

438. Mousse au Chocolate Basque.

2 tins grated sweetened chocolate	5 eggs
$\frac{1}{4}$ - $\frac{1}{2}$ tin cold water	$\frac{1}{4}$ tsp. salt
1 tsp. oil or butter	1 tbsp. rum

Put the chocolate into a pan with the water and oil. Stir over the fire until smooth. Cool and add the rum. Beat in the egg yolks, add the stiffly beaten egg whites and beat for five or six minutes. Pour into small moulds and leave to set in a cold place for at least 6 hours. Better made the day before.

439. Muhalibia.

$2\frac{1}{2}$ tins milk	$\frac{1}{2}$ tsp. salt
$\frac{2}{3}$ tin rice	1-2 tbsp. rosewater or orange blossom water
4-6 tbsp. sugar	

Wash and drain the rice and pound until fine in a mortar. Put the milk in a pan add the ground rice slowly, stirring all the time. Add the salt and sugar; cook till soft. Flavour with rosewater or orange blossom water.

440. Omelette au Chocolat.

1 tablet of chocolate (125 grms.)	4 eggs
2 tbsp. water	$\frac{1}{8}$ tsp. salt

Melt the chocolate in the water in a saucepan. Remove from the fire and add 4 beaten yolks of eggs, and the salt. Whip the egg whites stiffly and fold into the mixture. Mix with a metal spoon. Grease a frying pan and when hot pour in the mixture. When cooked fold over on itself, turn out onto a heated serving dish and coat with a hot chocolate sauce, which should be somewhat fluid.

441. Orange Soufflé (Uncooked).

3 small eggs	$\frac{1}{2}$ tin water
$\frac{1}{2}$ tin sugar (castor)	Jam
3 tbsp. lemon juice	1 tin whipped cream
$\frac{1}{4}$ tin orange juice	$2\frac{1}{2}$ tsp. gelatine crystals

Separate the yolks from the whites of the eggs. Beat thoroughly the yolks and sugar and the strained orange and lemon juice. Melt the gelatine in the water over gentle heat or, preferably, in a double boiler. When cool, strain into the egg mixture. When thick, and almost set, mix in the stiffly beaten whites of egg. A layer of jam may be put in the bottom of a glass dish and the mixture poured on top. The jam is not necessary. When set decorate with whipped cream.

442. Pain Perdu.

4 slices European bread	Castor sugar
Milk	Païter
Beaten eggs	Cinnamon

Cut $\frac{1}{2}$ inch thick slices of bread and remove the crusts. Dip the bread into milk to which some sugar has been added but do not allow it to become too wet Coat with egg and fry in clarified butter. Drain, dip in sprup and serve with cinnamon.

443. Paradise Pudding.

$\frac{2}{3}$ tin coarsely chopped apples	Grated rind of 1 lemon
6 tbsp. sugar	$\frac{1}{8}$ tsp. salt
$\frac{2}{3}$ tin currants or seedless raisins	Nutmug to taste
2 tins soft breadcrumbs	2 tbsp. brandy

Mix all the ingredients together—the brandy is optional—put into a greased mould, cover with grease proof paper and steam for 2 hours.

444. Pomelo Pudding.

1 Shaddock or pomelo (numi Hindi or Sindi)	2 tbsp. almonds
$\frac{1}{2}$ tin finely chopped walnuts	3 tbsp. sugar
	Whipped cream

Cut the pomelo in half scoop out the contents without damaging the skin. Remove stones and fibrous material and shred finely. Mix with the sugar and nuts. The nuts should be so finely chopped that they will pass through a coarse sieve. Add two or three spoonfuls of whipped cream, mix lightly and pile into the skins. Garnish generously with whipped cream and chopped nuts. Two or three finely chopped dates and some sherry or other wine may be added if wanted.

445. Prune or Date Whip.

1 tin thick prune pulp	$\frac{1}{2}$ tin finely chopped or minced nutmeats
5 egg whites	
$\frac{1}{8}$ tsp. salt	1 tsp. grated lemon rind
$\frac{1}{4}$ tsp. lemon juice	$\frac{1}{4}$ tin sherry
$\frac{1}{2}$ tin sugar	

Whip the prune pulp till foamy. Whip egg whites and salt and add lemon juice. Fold in the sugar, nuts and lemon rind or sherry. Bake in a 9 ins. fire proof dish in the oven for about an hour or till firm. The dish should stand in a pan of hot water. This pudding is best served hot with cream or custard.

Dates may be used instead of prunes, in which case the quantity of sugar is greatly reduced.

446. Queen's Bread Pudding.

1 tin bread crumbs	1 tsp. grated lemon rind
2 tins milk	2 tbsp. castor sugar
$1\frac{1}{2}$ tbsp. butter	2 eggs
$\frac{1}{8}$ tsp. salt	Apricot or raspberry jam

Boil the milk and pour over the crumbs. Add the sugar, butter, lemon

and salt. When cooked a little, add the beaten yolks of egg. Pour into a greased pie dish and bake until set—about 15 minutes. Spread a thick layer of jam over the surface cover with stiffly whisked whites of eggs. Dredge with castor sugar and return to the oven and bake until the meringue hardens and is lightly browned.

447. Refrigerator Ice Cream.

1 tin milk	1 tsp. granulated gelatine
$\frac{1}{2}$ tin sugar	2 tbsp. cold water
1 tbsp. flour	$1\frac{1}{2}$ tins thick cream
$\frac{1}{4}$ tsp. salt	2 tsp. vanilla or other flavouring
2 egg yolks beaten	

Heat the milk in a double boiler and add the sugar, flour and salt which should first be mixed together. Cook for 10 to 15 minutes until there is no further taste of raw flour. Add a little of the mixture to the beaten egg yolks. Return it to the double boiler and cook until the mixture coats the spoon. Add the gelatine soaked in the cold water and stir until dissolved. Chill well and then add the stiffly beaten cream. Add vanilla or other flavouring. Stir every $\frac{1}{2}$ hour while freezing.

To make Chocolate Ice Cream add $\frac{1}{2}$ tin cocoa to the sugar, flour and salt. For Almond Ice Cream, caramelize 4 tbsp. of the sugar and add after the egg yolks. Add 1 tin chopped blanched almonds.

For Fruit Ice Cream add 1 tin chopped fresh or canned fruit and, if necessary, a little, lemon juice, after the custard has been chilled.

448. Rice Pudding with Raisins.

4 tins milk	4 tbsp. granulated sugar
4 tbsp. uncooked rice	$\frac{1}{2}$ tsp. nutmeg
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ tin seedless raisins

Heat the milk to scalding in a double boiler. Slowly add the other ingredients, stirring constantly. Cook over boiling water for about two hours, stirring occasionally.

449. Shirini (Kurdish).

1-1 $\frac{1}{2}$ tins sugar	$\frac{1}{2}$ k. pumpkin
$\frac{1}{2}$ tin water	$\frac{1}{2}$ tin chopped walnuts

Boil the sugar and water till it forms a thick syrup. Wash the pumpkin, peel it, remove the seeds, cut in neat pieces and cook in the syrup until it is very thick and almost all absorbed. Arrange the pumpkin on a plate and decorate with the walnuts and if wanted, a little cinnamon.

The syrup may be made of date syrup or honey but sugar is better. The Turkish method of making this dish is to put layers of sugar between the pumpkin, enough water being obtained from the juice.

This dish is served with generous helpings of clotted cream.

450. Semolina Halva.

$\frac{1}{2}$ tin melted butter	$\frac{1}{2}$ tin sugar
1 tin semolina	$1\frac{1}{2}$ tins water
A few blanched almonds	$\frac{1}{4}$ tsp. salt
	1 tin milk

Heat the butter, add the semolina and almonds and stir until the almonds are slightly browned. Make a syrup with the sugar, water and salt. One tin of syrup must be obtained. Add the syrup to the boiled milk, stir and cover the pan with a piece of cloth to prevent any water of condensation dripping onto the contents. Put the lid on and leave for half an hour on a very low fire. When ready it should look like cooked rice.

451. Soufflé (Hot-Sweet).

2 tbsp. butter	4 tbsp. castor sugar
4 tbsp. sifted flour	$\frac{1}{2}$ tin fruit purée
$\frac{1}{2}$ tin milk	3 yolks and 4 whites of eggs

Make a very thick white sauce, by melting the butter, combining with it the flour and adding the milk. Stir till the mixture leaves the sides of the pan. When slightly cooled add sugar, the egg yolks one by one beating well each time add the fruit purée. Flavouring or lemon juice may also be added if wanted and also some pieces of chopped fruit. Fold in the stiffly beaten egg whites, turn into a greased soufflé dish and bake in a moderate oven from 20 to 25 minutes. Serve immediately with custard or jam sauce.

This may be covered with greased paper and steamed from 40 to 50 minutes. It may be served in the dish in which it is cooked or carefully turned out onto another serving dish and a sauce poured round.

452. Stemed Pudding.

4 tbsp. butter	$\frac{3}{4}$ tin flour
4 tbsp. sugar	1 tsp. baking powder
1 egg	Milk
$\frac{1}{4}$ tsp. salt	Cherries, candied peel, dates or other fruit, for decoration

Cream the butter, salt, and sugar thoroughly. Add the beaten egg and a little sifted flour. Beat well. Add the remaining flour and baking powder, sifted together, and a little milk if necessary. Have ready a greased bowl with some fruit arranged neatly on the bottom. Put a few spoonfuls of the mixture onto the fruit taking care not to disarrange the pieces, turn in the rest of the mixture, cover with a greased paper and steam for $1\frac{1}{4}$ hours. Turn out the pudding and pour round a jam or fruit sauce.

A similar pudding may be made with suet instead of butter but $\frac{1}{2}$ tin of soft fine breadcrumbs should be added. $\frac{1}{2}$ tin of any dried fruit may also be added, in which case reduce the quantity of sugar. Spices and flavourings

may be used as wanted, and the bowl may be coated with caramel before putting in the mixture.

453. Summer Pudding.

3 or 4 slices of stale bread	1 tin water
$\frac{1}{2}$ k. fresh fruit	$\frac{1}{2}$ tin sugar

Sufficient bread should be available to line and cover a bowl. The slices should be fairly thin and the crusts removed. Prepare the fruit and stew in a syrup made from the water and sugar. Pour the hot fruit into the bowl lined with bread. Cover with more bread, set aside with a plate and weight on top. When cold turn out and serve with custard or pour round some of the fruit syrup thickened with cornflour.

Red fruit such as raspberries and red currants are most attractive for this pudding. In Baghdad strawberries, blackberries, Cape gooseberries, plums or apricots could be used.

454. Swiss Roll Soufflé.

Swiss roll	Soufflé mixture
	Whipped cream

Cut a Swiss roll (Recipe 249) into neat slices and line a curved bowl with the pieces. Fill with any cold sweet soufflé mixture (Recipe 407, 422) leave to set and when cold turn out onto a serving dish. Whip the cream and where the pieces of Swiss roll meet force on a small cone of whipped cream.

455. Tawuq Kuksi.

2 chickens	Sugar
6 tins milk	$\frac{1}{4}$ tsp. salt
44 tbsp. rice flour	$\frac{1}{2}$ tsp. mastik

Boil the chickens. Remove the white meat of the breasts and soak in cold water which should be changed frequently in order that any smell of chicken is removed. Pull the meat into fine thread like shreds, the finer the better. Put half the milk into a pan add the rice flour, sugar to taste, salt and mastik, which should be crushed. Stir while cooking. Boil the shredded chicken in the other half of the milk and then beat to a paste. Mix both lots of ingredients and beat till absolutely smooth. Serve with cinnamon.

456. Tatli Thraid.

4 slices of European bread	Stewed sour cherries or apricots
Sour cherry or apricot juice	Buffalo cream

Cut the bread into slices about $\frac{1}{2}$ inch thick, remove the crusts and toast lightly. Pour over sufficient sour juice just to moisten the bread, but not to wet it excessively. Onto each slice put the fruit stewed in a very thick syrup so that it is almost like jam. Put into a pan and cook till the syrup is

absorbed. Serve cold with clotted buffalo cream.

This dish is always served at weddings.

457. Zarda.

$\frac{3}{4}$ tin Patna rice	$2\frac{1}{2}$ tbsp. arrowroot
3 tins water	$\frac{1}{2}$ tsp. saffron
$\frac{1}{8}$ tsp. salt	1 tbsp. rosewater
5 tbsp. sugar	Pistachio nuts

Clean the rice, bring the water to the boil, add the salt and cook the rice until it is long. Avoid burning. When ready add the sugar and arrowroot and cook all until as thick as paste. Have ready the saffron soaked in the rosewater overnight and add them. Boil another 15 minutes. Serve in individual or large dishes. Decorate with pistachio nuts.

A modification of this as served in Christian houses is as follows:

Cook half the rice in $\frac{3}{4}$ tin of water and $\frac{3}{4}$ tin of date syrup. Flavour with saffron soaked in rosewater. Put the latter in a layer in a serving dish, cover with the rice cooked in milk and serve when cold.

