

Remove the meat from the bones and put through the mincer with the onion and celery, though the two latter may be omitted. Return mince to the stock and cook till thick and moist, stirring constantly. Rinse a loaf pan or ring mould. Pack the meat in and chill thoroughly. When cold unmould and cut into slices.

316. Veal Fricassé.

Make as for Chicken Fricassé (Recipe 282) but cut the veal into 1 inch cubes. Cook for 2 hours until tender.

317. Wiener Schnitzel.

$\frac{1}{2}$ — $\frac{3}{4}$ k. veal fillet or leg	3—4 tins vegetable fat (not butter)
Salt and pepper	2 small onions
1 egg	2 tbsp. vinegar
1 tin finely sifted breadcrumbs	$\frac{1}{2}$ k. potatoes

Cut 8 slices of meat and beat out very thin. Season with salt and pepper and coat with egg and breadcrumb. Fry in deep fat, which must be smoking hot before the meat is put in.

This dish should be served with potato salad. Slice the onions into thin rings, season and immerse in vinegar. Slice the hot boiled potatoes, mix with the onion and vinegar and re-heat.

318. Yuen Tsi.

1 small onion	$\frac{1}{2}$ k. fat lamb or pork
1 carrot	1 tin chopped spinach
1 small radish	$\frac{1}{2}$ tin rice flour
$\frac{1}{2}$ tin soya oil or $\frac{1}{2}$ cube oxa	Salt and pepper
in $\frac{1}{2}$ tin water	

Chop the onion, carrot and radish into tiny dice and boil with the meat until it is tender. Remove the meat and chop it finely—do not mince. Sprinkle with the soya oil and mix with the spinach and flour. Season and form into small balls. Bring the soup to the boil—there should be at least 4 tins of fluid—add the balls, season and boil for 5 minutes. Serve very hot.

VEGETABLES

Vegetables in an Iraqi house are almost always cooked with meat, although the quantity of the latter may be small. If they are to be eaten cold the fat used in the cooking is usually oil. Even rice, which is the oriental equivalent of the occidental potato, may have savoury or sweet fluids or solids added to it. In the orient the cooking of rice is an art whereby when served every grain remains separate and pasty balls are never seen. Were occidentals able to cook rice in such a way their enjoyment of it would be much greater, and no attempt should be made to try an oriental recipe containing rice until one or other of the methods of cooking rice has been

mastered. Rice in an old sack is opened at most three times before long it will take to cook. As soon as a sack is bought. As soon as it is not surprising that so much rice is available in Britain while the best rice is Patna rice. Carolina rice is polished for dishes.

Although it has been known for long, the lamentable fact is that attempts to cook potatoes in the west were not to come to the fore until the rice was first introduced into the west last century and became popular. They have been much improved since they have been brought to the west by bringing a steaming fresh rice. It is hoped the following will bring out the former a success and the latter an accident.

Many delicious vegetables are known to occidental who complain of indigestion. This is due to his cook's usual way, the boiling of vegetables in the extraction of the juice into boiling water in oriental dishes the flour is used which they are cooked

Many tropical diseases are spread by tables. In a vast plain of water pumped from an adjacent table beds which the water has an abundance of rich tributes to its fertility. These are able snails which hardly be found washed up in the water has seeped away and of other infectious means of vegetables and of disinfectants such as if used in sufficient strength ing typhoid fever and resistant organisms, so time of exposure to it raw vegetables, much of more value than a

mastered. Rice in an oriental house is bought in large quantities and when a new sack is opened the expert should not need to cook it more than twice or at most three times to know exactly how much water is required and how long it will take to cook, and the information once acquired holds until a new sack is bought. As occidentals usually buy rice a kilo or two at a time it is not surprising that so frequently they fail to cook it successfully. The rice available in Britain which is most nearly equivalent to the oriental unpolished rice is Patna rice which should be used for curries and savoury dishes. Carolina rice is polished and is only suitable for puddings and certain Creole dishes.

Although it has been pointed out that Europeans are not adept at cooking rice, the lamentable fact remains that the same may be said of oriental attempts to cook potatoes, for which care and skill are required if they are not to come to the table looking like discoloured pieces of soap. Potatoes were first introduced into Persia by Sir John Malcolm about the middle of last century and became known as "Malcolm's plums". In the last ten years they have been much more used by the oriental than formerly but the art of bringing a steaming floury potato to the table is rare among oriental cooks. It is hoped the following recipes for rice & potatoes will be helpful, for without the former a successful oriental meal can not be served, and without the latter an occidental one will be a corresponding failure.

Many delicious vegetables are grown in and about Baghdad and the occidental who complains that they are flavourless will often find that this is due to his cook's unsuccessful attempts to prepare them in an occidental way, the boiling of vegetables to satisfy the European palate usually resulting in the extraction of all flavour. Vegetables, like meat, should be put into boiling water in order to prevent the escape of the tasty juices. In oriental dishes the flavour of the vegetables is retained since the fluid in which they are cooked is never thrown away.

Many tropical diseases are due to the eating of contaminated raw vegetables. In a vast plain all irrigation of gardens must be done with water pumped from an adjoining river and transported through canals to the vegetable beds which are channeled with irrigation ditaches. The water carries an abundance of rich loam which is deposited over the country and contributes to its fertility. It also, however, carries among other things innumerable snails which harbour the organisms of schistosomiasis, and which may be found washed up in large numbers at the closed end of a ditch after the water has seeped away. Similarly the cysts of amoebae which cause dysentery and of other infections are transmitted to the susceptible human being by means of vegetables contaminated with this water. Blind faith in the efficacy of disinfectants such as potassium permanganate is unwise, for although, if used in sufficient strength, it may be lethal for bacteria such as those causing typhoid fever and bacillary dysentery, it is completely useless for more resistant organisms, since the solution used is generally too weak and the time of exposure to it too short to be of any use. For those who care to eat raw vegetables, mechanical washing under a good stream of pure water is of more value than a poor and highly dilute disinfectant.

Lettuce in Iraq grows to an enormous size in long crisp heads, but this result is only achieved by the use of manure which is highly dangerous to



human life, and newcomers to the country who have but little immunity to local diseases should consider seriously before eating the tempting green leaves. Boiling, or heating to a high temperature by other means, is the simplest household method of killing most of the dangerous microorganisms, and fruit and vegetables such as strawberries and tomatoes which come into close contact with the ground are much safer and not greatly spoiled by dipping for a few moments into scalding water.

In the bazaar vegetables and fruits are to be found in abundance. They are arranged in tempting piles and as the owner of the shop reaches for a distant vegetable he supports himself by swinging on a heavy brass chain worn smooth and shiny with many years of use.

319. Aubergine à la Provincale.

Egg plants	Flour
Sweet peppers	Salt and pepper
Tomatoes	Sugar
Frying oil	Tomato juice

Slice and fry the egg plants. Slice the peppers and remove the seeds and arrange in alternate rows with the egg plants. Cover with sliced, fried tomatoes. Make a sauce with the oil in which the tomatoes were fried, and the remaining ingredients. Fill up the dish and bake for half an hour. Best eaten cold.

320. Baked Cucumber.

4 large cucumbers	$\frac{1}{2}$ tin cream
$\frac{1}{2}$ tin white cream cheese or lebné	1 tbsp. finely minced parsley
$1\frac{1}{2}$ tins bread crumbs	Salt and pepper

Pare the cucumbers, cut in half lengthwise and scoop out the seeds. Fill the cavities with a mixture made of the remaining ingredients. Place in a greased fireproof dish and bake till tender. Serve with tomato or mustard sauce.

321. Baked Savoury Cabbage (Italian).

1 small cabbage	Dry, sifted bread crumbs
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$\frac{1}{2}$ tin white sauce
2 tbsp. grated cheese

Boil the cabbage uncut on the bottom of a greased pie dish with cheese and seasonings. When it is full. Cover the top with butter. Bake in a moderate oven.

322. Bubble and Squeak

$1\frac{1}{2}$ tins cold boiled cabbage
1—2 tbsp. finely chopped onion
3 tins cold boiled potatoes, chopped

Chop the cabbage, and brown nicely on both sides.

323. Boiled Potatoes.

Wash the potatoes and cover with cold water. Boil the potatoes quickly off the water, cover tightly for 15 minutes. Draw to the side to escape and continue to boil time to time so that they are done. The potatoes looks white and fluffy.

324. Carrots à la Vichy.

$\frac{1}{2}$ k. carrots
2 tbsp. butter

Clean and mince the carrots. Add a little salt and sugar and boil. Leave them on the fire just before serving.

325. Cauliflower Fritters

1 large cauliflower
1 tbsp. salt
4 tins water
2 tbsp. butter
1 white of egg

Trim and clean the cauliflower, which a tablespoonful of salt in a little hot water and stir in. Run from the spoon. Mix the cauliflower thoroughly with vinegar. Season with salt and fat, taking care that they are not too salty.

$\frac{1}{2}$ tin white sauce	Salt and pepper
2 tbsp. grated cheese	Butter

Boil the cabbage until tender, then chop it coarsely. Place a layer at the bottom of a greased pie dish and cover with white sauce. Sprinkle liberally with cheese and season highly with salt and pepper. Repeat until the dish is full. Cover the top with a thin layer of bread crumbs and a few pieces of butter. Bake in a moderate oven for about half an hour.

322. Bubble and Squeak.

$1\frac{1}{2}$ tins cold boiled cabbage	Salt and pepper
1—2 tbsp. finely chopped raw onion	Frying fat
3 tins cold boiled potatoes chopped	

Chop the cabbage, mix with the onion and potatoes. Season and fry till nicely browned on both sides. When ready turn out and serve with pickles.

323. Boiled Potatoes.

Wash the potatoes well and pare off the skin. Put in a pan and just cover with cold water. To each 4 tins of water add a tablespoonful of salt. Boil the potatoes quickly for about 20 minutes or until almost cooked. Drain off the water, cover tightly and continue to cook in their own steam for a few minutes. Draw to the side of the fire, open the lid slightly to allow the steam to escape and continue to dry them for another few minutes, shaking from time to time so that they do not stick. They are ready when the surface of the potatoes looks white and rather powdery.

324. Carrots à la Vichy.

$\frac{1}{2}$ k. carrots	Salt
2 tbsp. butter	Sugar

Clean and mince the carrots. Put into boiling water with the butter and a little salt and sugar and cook very quickly till the water has evaporated. Leave them on the fire just long enough to turn brown.

325. Cauliflower Fritters (French).

1 large cauliflower	1 tsp. olive oil
1 tbsp. salt	4 tbsp. flour
4 tins water	$\frac{1}{2}$ tin parsley
2 tbsp. butter	$\frac{1}{2}$ tin vinegar
1 white of egg	Salt and pepper

Trim and clean the cauliflower and half boil it in the 4 tins of water to which a tablespoonful of salt has been added. Meanwhile melt the butter in a little hot water and stir in the flour, oil and salt, making a batter which will run from the spoon. Mix lightly with the white of egg well beaten. Drain the cauliflower thoroughly and divide it into branches and shake them well in vinegar. Season with salt and pepper, dip them in the batter and fry in deep fat, taking care that they do not stick together.

326. Chinese Cabbage.

1 small cabbage	2 tbsp. wine
Salt	2 tsp. sugar
2 tbsp. soya oil or $\frac{1}{4}$ cube oxo in	Vegetable oil
2 tbsp. water	

Chop the cabbage into small dice, sprinkle with the seasonings and fry in smoking hot oil. Stir for 5—10 minutes and serve half cooked and crisp.

Many vegetables may be cooked in this way. If spinach is used it should not be chopped and the wine and sugar should be omitted.

327. Creamed Peppers and Cabbage.

1 small cabbage	3 tbsp. flour
6 green sweet peppers	3 tins milk
3 tbsp. butter	2 tsp. salt
	$\frac{1}{4}$ tsp. pepper

Shred the cabbage and cook till tender in boiling, salted water. Put the peppers directly over slow heat and toast them, turning often, or they may be held on a fork over a free flame. Scrape off the blistered skin, holding the peppers under cold water. Cut in long strips, after removing the seeds. Blend the butter, flour and milk, heat in a pan and cook the peppers in it till tender. Add the cabbage and seasonings. Mix well and when thoroughly heated serve at once.

328. Egg Plant with Cheese.

4 medium egg plants	Salt and pepper
Frying oil	$\frac{1}{2}$ tin grated cheese
1 tin tomato purée	Bread crumbs

Slice the egg plants and fry in oil. Arrange in a greased, fireproof dish, moisten with the tomato purée seasoned with pepper and salt, sprinkle over the grated cheese, then the breadcrumbs and grill, or put in a hot oven, for fifteen minutes.

329. Fistugia - Broad Beans with Leban.

$\frac{1}{2}$ k. broad beans	2 $\frac{1}{2}$ tins leban
2 tsp. rice	1 small egg
Salt	2 cloves garlic

Clean and shell the beans and boil till tender. Drain. Add the well boiled rice. Season. Mix the egg and crushed garlic with the leban, add to the beans and leave on a slow fire for 10 minutes. Serve hot or cold.

330. French Fried Potatoes.

These are done in the same way as potato chips but are cut lengthwise into fingers, each potato making about 8 pieces.

331. Fresh Fruit Pilau - (Persian).

3 tins rice	1 tin sugar
Salt	2—3 tbsp. butter
$\frac{1}{2}$ k. fresh fruit	

Soak the rice in water for 1 hour. Stew the fruit with water till it is tender. Thicken with flour.

Drain the rice and fruit soft. Drain very thoroughly the rice, then fruit, and mix with a well fitting liquid. Put in a fire glowing both below and above for 1 hour. Turn out when done. Fruit with stones omitted.

332. Fried Carrots.

$\frac{1}{2}$ k. carrots
Beaten egg

Boil the carrots, then fry.

333. Imam Bayildi.

8 small egg plants
2 large onions
1 small head of garlic
4 medium tomatoes

Cut four strips of each vegetable from each other. Then cut the remaining vegetables into three pieces but leaving the remaining vegetable the egg plants. Lay the vegetables out, cover with water and cook till the water has evaporated.

334. Khankar Bakma

8 medium egg plants
2 tbsp. butter

Grill the egg plants till soft. Mash until a smooth purée is made. Add the butter. Mix in the milk, beat and fry.

335. Lyonnaise Potatoes

Cook a small quantity of potatoes in a little more fat, if necessary, turning occasionally. Serve hot.

336. Marinaded Aubergines

4 large egg plants
Salt and pepper

Soak the rice in lukewarm salted water for 24 hours.

Stew the fruit with the sugar—cherries make a delicious pilau—until it is tender. Thicken the syrup further if necessary.

Drain the rice and put into boiling water for 20—30 minutes till quite soft. Drain very thoroughly. Melt the butter in a pan and put in a layer of rice, then fruit, and so on alternately till all is used up. Cover the pan with a well fitting lid and for the most satisfactory results keep a charcoal fire glowing both below the pan and on the lid of the pan for about half an hour. Turn out when ready.

Fruit with stones should have them removed after stewing.

332. Fried Carrots.

$\frac{1}{2}$ k. carrots	Sifted breadcrumbs
Beaten egg	Salt and pepper
	Fat

Boil the carrots, slice thinly, dip in seasoned egg and breadcrumbs and fry.

333. Imam Bayildi.

8 small egg plants	$\frac{1}{4}$ tin chopped parsley
2 large onions	Salt and pepper
1 small head of garlic-crushed	$\frac{3}{4}$ tin olive oil
4 medium tomatoes	

Cut four strips of skin lengthwise from the egg plants, at equal distances from each other. Then make two cuts down the egg plant dividing each into three pieces but leaving them attached for about an inch at the one end. Chop the remaining vegetables finely, season and stuff the mixture into the cuts in the egg plants. Lay them horizontally in a pan so that the stuffing cannot fall out, cover with water and cook till half done—about an hour. Add the olive oil—sometimes this is added with the water at the beginning of cooking—and cook till the water has evaporated. Remove to a serving dish and serve cold.

334. Khankar Bakmadi.

8 medium egg plants	1 tbsp. flour
2 tbsp. butter	$\frac{1}{2}$ tin milk
	Salt and pepper

Grill the egg plants, skin them and remove the seeds. Beat thoroughly until a smooth purée is formed. Add the butter and flour and continue beating. Mix in the milk, bring to the boil and serve.

335. Lyonnaise Potatoes.

Cook a small minced onion in hot fat. Add sliced cooked potatoes, a little more fat, if necessary, and salt and pepper. Cook till well browned, turning occasionally. Serve with minced parsley.

336. Marinaded Aubergine.

4 large egg plants	Olive oil
Salt and pepper	Herbs

Cut the egg plants in two, remove the seeds and marinate for half an hour in a mixture of salt, pepper olive oil and chopped herbs. Drain and grill over an open fire, brushing from time to time with the oil mixture used for marinating.

337. Mashed Potatoes.

4 large potatoes
4 tsp. butter
4 tbsp. milk
Pepper and salt

Boil, drain and mash the potatoes until no lumps are left. Heat the butter and milk until boiling, add the potatoes, season and beat vigorously with a masher or fork until light and fluffy. Serve very hot.

338. Mixed Gren Vegetables.

1 small onion
 $\frac{1}{2}$ tin butter
1 small cauliflower
 $\frac{1}{2}$ small cabbage
2 tbsp. chopped parsley
4-8 spring onions
3 small young turnips
3-4 tomatoes
Salt
 $\frac{1}{4}$ tin vinegar

Chop the onion and brown in the butter. Prepare the vegetables, chop roughly and add to the onion with some salt and a little water. Cook for 20 minutes, add the vinegar, stir well and serve.

339. Mujadara.

2 tin lentils with skins on
1 tin rice
Salt
2 large onions
 $\frac{1}{2}$ tin olive oil or frying fat

Clean the lentils thoroughly and boil until soft in a large volume of water. Drain off the fluid and retain it. Add the rice which should previously have been drained, washed and soaked, and mix with the lentils; then add enough of the water in which the lentils were boiled just to cover the mixture of rice and lentils. Season to taste and cook over a low fire till the rice is ready. Meanwhile slice the onions finely and fry. When ready dish the mixture, pour the fat over it and decorate with the browned onions.

340. Mujadara Masafi.

1 tin lentils-unskinned
3 tins water
4 tbsp. rice
Salt
2 large onions-sliced
 $\frac{1}{2}$ tin olive oil
1 tsp. sugar

Wash the lentils and put into a pan with three times their volume of water. Cook until really soft and no water is left. Pass the lentils through a sieve, working them with a wooden spoon and constantly adding a little more water till all the pulp is through and only the skins are left. About 3 tins of water will be needed. Discard the skins. To the purée obtained add the rice and some salt. Slice the onions, fry them in the olive oil, and, if the flavour of the oil is strong, add a teaspoonful of sugar while the onion is fry-

ing. Mix the onion and
till the rice is cooked and
serve with pickles, salac

Dried lentils should
imparted to it is from th

If more water is ad

Mujadara masafi
when meat is forbidden

341. Onion Tart (Swiss)

3-5 large onions
2 tbsp. butter
 $\frac{1}{4}$ tin chopped bacon
3-4 eggs

Cut the onions finely
bacon if wanted and cook
stantly. Beat the egg whites
and salt. Fill into a tart
whites may be beaten se

342. Pilaki.

2 tins dry beans
1 large onion
1 clove of garlic
 $\frac{1}{4}$ tin chopped parsley

Soak the beans overnight
drained beans, putting
water to about an inch
cooked add the olive oil
left. Lemon juice is opti

343. Potatoes Boiled i

Potatoes when boiled
as for boiled potatoes, (f
peel should be removed

344. Potato Chips.

Scrub and peel the
to stand from half to on
a clean cloth. Have rec
basket, immerse in the fa
the basket, reheat the fa
crisp and lightly browned

345. Rice (Chinese).

2 tins amber rice

ing. Mix the onion and lentil purée and stir till boiling. Continue boiling till the rice is cooked and the mixture is like thick cream. Eat hot or cold and serve with pickles, salad or green onions, and a glass of leban.

Dried lentils should not be used for this dish as much of the flavour imparted to it is from the skins of the fresh lentils.

If more water is added an excellent soup results. Serve with fried toast.

Mujadara massafi is eaten by Christians before Christmas and Easter when meat is forbidden.

341. Onion Tart (Swiss).

3-5 large onions	$\frac{3}{4}$ tin cream or milk
2 tbsp. butter	Salt
$\frac{1}{4}$ tin chopped bacon (optional)	Short crust pastry
3-4 eggs	

Cut the onions finely or into very thin rings. Melt the butter, add the bacon if wanted and cook the onions for quarter of an hour stirring constantly. Beat the egg well and when the onions is cold, add the eggs, cream and salt. Fill into a tart plate lined with short crust pastry and bake. The egg whites may be beaten separately and folded into the mixture.

342. Pilaki.

2 tins dry beans	4 medium tomatoes
1 large onion	3 tbsp. lemon or bitter orange juice
1 clove of garlic	$\frac{3}{4}$ tin olive oil
$\frac{1}{4}$ tin chopped parsley	Salt and pepper

Soak the beans overnight. Slice all the vegetables finely and add to the drained beans, putting all into a pan 8—10 ins. in diameter. Cover with water to about an inch above the contents. When the vegetables are half cooked add the olive oil and seasonings and cook until only a little water is left. Lemon juice is optional.

343. Potatoes Boiled in their Jackets.

Potatoes when boiled in their jackets should be cooked in the same way as for boiled potatoes, (Recipe 323) but after scrubbing them a thin strip of peel should be removed from around each potato.

344. Potato Chips.

Scrub and peel the potatoes and cut them into very thin slices. Allow to stand from half to one hour in cold water. Drain and dry thoroughly with a clean cloth. Have ready a pan of deep fat, put the chips into a frying basket, immerse in the fat and cook till tender—from 2 to 3 minutes. Remove the basket, reheat the fat and return the potatoes to the hot fat until they are crisp and lightly browned. Sprinkle with salt.

345. Rice (Chinese).

2 tins amber rice	6 tins boiling water
	Salt

Wash the rice in cold water and then drain it. Pour over it the boiling water and boil till half soft. Drain and put the rice on a sieve. Continue to steam it over boiling water until quite soft.

346. Rice (Italian).

$\frac{3}{4}$ tin rice	6 tins stock
$\frac{1}{4}$ tin butter	6 tbsp. grated cheese
1 small onion finely chopped	Salt and pepper
6 small mushrooms chopped	

Wash drain and thoroughly dry the rice. Heat the butter and fry the onion and mushrooms till brown. Add the rice and stir over the fire for a few minutes. Add half the boiling stock and boil quickly for 20 minutes then cover the pan closely and leave to cook slowly adding the remaining stock by degrees. When nearly all is absorbed stir in the cheese and season to taste. Stir with a two pronged fork over the fire for a few minutes and serve.

347. Rice (Persian)-Chilau.

2 tins rice	Salt
10—12 tins boiling water	$\frac{1}{4}$ tin butter

Wash the rice and leave overnight in cold salted water. Drain and cook in the boiling water quickly for 5 minutes. The rice must not yet be soft but it must not be hard. Drain thoroughly. Melt the butter in $\frac{1}{2}$ tin water and reserve half of this. Add the rice to the butter and water in the pan, arranging the rice in a mound. Leave for about three minutes then pour over the butter and water which was reserved. Cover with a cloth and tight fitting lid and steam till tender and dry on a slow fire, for half an hour. When ready stir quickly with a two pronged fork. The rice may be brown and crisp round the sides.

A pleasant Kurdish variation of this is to add a teaspoonful of cumin seed to the water in which the rice is boiled.

348. Rice (Syrian).

2 tins Rangoon rice	Salt
4 tins water	4 tbsp. fat

Wash the rice but it is not necessary to soak it. Bring the water to the boil, add the salt and the rice. Boil till the water has evaporated. Pour over the melted fat and cover, having a cloth underneath the lid to prevent the water dripping onto the rice. Steam over a low fire until the grains are dry and separate. If the rice is soaked only 3 tins of water are needed.

349. Rice (Turkish).

2 tins Nagaza rice	4 tins water
1 tbsp. butter	Salt
	$\frac{1}{4}$ tin clarified butter

Wash the rice in three or four waters. It is not necessary to soak it. Drain. Have ready 4 tins of boiling salt water, with one spoonful of butter

in it. Sprinkle in the heat and cook slowly till the rice. Pour over the and serve.

Instead of water t or flavoured in any wa

350. Risotto Maison.

5 tbsp. butter
2 onions
$\frac{3}{4}$ tin Nagaza or t rice
1 tin mushrooms
$\frac{1}{2}$ cucumber

Melt the butter, c colouring for 5 or 6 mi ed and drained, the cl into fine shreds, the cu and the mint. Simmer g add the wine and stock frequently adding more consistency. When the the cheese over the top leave 2 minutes. Stir or dish. Serve with grated and bacon, coked chie

351. Roast Potatoes.

Pare the potatoes 40 minutes before it is them with the fat in th

352. Shalgham Mishw

Sugar
Salt
Turnips

Clean and peel the boil in salted water unt off the water, sprinkle cover with a clean clc under a heavy weigh some of the water. Ser

in it. Sprinkle in the rice and boil quickly for 3—5 minutes. Reduce the heat and cook slowly till dry, when little holes will appear on the surface of the rice. Pour over the clarified butter, stir lightly with a two pronged fork and serve.

Instead of water the rice may be cooked in seasoned stock, tomato juice or flavoured in any way one wishes.

350. Risotto Maison.

5	tblsp. butter	1	tblsp. chopped mint
2	onions	1½	tins stock or water
¾	tin Nagaza or thick grained rice	¼	tin red wine
1	tin mushrooms	2	tblsp. grated Parmesan cheese
½	cucumber		Salt and pepper

Melt the butter, add the finely sliced onions, cover and simmer without colouring for 5 or 6 minutes. Add the rice which should have been well washed and drained, the cleaned and sliced mushrooms, the cucumber peel cut into fine shreds, the cucumber spilt in two and cut across into small pieces, and the mint. Simmer gently for two or three minutes, then stir and gradually add the wine and stock together, little by little, as the rice swells. Stir frequently adding more stock if necessary to keep the mixture to a creamy consistency. When the rice is tender but still firm draw off the fire, scatter the cheese over the top with the rest of the butter in small pieces. Cover and leave 2 minutes. Stir once or twice with a fork and turn into a hot serving dish. Serve with grated cheese. Cabbage may be used instead of cucumber, and bacon, cooked chicken or game, peas etc. instead of mushrooms.

351. Roast Potatoes.

Pare the potatoes and boil for 10 minutes. Arrange around the roast 40 minutes before it is to be served. Keep turning the potatoes and basting them with the fat in the roasting pan so that they are uniformly browned.

352. Shalgham Mishwi Halu.

Sugar
Salt
Turnips

Clean and peel the turnips and boil in salted water until soft. Drain off the water, sprinkle with sugar, cover with a clean cloth and press under a heavy weight to remove some of the water. Serve hot.



353. Spinach.

1 small onion
1 k. spinach

Frying butter
Salt
1½ tbsp. lemon juice

Wash and chop the spinach. Cut the onion finely and cook in butter till lightly browned. Add the spinach and a little salt. Cook for 15 minutes only. Add the lemon juice, stir for a few moments and serve.

This dish may be served cold with leban.

354. Stewed Carrots (Turkish).

½ k. carrot
Olive oil
1 tbsp. uncooked rice

2 tbsp. chopped parsley
Salt and pepper

Clean the carrots and slice into rounds. Fry in a little olive oil. Add a little water, the rice and the parsley and stew till tender. Season. Eat cold.

This dish may be made with all sorts of vegetables, and by utilising the water in which the vegetable is cooked none of the flavour is lost.

355. Stewed Vegetables.

4 tins sliced vegetables
2 tins boiling water
½ tbsp. salt
1½ tbsp. butter

1½ tbsp. flour
1⅓ tins vegetable water and milk
mixed
3 peppercorns pounded

Prepare the vegetables and if large, such as artichokes or carrots, slice them. To prevent discolouration of artichokes during preparation put them into water to which a little milk has been added.

Put the vegetables into boiling water, add salt and pepper and when tender drain thoroughly retaining the liquid. Melt the butter, add the flour, mix well and make a white sauce with the vegetable water and milk. Cook well and season further if necessary. Add the vegetables and when thoroughly hot, serve. If wanted the mixture may be put into a fire proof dish, sprinkled with breadcrumbs and cheese and dabbed with butter and then baked for fifteen minutes in a quick oven.

356. Stovies.

1 k. potatoes
¼ k. onions
2 tbsp. dripping or other fat

1 tin hot water
Salt and pepper

Wash, peel and slice the potatoes. Peel and slice the onions and fry in the hot fat. Add the potatoes, hot water and seasonings. Put on a lid and cook slowly from 1 to 1½ hours. Stir from time to time to prevent burning. Serve very hot.

357. Stuffed Marrow.

A 3 inch thick slice through a large marrow

1 hard boiled egg finely chopped
1 yolk of egg

½ tin fine, soft
½ tin hot milk

Peel the slice of marrow and fill with the hot milk over the bowl. Scoop out the cavity of the marrow and fill with the mixture. Add a few pieces of cheese. Bake for 15 minutes. Serve hot. If a small marrow is used, and the seeds hollowed out, the marrow may be used for the filling.

358. Tomato Pie.

16 medium tomatoes
Chopped parsley
Minced onion
Sliced cucumbers
Butter

Skin and slice the tomatoes. Mix the ingredients in a bowl. Add onion, cucumber, dill and mashed potatoes over the top. Bake till evenly browned.

359. Vegetables in Milk.

This is a basic recipe which may be varied without slight variations.

3 tins sliced green beans
2 medium onions
4 tbsp. oil
3 tbsp. lemon juice

Cut the beans into small pieces. Fry in oil until slightly browned. Add the onions and water. Cook until tender.

With turnips, peas and other vegetables there are many variations.

Broad Beans: When using broad beans, if older discolouration is present, unless it is specially selected, it should be discarded.

Carrots: Add 2 tbsp. oil.

Globe Artichokes: Boil for 15 minutes. Retain the disc. Serve with the sauce. Cut each piece.

Jerusalem Artichokes: Boil for 15 minutes. Add in ½ tin cold water,

$\frac{1}{2}$ tin fine, soft breadcrumbs
 $\frac{1}{2}$ tin hot milk

$\frac{1}{2}$ tin grated cheese
 Salt and pepper

Peel the slice of marrow and remove the seeds from the centre. Boil for 2 minutes. Drain and put into a well greased fireproof serving dish. Pour the hot milk over the breadcrumbs, add the remaining ingredients and stuff the cavity of the marrow with the mixture. Sprinkle over with grated cheese and add a few pieces of butter if wanted. Bake in a moderate oven till tender. Serve hot. If a small marrow is used it should be cut in two from end to end and the seeds hollowed out.

358. Tomato Pie.

16 medium tomatoes
 Chopped parsley
 Minced onion to taste
 Sliced cucumbers
 Butter

Dash of sugar
 Pepper and salt
 Mashed potatoes-sufficient to cover dish
 Grated cheese

Skin and slice the tomatoes and put them into a deep pie dish. The rest of the ingredients may be varied according to taste. Cover with the parsley, onion, cucumber, dabs of butter sugar and seasonings. Spread well seasoned mashed potatoes over all for an upper crust and sprinkle with grated cheese. Bake till evenly browned.

359. Vegetables in Oil.

This is a basic recipe which may be made with many vegetables with or without slight variations.

3 tins sliced green beans	2 tomatoes
2 medium onions	2 tsp. salt
4 tbsp. oil	1 tin water
3 tbsp. lemon juice	

Cut the beans into several pieces. Chop the onions finely and fry in the oil until slightly browned. Add the beans and fry with the onions until slightly browned. Add the salt, tomato juice or finely chopped tomatoes, lemon juice and water. Cook until well done.

With turnips, peas, etc. the above recipe is used. With the following vegetables there are slight modifications.

Broad Beans: When young and tender use the whole bean as with French beans; if older discard the pod. Add 2 tbsp. finely chopped dill but no tomato unless it is specially wanted.

Carrots: Add 2 tbsp. of rice and 2 tbsp. finely chopped celery leaves.

Globe Artichokes: Blanch in boiling salted water. Remove the leaves and retain the disc. Serve with onion and shelled broad beans in the centre of each piece.

Jerusalem Artichokes: Add 2 tbsp. finely chopped parsley and $\frac{1}{2}$ tbsp. flour in $\frac{1}{2}$ tin cold water, to thicken.

360. Yalanchi Dolma.

3 medium onions
 ½ tin olive oil
 1 tsp. tomato paste
 1 tin rice
 Salt and pepper

1 tin boiling water
 32 leaves of spinach beet (silik)
 1—2 tbsp. finely chopped dill
 4 tbsp. lemon juice
 1 tbsp. dibbis
 ¼ tin water

Chop the onions finely and fry in the olive oil. When golden brown add a teaspoonful of tomato paste and mix well. Season. Add well cleaned and washed rice. Stir for two or three minutes then add the boiling water. When the rice is well cooked remove from the fire. It should take 30 to 35 minutes to cook.

Wash the spinach beet. Blanch in boiling water and then remove the hard rib of the leaf. Add chopped dill to the rice mixture, mix well and put a small amount on each leaf. Roll each one up like a cigar and pack closely in a saucepan. Add the lemon juice and dibbis to the quarter tin of water and pour over the dolma. Cook on a slow fire for about 20 minutes.

361. Yalanchi Dolma (Syrian).

1 tin rice
 2 tins chopped onion
 1 tin parsley
 1 tin nuts, pine kernels or chick peas

Salt
 1 tin olive oil
 ½ k. grape vine, cabbage or spinach beet leaves
 ⅔ tin lemon juice

Wash the rice and pour over it boiling water. Allow to stand for half an hour. Heat the olive oil, add the drained rice and onions and after stirring for a little, the chopped parsley, nuts and salt. Cook for a few minutes and allow to cool. Blanch the leaves for a few minutes in boiling water, put a little of the mixture on each, roll up and arrange in rows in a saucepan. Add 2½ tins of water and the lemon juice and cook till almost dry.

362. Yalanchi Dolma (Turkish).

4½ tins finely chopped onions
 1¼ tins olive oil
 2 tbsp. rice
 1 tin chopped walnuts

½ tin parsley or dill
 Salt
 Grape vine or spinach beet leaves
 ½ tin lemon juice

Heat ¾ tin of olive oil smoking hot and cook the onions till soft but do not allow them to become brown. Remove from the fire. Wash the rice and chop the walnuts and dill or parsley finely. Add all to the cooked onions. Season. Blanch the leaves in hot water for a few minutes to soften them. Put a little of the onion mixture in each and roll up, folding in the ends in doing so. Put in a pan in layers and from time to time add a little of the remaining olive oil and some water until all the oil has been used up and about a tin of water has been added. Put a plate on top to hold the dolmas down and cook until almost dry. Ten minutes before ready add the lemon juice.

Iraqis are popular. Lebanon salads are popular. There are many varieties which offer a wide range of ingredients for many shops are usually prepared which serves well characterised by cucumbers, onions and other tempting foods. They are usually prepared to attract the attention of lettuce grows luxuriantly. A great favourite in the vendors balancing green lettuces on their heads. You will be heard calling 'Leban' in the winter months.

363. Alwiyah Cl

2 tins sliced, boiled
 1 tin sliced cucumber
 1 tin well cooked
 Salt and pepper
 Mix the potato and cream. Mix as wanted.

364. Anchovy Egg

8 eggs hard boiled
 Salt and pepper
 1 tsp. French mustard

Cut the eggs with salt, pepper, tartar sauce. Refill with tartar sauce.

365. Boba Ghan

4 medium egg
 2 medium clove
 6-9 tbsp. lemon

Bake the egg well. Pound the g. Sesame may be used to decorate with mixture. Thick leban may