

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.

- |                                |                                  |
|--------------------------------|----------------------------------|
| 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 leban 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 be 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 bolls, 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 cauliflouer, 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
1 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. Frech 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 cruhed 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 lebon 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 purshane very thoroughly and mix with mayonnaise. Other vegetables may be added if wanted.

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

**376. Spinach and Leban Salad.**

Boiled spinach	Leban
Grated onion	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	$\frac{1}{2}$ tin finely chopped celery
2 tins mushrooms	$\frac{1}{2}$ tin mayonnaise
Frying butter	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)	2 tbsp. olive oil
1 tin mint leaves	2 tbsp. salt
$1\frac{1}{2}$ tins parsley leaves	$\frac{1}{2}$ tin lemon juice
1 green onion	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 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
$\frac{3}{4}$ tsp. salt	1 tsp. mustard
Dash of pepper	2 tbsp. vinegar
Dash of ptpper	1 tin olive oil
ash 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 table spoonfuls 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	$\frac{1}{2}$ 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 tarraqon 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 (French).**

8 tbsp. salad 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

1 tsp. salt

Dash of cayenne pepper

1 onion

1 carrot

1 stick celery

$\frac{1}{2}$  tin raw meat

1 tbsp. fresh cold butter

1 tbsp. olive oil

12-16 tomatoes

2 tbsp. cream or milk

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 onion or shallot or olives

$\frac{1}{2}$  tbsp. pickled cucumber—chopped

$\frac{1}{2}$  tbsp. minced parsley

1 tsp. chopped capers

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 Salad Sauce (Taratur Sauce).**

1 tin chopped walnuts	Raprika
1 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. Haxelnuts which have a stronger flavour should be shelled, roasted and then pounded and are delicious served with cooked dried beans.

**399. White Sauce (Medium).**

3 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 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 dates until they formed a pulpy mass which was poured into a basker strainer. Another basket was inverted over this and they were placed between two boards by means of which the juice was expressed. It was then poured onto trays, allowed to evaporate in the sun and the thick syrup which resulted was stored in tins and jars. To-day modern machinery is used in its preparation. The syrup which looks like thick, brown treacle keeps well and is used in savoury as well as sweet dishes.

A number of recipes require gelatine and for satisfactory results one should know the strength of the brand used in order if necessary to vary the amounts stated in the following recipes which were largely tested with "Ardi" gelatine. In summer the amount of gelatine should be increased somewhat. When heating gelatine, custards or other substances readily destroyed at high temperatures, a double boiler should be used. In its simplest form this is made of two pans one of which is somewhat smaller than the other and is placed within it. Water is put into the large pan and the substance to be cooked into the smaller. As the water in the outer pan evaporates quickly hot water should be added from time to time. By this means of cooking the temperature in the smaller pan never rises above that of the boiling water surrounding it.

Recipes are also given for certain traditional fare such as Christmas or plum pudding. This is always served for Christmas dinner in Britain and in some other countries. A little brandy is poured over and round the pudding and as the lights of the room are switched off the brandy is lighted and the pudding is carried in decorated with holly and enveloped in bluish flames. Mince pies are also traditional Christmas fare and it is customary between