

61. Pacha.

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

Put the trotters and stomach into a large pan with a small piece of soap, cover with water and boil for half an hour. Remove and scrape very well with a sharp knife till thoroughly clean. Rinse well in fresh water. Clean and wash the rice. Cut the stomach into rectangular pieces and sew up the sides to make bags 3 or 4 inches square. Partly fill the bags with the mixture of rice, meat, oil and seasonings leaving room for the rice to swell. Put the trotters in the bottom of the pan, lay the bags on top, cover with water and bring to the boil. Skin well and simmer for 6 or 7 hours till well cooked. Add more water if necessary. When nearly ready allow to boil dry and when nicely browned serve with salad and pickles.

Another form of pacha is to boil the cleaned trotters, and the head if wanted, for a long time. Have ready some diced Arab bread on a large plate. Arrange the meat on the bread, make the broth into a sauce with eggs and vingar and a touch of garlic and pour over.

62. Persian Harisa.

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

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

63. Persian Kufta.

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

Chop the meat and pound in a mortar till it is like a paste. Clean the rice and boil until half cooked, then drain. Add a little turmeric. Fry the split chick peas and pound with the rice. Mix this with the meat and bind with two eggs. Season. Chop two onions and fry. Add the currants and the walnuts and when cooked somewhat allow to cool. The other two eggs should be hard boiled, shelled and put with the washed prunes and fried ingredients into the centre of the ball made of the meat paste and rice. Fry

the remaining 2 onions, add turmeric and seasoning to taste and 3 tins of broth. Bring to the boil and carefully add the meat ball and cook gently for about 30 minutes. If wanted the ball may be tied in a thin cloth and there will be no risk of it breaking. Serve with the gravy in which it is cooked.

64. Potato Curry.

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

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

65. Pytt-Panna.

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

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

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

66. Qalib el Kibad.

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

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

67. Qalib el Khudra.

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

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

68. Qalib Zahra.

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

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

69. Qazan Kababi.

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

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

70. Raviola Paste.

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

Mix the ingredients adding sufficient water to make a stiff dough. Boil out, allow to dry for at least an hour, then cut in ribbons. Boil in salted

water and serve with tomato sauce and cheese. It may be tinted green with the strained juice from pounded spinach leaves.

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

71. Shami Kababi.

2½ tins chick peas	1 thp. salt
½ k. meat	1 tsp. turmeric
	Frying fat

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

72. Sheikh al Mahshi.

3 small egg plants 4—5" in length	2—4 tbsp. pomegranate juice or 1—2 tbsp. lemon juice
Frying fat	Salt and pepper
Salt and pepper	½ tin tomato juice or 1 tsp. tomato paste in ½ tin water
¾ k. tender mutton	1 tbsp. date syrup
1 tbsp. blanched almonds or pine kernels	
2 tbsp. raisins or currants	

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

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

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

73. Sheikh Mahshi Bil Leban.

4 small marrows	1 tsp. cornflour
¼ k. meat	2 tns leban

8 almonds
2 tbsp. fat

Salt
1 tbsp. rice

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

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

74. Shish Buragi with Leban.

1½ tins flour
½ tsp. salt
1 tsp. baking power
3 tbsp. butter
Water
¼ k. mutton
Salt and pepper

2 tbsp. chopped parsley
1 minced onion
6 tins leban
1 beaten egg or 2 tbsp. cornflour
5 cloves garlic
1 tbsp. coriander
½ tin butter

Make a firm dough with the first five ingredients. Roll very thin and cut into rounds about 1½ inches in diameter. A coffee cup may be used for cutting these. Mince the meat, season & add the parsley and onion. Put a little of this stuffing on a round of pastry, fold it over, press the edges together, then, with the straight side facing one, take the two corners and pull them together thus forming a small round, hat-shaped pasty. Bake till lightly browned in a hot oven, or alternatively, fry the pasties. Beat the leban, pass it through a sieve, add the beaten egg or cornflour and bring to the boil, stirring constantly. Add the baked pasties and cook for fifteen minutes. Pound the garlic with salt, pound the coriander, fry both in smoking hot butter for one minute, add to the leban, boil for ten minutes and serve hot.

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

75. Su Buragi.

8 eggs
Salt
¼ tin water
4 tins sifted flour

½ k. cheese
1 k. butter
½ tin parsley

Beat the eggs thoroughly and mix with 2 tablespoonfuls of salt dissolved in quarter of a tin of water, Mix in the flour until a firm paste is formed. Divide it into 16 pieces. Have ready a well greased baking tray 15 to 16 inches in diameter. Roll 14 pieces of dough into sheets this size, and two somewhat large and thinner. Boil seven of the fourteen sheets one by one in 2 tins of water to which 4 tablespoonfuls of salt were added. Grate the

8 almonds	Salt
2 tbsp. fat	1 tbsp. rice

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

74. Shish Buragi with Leban.

1½ tins flour	2 tbsp. chopped parsley
½ tsp. salt	1 minced onion
1 tsp. baking power	6 tins leban
3 tbsp. butter	1 beaten egg or 2 tbsp. cornflour
Water	5 cloves garlic
¼ k. mutton	1 tbsp. coriander
Salt and pepper	½ tin butter

Make a firm dough with the first five ingredients. Roll very thin and cut into rounds about 1½ inches in diameter. A coffee cup may be used for cutting these. Mince the meat, season & add the parsley and onion. Put a little of this stuffing on a round of pastry, fold it over, press the edges together, then, with the straight side facing one, take the two corners and pull them together thus forming a small round, hat-shaped pasty. Bake till lightly browned in a hot oven, or alternatively, fry the pasties. Beat the leban, pass it through a sieve, add the beaten egg or cornflour and bring to the boil, stirring constantly. Add the baked pasties and cook for fifteen minutes. Pound the garlic with salt, pound the coriander, fry both in smoking hot butter for one minute, add to the leban, boil for ten minutes and serve hot.

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75. Su Buragi.

8 eggs	½ k. cheese
Salt	1 k. butter
¼ tin water	½ tin parsley
4 tins sifted flour	

Beat the eggs thoroughly and mix with 2 tablespoonfuls of salt dissolved in quarter of a tin of water, Mix in the flour until a firm paste is formed. Divide it into 16 pieces. Have ready a well greased baking tray 15 to 16 inches in diameter. Roll 14 pieces of dough into sheets this size, and two somewhat large and thinner. Boil seven of the fourteen sheets one by one in 2 tins of water to which 4 tablespoonfuls of salt were added. Grate the

cheese or slice it finely, melt the butter and chop the parsley. As the sheets are removed from the water they should be drained on a sieve and lightly dried with a piece of cloth.

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

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

76. Stewed Beef.

½ k. stewing beef	1 onion
2 tbsp. dripping	2 tins stock or water
4 tbsp. flour	Salt and pepper

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

77. Stewed Meart.

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

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

78. Staffed Kamah.

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

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

79. Stuffed Marrow.

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

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

80. Summer Turlu.

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

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

81. Tas Kababi.

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

Remove the bones and cut the meat into small pieces, season with salt, pepper and cinnamon and put all into a small mould or saucepan which must be filled almost to the brim and the bones laid on top. Pour in half a tin of

water. Cover the pan with a large inverted saucepan and turn the whole thing upside down. Cook like this for about three hours adding a little water to prevent drying. Add 3 tins of water and $2\frac{1}{2}$ tins of washed rice and cook till the rice is ready, and no water remains. Carefully remove the smaller saucepan. Cover with a large inverted serving dish, turn the whole thing upside down and remove the large pan. A neat mould of meat surrounded by rice should be obtained.

82. Tas Kababi (Kurdish).

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

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

83. Tas Kababi (Persian).

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

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

84. Tatar Qulaghi

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

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

85. Urfa Kababi

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

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

86. Urug

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

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

87. Vegetable Stew

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

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

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

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

88. Yakhni Kababi

Thin wooden skewers or twigs 4-5 inches in length	2 onions
800 grms. tender meat, preferably fillet	Frying butter
4 egg plants	Salt and pepper
Spices (cloves, cinnamon, cubebs)	1 tin tomato juice
	Rice

Clean the twigs. The head of the egg plant may be used with several inches stem left attached to it. Remove any fibre 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.

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.

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