

135. Nuri Panjare (Bread Window).

2 eggs	$\frac{1}{4}$ tsp. bicarbonate of soda
4 yolks of eggs	$\frac{1}{2}$ tin milk
$\frac{1}{2}$ tin flour	$\frac{1}{8}$ tsp. salt
2 tbsp. cornflour	Frying salt

Beat the whole eggs and the yolks thoroughly. Add the cornflour to the milk and mix well. Sift the flour into the egg.. Mix all these ingredients then add the soda and beat well. The batter should be like thick cream.

Heat a lot of cooking fat in a small pan, till smoking hot. Immerse a mould in it till scalding. Dip the mould in batter to which it should stick if the mould has been hot enough, then quickly return it to the fat until the panjara is golden brown. Remove, drain and sprinkle with powdered sugar. It is quicker to work with two moulds.

136. Orange and Almond Cake.

$\frac{1}{2}$ tin finely sifted breadcrumbs	2 tins almonds
$\frac{2}{3}$ tin orange juice	8 eggs
Grated rind of one orange	$1\frac{1}{2}$ tins sugar
	$\frac{1}{2}$ tsp. salt

Mix the breadcrumbs, orange juice and rind. Blanch the almonds for a few minutes in boiling water, remove the skins and mince, or chop finely. Beat the egg yolks, sugar and salt for quarter of an hour. Beat the egg whites stiffly and fold into the mixture. Pour into a cake tin lined with greased paper and sprinkled with breadcrumbs. Bake in a moderate oven— $\frac{1}{2}$ to $\frac{3}{4}$ hour—until ready when tested with a skewer or feather.

When cold cut and fill with whipper cream.

137. Orange Cake.

$\frac{1}{2}$ tin butter	1 tsp. baking powder
$\frac{1}{2}$ tin castor sugar	$1\frac{1}{2}$ tbsp. grated orange rind
$1\frac{1}{4}$ tins sifted flour	Milk
$\frac{1}{4}$ tsp. salt	1 tin icing sugar
	Orange juice

Cream the butter and sugar. Add the beaten eggs, flour, salt, grated rind and baking powder. If too thick add a little milk. Bake in a moderate oven. When cool cover with icing made of a tin of sugar mixed with orange juice.

138. Orange Cup Cakes.

4 tbsp. butter	2 tins sifted flour
1 tin sugar	3 tsp. baking powder
$\frac{2}{3}$ tin milk	$\frac{1}{8}$ tsp. salt
1 egg	1 tsp. orange extract or juice
	Grated rind of an orange

Beat the butter to a cream, add the sugar slowly and continue beating. Add the milk, a little at a time, the beaten egg, flour, baking powder and salt sifted together. Add the orange juice and rind and bake in greased and floured individual tins in a moderate oven for 15 to 20 minutes. When cool cover with orange icing (Recipe 161).

139. Paper Pastry.

Flour	Water
Salt	Oil

Make a firm paste with a good amount of flour some salt and water. Knead thoroughly, wetting the hands with water from time to time. Roll into balls about the size of an orange, flatten somewhat and leave in a little olive oil for 1 to 2 hours. Cover and keep warm. If rather hard at the end of that time allow to stand longer in the oil. The elasticity of the dough is the essential factor for successful pastry.

Flour a baking board lightly, sprinkle flour on the pat of dough and roll out to the size of a small plate. Flip from one hand to the other till the dough is considerably larger and then lay this on a white cloth spread on a large edge. Cut into broad strips and fill with any sweet or savoury mixture. Tuck in the ends, roll up and bake or fry.

140. Polish Torte.

6 eggs	2/3 tin finely chopped walnuts
1 tin sugar	4 tbsp. finely sifted dry bread-crumbs
2/3 tin very finely chopped or ground almonds	1/2 tsp. vanilla or 1/4 vanilla stick
	1/8 tsp. salt

Beat the egg yolks with the sugar and salt until they are light coloured and creamy-about quarter of an hour. Add the blanched and finely chopped almonds, the finely chopped walnuts, breadcrumbs and vanilla. If vanilla essence is not obtainable vanilla stick should be added when mixing the yolks and sugar and stirred for 1/2 an hour.

Beat the egg whites until stiff and add to the mixture. This makes sufficient for 2 baking dishes 8 inches in diameter. Grease and crumb them, add the mixture and put into a fairly hot oven. Immediately turn down the flame and continue cooking in a slow oven for 3/4 to 1 hour.

Put a chocolate or coffee filling between the two layers.

141. Puff Pastry.

2 tins flour	1/2 tin cold water
1 tin butter (1/2 lb.)	1/2 tsp. salt
1/2 tsp. lemon juice	

Shape the butter into a square and cool in the refrigerator. Sift the flour onto a pastry board and make a hole in the centre. Into this put the lemon

juice and the water gradually, working till a smooth paste is formed. Knead the paste well and then roll into a strip a little wider than the butter and more than twice its length. Put the butter onto this strip and fold the paste over it. Press the edges well together to keep in the air. Cool in the refrigerator for 15 minutes. Roll again to three times the original length, but the width should be the same—the rolling is always done in the same direction—fold in three, roll again, fold and cool for 15 minutes. This should be done 5 times more always cooling between the rolling. Each time it is rolled the paste may be sprinkled with flour which should be smoothly brushed over the surface and the excess removed. The pastry should be baked in a hot oven for 15 minutes and then the heat greatly reduced for the remainder of the time. The oven door should never be opened till the pastry has risen and set.

142. Quatre-Quarts.

This is a favourite cake of the peasants of Normandy and is always produced for special occasions such as christenings, wedding anniversaries or engagements. The weight of the sugar, of the butter and of flour is in each case the same as the weight of 54 eggs. In Baghdad however the eggs are small and few people have weights. The following measures may be used.

1 tin sugar	1 tin butter
5 eggs	$\frac{1}{2}$ tin brandy
2 tins sifted flour	2 tsp. lemon juice

Powder the sugar if fine sugar is not available. Separate the eggs and beat the yolks and sugar thoroughly. Measure the flour after sifting; soften the butter and beat it a little. Beat up all the ingredients and add $\frac{1}{4}$ tsp. salt if the butter is not salted. Whip the egg whites and fold in taking care that they not remain in a layer on top. Bake in a moderately slow oven for $\frac{3}{4}$ to 1 hour.

143. Riqaq.

1 tin flour	2 tbsp. rosewater
$\frac{1}{2}$ tin water	2 tins shelled walnuts
$\frac{1}{4}$ tsp. salt	6 tbsp. sugar
	1 tbsp. butter

Add the flour gradually to the water and salt and beat well. Allow to stand ten minutes in a warm place. Grease an inverted brass tray or other tray with a very smooth & slightly convex surface and place it over the fire. Take a small handful of the batter and rhythmically dab the tray with the batter swinging it up and back into the hand after each dab. This should be done fairly quickly and a little of the batter should adhere to the tray each time. It will be necessary to adjust the heat until the required temperature is found to hold the batter. Each time it is dabbed on the tray it should overlap the previous piece of batter until a sheet the size of a plate is formed. As the batter cooks it can easily be lifted from the tray, or if it sticks, eased up with a knife.

When each sheet is finished it should be kept moist by laying between washed large green leaves such as spinach beet or rhubarb. Re-grease the tray each time. When the batter is all used up a filling should be prepared of rosewater, ground walnuts and sugar. A little is put on each sheet, the ends turned in and the whole thing rolled up. When all are ready they are layed on a buttered baking sheet and cooked in a moderate oven till crisp and lightly browned.

Once the necessary skill is acquired, and it is not difficult, a most unusual and appetising cake can be made.

144. Schweizer Torte.

3 whole eggs	$\frac{1}{2}$ tsp. baking powder
4 yolks	3 tbsp. chopped candied peel
$1\frac{1}{4}$ tin sugar	$\frac{3}{4}$ tin almonds
3 tbsp. lemon juice	1 tin hazel nuts
1 tsp. grated lemon rind	4 tbsp. flour
2 tbsp. cherry brandy or other liqueur	2 tbsp. raisins
	4 beaten egg whites

Beat the eggs, yolks, sugar, lemon juice and rind for $\frac{1}{4}$ hour or stir for $\frac{1}{2}$ an hour. Add the liqueur, baking powder, candied peel (preferably citron) and finely chopped or ground almonds and hazel nuts. It is not necessary to remove the skin of the nuts before chopping. Add the flour and raisins and finally the stiffly beaten whites of eggs. Pour into a greased and crumbed tray and bake in a slow oven.

This cake is best made a day or two before it is wanted.

145. Seed Cake.

1 tin butter	$\frac{1}{2}$ tsp. nutmeg
1 tin sugar	$\frac{1}{2}$ tsp. mixed spice
$\frac{1}{4}$ tsp. salt	2 tbsp. carraway seeds
2 tins flour	1 tin chopped candied peel
4 eggs well beaten	2 tsp. baking powder
	Milk

Cream the butter and the sugar and salt. Add the flour and eggs alternately. The nutmeg and mixed spice should be sifted with the flour. Add the remaining ingredients and enough milk to make of firm consistency. Put into a greased and papered cake tin. Make a depression in the top of the cake so that when cooked it will not be too high in the centre. Put into a hot oven and immediately lower to slow heat.

146. Short Crust Pastry.

$\frac{1}{2}$ tin well sifted flour	$2\frac{1}{2}$ tbsp. butter or margarine
$\frac{1}{8}$ tsp. baking powder	Very cold water (about 2 tbsp.)
$\frac{1}{4}$ tsp. salt (omit this if salt fat is used)	

Sift the flour, baking powder and salt. Cut the fat into the flour until the particles are the size of peas. Two knives may be used for this working with a criss-cross motion. Sprinkle the water slowly into the dough stirring with one knife. Handle the dough as little as possible. The dough should not be firm but on no account should it be sticky. The quantity of water needed will depend on the flour. For pieshells roll the dough very thin using as little flour on the board as possible. Arrange it over the greased under surface of an inverted pie plate, or individual cake dishes. Prick in two or three places with a fork and bake in a hot oven for about 7 minutes or until slightly browned.

147. Stagehall Tart.

Short crust pastry	1 tin sugar
1 egg	$\frac{1}{4}$ tsp. salt
1 white of egg	1 tbsp. ground almonds or $\frac{1}{4}$ tsp. almond essence
2 tbsp. milk	1 tin desiccated cocanut

Line individual cake dishes or a large tart plate with thin short crust pastry. (Recipe 146). beat the whole egg and the white of egg thoroughly. Add the milk, sugar and salt. Beat further. Add the almonds and cocanut. Put teaspoonfuls into the pastry shells and cook in a moderate oven till lightly browned and firm.

148. Standard Cake Recipe.

$\frac{1}{2}$ tin butter	$\frac{1}{4}$ tsp. salt
1 tin sugar	2 large eggs
2 tins sifted flour	1 tsp. vanilla extract
3 tsp. baking powder	$\frac{2}{3}$ tin milk

Cream the butter thoroughly. Add the sugar a little at a time and beat till very light. Sift together the flour, baking powder and salt. Add the eggs, one at a time to the sugar and butter and beat well. Add the vanilla and a little milk. Beat well and continue to add flour and milk alternately. Have a well greased and floured deep cake tin ready. Fill three quarters full and bake in a moderate oven for 35 to 45 minutes.

This cake may be varied by adding a tin of slightly floured raisins, or chopped candied peel or nuts. The flavouring may be varied as wanted.

194. Swiss Roll.

3 small eggs	1 tsp. baking powder
1 tin sifted sugar	Powdered sugar
1 tin sifted flour	Hot jelly or jam
$\frac{1}{2}$ tsp. salt	

Beat the egg yolks until thick and light, add slowly a tin of sifted sugar and 4 tbsp. cold water. Beat well. Sift together the flour, salt and baking powder and mix in a little at a time without beating. Fold in the stiffly

beaten egg whites. Grease a large oblong pan at least 15" X 11" and dust with flour. Spread the batter thinly on the pan and bake in a moderate oven for about ten minutes. Have ready a slightly dampened cloth with a sheet of paper on it sprinkled with powdered sugar. Quickly trim off the edges of the cake, make an impression with the back of the knife half an inch from one end in order to be able to roll it more easily, spread with heated jam or jelly and roll up neatly with the help of the paper and cloth. When cool uncover and sprinkle with more powdered sugar.

150. Upside Down Cake.

$\frac{1}{4}$ tin butter	2 bananas or 12 cooked or tinned apricot halves
$\frac{3}{4}$ tin brown sugar	

Melt the butter in the cake tin, preferably a ring mould. Add the brown sugar. Arrange the sliced banana (or apricot) halves on this.

6 tbsp. butter	$\frac{3}{4}$ tsp. bicarbonate of soda
$\frac{1}{2}$ tin sugar	$\frac{1}{2}$ tsp. salt
2 large or 3 small eggs	$\frac{3}{4}$ tin mashed bananas or sieved apricot pulp
$1\frac{1}{2}$ tins sifted flour	2 tins sour milk (approximately)
$\frac{1}{2}$ tsp. baking powder	1 tsp. vanilla

Cream the butter and sugar and add the beaten eggs. Stir in the sieved dry ingredients and mix with fruit pulp, milk and vanilla. Pour into the tin being careful not to disturb the slices of banana and bake in a medium oven for about an hour. Turn onto a serving dish and serve hot, or serve cold with whipped cream.

151. Viennese Cake.

$10\frac{1}{4}$ tbsp. butter	1 tbsp. water
$10\frac{1}{2}$ tbsp. sugar	9 eggs
$\frac{1}{4}$ tsp. salt	$1\frac{1}{2}$ tins sifted flour
$1\frac{1}{4}$ tins grated chocolate	Apricot jam
	Chocolate icing

Cream the butter, sugar and salt. Dampen and warm the chocolate with the spoonful of water. Beat the egg yolks. Mix all together. Quickly and carefully add the stiffly beaten egg whites and the flour which should be slightly warm. Bake in a moderate oven for half an hour to forty minutes. Allow to stand for two days, cover with warmed apricot jam and coat with chocolate icing.

152. Wedding Cake.

9 tins currants	$\frac{1}{4}$ tin caramel
9 tins sultanas	$4\frac{1}{2}$ tins castor sugar
6 tins mixed peel	18 eggs
$1\frac{1}{2}$ tins blanched almonds	10 tins flour
$\frac{1}{2}$ small nutmeg	Grated rind of two lemons

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| 1 tsp. salt | 4 tbsp. mixed spice |
| 4 tins butter | 1 tin brandy |

Clean the fruit, grate the nutmeg and cream the salt, sugar and butter, until light and smooth. Work in the eggs one at a time, and add the flour gradually and the remaining ingredients, working in a little at a time. Line a large and a small tin with brown paper—at least three rounds at the bottom—and put in the mixture. Bake in a moderately cool oven for at least five hours. Allow to stand one or more days then cover with almond paste. Coat with royal and transparent icing and arrange the smaller cake on top of the larger. The decorations should be done with royal icing as desired.

If the cake is not being used for a wedding and such an elaborate icing is not wanted it looks very attractive covered with almond icing decorated with green almond leaves and pink flowers.

153. Zalabia.

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| 1 tin yeast | $\frac{1}{2}$ tsp. salt |
| 3 tins water | 2 tins olive oil |
| 3 tins flour | Syrup |
| | Rosewater |

Yeast may be obtained from the local baker and is already mixed with some flour. Mix the yeast and water, cover and leave in warm place overnight.

Mix with the sifted flour and salt if there is not already salt in the yeast. Beat until thick like cream. Heat the oil smoking hot, put the batter in a funnel closing the lower opening with one finger. When all is ready allow the batter to run into the hot oil. Move the funnel so that circles and connecting strips are formed. The zalabia should be the size of a saucer. When lightly browned remove, drain and dip into a syrup made of sugar and water and flavoured with a little rosewater. Alternatively the zalabia may be sprinkled with powdered sugar but this is not so characteristic.

Cake Icing and Fillings.

154. Almond Icing.

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| $2\frac{1}{2}$ tins castor sugar | Rosewater or orange flower water |
| $2\frac{1}{4}$ tins ground sweet almonds | 2 eggs |

Mix the sugar and almonds well together. Make a hole in the centre and break in the two eggs. Add a little rosewater and knead into a firm paste, adding another egg if necessary. Turn the mixture onto a board dusted with sugar to prevent sticking. Roll out with a rolling pin to the size of the cake, place on top and another piece round the sides. Press smooth with the hands.

155. Almond Paste.

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| $\frac{3}{4}$ tin lump sugar | $\frac{3}{4}$ tin blanched almonds |
| 2 tbsp. lemon juice | 1 white of egg |
| 2 tbsp. water | |

Put the sugar, lemon juice and water into a pan, bring to the boil a skin. Boil until a little tested in cold water forms a soft ball (237°F). Pour the syrup over the finely ground almonds and add about half of the white egg. Mix well together and use as required. Sufficient for one small cake.

156. Butterscotch Filling.

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| 1 tin light brown sugar | $\frac{1}{4}$ tin cold milk |
| 1 tsp. butter | 1 beaten egg |
| $\frac{3}{4}$ tin warm milk | 1 tsp. vanilla essence |
| 3 tbsp. cornflour | icing sugar |

Caramelise the sugar and butter, cool and stir in the warm milk. Heat slowly and leave to stand until the caramel is dissolved. Mix the cornflour with a little cold milk, stir into the mixture and bring to the boil. Stir until the cornflour is cooked. Cool slightly and add beaten egg. Stir over boiling water for about 15 minutes. Add the vanilla essence. Spread half between the layers. Stir enough icing sugar into the remainder to make it thick enough to spread on top. If liked, sprinkle with cropped, blanched, brown almonds.

157. Chocolate Icing.

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| $\frac{3}{4}$ tin grated chocolate | $\frac{1}{2}$ tsp. vanilla essence |
| $\frac{1}{4}$ tin water | 1 $\frac{3}{4}$ tins icing sugar |
| 2 tbsp. butter | Dash of salt |

Boil the water and chocolate together for 2 minutes. Allow to cool slightly and add butter, vanilla and sugar.

158. French Almond Rock (Praline).

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| $\frac{1}{2}$ tin sugar | 1 tin cleaned almonds—not skinned |
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Melt the sugar in a thick pan. Cook the almonds in it till golden brown. Pour into a lightly oiled tray and when cold pound and use as required.

159. Meringue Icing.

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| 1 $\frac{1}{2}$ tins sugar | $\frac{1}{8}$ tsp. salt |
| $\frac{1}{2}$ tin water | 2 large or 3 egg whites |
| | Flavouring |

Put the sugar, water and salt into a clean pan and allow to boil till a little of the syrup dropped into cold water forms a soft ball. Meanwhile beat up the egg whites and when the sugar is ready pour slowly over the stiff beaten whites, continuing to beat vigorously all the time. When cold and thick beat in any flavouring and use as wanted.

160. Noah's Ark Chocolate Icing.

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| 2 tins sugar | 2 tbsp. cocoa |
| 1 tin condensed milk | 1 tbsp. butter |
| $\frac{1}{4}$ tin syrup | $\frac{1}{8}$ tsp. salt |

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Boil the sugar, milk, syrup and cocoa until it forms a soft ball when tested in cold water. Remove from the fire and stir in the butter. Stir until it becomes thick enough to coat the cake.

161. Orange Icing.

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| 1 tin sugar | 1 egg yolk |
| $\frac{1}{2}$ tin water | $\frac{1}{2}$ tbsp. orange juice |
| 1 egg white | Grated rind of an orange |

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Boil the sugar and water without stirring until the syrup spins a thread when dropped from the spoon. Pour slowly onto the stiffly beaten egg white and continue beating until the mixture holds its shape. Fold in the egg yolk, orange juice and rind.

162. Royal Icing.

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| $1\frac{1}{2}$ tins icing sugar | 1 white of egg |
| 1 tsp. lemon juice | |

Be sure the sugar is free from lumps. Beat together the sifted sugar and white of egg. When smooth and brilliant add the lemon juice and beat well.

If ornamental roses and other decorations are wanted they should be made in advance and may later be stuck to the cake with a little jelly. The icing should be kept covered with a damp cloth when not being used and a broad knife dipped in hot water should be used to smooth it onto the cake. Sufficient for a small cake.

163. Seven Minute Icing.

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| $\frac{7}{8}$ tin granulated sugar | $\frac{1}{8}$ tsp. salt |
| 3 tbsp. cold water | $\frac{1}{2}$ tsp. vanilla or other flavouring |
| 1 unbeaten egg white | $\frac{1}{2}$ tsp. baking powder |

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Put the sugar, water, egg white and salt into a basin over a pan of boiling water. Beat with an automatic egg beater for exactly seven minutes. Remove from the boiling water and add the flavouring and baking powder. Beat until of the right consistency to spread. May be spread on either hot or cold cake.

164. Transparent Icing.

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| 2 tins lump sugar | $\frac{1}{2}$ tin warm water |
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Put the sugar and water into a clean pan. Dissolve the sugar. Bring to the boil and simmer for 5 minutes or until a thick syrup is formed. Pour into a basin and stir until almost cold and setting, then use as required. Sufficient for a small cake.

Finger Fare

Small sandwiches or sandwich spreads are used for either tea or cocktail parties, the same savoury fillings being suitable for both. The more tasty and