

340. Mujadara Masafi.

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

Wash the lentils and put into a pan with three times their volume of water. Cook until really soft and no water is left. Pass the lentils through a sieve, working them with a wooden spoon and constantly adding a little more water till all the pulp is through and only the skins are left. About 3 tins of water will be needed. Discard the skins. To the purée obtained add the rice and some salt. Slice the onions, fry them in the olive oil, and, if the flavour of the oil is strong, add a teaspoonful of sugar while the onion is fryin. Mix the onion and lentil purée and stir till boiling. Continue boiling till the rice is cooked and the mixture is like thick cream. Eat hot or cold and serve with pickles, salad or green onions, and a glass of leban.

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

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

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

341. Onion Tart (Swiss).

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

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

342. Pilaki.

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

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

343. Potatoes Boiled in their Jackets.

Potatoes when boiled in their jackets should be cooked in the same way

as for boiled potatoes, (Recipe 323) but after scrubbing them a thin strip of peel should be removed from around each potato.

344. Potato Chips.

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

345. Rice (Chinese).

2 tins amber rice	6 tins boiling water
	Salt

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

346. Rice (Italian).

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

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

347. Rice (Persian)-Chilau.

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

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

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

348. Rice (Syrian).

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

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

349. Rice (Turkish).

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

Wash the rice in three or four waters. It is not necessary to soak it. Drain. Have ready 4 tins of boiling salt water, with one spoonful of butter in it. Sprinkle in the rice and boil quickly for 3—5 minutes. Reduce the heat and cook slowly till dry, when little holes will appear on the surface of the rice. Pour over the clarified butter, stir lightly with a two pronged fork and serve.

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

350. Risotto Maison.

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| 5 tbsp. butter | 1 tbsp. chopped mint |
| 2 onions | $1\frac{1}{2}$ tins stock or water |
| $\frac{3}{4}$ tin Nagaza or thick grained rice | 2 tbsp. grated Parmesan cheese |
| 1 tin mushrooms | Salt and pepper |
| $\frac{1}{2}$ cucumber | |

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

351. Roast Potatoes.

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

352. Shalgham Mishwi Halu.

- Sugar
- Salt
- Turnips

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

353. Spinach.

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| 1 small onion | Frying butter |
| 1 k. spinach | Salt |
| | 1½ tsp. lemon juice |

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

This dish may be served cold with leban.

354. Stewed Carrots (Turkish).

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| ½ k. carrot | 2 tbsp. chopped parsley |
| Olive oil | Salt and pepper |
| 1 tbsp. uncooked rice | |

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

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

355. Stewed Vegetables.

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| 4 tins sliced vegetables | 1½ tsp. flour |
| 2 tins boiling water | 1½ tins vegetable water and milk |
| ½ tsp salt | mixed |
| 1½ tsp. butter | 3 peppercorns pounded |

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

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

356. Stovies.

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| 1 k. potatoes | 1 tin hot water |
| ½ k. onions | Salt and pepper |
| 2 tbsp. dripping or other fat | |

Wash, peel and slice the potatoes. Peel and slice the onions and fry in the hot fat. Add the potatoes, hot water and seasonings. Put on a lid and

cook slowly from 1 to 1½ hours. Stir from time to time to prevent burning. Serve very hot.

357. Stuffed Marrow.

A 3 inch thick slice through a large marrow	1 hard boiled egg finely chopped
½ tin fine, soft breadcrumbs	1 yolk of egg
½ tin hot milk	½ tin grated cheese
	Salt and pepper

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

358. Tomato Pie.

16 medium tomatoes		Dash of sugar
Chopped parsley		Pepper and salt
Minced onion	to taste	Mashed potatoes-sufficient to cover dish
Sliced cucumbers		Grated cheese
Butter		

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

359. Vegetables in Oil.

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

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

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

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

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

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

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

Jerusalem Artichokes: Add 2 tbsp. finely chopped parsley and $\frac{1}{2}$ tbsp. flour in $\frac{1}{4}$ tin cold water, to thicken.

360. Yalanchi Dolma.

3 medium onions	1 tin boiling water
$\frac{1}{2}$ tin olive oil	32 leaves of spinach beet (silik)
1 tsp. tomato paste	1—2 tbsp. finely chopped dill
1 tin rice	4 tbsp. lemon juice
Salt and pepper	1 tbsp. dibbis
	$\frac{1}{4}$ tin water

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

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

361. Yalanchi Dolma (Syrian).

1 tin rice	Salt
2 tins chopped onion	1 tin olive oil
1 tin parsley	$\frac{1}{2}$ k. grape vine, cabbage or spinach beet leaves
1 tin nuts, pine kernels or chick peas	$\frac{2}{3}$ tin lemon juice

Wash the rice and pour over it boiling water. Allow to stand for half an hour. Heat the olive oil, add the drained rice and onions and after stirring for a little, the chopped parsley, nuts and salt. Cook for a few minutes and allow to cool. Blanch the leaves for a few minutes in boiling water, put a little of the mixture on each, roll up and arrange in rows in a saucepan. Add $2\frac{1}{2}$ tins of water and the lemon juice and cook till almost dry.

362. Yalanchi Dolma (Turkish).

$4\frac{1}{2}$ tins finely chopped onions	$\frac{1}{2}$ tin parsley or dill
$1\frac{1}{4}$ tins olive oil	Salt
2 tbsp. rice	Grape vine or spinach beet leaves
$\frac{1}{4}$ tin chopped walnuts	$\frac{1}{2}$ tin lemon juice

Heat $\frac{3}{4}$ tin of olive oil smoking hot and cook the onions till soft but do

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

SALADS.

Iraqis are particularly fond of salads and in the summer heat, chilled leban 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.

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| 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.

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| 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.

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| 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.