

Beverages of Baghdad.

In every part of the world the purity of drinking water is of prime importance to the community. Modern Baghdad is exceptionally fortunate in its water supply, and credit is due to those concerned that the drinking water of Baghdad, as proved by bacteriological and chemical examination, is as good and indeed better than that of many cities of Britain.

It was only after the advent of the Allied Forces at the end of the First World War that piped water became general in Baghdad. The source of the water has always been the River Tigris which in the flood months of April and May sweeps along thick and brown with suspended particles of fertile loam, almost lapping the tops of the restraining bunds, but which, in the late months of the year, sinks to an apparently crystal clear, slow moving stream. To-day drinking water whether it comes from the river, when clear or muddy, undergoes precipitation, filtration and chlorination before emerging in its pure form the house-

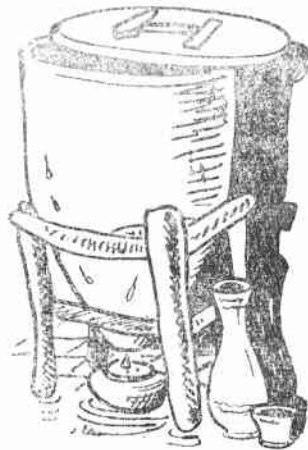


filtration and chlorination before hold taps.

In olden times water was carried to houses in goats' skins either slung over a donkey or on the back of man known as a "saqqa". The neck of the skin formed the spout and from it the water was poured to another receptacle or sprinkled over dusty streets.

Now a modern plant supplies large blocks of ice for the city's needs but in former days, in some houses, water and food were chilled by suspending down a well shaft sunk below the house. The simple water cooling system of every house was a "hub" which is still common in Baghdad at the present time. The hub is a large, unglazed porous jar with a wide mouth & pointed base supported on a wooden framework. The water is chilled by the heat lost during evaporation from the sides through which the water oozes and finally drops into a vessel below. To work most efficiently the hub should stand in a shady place in a good current of air.

Some people drink the water from the hub, others from that which drops into the vessel below. In summer a smaller porous jar some twelve to eighteen inches high & known as a "tunga" may be seen standing in odd corners, or by one's bedside and is an efficient method of chilling a small quantity of water.



Hubs were originally cleaned by scouring with chips of baked bricks but the modern scrubbing brush has replaced this method. The hub, at the best of times is scrubbed once a week and usually much less frequently and the mouth of a tunga is too small even to admit a brush. Although the use of such a filter may have purified Bagdad water in bygone days and still cools it to-day it can in no way improve the purity of the present supply and indeed the reverse is actually the case. Superficially the hub may be clean but the pores within the walls of the vessel soon become clogged with much undesirable material which can only be satisfactorily treated by baking the whole thing at a high temperature, a procedure which is unheard of & impracticable in Bagdad. Custom, however, dies hard & a few undesirable bacteria & mould are not going to deter the modern Baghdadi from using a vessel which was known to his predecessors in Mesopotamia thousands of years ago.

One may still see an occasional vendor of chilled water in the bazaars of Bagdad, with a "jarra" slung over his shoulder. The neck of the jarra is



more constricted than that of the hub and the base more pointed, and in his hand the owner carries two or three shallow brass basins or "tassas", which he clangs together noisily to attract attention, and in which the water is offered at the cost of a few fils. A modern note is struck when one of the basins holds a lump of ice over which the water is poured to chill it still further.

One of Bagdad's most popular drinks is leban, the sour milk which is beaten up with water. The sellers of this refreshing drink may be seen in the main streets and bazaars, stirring it in large green glazed bowls or enamel pails. The fluid is kept cold by a lump of ice which floats in its midst, and from time to time the seller ladles out a glassful of the leban for a thirsty customer.

All through the year certain shops display large glass jars containing fruit drinks in shades of orange, yellow and deep red. These are the famous sharbats of Bagdad and no pleasanter drink can be found when the temperature nears 120° F. Sometimes a vendor



may be seen in the street with a large container of sharbat strapped across his back and his glasses in a metal holder round his waist. Another type of syrup, but one which is much less common is made from almonds. Originally on certain festive occasions sugar and water, flavoured with rosewater was offered as a drink. In recent years this has been replaced by almond juice syrup which is a better and more interesting beverage.

213. Amer - Picon.

Kirsch
Syrop de Citron
Amer-Picon

Into a long glass
and 1 measure of Am
Fill up with soda water

214. Arak.

Arak is the most
Middle East. In Iraq i
Syria from grapes and
an apèritif or diluted

215. Athol Brose.

1½ tins whisky
¼ tin honey

Mix the whisky o
oatmeal and leave fo
oatmeal and mix 1 ti
thoroughly then shak

This is always ser

216. Barley Water -

1 tin barley
1/3 tin fine sugar

Wash the barley
sugar and strained le
avoid taking any of t
cover and leave till co

If wanted mix 3
sugar, half fill the gla

217. Barley Water -

¼ tin pearl barley
6 tins water
¼ tin blanched sw

Wash the barley
almonds finely pound
and orange flower sy

218. Chai Hamidh.

1 or 2 numi Basra

Crush the numi
water, bring once to
with sugar.

213. Amer - Picon.

Kirsch	Soda water
Syrup de Citron	Ice
Amer-Picon	

Into a long glass put $\frac{1}{2}$ measure of Kirsch, $\frac{1}{2}$ measure Syrup de Citron and 1 measure of Amer Picon. The glass should now be three quarters full. Fill up with soda water and add a piece of ice. Stir and drink in the shade.

214. Arak.

Arak is the most commonly found, locally made alcoholic drink of the Middle East. In Iraq it is prepared from dates and flavoured with mastik, in Syria from grapes and flavoured with anniseed. It may be drunk undiluted as an apéritif or diluted with water in similar proportions to whisky.

215. Athol Brose.

$1\frac{1}{2}$ tins whisky	3 tins cold water
$\frac{1}{4}$ tin honey	1 tin fine oatmeal
	1 tin thin cream

Mix the whisky and honey and leave 24 hours. Mix the water and oatmeal and leave for 24 hours. Strain the fluid from oatmeal, discard the oatmeal and mix 1 tin of the fluid with the whisky, honey and cream. Mix thoroughly then shake.

This is always served at Scottish national festivals.

216. Barley Water - the Kings.

1 tin barley	3 tbsp. lemon juice
$\frac{1}{3}$ tin fine sugar	4 tins boiling water

Wash the barley very well and put into a well heated jug. Add the sugar and strained lemon juice and the rind of half a lemon finely peeled to avoid taking any of the bitter pith of the fruit. Pour in the boiling water, cover and leave till cold. Ice.

If wanted mix 3 tablespoonfuls of lemon juice with 2 teaspoonfuls of sugar, half fill the glass with barley water and fill up with soda water.

217. Barley Water - An Old Recipe.

$\frac{1}{2}$ tin pearl barley	Lemon peel
6 tins water	Syrup of lemon
$\frac{1}{2}$ tin blanched sweet almonds	Syrup of orange flowers

Wash the barley in two lots of water, add to it the 6 tins of water, the almonds finely pounded and some lemon peel. Boil till smooth, and add lemon and orange flower syrup to taste.

218. Chai Hamidh.

1 or 2 numi Basrah	1 tin water
	Sugar

Crush the numi remove the seeds and discard them. Pour over a little water, bring once to the boil, strain, add the remaining water and serve hot with sugar.

COCKTAILS SELF-TAUGHT.

By the Hon. W. N. M. Hogg.

Cocktails are like Arabic verbs. At first acquaintance they appear



disarmingly simple but a close study leads to headaches. Moreover they are commonly composed of two, three or four radicals judiciously combined and varied. There are many strange and rare forms—leave them to the experts. All that is required for household use is a good wholesome spirit, Italian and French types of vermouth, an orange liqueur of the Cointreau type and bitters. Orange bitters, which are exceedingly useful, may be made at home by putting thin shavings of orange-peel into a

bottle, filling it with brandy, gin or vodka and leaving it to stand, well corked, for 3 weeks.

The following are the regular forms:—

- Category I. 2 Radicals
 (a) Spirits and a little bitters
 (b) 2 parts spirit, 1 part vermouth
- Category II. 3 Radicals
 1 or 2 parts spirit
 1 part lemon juice
 1 part French vermouth

- Category III. 4 Radicals

There are many types. The only class suitable for common use is:—

- 1 part spirit
 1 part lemon juice
 1 part liqueur
 1 part French vermouth

Here are some standard recipes for each category.

219. Cocktails.

- Category I. (a) Formula: spirits and a little bitters.

Pink Gin. 2 dashes of Angostura bitters in each glass. Roll the glass so that the bitters coat the inside. Half fill with gin; dilute with iced water or ice according to judgment rather than taste. Stir and serve.

Old Fashioned. 2 dashes of Angostura bitters on a lump of sugar. Put this into a small tumbler with a large lump of ice. Fill up with Bourbon or

Rye whiskey. Modern bouquet of mint: such

Brandy. A teaspoon the glass, making allowance for the ice and serve. This is improved by the addition of bitters. Good Jamaica rum the same formula.

These cocktails are good if you cannot use modern

(b) Formula

Martini. Dry: 2

Sw

“p

Tsigane. 2 parts

Manhattan. 2 parts

All cocktails in this

Neither brandy nor all means try them. All as to possess. It is usual to the above and claim

Dry sherry with a

Decorations are usual

onion for the dry type

Category II.

Formula: 1 part s

White Lady. 1 part

Side Car. 1 part l

Benedictine. 1 part

Planters Punch. (

juice, 1 part

Whisky Sour. (B

juice, 1 part

Drambuie. 1 part

These cocktails are available spirits and is a large and popular. Vary the flavour with on brandy with Benedictine peppermint and anise flavour.

Rye whiskey. Modern practitioners often decorate with slices of fruit and a bouquet of mint: such romanticism should be avoided by serious drinkers.

Brandy. A teaspoonful of orange bitters for each glass. Brandy to fill the glass, making allowance for the melting of the ice. Ice and stir; strain out the ice and serve. This is too bitter a drink for most palates and is greatly improved by the addition of as much orange liqueur as you have used of bitters. Good Jamaica rum may be turned into an excellent cocktail by this same formula.

These cocktails are among the most powerful and insidious of drinks, so if you cannot use moderation at least use a small glass.

(b) Formula: 2 parts spirits, 1 part vermouth.

Martini. Dry: 2 parts gin, 1 part French vermouth

Sweet: 2 parts gin, 1 part Italian vermouth

"Perfect": 2 parts gin, $\left\{ \begin{array}{l} \frac{1}{2} \text{ part French vermouth} \\ \frac{1}{2} \text{ part Italian vermouth} \end{array} \right.$

Tsigane. 2 parts Barac Palinka 1 part Italian vermouth

Manhattan. 2 parts rye whisky 1 part Italian vermouth

All cocktails in this group should be stirred with ice, not shaken.

Neither brandy nor rum combine really happily with vermouth, but by all means try them. Also vodka or any other spirit that you are so fortunate as to possess. It is usual to add a dash of bitters of whatever kind you favour to the above and claim that the resultant mixture is your own invention.

Dry sherry with a dash of Angostura is better than bad French vermouth.

Decorations are usually an olive, a small twist of lemon peel or a pickled onion for the dry types, and a preserved cherry for the sweet types.

Category II.

Formula: 1 part spirit, 1 part lemon juice, 1 part liqueur or syrup.

White Lady. 1 part gin, 1 part lemon juice, 1 part orange liqueur.

Side Car. 1 part brandy, 1 part lemon juice, 1 part orange liqueur.

Benedictine. 1 part brandy, 1 part lemon juice, 1 part Benedictine.

Planters Punch. (cocktail version)—1 part Jamaica rum, 1 part lemon juice, 1 part Curaçao.

Whisky Sour. (Baghdad version)—2 parts rye whisky, 1 part lemon juice, 1 part orange syrup (bottled orange squash).

Drambuie. 1 part Scotch whisky, 1 part lemon juice, 1 part Drambuie.

These cocktails should be well shaken with ice, not stirred. Locally available spirits and liqueurs and home-made syrups should be tried. This is a large and popular category. For quick results double the portion of spirits. Vary the flavour with bitters. Endeavour where possible to use a liqueur based on brandy with Benedictine, rum with Curaçao, gin with Cointreau. Avoid peppermint and aniseed liqueurs, except for discreet dashes to alter the flavour.

A pleasant local variation of the white Lady is :—

Abu Nuwas. 1 part Vodka 1 part Cyprus "Cointreau".
 ½ part lemon juice ½ part pomegranate juice

Add a dash of orange bitters and the white of a fresh egg to the shaker. Shake well and do not trust it too far.

A word of warning. There is a class of cocktails based on three radicals which it is well to avoid. The formula is 1 part spirit, 1 part fresh cream, 1 part liqueur. The spirits generally used are gin and brandy, the liqueurs crème de Cacao, crème de Rose, crème de Violette, crème de Vanille, crème de Banane and even worse. If your host offers you one of these suspect his taste; if he offers it again suspect his intelligence; if he tries a third time suspect his intentions. Above all, if the drink has a blue or purplish tinge make your escape at once. A decoration of powdered nutmeg on the tip does nothing to remove the objectionable character of these drinks. You may, however, make and even drink the **Coffee Cocktail** the recipe for which is as follows:—

2 parts brandy 1 part vintage port

1 tsp. white sugar and 1 raw egg for every ½ pint of cocktail.

Shake like fury for a long time with large lumps of ice. In a hot climate the ingredients should be cooled on ice before they are mixed.

Category III.

The addition of one part of French Vermouth to cocktails of Category II provides a pleasant variation of flavour and strength. Thus:—

Snake-in-the-Grass. White Lady plus 1 part French Vermouth.

Final Note. An expert cocktail mixer will vary his recipes according to the nature of his materials. But it is as well to learn the basic form before attempting improvements. Remember: cocktails are supposed to taste pleasant, stimulate the appetite and raise the spirits. See that yours do all three.

Invocation.

O God of wine, deliver me,
Now half across life's stormy Sea,
From Snares and Gins of every Sort
And bring me safely back to Port.

Coffee.

220. Arab Coffee I.

1 part coffee 4 parts sharbat

Put the coffee, which must be finely ground, into a dalla or small pan. Pour over the sharbat, that is the fluid remains of recently made coffee. If none is available use water and rather more coffee. Bring very slowly to the boil (allow to foam up several times), leave to stand for a few minutes to let the grounds settle and serve a small quantity in tiny cups without handles.

221. Arab Coffee II

1 part coffee

Put the finely ground coffee in a small pan with the scalding hot sharbat and a few moments before

222. French Coffee.

1 part coffee

The coffee should be brewed in a small pan with the cold water and brought to the boil very slowly. Put the cold water and allow to stand in large cups with or without a dash of sugar on the surface of the

Dripolators, percolators, or French coffee but

223. Turkish Coffee.

¼-½ part sugar
1 part coffee

Mix the sugar, fine coffee and water. Bring to the boil very slowly or lift the pan higher from the fire and allow to stand. Serve in tiny cups with a dash of sugar up with coffee.

224. Champagne Cocktail

2 bottles champagne
½ bottle brandy
¼ bottle cherry brandy

Mix well and garnish

225. Cider or White

8 tbsp. pale sherry
4 tbsp. brandy
4 tbsp. curaçao

Mix all ingredients

226. Claret Cup I.

2 tbsp. lemon juice
2 tbsp. curaçao
2 tbsp. brandy

Stir up and decant into a glass, or even a slice

227. Claret Cup II.

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|-------------------------------------|------------------------------|
| 2 tbsp. Maraschino or cherry brandy | 2 bottles claret or burgundy |
| 4 tbsp. curaçao | Ice |
| 4 tbsp. powdered sugar | Orange and pineapple slices |
| | 1 slice cucumber peel |
| | 3-4 sprigs of mint |

Mix the fluid ingredients and sugar in a large jug with 4 lumps of ice. Decorate with the fruit and cucumber peel and put the mint on top.

228. Orange Cup.

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|------------------------------------|---------------------------------|
| Ice | $\frac{1}{4}$ tin apricot syrup |
| 2 tins strained fresh orange juice | Orange slices |
| 6 tbsp. lemon juice | Soda water |
| $\frac{1}{4}$ tin. sugar syrup | |

Put a lump of ice into a large jug—sufficient to hold 8 tins of fluid—add the juices and syrups and fill up with iced water or equal parts of water and soda water. Mix well and decorate with thinly cut orange slices.

229. Egg Nogg.

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|------------------------------------|---------------------------|
| 4 eggs | 3 tins cold milk |
| $\frac{1}{2}$ tin granulated sugar | Nutmeg, vanilla or brandy |
| $\frac{1}{8}$ tsp. salt | |

Beat the eggs well, add the sugar and salt; beat vigorously. Add the Milk and one of the flavourings to taste. Pour into glasses and serve.

230. Grenadine Syrup.

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|--------------------------|-------------|
| 2 tins pomegranate juice | Lemon juice |
| 3 tins sugar | |

Extract the juice of the pomegranates, strain and measure it. Add the sugar, bring to the boil and simmer for quarter of an hour removing the scum from time to time. If the juice is very sweet lemon juice should be added to make it somewhat tart. When ready cool, bottle and cork securely. This syrup does not keep indefinitely.

231. Leban—Recipe 11.**Liqueurs.****232. Greengage Liqueur.**

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|-------------------------------|------------------|
| 1 k. fruit | Syrup |
| Arak without mastic or anised | Sherry or brandy |

Put the fruit into a large jar and cover generously with arak. Cover and leave for 15 days. Drain off and retain the fluid. Make a syrup with one part of sugar to one of water. Mix this with the flavoured arak in a proportion of one to one. Perfume with sherry or brandy, not less than 4 tablespoonfuls per bottle, but more if wanted. Bottle and seal.

233. Orange Liqueur.

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|------------------------|
| 4 orange skins |
| 4 tins alcohol or arak |
| Syrup |

Allow the orange to steep in the alcohol and pour into boiled or flavoured water to flavour and the colour.

To make boiled or clear liqueur, boil for 10 minutes, remove from fire and strain to skin till it is clear then bottle.

To make non-boiled liqueur, strain the orange skins through a cloth and bottle.

234. Plum Liqueur—**235. Strawberry or Blackberry Liqueur.**

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|------------------------------|
| Strawberries or blackberries |
| Sugar |

Wash and drain the fruit, add a small amount of sugar. Leave to steep in the alcohol or brandy, sherry or champagne for 10 days.

Apricots may also be used. Allow the juice to steep in the alcohol for 10 days.

The fresh fruit syrups are made from the ingredients and sold from house to house, but the syrups are made by everyone if they wish.

All dishes, bottles and glasses for the sharbat must be washed and dried. If served in a glass it should stand for several hours.

236. Sharbats.**Apricot sharbat.**

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| 10 tins apricot pulp |
| The pulp is made by washing and drying the apricots and passing them through a sieve |

Lemon sharbat.

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|---------------------|
| 10 tins lemon juice |
|---------------------|

Mulberry sharbat.

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|----------------------------|
| 10 tins red mulberry juice |
| 1 tin lemon juice |

233. Orange Liqueur.

4 orange skins	$\frac{1}{2}$ tangerine skin
4 tins alcohol or arak	1 tsp. caramelised sugar
Syrup	

Allow the orange skins to stand in alcohol or arak for a month. Strain and pour into boiled or non-boiled syrup. Half a tangerine skin improves the flavour and the colour is better if a little caramelised sugar is added.

To make boiled syrup add 8 tins of sugar to 4 tins of water. Stir till boiling, remove from fire and skin. Return the syrup to the fire and continue to skin till it is clear then strain, cool and use.

To make non-boiled syrup dissolve $6\frac{3}{4}$ tins of sugar in 4 tins of water.

234. Plum Liqueur—Use the same method as for greenage liqueur.

235. Strawberry or Black Mulberry Liqueur.

Strawberries or black mulberries	Brandy, sherry or champagne
Sugar	

Wash and drain the fruit and arrange in a jar in layers with an equal amount of sugar. Leave for a month or 6 weeks. Drain off the juice and add brandy, sherry or champagne to flavour.

Apricots may also be used but each fruit must have several cuts made in it to allow the juice to escape.

Sharbats.

The fresh fruit syrups of Baghdad are justifiably famous. The proportion of the ingredients and the method of preparation may vary somewhat from house to house, but there are certain general principles which must be followed by everyone if the sharbat is to be successful.

All dishes, bottles, muslin and other utensils used in the preparation of the sharbat must be absolutely clean and perfectly dry. The fruit must be washed and dried. If small fruits such as apricots are used they must be allowed to stand for several hours after washing to become dry.

236. Sharbats.**Apricot sharbat.**

10 tins apricot pulp	15 tins sugar
The pulp is made by pressing the washed and dried fruit through a sieve	

Lemon sharbat.

10 tins lemon juice	30 tins sugar
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Mulberry sharbat.

10 tins red mulberry juice	10 tins sugar
1 tin lemon juice	

Mulberries are usually crushed
without washing

Orange sharbat I.

10 tins orange juice 15 tins sugar

Orange sharbat II.

10 tins orange juice 10 tbsp. grated orange rind
2 tins sour orange juice 15 tins sugar

Orange sharbat III.

10 tins orange juice 10 tbsp. grated orange rind
2 tins lemon juice 20 tins sugar

Pomegranate sharbat.

10 tins pomegranate juice 12½ tins sugar
2 tins lemon juice

Put the sugar into a large pan and add a little water. Boil until a thick syrup is formed which spins a thread. Add the strained juice and rind if that is required, and stir. Remove from the fire, leave to stand till next day strain through a muslin and bottle.

Another method is to add the sweet orange juice to the sugar, stir over the fire until dissolved, but on no account allow it to become too hot or the fresh fruit flavor will be lost, remove from the fire and add lemon juice if required and the juice which has been expressed from the grated rind by pressing it in a muslin. Stir from time to time while cooling to prevent a thick layer forming on top. Bottle when cold. Serve diluted with water or soda.

Although the proportion of juice in any syrup may be varied to taste the high sugar concentration must be maintained if the syrup is to keep during the heat of summer.

237. Soda "Shenina".

2 tins leban 4 bottles sodawater

Whip the leban and pass through a fine sieve. Add the iced sodawater and serve in large glasses.

238. Soubia or Almond Juice Syrup.

4 k. almonds 12 tins water
½ k. apricot stones (bitter) ½ tin orange blossom water
16 k. sugar

Blanch and skin the almonds, remove the shell from the apricot stones and pound in a mortar. Put the nuts in a bowl add 3 tins of water and strain through a piece of fine muslin. Put the nuts into the mortar and pound again, remove, add the water and strain. Do this four times in all using 3 tins of water each time. Put the juice so obtained into a large pan and add the sugar. Bring to the boil 4 or 5 times, add the orange blossom water, boil once more and then leave for 24 hours. Preserve in bottles.

239. Swedish Glögg.

1 bottle red wine or port ¾ tin sugar

½ bottle water (or brandy)
1 piece cinnamon bark
cinnamon

Mix all the ingredients
ing constantly until all
and raisins in each glass

This may be made
very strong with wine and

240. Tea.

The proportions used
each tin of boiling water
boiling water, the tea powder
used whenever it comes
and then serve. The tea

241. Tea-Iced.

Make hot tea as usual
with ice and pour the tea
lemon, and a tablespoon
glass if desired.

242. Tomato juice "C".

2 tins tomato juice
1 small onion-sliced
1 bay leaf
1 tbsp. finely chopped
celery leaves
2 tbsp. finely chopped

The tomato juice is
quarter of a cup of water
ingredients. Allow to
serve.

There are many
delicacies such as turmeric
annually in London and
Rich cream soups are
climate of Iraq and
somewhat acid but delectable
Lemon juice is often added
but a taste for the latter
time to acquire, and a
Europeans. Dishes such
lebania are very substantial
either as thick soups or

- | | |
|--|--|
| $\frac{1}{2}$ bottle water (or brandy) | 3 cardamoms—crushed |
| 1 piece cinnamon bark or $\frac{1}{2}$ tsp. cinnamon | $\frac{1}{3}$ tin raisins and blanched whole almonds |

Mix all the ingredients except the raisins and nuts in a pan. Heat, stirring constantly until all the sugar has melted. Do not boil. Put a few nuts and raisins in each glass and pour the Glögg over them.

This may be made with wine and water, or with wine alone, or if wanted very strong with wine and brandy.

240. Tea.

The proportions used in making tea are 1 level teaspoonful of tea to each tin of boiling water. The teapot should be heated by rinsing out with boiling water, the tea put in and the water poured over. The water should be used whenever it comes to the boil. Allow to stand for three to five minutes and then serve. The tea itself should never be boiled.

241. Tea-Iced.

Make hot tea as above but twice the quantity of tea leaves. Fill glasses with ice and pour the freshly made hot tea over the ice. Serve with slices of lemon, and a tablespoonful of lemon or orange juice may be added to each glass if desired.

242. Tomato uice "Cocktail".

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|--|-----------------------------|
| 2 tins tomato juice | 1 tbsp. Worcester Sauce |
| 1 small onion-sliced | 1 tbsp. lemon juice |
| 1 bay leaf | $\frac{1}{2}$ tsp. salt |
| 1 tbsp. finely chopped celery or celery leaves | 1 tbsp. granulated sugar |
| 1 tbsp. finely chopped parsley | 1 tbsp. bottled horseradish |
| | Dash of cayenne |

The tomato juice may be prepared by simmering a kilo of tomatoes with quarter of a cup of water until soft and then passing through a sieve. Mix all ingredients. Allow to stand in the refrigerator for 4—6 hours, strain and serve.

SOUPS.

There are many famous soups in history from simple broths to great delicacies such as turtle soup, which is served annually in London at the Lord Mayor's banquet. Rich cream soups are unsuitable to the hot summer climate of Iraq and instead are to be found the somewhat acid but delicious soups made of leban. Lemon juice is often added and frequently cinnamon but a taste for the latter spice in soup takes some time to acquire, and at first it is usually disliked by Europeans. Dishes such as kubba hamidh and kubba lebania are very substantial and may be served either as thick soups or thin stews.

