

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 marrow waisted glasses or "istikhans" and is highly sweetened, a thick layer of sugar filling the lower part of the glass. The glasses stand on small saucers into which the tea is sometimes spilt intentionally

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

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

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

Bread and Scones.

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

The plain round or oval Arab bread or "khubz" to which some yeast is added and which when freshly made is soft and pliable also serves as a plate and is the most widespread type of bread eaten in and about Baghdad.

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

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

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

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

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

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

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

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

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

89. Brown Loaf.

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

90. Brown Loaf.

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

Whole meal flour or the brown flour used for making the round Arab bread may be used. Mix the dry ingredients taking care that there are no lumps in the soda or baking powder. Mix with the sour milk to make a soft dough. Form into a ball put into a greased tin. Cover the tin with a close

fitting lid and cook in a moderate oven for about an hour. Remove the lid for the last quarter of an hour to allow the loaf to become brown and crisp.

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

91. Cream Scones.

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|-----|----------------------|-----|-------------------|
| 1 | 2/3 tins flour | 2 | tblsp. fine sugar |
| 3/4 | tins thick cream | 1 | egg |
| 2 | tblsp. baking powder | 1/4 | tsp. salt |

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

92. Date Bread.

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

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

93. Dropped Scones.

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|-----|--------------------|---|-------------------|
| 2 | tins sifted flour | 4 | tblsp. fine sugar |
| 3 | tsp. baking powder | 2 | small eggs |
| 1/4 | tsp. salt | | Milk |

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

94. Home Made Baking Powder.

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

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

95. Khubz.

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| 3 | tins flour, preferably brown | 2 | tblsp. yeast |
| 1 | tsp. salt | 1 1/2 | tins tepid water |

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

96. Khubz Abbas.

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

A vow to make Khubz Abbas as a thank offering on the fulfilment of one's wish is generally taken at the time of acute anxiety, such as the illness of a beloved relative. In the event of recovery this savoury bread is prepared in vast quantities. Hot melted butter is also poured over rounds of plain khubz which are then sprinkled with sugar. The rounds of bread are arranged in great piles and are distributed in hundreds to the poor.

97. Khubz Fatir.

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

98. Khubz Riqaq.

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

99. Pain au Lait.

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

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

100. Parker House Rolls.

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

Add butter, sugar and salt to the milk. When somewhat cooled add the yeast diluted in the warm water, and the 3 tins of flour. Beat thoroughly, cover and allow to rise. Cut across into four pieces, and add the remaining flour or sufficient to knead it nicely. Allow to rise again, toss on a lightly

floured board, knead and roll out till about $\frac{1}{3}$ inch thick. Cut into rounds with a tin dipped in flour, crease the middle of each round with the back of a knife, brush with melted butter, fold over and press the edges together. Place on a greased baking dish about an inch apart, cover and allow to rise. Bake in a hot 12—15 minutes.

The rolls may be made any shape wanted.

101. Standard Muffin Recipe.

2 tins sifted flour	$\frac{1}{2}$ tsp. salt
3 tsp. baking powder	2 eggs
1 tbsp. fine sugar	1 tin milk
	4 tbsp. melted butter

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

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

102. Sweet Milk Scones.

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

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

103. Tea Scones.

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

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

104. Walnut Bread.

4 tins flour	8 tsp. baking powder
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1½ tins chopped walnuts	3 eggs
1 tsp. salt	1½ tins milk
1 tsp. sugar	

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

Cakes.

Cakes, like breads, are customary at certain feasts. At an English Christmas one prepares a rich fruit cake, covered with almond and royal icing, elaborately decorated. Similarly for birthdays cakes are offered but these are usually for children and a plain recipe is used. In both cases favours are either inserted into the cake after cooking or are wrapped in paper and baked with the cake. Such favours were originally of silver but now are of alloy and each has a traditional meaning. Whoever finds the ring in a slice of cake will be first married, a button means a bachelor, a thimble an old maid and a donkey a dunce. Coins are also used. The finder of the farthing will have but little money, but he who gets the threepenny piece will be in comfortable circumstances and great wealth is in store for whoever is lucky enough to get the sixpence. In the case of a child's birthday cake one candle is placed on it for every year of his life, and one extra for good luck. When tea is served and the candles are all lit the child whose birthday it is then tries to blow out the candles with one breath. If he fails, those sitting near him may help.

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

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

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

105. Almond Cakes.

2 tins ground almonds	½ tsp. grated lemon rind
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1/3 tin flour
 3/4 tin sugar
 1/4 tsp. salt

1 beaten egg
 3 tbsp. lemon juice

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

106. Almond Sweet with Cream.

3 tins ground almonds
 2 1/2 tins sugar
 2 tbsp. flour

1/4 tsp. salt
 4 whites of egg
 Rosewater
 Whipped cream

Mix the almonds with the sugar which should either be fine or be crushed before use. Add flour and salt and then the well beaten whites of eggs. Make into a paste. Butter a papered baking tin and put a layer of the mixture on this patting the layer smooth with rosewater. Put in a very slow oven, preferably with a tray of charcoal on the top shelf, and cook about ten minutes or till light brown. When ready remove, leave to cool a little then take off the paper. Cut into two pieces and sandwich them together with sweetened whipped cream. This may be made as individual cakes for tea or as a pudding.

107. Armenian Shortbread.

2 tins flour
 1 tsp. baking powder
 1/2 tsp. cardamom seeds
 1/2 tsp. cinnamon
 1/4 tsp. nutmeg
 1/4 tsp. salt
 1/4 tin sugar
 1/2 tin butter or margarine
 2 eggs

1/2 tin flour
 1/4 tin sugar
 1/2 tsp. crushed cardamom seeds
 1/2 tsp. cinnamon
 1/4 tsp. nutmeg
 2 tbsp. chopped pistachios or other nuts, or raisins
 Butter
 Egg yolk

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

108. Baqlawa.

This is one of the most famous pastry cakes of Baghdad, but like so

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

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

Sift the flour and mix in the eggs, fat and lemon juice to make a dough. Divide into 60 pieces and roll out each one the size of the tray, using the cornflour to prevent sticking. Arrange thirty pieces on the tray spreading a little butter over every fourth or fifth sheet. After the thirtieth spread over filling made of blanched, crushed, almonds, cardamoms, and sugar. Then arrange the remaining thirty sheets as before. When ready pour over the four kilos of melted fat and bake till lightly browned. Make a syrup with the remaining sugar and when baked pour this over the tray of baqlawa. Before baking the paste should be cut into large diamond shaped pieces four or five inches in length. This cake keeps for several weeks.

109. Bundner Torte.

10 tbsp. butter	1 tin sifted flour
5 yolks of egg	$\frac{1}{8}$ tsp. salt
$\frac{7}{8}$ tin sugar	$\frac{1}{4}$ tsp. cinnamon
$\frac{2}{3}$ tin chopped hazelnuts	$\frac{1}{2}$ tsp. baking powder
$\frac{1}{2}$ tin raisins	4 stiffly beaten whites of egg

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

110. Burag with Cornflour.

2 tins flour	$\frac{1}{4}$ tsp. salt
2 small eggs	$\frac{3}{4}$ tin water
$\frac{1}{8}$ tsp. tartaric acid or 1 tsp. lemon juice	2 tbsp. olive oil or fat
	Cornflour

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

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

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

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

111. Burag with Oil

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

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

Fry till golden brown.

112. Carrot Cake.

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

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