

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

Christmas and New Year to eat at least twelve of them one for good luck in every month of the year to come.

402. American Egg Nogg Pie.

A 7 tins baked short crust pastry shell	3	tbsp. hot water
2 eggs	1½	tbsp. rum or ¾
6		tbsp. hum flavouring
6		tsp. nutmeg
¼		Whipped cream
1		tsp. salt
1		tsp. gelatine

Beat the egg yolks with half of the sugar and the salt. Add the hot water gradually and cook in a double boiler until of custard consistency, stirring constantly. Soften the gelatine in 2 tbsp. cold water, add to the hot custard and stir until the gelatine has dissolved. Cool. Add the rum and nutmeg. Beat the egg whites until stiff and dry, fold in the remainder of the sugar. When the custard mixture begins to thicken fold in the egg white. Fill the baked pie shell (Recipe 146) and chill in the refrigerator. When ready to serve garnish with a thin layer of whipped cream sprinkled with nutmeg.

403. Apple and Golden Syrup Pie.

Puff pastry	Golden syrup
½ k. apples	Toasted bread crumbs
Butter	Lemon juice

Line a deep pie dish with flaky pastry (Recipe 141) reserving enough for covering. Peel and core the apples and cut in thin slices. Butter the pastry a little, then put a layer of apples, cover with syrup and sprinkle with crumbs. Repeat till the dish is full. If the apples are not tart, a little lemon juice should be added. Cover with pastry and bake till nicely browned. Serve hot with cream or custard.

404. Apple Charlotte.

Thinly sliced bread	1½	tins seedless raisins
½		tin sugar, preferably brown
¾		k. sour apples
		Lemon juice

Have sufficient thinly sliced bread to line the fireproof dish and to cover it. Dip the slices into melted butter and line the mould. Pare and core the apples and cut into quarters and fry in melted butter. Add the raisins and sugar and fry gently until soft. Place in the mould (or in individual moulds) cover with a slice of bread and bake in a medium oven for about half an hour. If the apples are not sour a little lemon juice should be added.

Serve with custard or apricot jam sauce.

405. Apple Fritters.

½	tin sifted flour	½	tin water (approximately)
⅛	tsp. salt	1	white of egg
1	tbsp. salad oil		Frying fat
		2	large apples

Sieve the flour and salt. Make a well in the centre and add the salad oil and then the water, stirring until a rather stiff batter is made. Beat thoroughly, and leave to stand for 1 to 1½ hours. Peel the apples, remove the core with a corer or narrow sharp knife and cut into slices. Beat the egg white, mix into the batter, dip each slice of apple into the batter and fry in hot clarified fat. When nicely browned, remove, drain, sprinkle with castor sugar and serve at once.

Sliced oranges, bananas, pineapple or other fruit may be used.

406. Baba.

2 tins flour-warmed	½ tin butter
2 tbsp. yeast	½ tin sugar
½ tin milk-warmed	2 tbsp. raisins
3 eggs	⅔ tin sugar for the syrup
½ tsp. salt	½-¼ tin rum

Sieve the flour. Make a well in the centre and put in the yeast mixed with the milk. Mix and cover for five minutes. Add the beaten eggs, work with the hands for two or three minutes. Add another 2 tablespoonfuls of milk. Allow to stand for 30 minutes. Add the salt, melted butter and sugar. Work for 5 minutes. Grease a ring mould or individual dishes, half fill and allow to rise in a warm place. When almost to the top bake in a moderate for 40 minutes. Remove and put on a wire tray. Make a syrup with the 2/3 tin of sugar and ½ tin of water. Boil two or three minutes add the rum and pour over the hot baba after it has been placed on a serving dish.

407. Bavarian Cream.

1½ tbsp. lemon juice	2 large eggs or 3 small
½ tsp. lemon rind	1 tsp. granulated gelatine
½ tin white wine	1 tbsp. cold water
⅓ tin sugar	½ tsp. salt

Mix lemon juice, rind, wine, sugar, salt and yolks of eggs. Stir vigorously over the fire until the mixture thickens. Add the gelatine soaked in water, then pour the whole mixture over stiffly beaten egg whites. Set in a pan of ice water and beat until thick enough to hold its shape. Turn into a mould lined with langue de chat (Recipe 132), or slices of Swiss roll (Recipe 149) and chill. Orange juice may be used in place of wine and the cream served in orange baskets.

408. Beer Pancakes.

2 tins flour	Salt
2 eggs	Beer, milk or water
2 tbsp. olive oil	Oil for frying

Mix the flour with the eggs, add the oil, salt and sufficient beer, milk or water to make a smooth batter which falls and rolls like a ribbon. Grease a frying pan with a very little oil, put 2 spoons of butter in the pan and

quickly tilt the pan to spread it all over. Turn when lightly browned, fold and powder with sugar. Can be served alone or filled with jam. These may also be served with salt round a roast.

409. Bombay Toast.

4 slices European bread	6 tbsp. butter
8 tbsp. milk	6 tbsp. treacle or date syrup

Soak the bread in milk for about an hour but it must not be too wet. Heat the butter and treacle in a frying pan. Brown the slices of bread on both side, pour over the remaining sauce from the pan and serve very hot.

410. Caramel Custard.

6 tbsp. sugar	2 cardamoms crushed, cognac,
2 tins milk	nutmeg or vanilla
4-5 eggs	$\frac{1}{2}$ tsp. salt

Melt 2 tablespoonfuls of the sugar in a pan and with this melted sugar coat the bottom or the bottom and sides of a mound. Beat the eggs, heat the milk, add the sugar and salt, and then add a little of the milk to the beaten eggs. Stir well and pour back into the milk. Add the flavouring and pour into the dish containing the caramel. Cook in a double boiler over a low fire or in a tray of water in the oven. When set cool and turn out.

411. Castle Pudding.

Sponge cakes	Desiccated cocoanut
Jam	Whipped cream

Make small sponge cakes (Recipe 149) in aluminium tumblers. Melt a little jam and coat the sides and small ends of the cakes. Roll in the cocoanut and crown with whipped cream. Without the cream these may be served as individual cakes.

412. Chestnut Macaroni.

1 k. chestnuts	$\frac{1}{3}$ tin water
Salt	Vanilla
$1\frac{1}{2}$ tins sugar	

With a sharp knife make a slit in the outer skin of every chestnut, put them into cold water, bring to the boil and cook just long enough for both skins to come off.

Put the skinned chestnuts into boiling water to which a little salt has been added and cook until tender and no water remains. Make a syrup of the sugar and water and cook until a soft ball forms when a little is tested in cold water. Mix the syrup and chestnuts and vanilla to taste, and mash to a paste. Have ready the serving dish, force the chestnut paste through a potato ricer into a tidy position on the dish and do not touch it thereafter as it is spoiled if moved. Serve with cream which must be handed in a separate dish.

This pudding is very good if mounded on top of a thin sponge cake. A little liqueur may be added to the syrup.