

SALADS.

Iraqis are particularly fond of salads and in the summer heat, chilled Teban salads are most refreshing. There are many shops in Baghdad which offer a wide variety of ingredients for making salads. Such shops are usually situated near one which serves kababs and are characterised by jars of pickled cucumbers, onions, mangoes and other tempting fare, which are displayed to attract the customer. Cos lettuce grows luxuriantly and is a great favourite in Iraq and many vendors balancing baskets of huge green lettuces on their heads may be heard calling "Khas, khas" as they walk the streets of Baghdad during the winter months.



363. Alwiyah Club Special.

2 tins sliced, boiled potatoes	$\frac{1}{2}$ tin mayonnaise
1 tin sliced cucumber	$\frac{1}{2}$ tin cream
1 tin well cooked dried beans	Vinegar and finely chopped onion

Salt and pepper
Mix the potatoes, cucumber and beans. Season. Add the mayonnaise and cream. Mix carefully. Vinegar and onion may be added to taste, if wanted.

364. Anchovy Eggs and French Salad.

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

Cut the eggs in half lengthwise and remove and sieve the yolks. Season with salt, pepper. French mustard, anchovy paste and 2 tablespoonfuls of tartar sauce. Refill the eggs and arrange on a bed of French salad. Coat with tartar sauce.

365. Boba Ghannuj.

4 medium egg plants	3 tsp. salt
2 medium cloves of garlic	2—3 tbsp. crushed sesame
6-9 tbsp. lemon juice	Mint leaves, onion and pomegranate seeds

Bake the egg plants thoroughly on the fire or in the oven. Peel and pound well. Pound the garlic with the salt, add the lemon juice and mix all together. Sesame may be added alternately with the lemon juice. Mix well. If wanted decorate with mint leaves, onion and fresh sour pomegranate seeds. $\frac{1}{2}$ tin thick Teban may be used instead of lemon juice and sesame.

366. Beetroot Salad.

4 large beetroots	Sugar
1 tsp. grated horseradish	Salt and pepper
Vinegar	

Boil the beetroots, leaving the long root and about 2 inches of stem in order not to lose the colour. When cold, peel and slice. Allow the horseradish to stand in a little water for half an hour. Add a little sugar and vinegar and pour this over the beetroots. Season with salt and pepper. The horseradish is optional.

367. Carrot and Potato Salad.

Mashed potato	Sweet chutney
Grated raw carrot	Toasted bread crumbs
Minced parsley	Lettuce
Salt and pepper	Mayonnaise

Mix the potato, carrot and parsley in the proportions desired and season to taste. Roll into balls, make a hole in the centre and fill with sweet chutney. Fill in the hole and roll the ball in toasted bread crumbs. Serve with lettuce and mayonnaise.

368. Cauliflower Salad.

1 cauliflower	Sugar
French salad dressing	Parsley

Boil the cauliflower, drain well and break into neat pieces. While still warm marinade in French dressing to which some sugar has been added. Serve after half an hour with French dressing or mayonnaise. Decorate with parsley. If mayonnaise is used vinegar or lemon juice should be added to increase the acidity.

This salad may also be made with green French beans or asparagus tips.

369. French Salad.

$\frac{1}{4}$ tin celery	2 tbsp. olive oil
$\frac{1}{4}$ tin carrots	2 tbsp. vinegar
1 tin potatoes	1 tbsp. lemon juice
1 tin parsley root	Salt and pepper
1 tin peas	$\frac{1}{2}$ tsp. sugar
$\frac{1}{2}$ tin apples	1 tin mayonnaise or tartar sauce
$\frac{1}{4}$ tin cucumber	2 tbsp. sour or sweet cream
5 tbsp. white wine	1 tsp. French mustard

Boil, dice if necessary and measure all the vegetables except the apples and cucumber. Dice and measure the apples and cucumber. Mix all together and marinade with the wine, oil, vinegar, lemon juice salt pepper and sugar. Before serving mix with the mayonnaise to which French mustard and cream have been added.

370. Hummus bi Tahina.

2 tins chick peas	$\frac{2}{3}$ -1 tin lemon juice
$\frac{1}{2}$ tbsp. bicarbonate of soda	Garlic to taste

1 tin crushed sesar

Soak the chick p
bicarbonate of soda a
small piece of garlic w
and lemon juice slowly
if liked a little sweet
chopped parsley and c

If only faint flavo
with the garlic instead

Another method
add salt and crush wit
at the same time. If to
were boiled.

371. Jajaq.

1 tin thick leban
Water
Salt and pepper

Boil the kamah fo
the and add the pounde

372. Kamah Salad.

The best kamah (c
also good and are easie
hour, rub with a rough
removed.

$\frac{1}{2}$ k. cleaned kamah
1 clove of garlic cru

Boil the kamah fo
the remaining ingredie

373. Leban and Cucu

1 clove of garlic
$\frac{1}{2}$ tin leban

Pound the garlic w
all together. Chill thoro

374. Potato Salad.

4 tins boiled sliced
$\frac{1}{2}$ tin vinegar
1 tin salad oil

Boil and slice the
vinegar, oil and season
onnaise and decorate w

1 tin crushed sesame

Salt
Parsley and summac

Soak the chick peas overnight in water. Bring to the boil with the bicarbonate of soda and cook till soft. Pound in a basin till smooth adding a small piece of garlic while pounding, if the flavour is liked. Add the sesame and lemon juice slowly. Mix thoroughly with the salt, pour onto a plate and if liked a little sweet salad oil may be spread on the surface. Decorate with chopped parsley and crushed summac.

If only faint flavour of garlic is wanted the serving dish may be rubbed with the garlic instead of pounding it with the chick peas.

Another method is to pound the garlic first, strain the hummus well, add salt and crush with a wooden pestle adding the sesame and lemon juice at the same time. If too thick add a little of the water in which the chick peas were boiled.

371. Jajaq.

1 tin thick leban

2 cloves garlic

Water

8 medium cucumbers

Salt and pepper

1 tsp. dried mint

Boil the kamah for 40 minutes. Drain, slice and dress with a mixture of the and add the pounded garlic, chopped cucumber and mint. Serve very cold.

372. Kamah Salad.

The best kamah (desert truffle) are dark brown, but the light brown are also good and are easier to clean. To clean soak in cold water for at least an hour, rub with a rough stone, or peel, and be sure every trace of sand is removed.

 $\frac{1}{2}$ k. cleaned kamah

Salt and pepper

1 clove of garlic crushed

3 tbsp. lemon juice

Salad oil

Boil the kamah for 40 minutes. Drain slice and dress with a mixture of the remaining ingredients.

373. Leban and Cucumber Salad.

1 clove of garlic

4 cucumbers

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

Salt and pepper

Pound the garlic with the leban. Chop and season the cucumbers. Mix all together. Chill thoroughly.

374. Potato Salad.

4 tins boiled sliced potatoes

2 tsp. sugar

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

Salt and pepper

1 tin salad oil

1 medium onion

Boil and slice the potatoes and while still warm turn in a mixture of the vinegar, oil and seasonings. Add the very finely sliced onion. Coat with mayonnaise and decorate with hard boiled egg.

1 tin of celery boiled till tender in stock and finely chopped or 1 tin cold diced meat may be used and either mixed with the salad or arranged in the centre of the dish and surrounded with salad and lettuce, if wanted. The mayonnaise is improved with the addition of chopped chives, dill and black olives

375. Purslane Salad.

Purslane

Myonnaise

Wash the purslane very thoroughly and mix with mayonnaise. Other vegetables may be added if wanted.

For those who eat fresh green vegetables, purslane is available all summer, growing as a weed in most gardens. It makes a delicious salad.

376. Spinach and Leban Salad.

Boiled spinach
Grated onion

Leban
Salt and pepper

Mix all the ingredients in any proportions wanted, omitting the onion if it is not liked. Chill and serve as salad; or serve with boiled rice.

377. Spring Salad.

4 tins green peas
2 tins mushrooms
Frying butter

$\frac{1}{2}$ tin finely chopped celery
 $\frac{1}{2}$ tin mayonnaise
Salt and pepper

Boil the green peas till tender. Clean and slice the mushrooms and fry in butter. Season the peas, mushrooms and celery and mix with mayonnaise.

378. Tabbula.

1 tin burghul (fine crushed
boiled wheat)
1 tin mint leaves
 $1\frac{1}{2}$ tins parsley leaves
1 green onion

2 tbsp. olive oil
2 tbsp. salt
 $\frac{1}{2}$ tin lemon juice
1 small tomato

Soak the burghul till soft. In cold water it requires 2 hours, in warm water 1 hour. Wash the parsley and mint leaves thoroughly and chop very fine. Cut the onion into small pieces and wash all carefully. Drain the burghul and add. Pour over the oil, salt and lemon juice and mix all together. Chopped tomato may be added. It should be eaten with vine, lettuce or cabbage leaves, which are used as scoops

SAUCES

In oriental dishes a sauce is usually simply the thickened fluid resulting from stewing together meat and vegetables, to which some tomato paste has probably been added. There are however a number of nut sauces such as those used for charkas tawuq and fasinjan which are easy to make, extremely appetising and quite a novelty to the occidental. In the west sauces are

numerous and vary in flavour of the main ingredients often cooked alone or in sauces Sweet sauces

379. Béchamel Sauce.

$2\frac{1}{2}$ tins milk or water
1 small onion
1 bouquet garni (parsley, marjoram)
10 peppercorns
 $\frac{1}{2}$ bay leaf

Put on the milk and bring to the boil. Sift the flour into a sieve and cook the flour in the butter over the fire until it is golden brown. Sieve over the fire until it is thick. Return to the

380. Custard Sauce.

1 egg or 2 yolks
1 tin milk
2 tbsp. sugar

Beat the egg, sugar and milk in the double boiler and cook over the fire when thick enough. The double boiler should not be used to avoid curdling of the custard.

381. Horseadish Sauce.

3 tbsp. finely ground horseadish
 $\frac{1}{2}$ tin thick cream
2-4 tbsp. white wine

Mix the dry ingredients

382. Mayonnaise.

1 egg or 2 yolks
 $\frac{1}{4}$ tsp. salt
Dash of paprika
Dash of pepper
Dash of cayenne

Beat together the egg and vinegar and beat again with the oil and beat thoroughly. The remainder may be added and vinegar. It is in

numerous and varied probably because it is customary to keep separate the flavour of the main dish and its accompaniments, and meat and fish although often cooked alone are given additional flavour in their accompanying sauces. Sweet sauces are often served with puddings.

379. Béchamel Sauce (French White Sauce).

2½ tins milk or white stock	1 blade of mace
1 small onion	4 tbsp. butter
1 bouquet garni (parsley, thyme-marjoram)	6 tbsp. flour
10 peppercorns	Salt
½ bay leaf	Dash of cayenne pepper
	⅛ tsp. nutmeg

Put on the milk or stock to boil with the onion and the herbs and seasonings except the cayenne pepper and nutmeg. Melt the butter in another pan and cook the flour in it without browning. Stir in the hot milk and whisk over the fire until it boils. Simmer for 20 minutes. Strain and pass through a sieve. Return to the stew pan, season with nutmeg, cayenne and a little salt.

380. Custard Sauce.

1 egg or 2 yolks	⅛ tsp. salt
1 tin milk	½ tsp. vanilla or lemon essence
2 tbsp. sugar	

Beat the egg, sugar and salt. Heat the milk in a double boiler till nearly boiling and pour it slowly over the egg mixture stirring constantly. Return to the double boiler and cook till the mixture coats the spoon. Remove at once when thick enough. Cool and add the flavouring. The water in the double boiler should not be allowed to boil as too high a temperature results in curdling of the custard.

381. Horseradish Sauce.

3 tbsp. finely grated horseradish	1 tsp. castor sugar
½ tin thick cream or milk	¼ tsp. powdered mustard
2-4 tbsp. white wine vinegar	Salt and pepper

Mix the dry ingredients, moisten with vinegar and then stir in the cream.

382. Mayonnaise.

1 egg or 2 yolks	1 tbsp. sugar
⅛ tsp. salt	1 tsp. mustard
Dash of paprika	2 tbsp. vinegar
Dash of pepper	1 tin olive oil
Dash of cayenne	1 tbsp. lemon juice

Beat together the dry seasonings and the egg. Add a teaspoonful of vinegar and beat again. Add the oil, not more than a tablespoonful at a time and beat thoroughly after each addition. When half the oil has been used the remainder may be added in larger quantities. Finally add the lemon juice and vinegar. It is important that the oil be added slowly otherwise it separates.

out and a smooth emulsion is not formed. In the event of this happening take a clean bowl and measure out a fresh set of ingredients but before beginning to add the olive oil add the unsuccessful mayonnaise mixture little by little as directed, then continue with the olive oil. An olive oil of strong flavour should never be used for this sauce.

383. Mayonnaise (Economical).

1 tin milk	Salt and pepper
2 eggs	Vinegar
1 tbsp. butter	1 tsp. sugar
1 tsp. mustard	

Make a thick custard with the milk and eggs, cooking in a double boiler. Add the butter, remove from the fire and beat till cool. Add the seasonings to taste. This may be made with custard powder using 3 tablespoonfuls of powder to one tin of milk.

384. Mint Sauce.

$\frac{1}{2}$ tin mint leaves	$\frac{1}{2}$ tin boiling water
2 tbsp. brown sugar	$\frac{1}{3}$ tin vinegar

Wash the mint leaves and chop them very finely. Add the sugar and boiling water. When cool add the vinegar.

385. Mustard Sauce.

2 tbsp. butter	2 tsp. French mustard
4 tbsp. flour	2 tsp. English mustard
1 tin water	$\frac{1}{2}$ tin cream
2 tbsp. lemon juice	

Melt the butter in a sauce pan, stir in the flour and cook for a few minutes. Add the water and stir till it boils. Strain the lemon juice onto the mustard which must be very thick, otherwise more than 2 teaspoonfuls are required. (To make French mustard mix powdered mustard to a paste with tarragon vinegar, add a little crushed garlic and allow to stand 24 hours). Mix the lemon juice and mustard and pour into the sauce and stir till it boils. Add the cream.

386. Nut Oil.

To prepare nut oil for Circassian chicken arrange ground walnuts on a thin piece of muslin on a sieve. Place this over boiling water and steam for five minutes then squeeze out the oil through the piece of muslin. The nuts are then used for the preparation of the chicken sauce.

387. Salad Dressing (Cooked).

1 egg	2 tbsp. sugar
1 tbsp. butter	1 tsp. mustard
2 tbsp. vinegar	Salt and pepper
2 tbsp. milk or cream	

Beat the egg and add the other ingredients. Put the basin in a pan of hot water on the stove and beat until the mixture is like thick cream. Remove from the hot water as soon as it is thick.

388. Salad Dressing (Cold).

8 tbsp. sa'ad oil
Salt and pepper

Mix the oil and seasonings.

389. Sauce Mousseline.

1 egg
1 yolk
 $\frac{1}{8}$ tsp. salt

Put all the ingredients in a bowl and beat vigorously for about five minutes. Use for a meat course and served hot.

390. Sauce Piquante.

2 tbs. butter
1 shalott or green onion
1 small onion
1 tbsp. chopped parsley
2 tbsp. flour

Melt the butter and sauté the onion and parsley for a little and mix with the flour. Add lemon juice, finely chopped meat or beef.

391. Savoury Apple Sauce.

1 tsp. mustard
 $\frac{1}{4}$ tsp. cloves
 $\frac{1}{4}$ tsp. cinnamon
 $\frac{1}{2}$ tsp. salt

Mix the dry ingredients and add to the apple sauce to a thick consistency. If liked add sugar.

392. Savoury White Sauce.

Many sauces may be made with white sauce. For recipe: Egg Sauce: 1 hard-boiled egg; Cheese Sauce: $\frac{1}{2}$ tin; Onion Sauce: Fry $\frac{1}{2}$ tin; Parsley Sauce: 1 tin. Add immediately.

Prawn Sauce: $\frac{1}{2}$ tin; Tomato Sauce: $\frac{1}{2}$ tin; Juice. Heat thoroughly.

393. Brown Sauce.

Use the same quantities as for white sauce. Should first be put on a fire to what is wanted.

388. Salad Dressing (French).

8 tbsp. sa'ad oil 4 tbsp. vinegar
Salt and pepper

Mix the oil and seasonings and slowly work in the vinegar.

389. Sauce Mousseline (Sweet).

1 egg 2 tbsp. liqueur, orange or lemon
1 yolk juice, rum or sherry
 $\frac{1}{8}$ tsp. salt 2 tbsp. sugar

Put all the ingredients into a pan and whisk over hot water (not boiling vigorously) for about five minutes. This sauce should be made during the meat course and served at once. It is good with puddings or baked fruit.

390. Sauce Piquante.

2 tbs. butter 1 tin stock
1 shalott or green onion 3 tbsp. vinegar
1 small onion Lemon juice
1 tbsp. chopped parsley 1 small cucumber
2 tbsp. flour Salt and pepper

Melt the butter and add the finely chopped shalott, onion and parsley. Cook for a little and mix in the flour. When browned add the stock, vinegar, lemon juice, finely chopped cucumber and seasonings. Serve with tongue or beef.

391. Savoury Apple Sauce.

1 tsp. mustard 2 tbsp. sugar
 $\frac{1}{4}$ tsp. cloves 2 tbsp. vinegar
 $\frac{1}{4}$ tsp. cinnamon 2 tsp. lemon juice
 $\frac{1}{2}$ tsp. salt 2 tins stewed and sieved apples

Mix the dry ingredients, put everything into a pan and cook till of a good thick consistency. If liked a little grated onion or onion juice may be added.

392. Savoury White Sauces.

Many sauces may be made by adding suitable substances to a medium white sauce. For recipe 399 the following quantities should be used.

Egg Sauce: 1 hard boiled egg, shelled and chopped roughly.

Cheese Sauce: $\frac{1}{2}$ tin grated cheese. Cook until the cheese is melted.

Onion Sauce: Fry $\frac{1}{4}$ tin grated onion with the fat before adding the flour.

Parsley Sauce: 1 tbsp. finely chopped parsley. Bring to the boil and serve immediately.

Prawn Sauce: $\frac{1}{2}$ tin roughly chopped tinned prawns, and $\frac{1}{2}$ tsp. lemon juice. Heat thoroughly before serving.

393. Brown Sauce.

Use the same quantity of fat as for white sauce, but more flour. This should first be put on a tray in a hot oven and browned, light or dark, according to what is wanted. The whole appearance of the sauce depends on the

browning of the flour. Brown sauce is usually made with well seasoned stock instead of milk, and the flavour may be altered by simmering chopped vegetables in the stock, and straining the pieces out before serving. The flour may be browned by frying with the fat instead of doing it in the oven.

394. Spaghetti Sauce (Italian).

$\frac{1}{2}$ -1 clove garlic	$\frac{1}{2}$ tin raw meat
1 tsp. salt	1 tbsp. fresh cold butter
Dash of cayenne pepper	1 tbsp. olive oil
1 onion	12-16 tomatoes
1 carrot	2 tbsp. cream or milk
1 stick celery	Parmesan cheese

Crush the garlic with the salt and cayenne. Mince the onion, carrot, celery and meat very finely. Mix all together and cook gently in the butter and olive oil for quarter of an hour. Add the sieved tomatoes, bring to the boil; add the cream and simmer, tightly covered, for 2 hours. Pour over boiled spaghetti and sprinkle with parmesan cheese.

This sauce may also be made by chopping the meat into small cubes and searing them in a hot pan without butter. The sauce is then made in this pan the searing of the meat imparting a better flavour. The tomatoes are easily sieved if stewed for ten minutes without water and then passed through the sieve. If the meat is seared it should be removed from the sauce before serving.

395. Tartar Sauce (Cold).

1 tin mayonnaise	$\frac{1}{2}$ tbsp. minced parsley
$\frac{1}{2}$ tbsp. minced onion or shalot or olives	1 tbsp. chopped capers
$\frac{1}{2}$ tbsp. pickled cucumber—chopped	1 tbsp. chopped green olives
	1 tsp. vinegar

Measure the solid ingredients after chopping or mincing. Mix with the mayonnaise and vinegar and serve cold with hot or cold fish.

396. Tartar Sauce (Hot).

Use the same ingredients as for cold tartar sauce but use only $\frac{1}{3}$ tin of mayonnaise and in addition $\frac{1}{2}$ tin of medium white sauce. Combine all the ingredients and heat but on no account allow to boil.

397. Tomato Sauce For Grilled Fish.

$\frac{1}{2}$ a large onion	$\frac{1}{4}$ tsp. sugar
$\frac{1}{4}$ tin butter	1 large red tomato
1 tbsp. flour	$1\frac{1}{2}$ tins cold water
$\frac{1}{4}$ tsp. salt	

Chop the onion finely and fry in the butter until brown. Add the flour, salt and sugar and mix. Slice the tomato and add with the water. Boil for 15 minutes. Stir well and pour over the grilled fish or serve the fish and sauce separately.

398. Turkish Salade

1 tin chopped walnuts
 $\frac{1}{2}$ clove garlic (dried)
 4 tbsp. sifted, dried
 Salt

Pass the nuts through a sieve. If the garlic is wanted pour the lemon juice, and the thick cream, and serve.

Serve this sauce. The flavour should be served with cooked dried bread.

399. White Sauce

$\frac{3}{4}$ tbsp. butter or oil
 2 tbsp. flour
 $\frac{1}{4}$ tsp. salt

Melt the fat, pour in the flour and seasoning after each addition. Stir thick. Cook until the

This sauce may be served. Bring to the boil and constantly while adding

400. White Sauce

Make as a medium. This sauce is also used when making croquettes.

401. White Sauce

Make like a medium flour.

The eating of puddings in America, but in Iraq, an alternative. It follows that puddings are few and which are offered, are insipid. This is because milk pudding, salt is not included in the order that occidentals are disappointed with it.

One of the most common be found in Iraq is produced the greatest in former times the

398. Turkish Salad Sauce (Taratur Sauce).

1 tin chopped walnuts	Paprika
$\frac{1}{2}$ clove garlic (optional)	Lemon juice
4 tbsp. sifted, dried, bread crumbs	1—2 tins chicken or meat broth or milk
Salt	

Pass the nuts several times through the mincer or pound in a mortar. If garlic is wanted pound it with the nuts. Add breadcrumbs and mix well. Add the lemon juice, enough broth or milk to make the sauce the consistency of thick cream, and seasonings.

Serve this sauce with cold vegetables. Hazelnuts which have a stronger flavour should be shelled, roasted and then pounded and are delicious served with cooked dried beans.

399. White Sauce (Medium).

$\frac{3}{4}$ tbsp. butter or margarine	$\frac{1}{8}$ tsp. white pepper
2 tbsp. flour	1 tin milk
$\frac{1}{4}$ tsp. salt	

Melt the fat, preferably in a double boiler. Remove from the fire, add the flour and seasonings and blend well. Add the milk little by little, mixing after each addition until smooth. Return to the fire and stir constantly till thick. Cook until there is no taste of raw flour—about ten minutes.

This sauce may be enriched by the addition of an egg. When ready to serve bring to the boil and pour slowly over a well beaten egg, beating constantly while adding the sauce. Serve at once.

400. White Sauce (Thick).

Make as a medium white sauce but use 4 tbsp. fat and 4 tbsp. flour.

This sauce is also called a "panada" and is used to bind the ingredients when making croquettes, or as a foundation for soufflés.

401. White Sauce (Thin).

Make like a medium white sauce but use only 1 tbsp. fat and 1 tbsp. flour.

Puddings

The eating of puddings is a custom much favoured in Britain and America, but in Iraq, as in many other countries, fruit is often offered as an alternative. It follows that the recipes for oriental puddings are few and occidentals rarely enjoy those which are offered, as they find them sweet and insipid. This is because, particularly in the case of milk pudding, salt is practically never added. It has been included in some of the following recipes in order that occidentals who try them may not be disappointed with the results.

One of the most valuable sweetening agents to be found in Iraq is date syrup or "dibbis". Iraq produces the greater part of the world's dates and, in former times the syrup was made by boiling the

