

Beat the eggs thoroughly and mix with 2 tablespoonfuls of salt dissolved in quarter of a tin of water. Mix in the flour until a firm paste is formed. Divide it into 16 pieces. Have ready a well greased baking tray 15 to 16 inches in diameter. Roll 14 pieces of dough into sheets this size, and two somewhat large and thinner. Boil seven of the fourteen sheets one by one in 2 tins of water to which 4 tablespoonfuls of salt were added. Grate the cheese or slice it finely, melt the butter and chop the parsley. As the sheets are removed from the water they should be drained on a sieve and lightly dried with a piece of cloth.

Put one of the large thin sheets of pastry onto the well greased tray, sprinkle with three tablespoonfuls of melted butter, cover with a boiled sheet, sprinkle with butter, then an unboiled sheet and so on, alternating a boiled and an unboiled sheet and always sprinkling with butter between each sheet. Between the 8th and 9th sheets put the layer of cheese, sliced finely or grated and the chopped parsley. Finish off with a large thin sheet of uncooked pastry, arrange the edges neatly, sprinkle 6 tablespoonfuls of melted butter over the top and bake in a moderate oven for about half an hour. Cut in large squares or diamonds.

Another method is to boil all the sheets except the two large thin ones. The boiled sheets rise to the top when ready. The baking tray is well greased, one thin unboiled sheets layed on it and then half of the boiled sheets, one on top of the other. No butter is put between the layers. The layer of cheese and parsley is spread on, then the remaining boiled sheets and the large unboiled one. The edges are tucked in neatly and the dish is cooked on the stove or over charcoal, turning constantly till crisp and brown. More butter is added if necessary. Turn onto the back of a tray, re-butter the cooking tray, slide the suburagi onto it again. Brown the second side quarter of an hour before it is wanted. Cut in diamonds and serve.

76. Stewed Beef.

$\frac{1}{2}$ k. stewing beef	1 onion
2 tbsp. dripping	2 tins stock or water
4 tbsp. flour	Salt and pepper

Wipe the meat and fry the meat in it. Brown onion in the same fat and flour. Add the stock and meat and simmer gently. Season the sauce and skim well. Strain off.

77. Stewed Heart.

1 large sheep's head
3 large onions

Cut the heart into pieces. Chop the onion finely and tomato paste in a little water. Bring to the boil and simmer.

78. Stuffed Kamoh.

16 large cleaned kamoh
8 tins sheep's milk
2 large onions chopped
Frying fat

Boil the cleaned kamoh. Season. Hollow out the meat mixture. Put the kamoh in a pan for half an hour. Boil the milk. Add the boiling leban to the pan. The pan should not be covered.

79. Stuffed Marrow.

8 marrows about 5"
1 tin rice
2 tins minced fat mutton
2 tomatoes, finely chopped

Scrape the marrow clean. Mix it with the minced meat, pepper and mix all together. Fill the marrow full with the meat mixture. Sprinkle with another tin of rice. Cook for an hour (add water if necessary). Only a little sauce is left.

80. Summer Turlu.

$\frac{1}{2}$ k. mutton
1 onion
2 egg plants
 $\frac{1}{4}$ k. green beans (

Wipe the meat and cut into neat pieces. Make the fat smoking hot and fry the meat in it. Brown the flour in the oven. Fry the skinned and sliced onion in the same fat as the meat and when slightly cooked add the browned flour. Add the stock gradually, season, bring to the boil and skin. Add the meat and simmer gently for 16 to 2 hours. Arrange the meat on a hot dish. Season the sauce and clarify it by adding a little cold water, boiling up and skimming well. Strain over the meat serve.

77. Stewed Heart.

- | | |
|-----------------------|-----------------|
| 1 large sheep's heart | 3 tomatoes |
| 3 large onions | Frying fat |
| | Salt and pepper |

Cut the heart into small pieces and cook in a little water till tender. Chop the onion finely and fry till lightly browned. Add the tomatoes, or tomato paste in a little water, and boil for 5 minutes. Season, add the meat, bring to the boil and serve with boiled rice or potatoes.

78. Staffed Kamah.

- | | |
|-------------------------------|--|
| 16 large cleaned kamah | $\frac{1}{2}$ k. minced mutton |
| 8 tins sheep's milk leban | Salt, pepper and mixed spice |
| 2 large onions chopped finely | $\frac{1}{3}$ tin walnuts, pine kernels or almonds chopped |
| Frying fat | |

Boil the cleaned kamah for half an hour. Fry the onions, meat and nuts. Season. Hollow out the kamah with a potato scraper and stuff the cavity with the meat mixture. Put the stuffed kamah in pan and boil in a little water for half an hour. Boil the leban in a separate pan stirring until bubbles appear. Add the boiling leban to the stuffed truffles and boil for another half hour. The pan should not be covered. Serve hot or cold.

79. Stuffed Marrow.

- | | |
|------------------------------|--------------------------------|
| 8 marrows about 5" in length | Salt and pepper |
| 1 tin rice | $\frac{1}{4}$ tsp. cinnamon |
| 2 tins minced fat meat | Mint and garlic |
| 2 tomatoes, finely chopped | 1 tin tomato juice or tamarind |

Scrape the marrows and rinse in salt water. Wash the rice well and mix it with the minced meat and tomato. Mix 1 tbsp. salt, with the cinnamon and pepper and mix all together. Hollow out the marrows and fill each one $\frac{3}{4}$ full with the meat mixture. Put into a pan, pour over the tomato juice and sprinkle with another tablespoon of salt. After they have boiled for $\frac{1}{2}$ an hour (add water if necessary) cover and allow them to simmer slowly till only a little sauce is left.

80. Summer Turlu.

- | | |
|--|---------------------------|
| $\frac{1}{2}$ k. mutton | $\frac{1}{4}$ k. okra |
| 1 onion | $\frac{1}{2}$ k. tomatoes |
| 2 egg plants | Salt and pepper |
| $\frac{1}{2}$ k. green beans (cowpeas) | Frying fat |

Cut the meat into large pieces, slice, the onion and fry together. Cut the egg plant into large pieces and fry lightly. Prepare the remaining vegetables. Peel and pulp the tomatoes. Put a layer of tomato pulp between the following layers: meat and bones, green beans, okra, egg plant. Season each layer with salt and pepper, and cook in a tightly covered pan on a low fire. Add a little hot water if necessary. This dish may also be made with chicken, onions, green peas and potatoes.

81. Tas Kababi.

1 k. fat meat with bones	$\frac{1}{2}$ tsp. cinnamon
Salt and pepper	$2\frac{1}{2}$ tins rice
2 onions	

Remove the bones and cut the meat into small pieces, season with salt, pepper and cinnamon and put all into a small mould or saucepan which must be filled almost to the brim and the bones laid on top. Pour in half a tin of water. Cover the pan with a large inverted saucepan and turn the whole thing upside down. Cook like this for about three hours adding a little water to prevent drying. Add 3 tins of water and $2\frac{1}{2}$ tins of washed rice and cook till the rice is ready, and no water remains. Carefully remove the smaller saucepan. Cover with a large inverted serving dish, turn the whole thing upside down and remove the large pan. A neat mould of meat surrounded by rice should be obtained.

82. Tas Kababi (Kurdish).

1 k. mutton	4 large onions
$\frac{1}{4}$ k. tail fat or butter	5—6 numi Basrah or $\frac{1}{4}$ tin lemon juice
2 tins water	Salt

Cut the meat in cubes, put in a pan and add a tin of water. Boil till the water has evaporated. Add the onions, which should be skinned, cut in half and sliced. Remove the seeds from the numi Basrah and add, without crushing, water, cover and cook for half an hour, adding more water if necessary. Serve with rice.

83. Tas Kababi (Persian).

$\frac{1}{2}$ k. potatoes	$\frac{1}{2}$ tbsp. tomato paste
6 k. meat	$\frac{1}{2}$ tbsp. salt
$\frac{1}{2}$ k. onions	$\frac{1}{2}$ tsp. curry powder
$\frac{1}{2}$ tin cooking fat	3 numi Basrah or 2—3 tbsp. lemon juice

Clean and peel the potatoes and onions, slice and cut the meat into pieces of about the same size. Add the cooking fat and fill the pan (which should be 10—12 inches in diameter) about three quarters full of water. Stew for some time then add the tomato paste, salt, curry and numi Basrah from which the skin and seeds have been removed. Cook over a hot fire for an hour and over a slow fire for half an hour. Serve with pilau.

84. Tatar Qulaghi

Frying fat
Minced meat
Chopped parsley

Fry the meat, parsley into shapes of the same size fold over and firm the edges the pieces of stuffed paste and serve with leban and b

85. Urfa Kababi

$\frac{1}{2}$ k. egg plants
 $\frac{1}{2}$ k. minced meat

Cut the egg plants in Arrange the pieces of egg skewers and grill directly over very hot.

86. Urug

3 tins fine crushed (burghul)
 $\frac{1}{2}$ k. boneless mutton
2 onions

Soak the burghul in water and mix with the burghul and of hot fat.

87. Vegetable Stew

$\frac{1}{4}$ k. meat with fat or lea with 2 tbsp. butter
1 large onion

Cut the fat from the add the onion. Cook until can be got out of them. D and add to the fat. Fry a are used they should first water and lemon juice and

Dried beans should be tender A tablespoonful of or $\frac{1}{2}$ kilo tomatoes. The coriander and $\frac{1}{2}$ teaspoon an improvement.

When made with spir of an hour and then add t

88. Yakhni Kababi

Thin wooden skewers or inches in length
800 grms. tender meat, fillet

84. Tatar Qulaghi

Frying fat	Minced onion
Minced meat	Salt and pepper
Chopped parsley	Raviola paste

Fry the meat, parsley and onion. Season Roll out the paste thinly, cut into shapes of the same size, put a little of the meat in the centre of each, fold over and firm the edges. Have ready a pan of boiling, salted water, add the pieces of stuffed paste and cook until they rise to the surface. Drain well and serve with leban and burned butter sauce sprinkled with paprika.

85. Urfa Kababi

$\frac{1}{2}$ k. egg plants	Salt and pepper
$\frac{1}{2}$ k. minced meat	

Cut the egg plants into rounds about an inch thick. Season the meat. Arrange the pieces of egg plant and small balls of meat alternately on skewers and grill directly over charcoal till the meat is well browned. Serve very hot.

86. Urug

3 tins fine crushed wheat (burghul)	2 tsp. salt
$\frac{1}{2}$ k. boneless mutton	1 tsp. cumin
2 onions	1 tsp. black pepper
	Frying fat

Soak the burghul in water for half an hour. Mince the meat and onions and mix with the burghul and spices. Make into flat rounds and fry in plenty of hot fat.

87. Vegetable Stew

$\frac{1}{4}$ k. meat with fat or lean meat with 2 tbsp. butter	$\frac{3}{4}$ k. vegetables
1 large onion	2 tins water
	4—6 tbsp. lemon juice

Cut the fat from the meat and put it into a pan. Melt it and when hot add the onion. Cook until the pieces of tissue are browned and no more fat can be got out of them. Discard the pieces. Cut the meat into inch cubes and add to the fat. Fry a little then add the prepared vegetables. If turnips are used they should first be blanched to take away any bitterness. Add the water and lemon juice and simmer till only a little sauce is left.

Dried beans should be soaked overnight (2 tinfuls) then cooked till tender. A tablespoonful of tomato paste in two tins of water should be added or $\frac{1}{2}$ kilo tomatoes. The addition of 1 tablespoonful of chopped green coriander and $\frac{1}{2}$ teaspoonful of crushed dried coriander and some garlic is an improvement.

When made with spinach add $\frac{1}{4}$ tin of thick peas, cook them for quarter of an hour and then add the finely chopped spinach.

88. Yakhni Kababi

Thin wooden skewers or twigs 4-5 inches in length	2 onions
800 grms. tender meat, preferably fillet	Frying butter
	Salt and pepper

4 egg plants
Spices (cloves, cinnamon, cubeus)

1 tin tomato juice
Rice

Clean the twigs. The head of the egg plant may be used with several inches of stem left attached to it. Remove any fibres or skin from the meat, trim and cut into 1 inch cubes. Rub over thoroughly with salt, pepper, spices and onion juice. Leave for at least three hours.

Peel alternate, lengthwise strips from the egg plant and cut it into pieces slightly larger than the pieces of meat. Put the meat and egg plant onto the skewers alternately. Fry the kababs in butter till a good brown colour, then put them in a shallow pan, pour over the tomato juice, cover the pan and cook on a slow fire till tender. Add some hot water from time to time if necessary.

AFTERNOON AND EVENING FARE

Afternoon Tea

Between lunch and dinner there are two occasions when refreshments are commonly offered. Sometime between four and six o'clock afternoon tea is served in most households, and between six and eight o'clock one may entertain with cocktails or other drink and finger fare.

Afternoon tea may consist simply of refreshment in the form of a cup of tea without food, but the variety of recipes for cakes & breads show that this may also be a meal in itself, and the ingenuity of the housewife has long been concerned with it not only as a purely family affair but also as a means of entertaining. In some places it is not uncommon to sit down to table for tea, but in others it is more usual to serve it from a wheeled trolley or tea table. When anything more substantial than cakes or sandwiches is offered, such as eggs or cold meat, the meal in the west is then known as "high tea" and may be a substitute for the evening meal.



Tea is served in narrow waisted glasses or "istikhans" and is highly sweetened, a thick layer of sugar filling the lower part of the glass. The glasses stand on small saucers into which the tea is sometimes spilt intentionally to show the generosity of the host. In the

nouses of the better class holders with attached so a hard lump of sugar be tea is drunk.

Teas made from p Iraq A delicious and ref "numi Basrah", (Recipe lower level of which is s lemon-nebeh and the top

Various teas are dr which is taken for fever dried flowers from a ty to have curative propert commonly found in the Diarbekr. A mixture of fevers and camomile tea a tinfal of dried flowers case of camomile tea on

In almost every par of the family, so much "bread-winner". The ma product which unfortun unleavened bread will ke and oriental. The orient soft, but the occidental ing of bread" becomes

The plain round or added and which when f and is the most widespr Morning and evening th with smoke from flami tanur is a round mud 6 feet in height and son at the top. There is a s the base and a larger o A brushwood fire is lit kept going briskly til heat it obtained. Wh down the women of the ready flapping the dou hand to hand till it is size. It is then inserted and slapped against th which it adheres until a riqaq" is being made th supporting and spreadir of the oven.

In the orient tea is most usually made from a samovar. The samovar contains lighted charcoal the fumes from which escape through a vertical flue. Round this heated centre is a container of water which is drawn off from a small tap. Tea is made in a china teapot in the usual way, the boiling water from the samovar being added to the leaves. The teapot is then either allowed to stand on top of the flue, where it stews nicely, or may be placed on a charcoal brazier.