

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

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.

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nouses of the better class straight glasses may be seen which are held in silver holders with attached saucers. Tea is sometimes taken in a Persian manner, a hard lump of sugar being retained in the mouth while a glass unsweetened tea is drunk.

Teas made from plants other than *Comellia theifera* are common in Iraq. A delicious and refreshing variety is that prepared from the dried lime "numi Basrah", (Recipe 218). The Yezidis make a three coloured tea the lower level of which is sugar white, the middle green from the leaves of the lemon-nebeh and the top the brown of ordinary tea.

Various teas are drunk because of their medicinal properties. Blue tea, which is taken for fever is the strained, sweetened fluid from boiling up the dried flowers from a type of large flowered anchusa. Violet tea is believed to have curative properties in the case of measles. The violet are not those commonly found in the gardens of Baghdad but are a small variety from Diarbekr. A mixture of violets and camomile is believed to be of value in fevers and camomile tea alone is much esteemed. In blue tea and violet tea a tinful of dried flowers is boiled up several times in four tins of water in the case of camomile tea only half a tin of flowers is needed.

Bread and Scones.

In almost every part of the world bread is regarded as the basic foodstuff of the family, so much so that he who supports the family is known as the "bread-winner". The modern leavened or yeast loaf is a refined and delicious product which unfortunately soon grows stale, whereas thin crisp leavened or unleavened bread will keep for long periods and is enjoyed by both occidental and oriental. The oriental frequently eats it moistened with water and rather soft, but the occidental prefers it crisp and brittle in which state the "breaking of bread" becomes apparent to him literally.

The plain round or oval Arab bread or "khubz" to which some yeast is added and which when freshly made is soft and pliable also serves as a plate and is the most widespread type of bread eaten in and about Baghdad. Morning and evening the sky is streaked with smoke from flaming "tanurs". A tanur is a round mud oven about three feet in height and somewhat narrowed at the top. There is a small air entry at the base and a larger outlet at the apex. A brushwood fire is lit in the oven and kept going briskly till the necessary heat is obtained. When the fire dies down the women of the household stand ready flapping the dough expertly from hand to hand till it is of the required size. It is then inserted through the top, and slapped against the inner surface to which it adheres until cooked. If a large sheet of thin bread such as "khubz riqaa" is being made the hand is covered with a glove-like cushion for supporting and spreading the bread and also to protect it against the heat of the oven.



Of the white leavened bread the "samun" or flattened whetstone shaped roll about a foot in length is the most generally used, but its flavour is largely dependent on the yeast which is passed from batch to batch and which is a variable factor.

In Europe and America slices of brown or white bread toasted on both sides till crisp or yeast rolls or muffins are the standard types of bread eaten for breakfast. For tea there is a wide range of breads & scones, which may be slightly sweetened and often contain dried fruits and nuts.

The following table, is helpful in estimating the temperature of the oven for baking.

Heat the oven for ten minutes before testing. Sprinkle some flour on a sheet of white paper and put into the oven. Examine after 5 minutes, or in the case of a very hot oven, after 3 minutes.

Slow oven 250-350°F—flour is delicate brown in 5 minutes.

Moderate oven 350-400°F—flour is golden brown in 5 minutes.

Hot oven 400-450°F—flour is deep, dark brown in 5 minutes.

Very hot oven 450-550°F—flour is deep, dark brown in 3 minutes.

89. Bran Muffins.

| | |
|----------------------|------------------|
| 1½ tins bran | 1 tbsp. butter |
| 1 1 tin flour | 1 tin sweet milk |
| 2 tsp. baking powder | 1 egg |
| ½ tin brown sugar | 1/8 tsp. salt |

90. Brown Loaf.

| | |
|----------------------------|-------------------|
| 3 tins brown flour | 1½ tsp. salt |
| 2 tsp. baking powder | 1½ tbsp. sugar |
| 1 tsp. bicarbonate of soda | 2½ tins sour milk |

Whole meal flour or the brown flour used for making the round Arab bread may be used. Mix the dry ingredients taking care that there are no lumps in the soda or baking powder. Mix with the sour milk to make a soft dough. Form into a ball and put into a greased tin. Cover the tin with a close fitting lid and cook in a moderate oven for about an hour. Remove the lid for the last quarter of an hour to allow the loaf to become brown and crisp.

Two tins of brown flour and one tin of white flour may be used if preferred.

91. Cream Scones.

| | |
|-----------------------|--------------------|
| 1 2/3 tins flour | 2 tbsp. fine sugar |
| ¾ tins thick cream | 1 egg |
| 2 tbsp. baking powder | ¼ tsp. salt |

Mix well for 10 minutes, roll out, cut into rounds and bake in a hot oven.

92. Date Bread.

| |
|-------------------------|
| ¾ tin sugar |
| ¾ tin boiling water |
| 1 large or 2 small eggs |
| 2 tbsp. butter |
| 1 tin without stones |
| 1/8 tsp. salt |

Pour the ¾ tin of boiling water together with the sugar, butter and eggs gradually with the dates into a tin of boiling water and cook in the oven and do not cut until

93. Dropped Scones.

| |
|----------------------|
| 2 tins sifted flour |
| 3 tsp. baking powder |
| ¼ tsp. salt |

Sift together the dry ingredients, add the eggs and a little milk to make a creamy batter. Beat till bubbles appear, drop tablespoonfuls of the batter into the pan. These should be eaten with

94. Home Made Baking

1 part bicarbonate of soda

Sieve together several lumps and store in covered

95. Khubz.

3 tins flour, preferably whole meal
1 tsp. salt

Mix all together and knead for 10 minutes to stand. In winter it takes 2 hours to rise but in summer only 1 hour. Cut into four pieces and open up the size of a plate by flapping the other. This bread should be baked in a baker's oven or "tanur".

96. Khubz Abbas.

This is khubz to which a vow to make Khubz one's wish is generally tak

92. Date Bread.

| | |
|---------------------------------|------------------------------------|
| $\frac{3}{4}$ tin sugar | $\frac{1}{2}$ tsp. vanilla essence |
| $\frac{3}{4}$ tin boiling water | 2 tins sifted flour |
| 1 large or 2 small eggs-beaten | $\frac{1}{2}$ tin chopped walnuts |
| 2 tbsp. butter | 2 tsp. bicarbonate of soda |
| 1 tin without stones | $\frac{1}{4}$ tin boiling water |
| $\frac{1}{8}$ tsp. salt | |

Pour the $\frac{3}{4}$ tin of boiling water over the dates and allow to stand. Beat together the sugar, butter, eggs, salt and vanilla. Add the flour and walnuts gradually with the dates and water and beat well. Mix the soda in the quarter tin of boiling water and add to the bread. Bake in a long shaped tin in a hot oven and do not cut until 24 hours after baking.

93. Dropped Scones.

| | |
|-------------------------|--------------------|
| 2 tins sifted flour | 4 tbsp. fine sugar |
| 3 tsp. baking powder | 2 small eggs |
| $\frac{1}{4}$ tsp. salt | Milk |

Sift together the dry ingredients, make a well in the centre and drop in the eggs and a little milk. Stir vigorously adding enough milk to make a creamy batter. Beat till bubbles rise. Grease a thick frying pan lightly and drop tablespoonfuls of the mixture on the hot pan. When the surface rises in bubbles and the under side is lightly browned, turn and brown the other side. These should be eaten with butter and jam or honey.

94. Home Made Baking Powder.

| | |
|----------------------------|-------------------------|
| 1 part bicarbonate of soda | 2 parts cream of tartar |
| | 2 parts rice flour |

Sieve together several times to ensure perfect mixing and absence of lumps and store in covered tins.

95. Khubz.

| | |
|--------------------------------|---------------------------------|
| 3 tins flour, preferably brown | 2 tbsp. yeast |
| 1 tsp. salt | $1\frac{1}{2}$ tins tepid water |

Mix all together and knead the dough for half an hour. Cover and allow to stand. In winter it takes about three hours to rise but in summer only one hour. Divide into four pieces and open each to a round the size of a plate by flapping it from one hand to the other. This bread should be baked in a baker's oven or "tanur".

**96. Khubz Abbas.**

This is khubz to which minced meat has been added before cooking.

A vow to make Khubz Abbas as a thank offering on the fulfilment of one's wish is generally taken at the time of acute anxiety, such as the illness

of a beloved relative. In the event of recovery this savoury bread is prepared in vast quantities. Hot melted butter is also poured over rounds of plain khubz which are then sprinkled with sugar. The rounds of bread are arranged in great piles and are distributed in hundreds to the poor.

97. **Khubz Fatir.**

This is thin crisp bread made of flour and water to which neither yeast nor salt is added. Nothing but this unleavened bread is eaten during Passover week.

98. **Khubz Riqaq.**

Prepare as for khubz but the dough must be stiffer and it is sometimes kneaded with a little butter on the hands. After standing for some time the dough is divided into pieces and rolled out into large thin sheets, the thickness of very thin cardboard. These are either baked in a baker's oven or tanur or if rounds no either bigger than a plate are wanted they may be baked in an ordinary oil stove oven. When cut into rounds of biscuit size they are very good with cheese but this smaller size is a European modification.

99. **Pain au Lait.**

| | |
|-------------------------|------------------------|
| 4 1/3 tins sifted flour | 1/2 tin butter |
| 4 tsp. castor sugar | 1/2 tin yeast (local) |
| 1/2 tsp. salt | 1 tin boiled, hot milk |

Make a mound of flour. In the centre put the sugar, salt and butter. Moisten with milk, knead and if necessary add a little water. Next day form into long shapped rolls and bake.

100. **Parker House Rolls.**

| | |
|---------------------|--------------------|
| 3 tbsp. butter | 2 tsp. salt |
| 2 tbsp. sugar | 1 yeast cake |
| 2 tins scalded milk | 1/4 tin warm water |
| | 5 1/2 tins flour |

Add butter, sugar and salt to the milk. When somewhat cooled add the yeast diluted in the warm water, and the 3 tins of flour. Beat thoroughly, cover and allow to rise. Cut across into four pieces, and add the remaining flour or sufficient to knead it nicely. Allow to rise again, toss on a lightly floured board, knead and roll out till about 1/3 inch thick. Cut into rounds with a tin dipped in flour, crease the middle of each round with the back of a knife, brush with melted butter, fold over and press the edges together. Place on a greased baking dish about an inch apart, cover and allow to rise. Bake in a hot 12—15 minutes.

The rolls may be made any shape wanted.

101. **Standard Muffin Recipe.**

| | |
|----------------------|-----------------------|
| 2 tins sifted flour | 1/2 tsp. salt |
| 3 tsp. baking powder | 2 eggs |
| 1 tbsp. fine sugar | 1 tin milk |
| | 4 tbsp. melted butter |

Sift together the flour and milk and cooled melted butter. Greased muffin tins bake in

This recipe may be made with 2/3 tin each of white flour, 1/2 of baking powder and 3 to 4 eggs. For Date or Fruit Muffins add 1/2 less milk. Add 2/3 tin of chocolate. For Chocolate Muffins add 1/2 in a 1 1/2 oz. tablet of grate

102. **Sweet Milk Scones.**

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|----------------------------|
| 4 tins sifted flour |
| 4 tsp. cream of tartar |
| 2 tsp. bicarbonate of soda |

Sift together all the dry ingredients and milk to make a soft dough on a floured board and form into a smooth round. The dough will be heavy. Roll out lightly and bake for 15 minutes.

103. **Tea Scones.**

| |
|----------------------|
| 2 tins flour |
| 4 tsp. baking powder |
| 1/2 tsp. salt |

Sift the dry ingredients together with the finger tips. Add milk and roll out on a lightly floured board with a cutter or tin. Bake in a hot oven.

104. **Walnut Bread.**

| |
|----------------------------|
| 4 tins flour |
| 1 1/2 tins chopped walnuts |
| 1 tsp. salt |
| 1 tsp. sugar |

Mix the dry ingredients together and add milk. Allow to rise.

Cakes, like breads, are made in many ways. The most common one prepares a rich cake, often elaborately decorated. Sometimes fruit is usually for children and a small amount of nuts inserted into the cake after

Sift together the flour, baking powder, sugar and salt. Add beaten eggs, milk and cooled melted butter, to make a stiff batter. Mix well. Half fill greased muffin tins bake in a moderately hot oven for about twenty minutes.

This recipe may be modified in various ways. To make Bran Muffins use $\frac{2}{3}$ tin each of white flour, bran and graham flour. Add one more teaspoonful of baking powder and 3 tablespoonfuls of brown sugar or date syrup. Omit one egg. For Date or Fruit Muffins, use one egg instead of two and a little less milk. Add $\frac{2}{3}$ tin of lightly floured chopped dates or seedless raisins. For Chocolate Muffins add 2 more tbsp. sugar and at the last moment stir in a $1\frac{1}{2}$ oz. tablet of grated unsweetened chocolate.

102. Sweet Milk Scones.

| | |
|----------------------------|------------------------|
| 4 tins sifted flour | 1 tsp. salt |
| 4 tsp. cream of tartar | 1 tsp. fine sugar |
| 2 tsp. bicarbonate of soda | 4 tbsp. butter or lard |
| | Milk |

Sift together all the dry ingredients. Rub in the butter and add sufficient milk to make a soft dough, $1\frac{1}{2}$ —2 tins. Turn the dough out onto a floured board and form into a smooth ball, but knead as little as possible or the scones will be heavy. Roll out lightly, cut in squares and bake in a hot oven for 10 to 15 minutes.

103. Tea Scones.

| | |
|-------------------------|--|
| 2 tins flour | $\frac{1}{2}$ tsp. fine sugar (optional) |
| 4 tsp. baking powder | 4 tbsp. butter |
| $\frac{1}{2}$ tsp. salt | $\frac{3}{4}$ tin milk (approximately) |

Sift the dry ingredients together. Cut in the butter with a knife or rub in with the finger tips. Add the milk gradually and mix to a soft dough. Roll out on a lightly floured board to half an inch in thickness. Cut with a fancy cutter or tin. Bake in a hot oven for ten to fifteen minutes.

104. Walnut Bread.

| | |
|-------------------------------------|--------------------------|
| 4 tins flour | 8 tsp. baking powder |
| $1\frac{1}{2}$ tins chopped walnuts | 3 eggs |
| 1 tsp. salt | $1\frac{1}{2}$ tins milk |
| 1 tsp. sugar | |

Mix the dry ingredients. Beat together the eggs and milk and add to the dry ingredients. Allow to stand for at least 20 minutes before baking.

Cakes.

Cakes, like breads, are customary at certain feasts. At an English Christmas one prepares a rich fruit cake, covered with almond and royal icing, elaborately decorated. Similarly for birthdays cakes are offered but these are usually for children and a plain recipe is used. In both cases favours are either inserted into the cake after cooking or are wrapped in paper and baked with

the cake. Such favours were originally of silver but now are of alloy and each has a traditional meaning. Whoever finds the ring in a slice of cake will be first married, a button means a bachelor, a thimble an old maid and a donkey a dunce. Coins are also used. The finder of the farthing will have but little money, but he who gets the threepenny piece will be in comfortable circumstances and great wealth is in store for whoever is lucky enough to get the sixpence. In the case of a child's birthday cake one candle is placed on it for every year of his life, and one extra for good luck. When tea is served and the candles are all lit the child whose birthday it is then tries to blow out the candles with one breath. If he fails, those sitting near him may help.

Candles are again used for those of advancing years, and it is an art to place eighty or ninety candles on a cake in such a way that the icing is not flooded with melting wax.

At weddings it is customary to have a cake of several tiers, the bride cutting the first slice. The smallest tier is often kept uncut, resealed in a tin and served at the christening of the eldest child. A small piece of wedding cake is usually sent to every guest and a romantic young woman sleeps with it under her pillow in the belief that the man she dreams of will ultimately be her husband.

The cakes which one finds in Baghdad have usually had their origin in the west, but for many years pastry has been served in innumerable forms. Short crust pastry is much used, but the most celebrated is the fine pastry or "burag" rolled in wafer thin sheets and layered one upon the other to make "baqlawa" and similar dainties. The rolling of the pastry is a highly skilled art. When forty or fifty such sheets, one on top of the other, are coated with melted butter and baked the result is similar to European puff pastry.

105. Almond Cakes.

| | |
|-------------------------|--------------------------------------|
| 2 tins ground almonds | $\frac{1}{2}$ tsp. grated lemon rind |
| $\frac{1}{3}$ tin flour | 1 beaten egg |
| $\frac{3}{4}$ tin sugar | 3 tbs. lemon juice |
| $\frac{1}{4}$ tsp. salt | |

Mix the almonds, flour, sugar, salt and lemon rind. Mix the egg and lemon juice and add to the almond mixture to make a firm dough. It may be necessary to add part of another beaten egg. The cakes must be just moist enough to make into balls with well floured hands. They may be spherical or slightly flattened. Put onto a well buttered cake tin and bake in a cool oven till crisp and brown.

106. Almond Sweet with Cream.

| | |
|---------------------------|-------------------------|
| 3 tins ground almonds | $\frac{1}{4}$ tsp. salt |
| $2\frac{1}{2}$ tins sugar | 4 whites of egg |
| 2 tbs. flour | Rosewater |
| | Whipped cream |

Mix the almonds with the sugar which should either be fine or be crushed before use. Add flour and salt and then the well beaten whites of eggs. Make into a paste. Butter a papered baking tin and put a layer of the mixture on this patting the layer smooth with rosewater. Put in a very slow oven,

preferably with a tray of charcoal for 15 minutes or till light brown. Wipe off the paper. Cut into squares and serve with sweetened whipped cream. This is a pudding.

107. Armenian Shortbread.

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|---------------------------------------|
| 2 tins flour |
| 1 tsp. baking powder |
| $\frac{1}{2}$ tsp. cardamom seeds |
| $\frac{1}{2}$ tsp. cinnamon |
| $\frac{1}{4}$ tsp. nutmeg |
| $\frac{1}{4}$ tsp. salt |
| $\frac{1}{4}$ tin sugar |
| $\frac{1}{2}$ tin butter or margarine |
| 2 eggs |

Make the pastry with the butter or milk if required to make a soft dough. Roll out the dry ingredients. Roll out the filling by combining the dry ingredients to form a firm paste. If spices are not used for the pastry and the filling, fold over, firm the edges, prick and bake in a hot oven.

108. Baqlawa.

This is one of the most famous of other Baghdad dishes it is not worth making in small quantities. The thin sheets of pastry are usually made by a woman skilled in the art. Baqlawa is made in huge trayfuls for festivals but it may be seen for sale almost any day in the streets of Baghdad.

| |
|-------------------------------|
| 6 k. flour |
| 15 eggs |
| $\frac{1}{2}$ k. fat |
| $\frac{1}{4}$ tin lemon juice |
| 4 k. cornflour |
| 3 k. sugar |

Sift the flour and mix in the eggs. Divide into 60 pieces and roll

preferably with a tray of charcoal on the top shelf, and cook about ten minutes or till light brown. When ready remove, leave to cool a little then take off the paper. Cut into two pieces and sandwich them together with sweetened whipped cream. This may be made as individual cakes for tea or as a pudding.

107. Armenian Shortbread.

| | |
|---------------------------------------|--|
| 2 tins flour | $\frac{1}{2}$ tin flour |
| 1 tsp. baking powder | $\frac{1}{4}$ tin sugar |
| $\frac{1}{2}$ tsp. cardamom seeds | $\frac{1}{2}$ tsp. crushed cardamom seeds |
| $\frac{1}{2}$ tsp. cinnamon | $\frac{1}{2}$ tsp. cinnamon |
| $\frac{1}{4}$ tsp. nutmeg | $\frac{1}{4}$ tsp. nutmeg |
| $\frac{1}{4}$ tsp. salt | 2 tbsp. chopped pistachios or other nuts, or raisins |
| $\frac{1}{4}$ tin sugar | Butter |
| $\frac{1}{2}$ tin butter or margarine | Egg yolk |
| 2 eggs | |

Make the pastry with the first list of ingredients, adding a little water or milk if required to make a stiff dough, after the fat has been rubbed into the dry ingredients. Roll out until thin and cut into rounds with a tin. Make the filling by combining the dry ingredients with enough good butter to make a firm paste. If spices are not liked vanilla or any other flavouring may be used for the pastry and the filling. Put a little filling on each round of pastry, fold over, firm the edges, prick the centre with a fork, brush with egg yolk and bake in a hot oven.

108. Baqlawa.

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| | |
|-------------------------------|---|
| 6 k. flour | 4 k. almonds |
| 15 eggs | 3—4 cardamoms |
| $\frac{1}{2}$ k. fat | 4 k. fat |
| $\frac{1}{4}$ tin lemon juice | 2 k. sugar for syrup |
| 4 k. cornflour | 1 round baking tray a metre in diameter |
| 3 k. sugar | |

Sift the flour and mix in the eggs, fat and lemon juice to make a dough. Divide into 60 pieces and roll out each one the size of the tray, using the

cornflour to prevent sticking. Arrange thirty pieces on the tray spreading a little butter over every fourth or fifth sheet. After the thirtieth spread over filling made of blanched, crushed, almonds, cardamoms, and sugar. Then arrange the remaining thirty sheets as before. When ready pour over the four kilos of melted fat and bake till lightly browned. Make a syrup with the remaining sugar and when baked pour this over the tray of baqlawa. Before baking the paste should be cut into large diamond shaped pieces four or five inches in length. This cake keeps for several weeks.

109. Bundner Torte.

| | |
|---------------------------|--------------------------------|
| 10 tbsp. butter | 1 tin sifted flour |
| 5 yolks of egg | 1/8 tsp. salt |
| 7/8 tin sugar | 1/4 tsp. cinnamon |
| 2/3 tin chopped hazelnuts | 1/2 tsp. baking powder |
| 1/2 tin raisins | + stiffly beaten whites of egg |

Soften the butter, add the yolks of eggs and sugar and stir for 15 minutes. Add the finely chopped hazelnuts (the inner skin need not be removed), the raisins, flour, salt, cinnamon and baking powder and finally the whites of egg. Put the mixture in a greased and crumbed tin and bake in a slow oven. This cake keeps well.

110. Burag with Cornflour.

| | |
|--|--------------------------|
| 2 tins flour | 1/4 tsp. salt |
| 2 small eggs | 3/4 tin water |
| 1/8 tsp. tartaric acid or 1 tsp. lemon juice | 2 tbsp. olive oil or fat |
| | Cornflour |

Put the flour in a basin, make a well in the centre and add the eggs one by one. Mix a little, then add some water with the salt and acid melted in the water. Continue adding the water and mixing until a good dough is formed. Finally put plenty of oil or fat on the hands and knead thoroughly, folding and kneading until the dough can be pulled out like elastic without breaking. Cover with a wet cloth to prevent drying.

Divide the dough into five pieces. Knead each piece with a little cornflour on the board and hands and form into neat balls. Pat these flat, and again cover till wanted.

Sprinkle the board well with cornflour and roll out one of the flattened balls till about 8 inches in diameter and circular in shape. Take a long thin roller about 1/2 inch in diameter, roll the dough up round the stick, change the position of the dough and repeat until the bread is as fine as a piece of fine linen. The size of the final piece should be about 2 1/2 feet in diameter but it takes an expert to roll as thinly as this. Run the dough through the first finger and thumb as if pulling cloth through a ring and nip off 4" lengths. Spread these 4" wide ribbons out one at a time put on two or three spoonfuls of a savory meat filling—usually minced mutton fried with seasonings and parsley—roll up, fold in the ends, roll up further and when all ready fry to a good golden brown in hot fat.

If a sweet filling is used cardamoms and nuts are added. It is customary to fold the

111. Burag with Oil

Use the same ingredients. The acid and cornflour are not used.

Beat the eggs, water and hands with oil and knead well. Pat each with olive oil. Oil thoroughly a smooth out a pat of dough till about 1/2 inch thick. Hold the edge with the left hand and roll it up. Toss it back over the right hand and roll it up. Raise the fine linen. Cut off the uneaten and roll up neatly. Knead and use them again.

Fry till golden brown.

112. Carrot Cake.

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|-----------------------|
| 5 eggs |
| 1 tin sugar |
| 1/4 tsp salt |
| 2 tins ground almonds |

Beat the egg yolks, sugar and the egg whites thoroughly. Line with greased paper and bake three minutes and then dec

113. Chocolate Biscuit Cake

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|-----------------------------------|
| 3/4 tin fat (butter, spray, etc.) |
| 3/4 tin castor sugar |
| 3 eggs |
| 1/2 tin cocoa |

Mix the butter and sugar. Sift the butter and sugar. Sift the cocoa. Stir thoroughly.

Use a rectangular dish for the width and three for the length. Put in a layer of biscuit then a layer of six biscuits each in the refrigerator to harden. If necessary, leave for 24 hours before it can be sliced.

114. Chocolate Cake.

| |
|---|
| 3/4 tin grated bitter chocolate (cocoa) |
| 1/2 tin strong coffee |
| 1/2 tin brown sugar |

If a sweet filling is used, such as cream and sugar to which pounded cardamoms and nuts are added, smaller strips of dough should be used and it is customary to fold these in a triangular form.

111. Burag with Oil

Use the same ingredients as for Burag with Cornflour (Recipe 110) but acid and cornflour are not needed. Plenty of olive oil must be available.

Beat the eggs, water and salt, add to the flour and mix well. Grease the hands with oil and knead well, until the dough becomes elastic. Divide into 5 parts, pat each with olive oil and cover till wanted. Leave for half an hour at least. Oil thoroughly a smooth baking board, table or marble slab, and roll out a pat of dough till about $\frac{1}{4}$ " thick. Hold the edges with both hands or hold the edge with the left hand and put the right hand under the dough. Toss it back over the right shoulder and then swing it forward slapping it down on the board. Raise the edges slightly and pull out till the thickness of fine linen. Cut off the uneven edges, cut into strips, fill with meat filling and roll up neatly. Knead the fragments, allow to stand 10 minutes and use them again.

Fry till golden brown.

112. Carrot Cake.

| | |
|------------------------|------------------------------------|
| 5 eggs | $1\frac{1}{2}$ tins grated carrots |
| 1 tin sugar | 2 tbsp. breadcrumbs |
| $\frac{1}{4}$ tsp salt | 2 tbsp. brandy |
| 2 tins ground almonds | |

Beat the egg yolks, sugar and salt. Add the remaining ingredients. Beat the egg whites thoroughly and mix lightly into the mixture. Butter a cake tin, line with greased paper and fill with the batter. Put into a hot oven for three minutes and then decrease the heat.

113. Chocolate Biscuit Cake.

| | |
|---|---|
| $\frac{3}{4}$ tin fat (butter, spray, etc.) | $\frac{1}{2}$ tsp. vanilla |
| $\frac{3}{4}$ tin castor sugar | $\frac{1}{8}$ tsp. salt |
| 3 eggs | $\frac{1}{2}$ lb. Petit Beurre biscuits |
| $\frac{1}{2}$ tin cocoa | |

Mix the butter and sugar. Beat the eggs for 15 minutes and mix with the butter and sugar. Sift in the cocoa, and salt, mix and add the vanilla. Stir thoroughly.

Use a rectangular dish, preferably one which one can lay two biscuits for the width and three for the length. Line the dish with a greased paper. Put in a layer of biscuit then a layer of chocolate till all is used up. Three layers of six biscuits each will be about the quantity needed. Put in the refrigerator to harden. If left at room temperature it requires at least 12 hours before it can be sliced satisfactorily.

114. Chocolate Cake.

| | |
|--|---------------------------|
| $\frac{3}{4}$ tin grated bitter chocolate (or cocoa) | 3 eggs |
| $\frac{1}{2}$ tin strong coffee | $1\frac{3}{4}$ tins flour |
| $\frac{1}{2}$ tin brown sugar | 2 tsp. baking powder |
| | 1 tsp. baking soda |

$\frac{1}{2}$ tin butter
1 tin sugar
 $\frac{1}{2}$ tsp. coffee essence

$\frac{1}{8}$ tsp. salt
 $\frac{1}{4}$ tin weak cocoa and milk
1 tsp. vanilla essence

Stir the chocolate, coffee and brown sugar in a double boiler over boiling water until the chocolate is melted. Remove and cool. Beat the butter and castor sugar to a cream. Stir in the chocolate mixture, coffee essence and egg yolks. Beat well. Sift the flour with the baking powder, baking soda and salt, and add to the moist ingredients alternately with the cocoa and milk. Mix well. Stir in the vanilla essence. Beat the egg whites until stiff and fold in. Divide equally between 2 buttered layer cake tins, 8 inches in diameter. Bake in a moderate oven for about 25 minutes. When cool put the layers together with butterscotch filling (Recipe 156).

115. Chocolate Cake.

| | |
|----------------------------------|-------------------------|
| 8 eggs | 2 tbsp. rum or brandy |
| 6 tbsp. finely minced walnuts | 4 tbsp. chocolate |
| 6 tbsp. finely minced almonds | $\frac{3}{4}$ tin sugar |
| 4 tbsp. dried sifted breadcrumbs | $\frac{1}{2}$ tin salt |

Beat the yolks sugar and salt very thoroughly. Mix in the walnuts, almonds, breadcrumbs, rum and grated chocolate. Fold in the stiffly beaten whites of egg. Cook in a 10 ins. cake tin, in a moderate oven. When cold cut through the middle and fill with whipped cream flavoured with rum or brandy. This cake should be made the day before it is wanted.

116. Chocolate Macaroons.

| | |
|-------------------------|--|
| 3 white of egg | $1\frac{1}{2}$ tins walnuts or almonds |
| $\frac{3}{4}$ tin sugar | 3 tbsp. cocoa |
| $\frac{1}{4}$ tsp. salt | |

Beat the egg white. Add the sugar and salt and beat. Measure the nuts then chop and add with the cocoa. Grease and flour a tray and put on spoonfuls of the mixture. Bake in a moderate oven.

117. Chocolate Shortbread.

| | |
|--------------------------------|-------------------------|
| 1 tin sifted flour | 1 tsp. baking powder |
| $\frac{1}{4}$ tin cocoa | 2 tbsp. milk |
| $\frac{1}{2}$ tin castor sugar | $\frac{1}{8}$ tsp. salt |
| 6 tbsp. butter | Chocolate icing |

Sieve together all the dry ingredients, rub in butter and mix to a smooth paste with milk. Roll out on a floured board to $\frac{1}{4}$ inch thick. Cut into rounds or finger shapes. Bake in a moderate oven for 20—30 minutes. When cool ice with chocolate icing.

118. Christmas Cake.

| | |
|--|---------------------------|
| $1\frac{1}{2}$ tins butter | 3 tins currants |
| $1\frac{1}{4}$ tins castor sugar | 1 tin candied peel |
| 8 eggs | $2\frac{3}{4}$ tins flour |
| $\frac{3}{4}$ tin blanched sweet almonds | 2 tbsp. mixed spice |
| 3 tins raisins | $\frac{1}{3}$ tin milk |
| | $\frac{1}{4}$ tsp. salt |

Beat the butter to a cream. Add the beaten eggs gradually. Chop the candied peel, flour, spices and raisins. Bake in a large cake tin lined with parchment for $3\frac{1}{2}$ to 4 hours. Spread with jam.

119. Croost.

5 yolks of egg
1 tbsp. sugar
2 tbsp. rum

Beat the egg yolks a cream. Sift the flour to make a firm dough. Roll the dough $1\frac{1}{2}$ in breadth and $1\frac{1}{2}$ in length through. Heat olive oil in a frying pan, taking care they do not burn. Drain on paper. If to be served with cocktails with fine salt.

120. Coconut Cakes.

1 tin butter
 $\frac{3}{4}$ -1 tin sugar
2 eggs
2 tins flour

Cream the butter and sugar. Add the eggs and flour. Bake in a large cake tin lined with parchment.

121. Doughnuts.

2 tins sifted flour
2 tsp. baking powder
 $\frac{1}{4}$ tin butter
5 tbsp. sugar

Mix together all the ingredients to a firm dough. Roll the dough $\frac{1}{4}$ inch thick. With a small knife cut a hole in the middle. Fry in hot oil and sprinkle with fine sugar.

122. Dundee Cake.

$\frac{2}{3}$ tin butter
 $\frac{3}{4}$ tin soft brown sugar
4 large eggs
2 tins sifted flour
1 tsp. baking powder
 $\frac{1}{8}$ tsp. salt
 $\frac{3}{4}$ tin sultanas

Beat the butter to a cream, add the sugar and beat well. Add the well beaten eggs gradually. Chop the almonds and add with the raisins, currants, chopped peel, flour, spices, milk and salt. Mix well and turn into a greased cake tin lined with several layers of buttered paper. Bake in a moderate oven for $3\frac{1}{2}$ to 4 hours. Spread almond paste over the top and cover with royal icing.

119. Chroost.

| | |
|----------------|-------------------------|
| 5 yolks of egg | $\frac{1}{4}$ tsp. salt |
| 1 tbsp. sugar | Flour |
| 2 tbsp. rum | Olive oil |
| | Icing sugar or salt |

Beat the egg yolks and sugar till white. Add the rum and salt and enough flour to make a firm dough. Roll out thin and cut into slices 5-6 inches in length and $1\frac{1}{2}$ in breadth. Cut a hole at one end and loop the other end through. Heat olive oil in a frying pan till smoking hot and fry the strips, taking care they do not touch each other. Turn with a fish slice. When ready drain on paper. If to be eaten at tea sprinkle with icing sugar, if for soup or cocktails with fine salt.

120. Coconut Cakes or Buns.

| | |
|----------------------------|---|
| 1 tin butter | $2\frac{1}{2}$ tins desiccated cocoanut |
| $\frac{3}{4}$ -1 tin sugar | $\frac{1}{2}$ tsp. baking soda |
| 2 eggs | 1 tsp. baking powder |
| 2 tins flour | $\frac{1}{4}$ tsp. salt |
| | 1 tin milk (approximately) |

Cream the butter and sugar, mix in the other ingredients and bake in a large cake tin lined with greased paper or in small individual dishes.

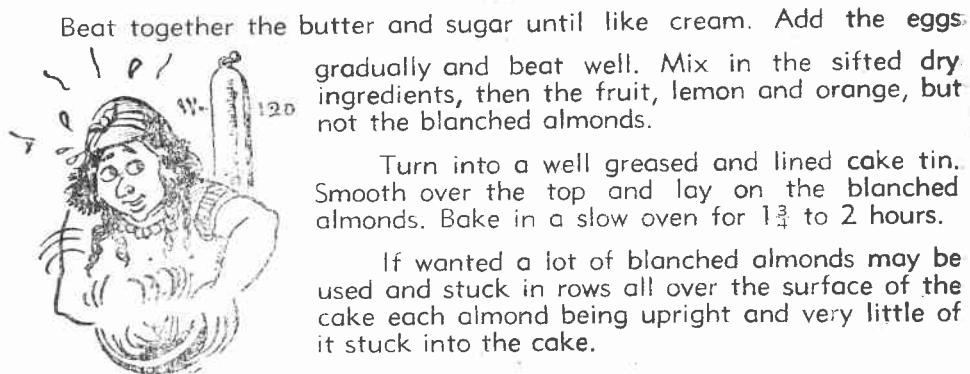
121. Doughnuts.

| | |
|--------------------------|-------------------------------------|
| 2 tins sifted flour | $\frac{1}{2}$ tin sour milk (leban) |
| 2 tsp. baking powder | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{4}$ tin butter | 2 eggs |
| 5 tbsp. sugar | Frying fat or palmine |

Mix together all the ingredients except the frying fat and work to a fairly firm dough. Roll the dough out on a well floured pastry board till it is about $\frac{1}{4}$ inch thick. With a small wine glass or tin cut into circles and with a thimble cut a hole in the middle of each. Fry till golden brown and while still hot sprinkle with fine sugar.

122. Dundee Cake.

| | |
|------------------------------------|-------------------------------------|
| $\frac{2}{3}$ tin butter | $\frac{3}{4}$ tin currants |
| $\frac{3}{4}$ tin soft brown sugar | $\frac{1}{2}$ tin sliced mixed peel |
| 4 large eggs | $\frac{1}{2}$ tin glacé cherries |
| 2 tins sifted flour | $\frac{1}{4}$ tin ground almonds |
| 1 tsp. baking powder | $\frac{1}{3}$ tin blanched almonds |
| $\frac{1}{8}$ tsp. salt | Rind and juice of 1 orange |
| $\frac{3}{4}$ tin sultanas | Rind and juice of 1 lemon |

**123. Eclairs.**

1 tin water
 $\frac{1}{2}$ tin butter

1 tin flour
 4 eggs
 $\frac{1}{8}$ tsp. salt

Boil the water and butter and while boiling stir in the flour and the salt (if the butter is not salty). Beat with a fork till the mixture leaves the side of the pan. Turn into a basin and continue to beat till just warm. Beat in the eggs one by one. Have the tray quite cold. Grease and drop on the mixture in spoonfuls of the size wanted. They should not be placed too close as they swell considerably. Bake in a hot oven for 20—25 minutes or until golden brown. Open at the side and fill with whipped cream. Coat with icing if wanted.

124. Fruit Cake.

1 tin Valencia raisins
 $1\frac{1}{2}$ tins sultanas
 $1\frac{1}{2}$ tins currants
 1 tin candied peel
 $\frac{3}{4}$ tin blanched almonds
 $1\frac{1}{4}$ tins butter

$1\frac{1}{4}$ tins sugar
 6-7 eggs
 $3\frac{1}{2}$ -4 tins sifted flour
 $\frac{1}{2}$ tsp. salt
 1 tsp. browning
 1 tsp. baking powder
 1 tsp. spice

Pick over and wash the fruit the day before so that it is dry when wanted. Warm the bowl and cream the butter and browning. Add the eggs unbeaten, and the sifted flour alternately and gradually. Add the baking powder, spice and salt with the last spoonful of flour. Beat till the mixture stands in points. Fold in the fruit and chopped almonds. The mixture must be stiff but if too thick a little milk may be added. Line a large tin with several layers of greased paper, put in the mixture, making a depression in the centre to prevent it rising too high, brush with cold water and put into a hot oven for 15 minutes. Reduce to a moderate oven and cook for at least 4 hours. When cooked pour over half a glass of whisky while still warm, if it is wanted.

125. Gateau aux Am

5 whites of egg
 $\frac{1}{4}$ tsp. salt
 1 tin castor sugar
 $1\frac{1}{4}$ tin finely minced

Beat the egg white the almonds and baking inch tart moulds—if la and cook in a moderate ed with French almond

126. Gateau aux Ma

1 tin castor sugar
 8 eggs
 $\frac{3}{4}$ tin minced walnut

Beat the sugar and breadcrumbs. Fold in the moderate oven. Decorat

127. Gharob.

1 tin powdered sugar
 $2\frac{1}{4}$ tins sifted flour

Pound the sugar till it is white. Mix all, for on a greased tray. If w added.

128. Ginger Cake.

$\frac{1}{2}$ tin butter
 $\frac{1}{2}$ tin sugar
 2 eggs
 1 tin black treacle
 1 tin sifted flour

Cream the butter, two eggs, adding the preserved ginger. Warm mixture. Butter and fl oven for $1\frac{1}{2}$ —2 hours Turn onto a rack to co

129. Hermites.

1 tin butter
 $1\frac{1}{2}$ tins sugar
 4 eggs

125. Gateau aux Amondes.

| | |
|--|---|
| 5 whites of egg | 2 tsp. baking powder |
| $\frac{1}{4}$ tsp. salt | $\frac{1}{4}$ tin fine bread crumbs—dried and sifted |
| 1 tin castor sugar | Whipped cream |
| $1\frac{1}{4}$ tin finely minced almonds | |

Beat the egg whites with the salt until stiff. Add the sugar slowly. Add the almonds and baking powder and finally the breadcrumbs. Butter two 7 inch tart moulds—if larger a biscuit will be obtained—fill with the mixture and cook in a moderate oven. When cold layer with whipped cream flavoured with French almond rock.

126. Gateau aux Marrons.

| | |
|----------------------------------|--------------------------------------|
| 1 tin castor sugar | 1 tin chestnut purée |
| 8 eggs | $\frac{1}{4}$ tin sifted breadcrumbs |
| $\frac{3}{4}$ tin minced walnuts | $\frac{1}{2}$ tsp. vanilla |
| | $\frac{1}{4}$ tsp. salt |

Beat the sugar and yolks of eggs. Add the walnuts, chestnut purée and breadcrumbs. Fold in the egg whites, stiffly beaten with the salt. Bake in a moderate oven. Decorate with pieces of marrons glacés.

127. Gharab.

| | |
|----------------------------------|-------------------------|
| 1 tin powdered sugar | $\frac{1}{4}$ tsp. salt |
| $2\frac{1}{4}$ tins sifted flour | 1 tin fat |

Pound the sugar thoroughly, sift the flour and salt and beat the fat till it is white. Mix all, form into cakes about two inches in diameter and bake on a greased tray. If wanted three or four pounded cardamon seeds may be added.

128. Ginger Cake.

| | |
|--------------------------|------------------------------------|
| $\frac{1}{2}$ tin butter | $\frac{1}{3}$ tin sultanas |
| $\frac{1}{2}$ tin sugar | 2 tsp. ground ginger |
| 2 eggs | $\frac{1}{2}$ tin preserved ginger |
| 1 tin black treacle | 1 tsp. bicarbonate of soda |
| 1 tin sifted flour | $\frac{1}{4}$ tin milk |
| | $\frac{1}{2}$ tsp. salt |

Cream the butter, add the sugar and beat for a few minutes. Beat in the two eggs, adding the treacle with the flour, sultanas, ground ginger and sliced preserved ginger. Warm the bicarbonate of soda in the milk and add to the mixture. Butter and flour a cake tin, pour in the mixture and bake in a slow oven for $1\frac{1}{2}$ —2 hours or until the cake comes away from the side of the tin. Turn onto a rack to cool.

129. Hermites.

| | |
|---------------------------|-----------------------------|
| 1 tin butter | 2 tsp. bicarbonate of soda |
| $1\frac{1}{2}$ tins sugar | $\frac{1}{4}$ tin hot water |
| 4 eggs | 2 tsp. cinnaman |

- | | |
|------------------------|----------------------|
| 1 tin chopped dates | 2 tbsp. mixed spice |
| 2 tins chopped walnuts | 2½ tins sifted flour |
| | ¼ tsp. salt |

Mix together all the ingredients. Put spoonfuls of the mixture on a greased baking dish, some distance apart, as they spread. Bake in a moderate oven until lightly browned and firm.

130. Honey Cake.

- | | |
|--|----------------------------|
| 1 tin honey or Golden Syrup | 6 figs finely cut |
| 1 tin sugar | 8 dates finely cut |
| 2 tins sifted flour | 4 tbsp. mixed peel |
| 4 eggs | ½ tin sultanas |
| 1¼ tins coarsely ground walnuts (or 40 walnuts) | ½ tin currants or raisins |
| ½ tsp. salt | 1 tsp. cinnamon |
| | 1 tsp. bicarbonate of soda |

Beat the honey and sugar well together. Add the flour and eggs. Mix in the dry ingredients. Grease a shallow cake tin, dust it with flour and spread the mixture evenly in it. Bake in a moderate oven. Cut in squares.

131. Kleicha.

- | | |
|------------------------|----------------------|
| 2 tins flour | ½ tsp. baking powder |
| ½ tsp. salt | 4 tbsp. tepid water |
| 10 tbsp. melted butter | 1 egg |
| | Date or nut filling |

Make a paste with the flour, salt, butter, baking powder, water and half of the beaten egg. Roll out thin and cut small rounds of the dough. Fill with chopped dates or crushed nuts mixed with sugar and rosewater and a dash of salt. Put a little on each round, fold them over, firm down the edge, coat with egg and bake in a quick oven.

If filled with cheese and egg this is usually known as Sanbusak.

132. Langue de Chat.

- | | |
|----------------------|------------------------|
| ½ tin butter (¼ lb.) | ⅛ tsp. salt |
| ½ tin sugar | 3 whites of egg |
| 1¼ tins flour | ¼ tsp. vanilla essence |

Beat together the sugar and butter till like cream. Add the essence. Whip the whites of eggs and add to the mixture. Gradually stir in the flour. Have trays already greased and dusted with flour and with a forcing tube force fingers of the mixture onto the tray leaving plenty of room between them as they spread a lot. Bake until the edges are golden brown.

These may be sandwiched together with a little sieved jam to make Lady Fingers or used in the preparation of Charlotte Russe.

133. Marble Cake.

- | | |
|---------------|---------------|
| 1 tin butter | 2½ tins flour |
| 1¾ tins sugar | 1 tin milk |

- | |
|----------------------|
| ½ tsp. salt |
| 6 eggs |
| 3 tsp. baking powder |

Cream the butter, sugar, egg yolks, the sifted flour. Add the flavouring, nuts and raisins. Divide the butter into two layers in a cake tin lined with paper.

134. Marmalade Cake.

- | |
|---------------------|
| 1 tin butter |
| 1 tin sugar |
| ¼ tsp. salt |
| ½ tin marmalade |
| 4 tins sifted flour |

Cream the butter, sugar and the sifted flour, ground ginger, eggs and milk and add to the marmalade. Bake in a deep cake tin about 1½ hours on paper.

135. Nuri Panjara (Bread)

- | |
|-------------------|
| 2 eggs |
| 4 yolks of eggs |
| ½ tin flour |
| 2 tbsp. cornflour |

Beat the whole eggs and yolks with milk and mix well. Sift the flour and add the soda and beat well.

Heat a lot of cooking oil in a deep mould in it till scalding. Dip the mould in the mixture. When the panjara is golden brown. It is quicker to work with a brush.

136. Orange and Almond

- | |
|---------------------------|
| ½ tin finely sifted bread |
| 2/3 tin orange juice |
| Grated rind of one orange |

Mix the breadcrumb with a little milk. Boil a few minutes in boiling water. Beat the egg yolks, sugar and milk stiffly and fold into the breadcrumb. Bake on paper and sprinkled with sugar for 1 hour—until ready when touched with a finger.

When cold cut and

| | |
|-------------------------|---|
| $\frac{1}{2}$ tsp. salt | 1 tsp. vanilla or rum |
| 6 eggs | 1 tin chopped walnuts and raisins mixed |
| 3 tsp. baking powder | 2 tbsp. cocoa |

Cream the butter, sugar and salt for half an hour. Add the well beaten egg yolks, the sifted flour and baking powder, and the milk little by little. Add the flavouring, nuts and raisins and fold in the well beaten egg whites. Divide the butter into two parts to one of which add the cocoa. Arrange in layers in a cake tin lined with well greased paper. Bake in a moderate oven.

134. Marmalade Cake.

| | |
|-----------------------------|----------------------|
| 1 tin butter | 2 tbsp. ginger |
| 1 tin sugar | 1 tbsp. mixed spice |
| $\frac{1}{4}$ tsp. salt | 4 tsp. baking powder |
| $\frac{1}{2}$ tin marmalade | 1 tin milk |
| 4 tins sifted flour | 4 eggs |

Cream the butter, sugar and salt. Add the Marmalade. Sieve together the sifted flour, ground ginger, spice and baking powder. Beat together the eggs and milk and add to the creamed butter and sugar. Stir in the flour. Bake in a deep cake tin about 5 inches in diameter lined with well greased paper.

135. Nuri Panjara (Bread Window).

| | |
|-------------------------|--|
| 2 eggs | $\frac{1}{4}$ tsp. bicarbonate of soda |
| 4 yolks of eggs | $\frac{1}{2}$ tin milk |
| $\frac{1}{2}$ tin flour | $\frac{1}{8}$ tsp. salt |
| 2 tbsp. cornflour | Frying salt |

Beat the whole eggs and the yolks thoroughly. Add the cornflour to the milk and mix well. Sift the flour into the egg. Mix all these ingredients then add the soda and beat well. The batter should be like thick cream.

Heat a lot of cooking fat in a small pan, till smoking hot. Immerse a mould in it till scalding. Dip the mould in batter to which it should stick if the mould has been hot enough, then quickly return it to the fat until the panjara is golden brown. Remove, drain and sprinkle with powdered sugar. It is quicker to work with two moulds.

136. Orange and Almond Cake.

| | |
|---|---------------------------|
| $\frac{1}{2}$ tin finely sifted breadcrumbs | 2 tins almonds |
| $\frac{2}{3}$ tin orange juice | 8 eggs |
| Grated rind of one orange | $1\frac{1}{2}$ tins sugar |
| | $\frac{1}{2}$ tsp. salt |

Mix the breadcrumbs, orange juice and rind. Blanch the almonds for a few minutes in boiling water, remove the skins and mince, or chop finely. Beat the egg yolks, sugar and salt for quarter of an hour. Beat the egg whites stiffly and fold into the mixture. Pour into a cake tin lined with greased paper and sprinkled with breadcrumbs. Bake in a moderate oven— $\frac{1}{2}$ to $\frac{3}{4}$ hour—until ready when tested with a skewer or feather.

When cold cut and fill with whipper cream.

137. Orange Cake.

$\frac{1}{2}$ tin butter
 $\frac{1}{2}$ tin castor sugar
 $1\frac{1}{4}$ tins sifted flour
 $\frac{1}{4}$ tsp. salt

1 tsp. baking powder
 $1\frac{1}{2}$ tbsp. grated orange rind
 Milk
 1 tin icing sugar
 Orange juice

Cream the butter and sugar. Add the beaten eggs, flour, salt, grated rind and baking powder. If too thick add a little milk. Bake in a moderate oven. When cool cover with icing made of a tin of sugar mixed with orange juice.

138. Orange Cup Cakes.

4 tbsp. butter
 1 tin sugar
 $\frac{2}{3}$ tin milk
 1 egg

2 tins sifted flour
 3 tsp. baking powder
 $\frac{1}{8}$ tsp. salt
 1 tsp. orange extract or juice
 Grated rind of an orange

Beat the butter to a cream, add the sugar slowly and continue beating. Add the milk, a little at a time, the beaten egg, flour, baking powder and salt sifted together. Add the orange juice and rind and bake in greased and floured individual tins in a moderate oven for 15 to 20 minutes. When cool cover with orange icing (Recipe 161).

139. Paper Pastry.

Flour
 Salt

Water
 Oil

Make a firm paste with a good amount of flour some salt and water. Knead thoroughly, wetting the hands with water from time to time. Roll into balls about the size of an orange, flatten somewhat and leave in a little olive oil for 1 to 2 hours. Cover and keep warm. If rather hard at the end of that time allow to stand longer in the oil. The elasticity of the dough is the essential factor for successful pastry.

Flour a baking board lightly, sprinkle flour on the pat of dough and roll out to the size of a small plate. Flip from one hand to the other till the dough is considerably larger and then lay this on a white cloth spread on a large edge. Cut into broad strips and fill with any sweet or savoury mixture. Tuck in the ends, roll up and bake or fry.

140. Polish Torte.

6 eggs
 1 tin sugar
 $\frac{2}{3}$ tin very finely chopped or ground almonds

$\frac{2}{3}$ tin finely chopped walnuts
 4 tbsp. finely sifted dry bread-crumbs
 $\frac{1}{2}$ tsp. vanilla or $\frac{1}{4}$ vanilla stick
 $\frac{1}{8}$ tsp. salt

Beat the egg yolks with the sugar and salt until they are light coloured and creamy-about quarter of an hour. Add the blanched and finely chopped

almonds, the finely chopped vanilla essence is not obtainable and sugar and stirred for

Beat the egg white sufficient for 2 baking dishes add the mixture and put in a flame and continue cooking

Put a chocolate or

141. Puff Pastry.

2 tins flour
 1 tin butter ($\frac{1}{2}$ lb.)
 $\frac{1}{2}$ tsp. lemon juice

Shape the butter into a ball and put onto a pastry board and roll out to the size of a tin. Add the juice and the water gradually and roll the paste well and then roll it out to more than twice its length. Put it in a tin. Press the edges well together. Bake for 15 minutes. Roll again. The thickness should be the same—the third time, roll again, fold and roll again. Always cooling between rolls. The dough should be sprinkled with flour when rolling to remove the excess. The heat of the oven and then the heat greatly reduced. The door should never be opened.

142. Quatre-Quarts.

This is a favourite produced for special occasions or engagements. The weight of the cake should be the same as the weight of the flour and a few people have weighed

1 tin sugar
 5 eggs
 2 tins sifted flour

Powder the sugar if necessary. Beat the yolks and sugar together and add the butter and beat it a little. If the butter is not salted they do not remain in a liquid state for 1 hour.

143. Riquaq.

1 tin flour
 $\frac{1}{2}$ tin water
 $\frac{1}{4}$ tsp. salt

almonds, the finely chopped walnuts, breadcrumbs and vanilla. If vanilla essence is not obtainable vanilla stick should be added when mixing the yolks and sugar and stirred for $\frac{1}{2}$ an hour.

Beat the egg whites until stiff and add to the mixture. This makes sufficient for 2 baking dishes 8 inches in diameter. Grease and crumb them, add the mixture and put into a fairly hot oven. Immediately turn down the flame and continue cooking in a slow oven for $\frac{3}{4}$ to 1 hour.

Put a chocolate or coffee filling between the two layers.

141. Puff Pastry.

| | |
|-----------------------------------|------------------------------|
| 2 tins flour | $\frac{1}{2}$ tin cold water |
| 1 tin butter ($\frac{1}{2}$ lb.) | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{2}$ tsp. lemon juice | |

Shape the butter into a square and cool in the refrigerator. Sift the flour onto a pastry board and make a hole in the centre. Into this put the lemon juice and the water gradually, working till a smooth paste is formed. Knead the paste well and then roll into a strip a little wider than the butter and more than twice its length. Put the butter onto this strip and fold the paste over it. Press the edges well together to keep in the air. Cool in the refrigerator for 15 minutes. Roll again to three times the original length, but the width should be the same—the rolling is always done in the same direction—fold in three, roll again, fold and cool for 15 minutes. This should be done 5 times more always cooling between the rolling. Each time it is rolled the paste may be sprinkled with flour which should be smoothly brushed over the surface and the excess removed. The pastry should be baked in a hot oven for 15 minutes and then the heat greatly reduced for the remainder of the time. The oven door should never be opened till the pastry has risen and set.

142. Quatre-Quarts.

This is a favourite cake of the peasants of Normandy and is always produced for special occasions such as christenings, wedding anniversaries or engagements. The weight of the sugar, of the butter and of flour is in each case the same as the weight of 4 eggs. In Baghdad however the eggs are small and few people have weights. The following measures may be used.

| | |
|---------------------|--------------------------|
| 1 tin sugar | 1 tin butter |
| 5 eggs | $\frac{1}{2}$ tin brandy |
| 2 tins sifted flour | 2 tsp. lemon juice |

Powder the sugar if fine sugar is not available. Separate the eggs and beat the yolks and sugar thoroughly. Measure the flour after sifting; soften the butter and beat it a little. Beat up all the ingredients and add $\frac{1}{4}$ tsp. salt if the butter is not salted. Whip the egg whites and fold in taking care that they do not remain in a layer on top. Bake in a moderately slow oven for $\frac{3}{4}$ to 1 hour.

143. Riqoq.

| | |
|-------------------------|------------------------|
| 1 tin flour | 2 tbsp. rosewater |
| $\frac{1}{2}$ tin water | 2 tins shelled walnuts |
| $\frac{1}{4}$ tsp. salt | 6 tbsp. sugar |
| | 1 tbsp. butter |

Add the flour gradually to the water and salt and beat well. Allow to stand ten minutes in a warm place. Grease an inverted brass tray or other tray with a very smooth & slightly convex surface and place it over the fire. Take a small handful of the batter and rhythmically dab the tray with the batter swinging it up and back into the hand after each dab. This should be done fairly quickly and a little of the batter should adhere to the tray each time. It will be necessary to adjust the heat until the required temperature is found to hold the batter. Each time it is dabbed on the tray it should overlap the previous piece of batter until a sheet the size of a plate is formed. As the batter cooks it can easily be lifted from the tray, or if it sticks, eased up with a knife.

When each sheet is finished it should be kept moist by laying between washed large green leaves such as spinach beet or rhubarb. Re-grease the tray each time. When the batter is all used up a filling should be prepared of rosewater, ground walnuts and sugar. A little is put on each sheet, the ends turned in and the whole thing rolled up. When all are ready they are laid on a buttered baking sheet and cooked in a moderate oven till crisp and lightly browned.

Once the necessary skill is acquired, and it is not difficult, a most unusual and appetising cake can be made.

144. Schweizer Torte.

| | |
|--|----------------------------------|
| 3 whole eggs | $\frac{1}{2}$ tsp. baking powder |
| 4 yolks | 3 tbsp. chopped candied peel |
| $1\frac{1}{4}$ tin sugar | $\frac{3}{4}$ tin almonds |
| 3 tbsp. lemon juice | 1 tin hazel nuts |
| 1 tsp. grated lemon rind | $4\frac{1}{2}$ tbsp. flour |
| 2 tbsp. cherry brandy or other liqueur | 2 tbsp. raisins |
| | 4 beaten egg whites |

Beat the eggs, yolks, sugar, lemon juice and rind for $\frac{1}{4}$ hour or stir for $\frac{1}{2}$ an hour. Add the liqueur, baking powder, candied peel (preferably citron) and finely chopped or ground almonds and hazel nuts. It is not necessary to remove the skin of the nuts before chopping. Add the flour and raisins and finally the stiffly beaten whites of eggs. Pour into a greased and crumbed tray and bake in a slow oven.

This cake is best made a day or two before it is wanted.

145. Seed Cake.

| | |
|-------------------------|--------------------------------|
| 1 tin butter | $\frac{1}{2}$ tsp. nutmeg |
| 1 tin sugar | $\frac{1}{2}$ tsp. mixed spice |
| $\frac{1}{4}$ tsp. salt | 2 tbsp. caraway seeds |
| 2 tins flour | 1 tin chopped candied peel |
| 4 eggs well beaten | 2 tsp. baking powder |
| | Milk |

Cream the butter and the sugar and salt. Add the flour and eggs alternately. The nutmeg and mixed spice should be sifted with the flour. Add the remaining ingredients and enough milk to make of firm consistency. Put

into a greased and papered cake so that when cooked in oven and immediately lo

146. Short Crust Pastry

| |
|---|
| $\frac{1}{2}$ tin well sifted flour |
| $\frac{1}{8}$ tsp. baking powder |
| $\frac{1}{4}$ tsp. salt (omit this if used) |

Sift the flour, baking powder and salt. The particles are the size of a pea. Rub with a criss-cross motion with one knife. Handle till the mixture is firm but on no account will depend on the flour. Roll the flour on the board as possible. Use an inverted pie plate, or a rolling pin with a fork and bake in a moderate oven till browned.

147. Stagehall Tart.

| |
|--------------------|
| Short crust pastry |
| 1 egg |
| 1 white of egg |
| 2 tbsp. milk |

Line individual cake tins with short crust pastry. (Recipe 146). Beat the egg and white of egg. Add the milk, sugar and flour. Put teaspoonfuls into the tins and bake till browned and firm.

148. Standard Cake Recipe

| |
|--------------------------|
| $\frac{1}{2}$ tin butter |
| 1 tin sugar |
| 2 tins sifted flour |
| 3 tsp. baking powder |

Cream the butter till very light. Sift together the flour and baking powder one at a time to the sugar. Add a little milk. Beat well and pour into a well greased and floured tray. Bake in a moderate oven till firm.

This cake may be decorated with chopped candied peel or

149. Swiss Roll.

| |
|--------------------|
| 3 small eggs |
| 1 tin sifted sugar |

into a greased and papered cake tin. Make a depression in the top of the cake so that when cooked it will not be too high in the centre. Put into a hot oven and immediately lower to slow heat.

146. Short Crust Pastry.

| | |
|---|--|
| $\frac{1}{2}$ tin well sifted flour | $2\frac{1}{2}$ tbsp. butter or margarine |
| $\frac{1}{8}$ tsp. baking powder | Very cold water (about 2 tbsp.) |
| $\frac{1}{4}$ tsp. salt (omit this if salt fat is used) | |

Sift the flour, baking powder and salt. Cut the fat into the flour until the particles are the size of peas. Two knives may be used for this working with a criss-cross motion. Sprinkle the water slowly into the dough stirring with one knife. Handle the dough as little as possible. The dough should not be firm but on no account should it be sticky. The quantity of water needed will depend on the flour. For pieshells roll the dough very thin using as little flour on the board as possible. Arrange it over the greased under surface of an inverted pie plate, or individual cake dishes. Prick in two or three places with a fork and bake in a hot oven for about 7 minutes or until slightly browned.

147. Stagehali Tart.

| | |
|--------------------|---|
| Short crust pastry | 1 tin sugar |
| 1 egg | $\frac{1}{4}$ tsp. salt |
| 1 white of egg | 1 tbsp. ground almonds or $\frac{1}{4}$ tsp. almond essence |
| 2 tbsp. milk | 1 tin desiccated cocoanut |

Line individual cake dishes or a large tart plate with thin short crust pastry. (Recipe 146). Beat the whole egg and the white of egg thoroughly. Add the milk, sugar and salt. Beat further. Add the almonds and cocoanut. Put teaspoonfuls into the pastry shells and cook in a moderate oven till lightly browned and firm.

148. Standard Cake Recipe.

| | |
|--------------------------|-------------------------|
| $\frac{1}{2}$ tin butter | $\frac{1}{4}$ tsp. salt |
| 1 tin sugar | 2 large eggs |
| 2 tins sifted flour | 1 tsp. vanilla extract |
| 3 tsp. baking powder | $\frac{2}{3}$ tin milk |

Cream the butter thoroughly. Add the sugar a little at a time and beat till very light. Sift together the flour, baking powder and salt. Add the eggs, one at a time to the sugar and butter and beat well. Add the vanilla and a little milk. Beat well and continue to add flour and milk alternately. Have a well greased and floured deep cake tin ready. Fill three quarters full and bake in a moderate oven for 35 to 45 minutes.

This cake may be varied by adding a tin of slightly floured raisins, or chopped candied peel or nuts. The flavouring may be varied as wanted.

149. Swiss Roll.

| | |
|--------------------|----------------------|
| 3 small eggs | 1 tsp. baking powder |
| 1 tin sifted sugar | Powdered sugar |

1 tin sifted flour
 $\frac{1}{2}$ tsp. salt

Hot jelly or jam

Beat the egg yolks until thick and light, add slowly a tin of sifted sugar and 4 tbsp. cold water. Beat well. Sift together the flour, salt and baking powder and mix in a little at a time without beating. Fold in the stiffly beaten egg whites. Grease a large oblong pan at least 15" x 11" and dust with flour. Spread the batter thinly on the pan and bake in a moderate oven for about ten minutes. Have ready a slightly dampened cloth with a sheet of paper on it sprinkled with powdered sugar. Quickly trim off the edges of the cake, make an impression with the back of the knife half an inch from one end in order to be able to roll it more easily, spread with heated jam or jelly and roll up neatly with the help of the paper and cloth. When cool uncover and sprinkle with more powdered sugar.

150. Upside Down Cake.

$\frac{1}{4}$ tin butter
 $\frac{1}{4}$ tin brown sugar

2 bananas or 12 cooked or tinned apricot halves

Melt the butter in the cake tin, preferably a ring mould. Add the brown sugar. Arrange the sliced banana (or apricot) halves on this.

6 tbsp. butter
 $\frac{1}{2}$ tin sugar
 2 large or 3 small eggs
 $1\frac{1}{2}$ tins sifted flour
 $\frac{1}{2}$ tsp. baking powder

$\frac{3}{4}$ tsp. bicarbonate of soda
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tin mashed bananas or sieved apricot pulp
 2 tins sour milk (approximately)
 1 tsp. vanilla

Cream the butter and sugar and add the beaten eggs. Stir in the sieved dry ingredients and mix with fruit pulp, milk and vanilla. Pour into the tin being careful not to disturb the slices of banana and bake in a medium oven for about an hour. Turn onto a serving dish and serve hot, or serve cold with whipped cream.

151. Viennese Cake.

$10\frac{1}{4}$ tbsp. butter
 $10\frac{1}{2}$ tbsp. sugar
 $\frac{1}{4}$ tsp. salt
 $1\frac{1}{4}$ tins grated chocolate

1 tbsp. water
 9 eggs
 $1\frac{1}{4}$ tins sifted flour
 Apricot jam
 Chocolate icing

Cream the butter, sugar and salt. Dampen and warm the chocolate with the spoonful of water. Beat the egg yolks. Mix all together. Quickly and carefully add the stiffly beaten egg whites and the flour which should be slightly warm. Bake in a moderate oven for half an hour to forty minutes. Allow to stand for two days, cover with warmed apricot jam and coat with chocolate icing.

152. Wedding Cake.

9 tins currants
 9 tins sultanas
 6 tins mixed peel

$\frac{1}{4}$ tin caramel
 $4\frac{1}{2}$ tins castor sugar
 18 eggs

$1\frac{1}{2}$ tins blanched almonds
 $\frac{1}{2}$ small nutmeg
 1 tsp. salt
 4 tins butter

Clean the fruit, grate until light and smooth. Mix gradually and the remaining a large and a small tin bottom—and put in the middle five hours. Allow to stand. Coat with royal and transfer to the larger. The decoration

If the cake is not being used it looks very well with green almond leaves

153. Zalabia.

1 tin yeast
 3 tins water
 3 tins flour

Yeast may be obtained from some flour. Mix the yeast

Mix with the sifted salt if there is not already yeast. Beat until thick. Heat the oil smoking hot. Pour the batter in a funnel closing the opening with one finger. When ready allow the batter to fall into the hot oil. Move the hand that circles and connects are formed. The zalabia should be removed, drain and dip in with a little rosewater. A little powdered sugar but this is

154. Almond Icing.

$2\frac{1}{4}$ tins castor sugar
 $2\frac{1}{4}$ tins ground sweet almonds

Mix the sugar and almonds. Break in the two eggs. Add another egg if necessary. Sugar to prevent sticking. Place on top and another

- | | |
|--------------------------|---------------------------|
| 1½ tins blanched almonds | 10 tins flour |
| ½ small nutmeg | Grated rind of two lemons |
| 1 tsp. salt | 4 tbsp. mixed spice |
| 4 tins butter | 1 tin brandy |

Clean the fruit, grate the nutmeg and cream the salt, sugar and butter, until light and smooth. Work in the eggs one at a time, and add the flour gradually and the remaining ingredients, working in a little at a time. Line a large and a small tin with brown paper—at least three rounds at the bottom—and put in the mixture. Bake in a moderately cool oven for at least five hours. Allow to stand one or more days then cover with almond paste. Coat with royal and transparent icing and arrange the smaller cake on top of the larger. The decorations should be done with royal icing as desired.

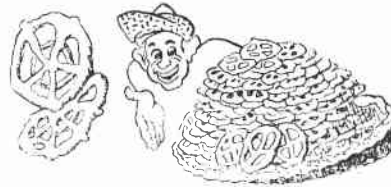
If the cake is not being used for a wedding and such an elaborate icing is not wanted it looks very attractive covered with almond icing decorated with green almond leaves and pink flowers.

153. Zalabia.

- | | |
|--------------|------------------|
| 1 tin yeast | ½ tsp. salt |
| 3 tins water | 2 tins olive oil |
| 3 tins flour | Syrup |
| | Rosewater |

Yeast may be obtained from the local baker and is already mixed with some flour. Mix the yeast and water, cover and leave in warm place overnight.

Mix with the sifted flour and salt if there is not already salt in the yeast. Beat until thick like cream. Heat the oil smoking hot, put the batter in a funnel closing the lower opening with one finger. When all is ready allow the batter to run into the hot oil. Move the funnel so that circles and connecting strips are formed. The zalabia should be the size of a saucer. When lightly browned remove, drain and dip into a syrup made of sugar and water and flavoured with a little rosewater. Alternatively the zalabia may be sprinkled with powdered sugar but this is not so characteristic.



Cake Icing and Fillings.

154. Almond Icing.

- | | |
|------------------------------|----------------------------------|
| 2¼ tins castor sugar | Rosewater or orange flower water |
| 2¼ tins ground sweet almonds | 2 eggs |

Mix the sugar and almonds well together. Make a hole in the centre and break in the two eggs. Add a little rosewater and knead into a firm paste, adding another egg if necessary. Turn the mixture onto a board dusted with sugar to prevent sticking. Roll out with a rolling pin to the size of the cake, place on top and another piece round the sides. Press smooth with the hands.

155. Almond Paste.

$\frac{3}{4}$ tin lump sugar
2 tbsp. lemon juice
2 tbsp. water

$\frac{3}{4}$ tin blanched almonds
1 white of egg

Put the sugar, lemon juice and water into a pan, bring to the boil and skin. Boil until a little tested in cold water forms a soft ball (237°F). Pour the syrup over the finely ground almonds and add about half of the white of egg. Mix well together and use as required. Sufficient for one small cake.

156. Butterscotch Filling.

1 tin light brown sugar
1 tsp. butter
 $\frac{3}{4}$ tin warm milk
3 tbsp. cornflour

$\frac{1}{4}$ tin cold milk
1 beaten egg
1 tsp. vanilla essence
Icing sugar

Caramelize the sugar and butter, cool and stir in the warm milk. Heat slowly and leave to stand until the caramel is dissolved. Mix the cornflour with a little cold milk, stir into the mixture and bring to the boil. Stir until the cornflour is cooked. Cool slightly and add beaten egg. Stir over boiling water for about 15 minutes. Add the vanilla essence. Spread half between the layers. Stir enough icing sugar into the remainder to make it thick enough to spread on top. If liked, sprinkle with chopped, blanched, browned almonds.

157. Chocolate Icing.

$\frac{3}{4}$ tin grated chocolate
 $\frac{1}{4}$ tin water
2 tbsp. butter

$\frac{1}{2}$ tsp. vanilla essence
 $1\frac{1}{4}$ tins icing sugar
Dash of salt

Boil the water and chocolate together for 2 minutes. Allow to cool slightly and add butter, vanilla and sugar.

158. French Almond Rock (Praline).

$\frac{1}{2}$ tin sugar

1 tin cleaned almonds—not skinned

Melt the sugar in a thick pan. Cook the almonds in it till golden brown. Pour into a lightly oiled tray and when cold pound and use as required.

159. Meringue Icing.

$1\frac{1}{2}$ tins sugar
 $\frac{1}{2}$ tin water

$\frac{1}{8}$ tsp. salt
2 large or 3 small egg whites
Flavouring

Put the sugar, water and salt into a clean pan and allow to boil till a little of the syrup dropped into cold water forms a soft ball. Meanwhile beat up the egg whites and when the sugar is ready pour slowly over the stiffly beaten whites, continuing to beat vigorously all the time. When cold and thick beat in any flavouring and use as wanted.

160. Noah's Ark Chocolate Icing.

2 tins sugar
1 tin condensed milk
 $\frac{1}{4}$ tin syrup

2 tbsp. cocoa
1 tbsp. butter
 $\frac{1}{8}$ tsp. salt

Boil the sugar, milk and water, tested in cold water. Re-boil until it becomes thick enough to spread.

161. Orange Icing.

1 tin sugar
 $\frac{1}{2}$ tin water
1 egg white

Boil the sugar and water until when dropped from the spoon it forms a soft ball and continue beating until thick with orange juice and rind.

162. Royal Icing.

$1\frac{1}{2}$ tins icing sugar
1 tsp. lemon juice

Be sure the sugar is dry and white of egg. When mixed it will be thick.

If ornamental roses are made in advance and the icing should be kept covered with a broad knife dipped in hot water. Sufficient for a small cake.

163. Seven Minute Icing.

$\frac{7}{8}$ tin granulated sugar
3 tbsp. cold water
1 unbeaten egg white

Put the sugar, water and egg white in a pan with cold water. Beat with a whisk. Remove from the boiling water. Beat until of the right consistency. Sufficient for a small cake.

164. Transparent Icing.

2 tins lump sugar

Put the sugar and water into a pan and bring to the boil and simmer until thick. Pour into a basin and stir. Sufficient for a small cake.

Small sandwiches and parties, the same savoury dainty the finger fare of a western dish. In A

Boil the sugar, milk, syrup and cocoa until it forms a soft ball when tested in cold water. Remove from the fire and stir in the butter. Stir until it becomes thick enough to coat the cake.

161. Orange Icing.

| | |
|-------------------------|----------------------------------|
| 1 tin sugar | 1 egg yolk |
| $\frac{1}{2}$ tin water | $\frac{1}{2}$ tbsp. orange juice |
| 1 egg white | Grated rind of an orange |

Boil the sugar and water without stirring until the syrup spins a thread when dropped from the spoon. Pour slowly onto the stiffly beaten egg white and continue beating until the mixture holds its shape. Fold in the egg yolk, orange juice and rind.

162. Royal Icing.

| | |
|---------------------------------|----------------|
| $1\frac{1}{2}$ tins icing sugar | 1 white of egg |
| 1 tsp. lemon juice | |

Be sure the sugar is free from lumps. Beat together the sifted sugar and white of egg. When smooth and brilliant add the lemon juice and beat well.

If ornamental roses and other decorations are wanted they should be made in advance and may later be stuck to the cake with a little jelly. The icing should be kept covered with a damp cloth when not being used and a broad knife dipped in hot water should be used to smooth it onto the cake. Sufficient for a small cake.

163. Seven Minute Icing.

| | |
|------------------------------------|--|
| $\frac{7}{8}$ tin granulated sugar | $\frac{1}{8}$ tsp. salt |
| 3 tbsp. cold water | $\frac{1}{2}$ tsp. vanilla or other flavouring |
| 1 unbeaten egg white | $\frac{1}{2}$ tsp. baking powder |

Put the sugar, water, egg white and salt into a basin over a pan of boiling water. Beat with an automatic egg beater for exactly seven minutes. Remove from the boiling water and add the flavouring and baking powder. Beat until of the right consistency to spread. May be spread on either hot or cold cake.

164. Transparent Icing.

| | |
|-------------------|------------------------------|
| 2 tins lump sugar | $\frac{1}{4}$ tin warm water |
|-------------------|------------------------------|

Put the sugar and water into a clean pan. Dissolve the sugar. Bring to the boil and simmer for 5 minutes or until a thick syrup is formed. Pour into a basin and stir until almost cold and setting, then use as required. Sufficient for a small cake.

Finger Fare

Small sandwiches or sandwich spreads are used for either tea or cocktail parties, the same savoury fillings being suitable for both. The more tasty and dainty the finger fare offered the more popular will it be. Sandwiches are a western dish. In America imagination and ingenuity have raised their

preparation from the simplest form of a savoury mixture between two thin slices of buttered bread, to a highly complicated sandwich which it is an art to prepare. But whether they appear in the form of sliced rolls of soft white bread or in a striped form with different mixture between alternate slices of brown and white bread they are always attractive to look at as well as delicious to eat.

For cocktail fare it is common to use "spreads" rather than sandwiches. This is frequent in continental Europe where pieces of bread spread with a meat, fish or vegetable mixture, or sliced sausage or cheese, are arranged on a large platter and form a meal in themselves. Tiny éclairs with savoury fillings or grated cheese beaten up with seasoned cream are always popular.

Of all European countries that which is most noted for its finger fare and hors d'oeuvres is Sweden, the fame of whose "smörgåsbord" is world wide. The smörgåsbord may display all the usual fare seen at an ordinary cocktail party and a great deal more besides, or in its simplest form it may offer bread, butter, cheese and brawn, or other cold meat.

In Iraqi households sandwiches are rarely offered. Their equivalent is a small pastry case containing a sweet or a savoury mixture, known respectively as "kleicha" or "sanbusak". These are made for every festival as well as being eaten at other times. The pastry although made of the same ingredients as short crust pastry is often overworked and too slowly baked, with the result that it is hard and regarded as somewhat indigestible by Europeans. On the other hand burag when made in small sizes suitable for finger fare is much more appetising than European puff pastry containing a savoury mixture.

Decoration of finger fare adds to its attraction but too much decoration suggests overhandling of the food. Furthermore as many people, particularly occidentals, prefer not to eat uncooked greenery such as parsley, to scatter chopped herbs over a dish does not contribute to the comfort of one's guest. If there must be fresh green decoration it should be well washed and arranged on the outer edge of the dish so that those who do not wish any may help themselves from the centre.



parsley, chives and other herbs and the whole thing makes a gay splash of colour on the street corner. It is the local equivalent of the American "hot-dog" stand and a quick snack called a "laffa" is made by slicing some of the dainties from the stand and rolling them up in a piece of khubz.

To cocktail fare the orient adds several novelties such as siniat badinjan, dolma, kubba and thick leban combined with chopped nuts, herbs or cucumber. In Baghdad one may often see "abiadh al bedh"—a movable stand piled high with neatly arranged hard boiled eggs, pickles, beetroot, red tomatoes, spring onions and other fare of the season. It is decorated with

165. 'Arus.

Thick leban
Olive oil

Add a little olive oil on pieces of khubz rich in cocktail fare, but in Syria 'Arus (the bride).

166. Battonets.

Mix plenty of ground meat and bake in a hot oven.

167. Cocktail Sausages.

2 tins finely minced meat
 $\frac{1}{8}$ tsp. cinnamon
 $\frac{1}{8}$ tsp. cloves
 $\frac{1}{8}$ tsp. black pepper

Clean small sausage casings and allow to stand overnight. Sew up with needle and hang to dry.

The spices in the

168. Cheese and Walnut Sandwiches.

$\frac{1}{4}$ tin butter
 $\frac{1}{3}$ tin grated cheese

Pound the butter and walnuts. Mix well. Butter on the buttered slices of lettuce leaves and serve as sandwiches.

169. Dolma—Recipe.

170. Favourite Savoury.

2 chicken livers
Frying butter
1 tbsp. minced onion
2 tbsp. minced meat

Fry the livers in the frying butter, add the onion, which must be quite cooked adding salt and serve in heated croutons.

165. 'Arus.

Thick leban
Olive oil

Salt and pepper
Khubz riqaq

Add a little olive oil to thick leban, season and mix well. Spread a little on pieces of khubz riqaq and roll up meatly. This makes a tasty addition to cocktail fare, but in Syria it is usually offered to children and is known as 'Arus (the bride).

166. Battonets.

Mix plenty of grated cheese into short crust pastry, cut into strips and bake in a hot oven.

167. Cocktail Sausages.

2 tins finely minced meat
 $\frac{1}{8}$ tsp. cinnamon
 $\frac{1}{8}$ tsp. cloves
 $\frac{1}{2}$ tsp. black pepper

Cayenne
 $\frac{1}{8}$ tsp. cubebs
 $\frac{1}{8}$ tsp. nutmeg
1 tsp. salt
 $\frac{1}{4}$ tin wine

Clean small sausage skins very thoroughly. Mix all the ingredients and allow to stand overnight. Fill the sausage skins, prick here and there with a needle and hang to dry in a shady place with a good current of air.

The spices in these sausage should be adjusted to taste.

168. Cheese and Walnut Sandwich Filling.

$\frac{1}{4}$ tin butter
 $\frac{1}{3}$ tin grated cheese

1 tbsp. English vinegar or lemon juice
 $\frac{1}{2}$ tin finely chopped walnuts
small lettuce leaves

Pound the butter and cheese, add the vinegar and very finely chopped walnuts. Mix well. Butter the thinly cut bread and lay tiny lettuce leaves on the buttered slices. Spread the mixture on the leaves, cover with more lettuce leaves and another slice of bread and butter. Makes 10 small sandwiches.

169. Dolma—Recipes 27, 360, 361, 362.**170. Favourite Savoury.**

2 chicken livers
Frying butter
1 tbsp. minced onion
2 tbsp. minced mushroom

1 tbsp. minced parsley
4 tbsp. good meat gravy
Salt and pepper

Fry the livers in butter till half cooked then chop them in the pan adding the onion, which must be minced, and the mushroom. Fry till the liver is quite cooked adding during the cooking, the parsley and gravy. Season and serve in heated croutade cases or on hot toast strips.

171. Goose or Duck Liver Paste.

- | | |
|--|-------------------------------|
| 1 goose or duck liver | 2 tbsp. goose fat or dripping |
| 2 hard boiled eggs | Pepper and salt |
| 1 tbsp. grated or finely chopped onion | |

Fry the whole liver slowly in goose fat until lightly browned. While still warm grate the fried liver and the yolks of the hard boiled eggs. Mix well together. Add a little warm goose fat and the onion. Add salt and pepper to taste and pound to a paste. Do not add salt while frying.

172. Hare Paté.

- | | |
|-----------------------|-----------------|
| 1 hare | Stock or water |
| 2 tins fat bacon | Salt and pepper |
| 1 liver (ox or sheep) | Nutmeg |
| 2 onions | 8 eggs |

Cut a hare into pieces about 4 inches square (with bones). Fry in bacon fat until brown. Chop 2 onions, fry until brown and add the hare. Pour over enough stock or hot water just to cover the meat and cook for 2 hours. Add more hot water during cooking. When ready about 2 tins of gravy should remain. Remove all the bones. Cut the liver in pieces and fry in bacon fat until brown. Put the meat and liver 5 times through a mincing machine. Add the gravy. Add salt, pepper and nutmeg to taste. Take 8 eggs and one by one work them well into the paté. Grease a cake tin or bowl. Arrange three quarters full with the paste. Cover with a greased paper, put in a pan of boiling water (the water should come about two thirds up the bowl) and boil 1½—2 hours.

When ready, turn the bowl over a plate and the paté should come out easily. Do not cut until cold.

173. Kleiche—Recipe 131.**174. Kubba—Recipe 43.****175. Leban Sandwich Spread.**

Drain leban in a piece of muslin until thick, add salt, pepper, chopped dill and chopped sweet pepper or paprika to taste. Use for sandwiches.

176. Liver Paste.

- | | |
|--|-----------------------|
| ½ k. calf's liver | 4 tsp. anchovy liquid |
| 4 tbsp. sieved dried breadcrumbs | 2 tsp. salt |
| 4 eggs | 2 tsp. sugar |
| 1 tin thin cream | ½ tsp. white pepper |
| ½ tin butter, margarine or finely diced fat pork | ¼ tsp. ground cloves |
| ½ tin diced lean veal | Dash of nutmeg |

Rinse the liver, and leave in water 15 minutes. Soak the crumbs in cream; mix with the beaten eggs. Cut the pork fat into tiny dice. Dry liver

and cut into pieces, also sieve. Mix with the portions of anchovy and paprika. Cover well with greased paper and cut in slices. If desired, serve with slices of pork.

177. Mahammara.

- | |
|------------------------|
| 1 tin finely ground |
| ¼ tin sifted dried |
| 4 tbsp. paste of sweet |
| 1 tsp. ground cumin |

Mix the ingredients and make a thick paste. Use for sandwiches with paprika. Use for sandwiches.

178. Meat Paste.

- | |
|---------------------------|
| 2 tins chopped lean |
| ½ tin butter or margarine |
| 4 tbsp. Essence of |
| ¼ tsp. ground mace |

Cut the meat in small pieces, put in a jar and cover with greased paper. Put through the mincing machine and put on a plate and when cold cover with greased paper.

Do not add salt a

179. Mock Paté de Foie.

- | |
|------------------------|
| 1 sheep or pig liver |
| 3 eggs |
| ½ tin soft breadcrumbs |
| Milk |

Cut the liver in pieces, wash and mince. Mix with the breadcrumbs which have been soaked in milk. Make a paste of the mixture and put on greased paper and steam for 1 hour.

180. Monaco Tomato Paste.

- | |
|---------------------|
| 8 small tomatoes |
| 8 tsp. tinned tuna |
| salmon |
| 1 hard boiled egg |
| 1 tsp. onion-grated |

Take off part of the skin and juice. Chop the rest of the tomatoes with the mixture.

and cut into pieces, also the veal. Mince 4 times. Pound and pass through a sieve. Mix with the pork or butter. Add gradually the cream and eggs, condiments and anchovy liquid. Grease a basin or mould, fill with the paste, cover well with greased paper and steam slowly for about 2 hours. When cold cut in slices. If desired before filling the mould with paste it may be lined with slices of pork.

177. Mahammara.

| | |
|--|----------------|
| 1 tin finely ground walnuts | 1 tsp. paprika |
| $\frac{1}{4}$ tin sifted dried breadcrumbs | Cayenne |
| 4 tbsp. paste of sweet red pepper | Salt |
| 1 tsp. ground cumin seed | Lemon juice |
| | Olive oil |

Mix the ingredients, add a little lemon juice and enough olive oil to make a thick paste. If sweet red pepper paste is not available use more paprika. Use for sandwiches.

178. Meat Paste.

| | |
|---------------------------------------|---------------------------------|
| 2 tins chopped lean beef | $\frac{1}{4}$ tsp. nutmeg |
| $\frac{1}{2}$ tin butter or margarine | $\frac{1}{4}$ tsp. white pepper |
| 4 tbsp. Essence of Anchovies | Dash of cayenne |
| $\frac{1}{4}$ tsp. ground mace | |

Cut the meat in small pieces. Put all ingredients into a basin or fireproof jar and cover with greased paper. Steam for 2 hours. While still fairly hot put through the mincer at least twice. When smooth, mould or spread on a plate and when cold cut into wedges.

Do not add salt as there is sufficient in the Anchovy Essence.

179. Mock Paté de Foie Gras.

| | |
|------------------------------------|--------------------|
| 1 sheep or pig liver | 1 small onion |
| 3 eggs | 1 tsp. mixed spice |
| $\frac{1}{2}$ tin soft breadcrumbs | Salt and pepper |
| Milk | |

Cut the liver in pieces and fry. Remove from the fire. Fry the grated onion. Mince the liver finely two or three times. Add the onion, eggs and breadcrumbs which have been soaked in milk until they will absorb no more. Make a paste of the mixture and fill into a buttered mould. Cover with greased paper and steam for 2 hours. Turn out and cut when cold.

180. Monaco Tomatoes.

| | |
|------------------------------------|------------------------|
| 8 small tomatoes | 1 tsp. parsley-chopped |
| 8 tsp. tinned tunny fish or salmon | Tarragon if available |
| 1 hard boiled egg | Mayonnaise |
| 1 tsp. onion-grated | |

Take off part of the skin of some very small tomatoes. Extract the pips and juice. Chop the remaining ingredients and mix with mayonnaise. Fill the tomatoes with the mixture.

181. Olive Caviare.

Pound black olives with butter and lemon juice, season to taste and spread on rounds of bread.

182. Partridge Paste.

Prepare as for sandgrouse paste but use 2 partridges without sandgrouse or 2 partridges and the breast of 1 sandgrouse.

183. Potato Chips—Recipe 340.**184. Potkäs.**

| | |
|----------------------|------------------|
| 10 tbs. butter | 2—4 tbsp. brandy |
| 2 tins grated cheese | Salt and pepper |

Cream the butter, add the cheese, mix in the brandy and season if necessary. Use for sandwiches.

185. Samsak (Armenian).

| | |
|---------------------------|------------------------------|
| $2\frac{1}{2}$ tins flour | $\frac{1}{2}$ k. minced meat |
| Salt | 1 egg |
| | Pepper |

Add a little salt to the flour and make into a firm dough with water. Allow to stand for half an hour. Mix the meat with the egg and season with salt and pepper. Take a teaspoonful of dough from it into a small ball and roll to about $2\frac{1}{2}$ or 3 inches in diameter. Spread the meat all over except for quarter of an inch at the edge. Turn this edge in to form a neat firm border. Repeat until all the dough and meat have been used. Fry in a very little hot butter or frying fat beginning with the meat side down and turning when that has been cooked. Serve hot.

186. Sanbusak.

| | |
|---------------------|-----------------|
| Short crust pastry | 2 beaten eggs |
| 1 tin grated cheese | Salt and pepper |

Roll the short crust pastry (Recipe 146) very thin and cut into rounds with a fancy cutter or cigarette tin. Mix the grated cheese with most of the egg, but reserve a little for coating the pastry. Season. Put a little of the mixture on each round of pastry, fold over make firm and coat with beaten egg. Bake in a hot oven. The paste is usually made without baking powder, but if it is added and the paste is handled as little as possible this pastry will be light and appetising. The filling may be made with chopped dates mixed with egg, or sugar, crushed walnuts and lemon juice, but it is then known as kleicha.

187. Sadgrouse Paste.

| | |
|-------------------|--------------------------|
| 3 sandgrouse | $\frac{1}{2}$ tin butter |
| 1 black partridge | Pepper and salt |

Roast all the birds and use the meat of the sandgrouse with pepper salt and butter and when the butter disappears. Spread the paste should be about $1\frac{3}{4}$

Tomato Ketchup, Worcestershire paste according to taste,

188. Sardine Filling.

This may be used for

| |
|-------------------------------------|
| $\frac{1}{2}$ tin thick white sauce |
| 1 tin sardines |

Be sure the white sauce and ingredients together, cool

189. Soft Roe Pies.

| |
|----------------------------------|
| Short crust pastry |
| 6 tbsp. pastry |
| $\frac{1}{2}$ tin Béchamel sauce |

Line 12 individual cases. Prepare the roe by plunging in tender. Remove, mince, mix in a case, then a layer of roe, and finally some more Béchamel

190. Siniat Badinjan.

| |
|----------------|
| 1 k. egg plant |
| Oil |
| 3 large onions |

Peel the egg plants and fry in oil until slightly browned. Fry the onions and fry in oil; add for about quarter of an hour. Mixture onto each slice of roe. Best cold.

191. Spinach Savoury.

| |
|--------------------|
| Short crust pastry |
| Spinach |
| Salt |

Make a short crust pastry of butter. Line individual cases with pastry and sprinkle with salt. Fry it leaf by leaf very

Roast all the birds and while they are still hot remove and mince the meat of the sandgrouse breasts and all the meat of the black partridge. Add pepper salt and butter and work the paste with a wooden spoon until all the butter disappears. Spread on a flat plate covering it to the very edge. The paste should be about $1\frac{3}{4}$ inches thick. When cold cut in wedges and serve.

Tomato Ketchup, Worcester sauce, and even sherry may be added to the paste according to taste, but they are not necessary.

188. Sardine Filling.

This may be used for sandwiches or for pastry cases.

| | |
|-------------------------------------|---------------------------|
| $\frac{1}{2}$ tin thick white sauce | 1 tbsp. lemon juice |
| 1 tin sardines | $\frac{1}{2}$ tsp. nutmeg |
| | $\frac{1}{2}$ tsp. salt |

Be sure the white sauce (Recipe 399) is very well cooked. Mix all the ingredients together, cook for a few minutes and use as wanted.

189. Soft Roe Pies.

| | |
|----------------------------------|--------------------|
| Short crust pastry | 12 small mushrooms |
| 6 tbsp. pastry | Salt and pepper |
| $\frac{1}{2}$ tin Béchamel sauce | |

Line 12 individual cake tins with thin short crust pastry. (Recipe 146). Prepare the roe by plunging it into boiling salted water and cooking till tender. Remove, mince, measure, and season. Put a little sauce in each pastry case, then a layer of roe, a washed and peeled mushroom upside down, and finally some more Béchamel sauce. Cook in a quick oven and serve very hot.

190. Siniat Badinjan.

| | |
|----------------|---------------------------|
| 1 k. egg plant | $\frac{1}{4}$ k. tomatoes |
| Oil | 1 tsp. sugar |
| 3 large onions | 2 tsp. salt |
| | 1 tsp. spice |

Peel the egg plants and cut into fairly thick round slices. Fry the slices in oil until slightly browned then arrange them on a baking dish. Slice the onions and fry in oil; add the tomatoes chopped finely and fry all together for about quarter of an hour. Add the seasonings. Put a spoonful of this mixture onto each slice of egg plant and bake in the oven for half an hour. Best cold.

191. Spinach Savoury.

| | |
|--------------------|--------------|
| Short crust pastry | Flour |
| Spinach | Sesame seeds |
| Salt | Egg yolk |

Make a short crust pastry (Recipe 146) but if preferred use oil instead of butter. Line individual cake tins or a large pie dish. Wash the spinach pastry and sprinkle with salt and flour. Roll out a covering of pastry, sprinkling it leaf by leaf very carefully. Shake off as much water as possible, lay

on the with sesams seeds and rolling them in. Lay it on the spinach, trim off the edges, coat with beaten egg and bake in a hot oven. Serve hot or cold.

Any savoury or, if wanted, sweet filling may be used.

192. Stuffed Eggs.

Boil the eggs till hard, shell, cut in half lengthwise, remove the yolks and mix with butter, salt, pepper, mayonnaise, and a squeeze of lemon juice, then refill.

Another variation is to add some liver paste, salt, pepper, butter and lemon juice to the yolk; or anchovies mixed with mayonnaise.

193. Tiny Meat Balls.

| | |
|------------------------|--|
| 1 tin minced raw steak | 4 tbsp. finely sifted breadcrumbs |
| 1 tsp. grated onion | 4 tbsp. milk |
| 1 egg | 4 tbsp. cream |
| 6 tbsp. butter | $\frac{1}{2}$ tin minced pork or bacon if wanted |

Pass the meat through a mincer 3 times. Soak the breadcrumbs in milk. Fry the onions. Mix the meat with the egg and then add the cream, pepper, salt and onion. Work smooth with a wooden spoon. Shape into tiny balls and fry in butter. Serve very hot and pour over the remains of the butter in which they were fried.

194. Welsh Rarebit Savoury.

| | |
|---------------------|----------------|
| 8 rounds of bread | Cayenne pepper |
| 1 tin grated cheese | Salt |
| 2 tbsp. beer | Butter |
| 1 egg yolk | Paprika |

Prepare the rounds of bread. Heat the beer and cheese and when thick add the egg yolk, pepper and salt. Toast the bread lightly, butter it and spread with the mixture. Sprinkle with paprika and bake in a quick oven for a few moments.

If this is wanted as a more substantial dish make double the quantity and spread on slices of bread.

CONFECTIONS AND PRESERVES.

In Iraq the intense heat is made use of much preserving of fruit and vegetables. The summer sun soon evaporates jam to a thick syrup and the use of this method is considered to cause less alteration in flavour and colour than does boiling. The fruit remains immersed in syrup which never thickens to a jelly, a point which the occidental considers essential for jam.

Jams become mouldy if they are not properly sealed. Any moulds in the jam itself are killed during boiling and if the jars are washed with clean water and soap, well rinsed and dried and finally heated in the oven and the scalding jam is poured into them there will be few moulds remaining alive.

Most people allow the j organisms to settle on t tion. It is best to have mouths and a tin of v well. Whenever the jam scalding wax, holding it the jam and over it pou to be troublesome whe white and tie down with

It is well to remem or if hot jam is poured

Vegetables such a and pickles are numero

Home made confe their equivalents of fru pleasant to eat and att

195. Apple Jam.

| |
|------------------------------|
| $\frac{1}{2}$ k. lime powder |
| 1 k. apples |

Add the lime to a half an hour, to make water and simmer for h apples and boil for anot remove from the fire. C on the roof in the sun fo covering it at night. If the fire for about half ar prepared in sunlight the the fire becomes somew

196. Apricot Jam.

| |
|---------------|
| 1 k. apricots |
| 2 k. sugar |

Remove the stones sugar in a pan, just co apricots and cook for ar from the fire, cover with days.

The same recipe m of plums the fruit it left

197. Blackberry Jelly.

| |
|-------------------------|
| 2 k. blackberries |
| $\frac{1}{2}$ k. apples |

Pick over the black do not core or peel as th