

on the with sesams seeds and rolling them in. Lay it on the spinach, trim off the edges, coat with beaten egg and bake in a hot oven. Serve hot or cold.

Any savoury or, if wanted, sweet filling may be used.

192. Stuffed Eggs.

Boil the eggs till hard, shell, cut in half lengthwise, remove the yolks and mix with butter, salt, pepper, mayonnaise, and a squeeze of lemon juice, then refill.

Another variation is to add some liver paste, salt, pepper, butter and lemon juice to the yolk; or anchovies mixed with mayonnaise.

193. Tiny Meat Balls.

1 tin minced raw steak	4 tbsp. finely sifted breadcrumbs
1 tsp. grated onion	4 tbsp. milk
1 egg	4 tbsp. cream
6 tbsp. butter	$\frac{1}{2}$ tin minced pork or bacon if wanted

Pass the meat through a mincer 3 times. Soak the breadcrumbs in milk. Fry the onions. Mix the meat with the egg and then add the cream, pepper, salt and onion. Work smooth with a wooden spoon. Shape into tiny balls and fry in butter. Serve very hot and pour over the remains of the butter in which they were fried.

194. Welsh Rarebit Savoury.

8 rounds of bread	Cayenne pepper
1 tin grated cheese	Salt
2 tbsp. beer	Butter
1 egg yolk	Paprika

Prepare the rounds of bread. Heat the beer and cheese and when thick add the egg yolk, pepper and salt. Toast the bread lightly, butter it and spread with the mixture. Sprinkle with paprika and bake in a quick oven for a few moments.

If this is wanted as a more substantial dish make double the quantity and spread on slices of bread.

CONFECTIONS AND PRESERVES.

In Iraq the intense heat is made use of much preserving of fruit and vegetables. The summer sun soon evaporates jam to a thick syrup and the use of this method is considered to cause less alteration in flavour and colour than does boiling. The fruit remains immersed in syrup which never thickens to a jelly, a point which the occidental considers essential for jam.

Jams become mouldy if they are not properly sealed. Any moulds in the jam itself are killed during boiling and if the jars are washed with clean water and soap, well rinsed and dried and finally heated in the oven and the scalding jam is poured into them there will be few moulds remaining alive.

Most people allow the j organisms to settle on a tion. It is best to have mouths and a tin of v well. Whenever the jam scalding wax, holding it the jam and over it pou to be troublesome wh white and tie down with

It is well to remem or if hot jam is poured

Vegetables such a and pickles are numero

Home made confe their equivalents of fr pleasant to eat and at

195. Apple Jam.

$\frac{1}{2}$ k. lime powder
1 k. apples

Add the lime to a half an hour, to make water and simmer for apples and boil for an remove from the fire. on the roof in the sun covering it at night. If the fire for about half prepared in sunlight th the fire becomes some

196. Apricot Jam.

1 k. apricots
2 k. sugar

Remove the stone sugar in a pan, just apricots and cook for from the fire, cover with days.

The same recipe of plums the fruit it le

197. Blackberry Jelly

2 k. blackberries
$\frac{1}{2}$ k. apples

Pick over the bla do not core or peel as t

Most people allow the jam to cool before sealing but this gives time for micro-organisms to settle on the surface where later on they will set up decomposition. It is best to have ready rounds of paper of the same size as the jar mouths and a tin of very hot melted paraffin—ordinary white candles do well. Whenever the jam is poured into the jar, dip a round of paper into the scalding wax, holding it with forceps or blunt scissors, lay it on the surface of the jam and over it pour a thick layer of hot melted wax. If insects are likely to be troublesome when cold over with paper moistened with beaten egg white and tie down with calico.

It is well to remember that jars are likely to crack if put into the oven wet or if hot jam is poured into them when they are cold.

Vegetables such as okra, mushrooms and peppers are dried on strings and pickles are numerous and varied.

Home made confections like fudge and toffee are not often seen but their equivalents of fruit and nuts, such as saffron or quince lowzina are pleasant to eat and attractive to look at.

195. Apple Jam.

$\frac{1}{2}$ k. lime powder	2 k. sugar
1 k. apples	$\frac{1}{4}$ tin rosewater

Add the lime to a pail of water and put the peeled apple in to soak for half an hour, to make them firm. Put the sugar in a pan, just cover with water and simmer for half an hour till a good syrup is formed. Add the apples and boil for another half hour. Add the rosewater, boil up again and remove from the fire. Cover the pan with a thin piece of muslin and leave on the roof in the sun for 12 days, covering the pan during the day and uncovering it at night. If there is not enough sun the jam may be cooked on the fire for about half an hour until the syrup is very thick. In the case of jam prepared in sunlight the bright attractive colour is retained, that cooked on the fire becomes somewhat dark in colour. Preserve in glass jars.

196. Apricot Jam.

1 k. apricots	$\frac{1}{4}$ tin rosewater
2 k. sugar	

Remove the stones from the apricots, cutting each one in half. Put the sugar in a pan, just cover with water and cook for half an hour. Add the apricots and cook for another half hour. Add the rosewater, boil up, remove from the fire, cover with thin muslin and leave on the roof in the sun for 10 days.

The same recipe may be used for peach and plum jam but in the case of plums the fruit is left whole, the stones not being removed.

197. Blackberry Jelly.

2 k. blackberries	Water
$\frac{1}{2}$ k. apples	Sugar

Pick over the blackberries, wash the apples, and cut them in pieces but do not core or peel as the pecten of the apples helps to set the jelly. Put black-

berries and apples into a preserving pan, barely cover with water and boil to a pulp. Strain through a thick but on no account squeeze it. To one part of juice add the same volume of sugar. Boil quickly for about quarter of an hour. Test for the formation of a skin by putting a little on a cold plate. Skin and pour into jars. Seal and label.

198. Citron Jam.

1 k. citron	4 tins water
$\frac{1}{4}$ k. sugar	$\frac{1}{4}$ tin rosewater

Scrape off or lightly grate off the outer yellow rind of the citron. Cut the fruit in half and remove and discard the inside. Leave the thick peel in cold water for half an hour. Put the 4 tins of water into a pan, add the peel and boil for half an hour to remove any bitterness, then wash in a large basin of cold water, and dry by pressing if firmly to remove any fluid. Repeat this process once. Put the sugar in a pan with enough water just to cover it, boil three quarters of an hour or till the syrup is so thick that a little dropped into cold water holds its shape and does not spread. Add the peel and cook for another three quarters of an hour. Add the rosewater bring to the boil again, and bottle. Cut the peel into smaller pieces just before serving.

199. Citron Preserve or China Sweetmeat.

1 large citron	4 tins white sugar
$\frac{1}{4}$ tsp. salt	1 tbsp. lemon juice

Grate the citron to remove the bitter yellow rind. Cut right through the thick skin from one end to the other dividing it into equal segments. Peel off neatly, discard the centre of the fruit and soak the skin all night. Squeeze out well and throw away the bitter water. Cover again with cold water, add the salt and boil till very tender. Have the skins just covered with water, add the sugar and cook slowly till transparent and golden colour and very little syrup is left. Spread the pieces on a flat dish and pour over any remaining syrup. This crystallises right through in about three weeks. To prevent this add the lemon juice a few minutes before dishing.

200. Fudge.

4 tins sugar	4 tbsp. butter or margarine
2 tins milk	1 tsp. vanilla extract
1 tsp. salt	

Stir the sugar, milk and salt over a low fire until the sugar is dissolved. Cook until a little of the mixture forms a soft ball when tested in cold water. Add the butter and cool a little. Add the vanilla and beat vigorously until the fudge is nearly becomes too stiff before it is all poured it may be remelted over fudge is nearly stiff. Pour into a greased dish and when cool cut in squares. If the fudge becomes too stiff before it is all poured it may be remelted over the fire.

Chocolate, nuts, raisins or cocoanut may be added if liked.

201. Green Tomato Chutney.

1 k. sour apples	2 tsp. ginger
$\frac{1}{2}$ k. onions	2 tsp. mixed spice

$\frac{1}{4}$ k. green tomato
$\frac{1}{2}$ tins seedless raisins
$\frac{3}{4}$ tins brown sugar
Salt to taste

Peel the apples and cut into small pieces, the skins removed. Put in vinegar and water in a pan. Stir occasionally until the apples are cooked.

202. Lowzina of Quinces.

4 k. Quinces
$\frac{1}{2}$ tins sugar

Cut the quinces into small pieces. Cut each quarter into small pieces till well cooked, stirring frequently to a small quantity on a cold. Have the almonds lowzina over this to till it is even. Spread over diamond shapes. Keep in a jar.

203. Ma'jun Tomato Paste.

Of the many flavoured tomato paste is probably that at their best and their housewife buys her in kilos or more according to family needs. They are in pieces and laid into large, round, tinned tins about six inches deep "tashats", sprinkled with coarse salt between each tin allowed to stand in the juice as accumulated in the dish and the remainder squeezed out of the fluid is passed through seeds and extraneous matter of every sort or size. It is taken to see that it is particularly when prepared.

The plates of juice are put on the roof of the house. As

1 $\frac{1}{4}$ k. green tomatoes	2 or 3 hot red peppers (small)
1 $\frac{1}{2}$ tins seedless raisins	$\frac{1}{8}$ tsp. cayene pepper
3 tins brown sugar	$\frac{2}{3}$ vinegar, $\frac{1}{3}$ water
Salt to taste	

Peel the apples and onions and chop them finely together. Cut the tomatoes into small pieces. If ripe tomatoes are used they should be scalded and the skins removed. Put all ingredients into a basin and just cover with the vinegar and water in the proportion of two parts of vinegar to one part of water. Stir occasionally and leave for at least 2 hours. Boil for 2—3 hours until the apples are quite soft. Stir frequently. Bottle and seal.

202. Lowzina of Quinces.

4 k. Quinces	3 tins blanched almonds
$\frac{1}{2}$ tins sugar	

Cut the quinces into quarters, skin and core them and remove any hard pieces. Cut each quarter into two pieces. Almost cover with water and boil till well cooked, stirring occasionally. When ready remove from the fire and stir until like a smooth cream. Add the sugar and cook for about two hours, stirring frequently to prevent burning, particularly when it thickens. Test a small quantity on a plate to be sure it holds its shape and is not sticky when cold. Have the almonds pounded, put half on a round tray, spread the lowzina over this to the depth of about half an inch, and roll it to be sure it is even. Spread over the remainder of the almonds, and when cool cut in diamond shapes. Keep in a tin box with a lid. It should keep for over a year.

203. Ma'jun Tamata.

Of the many flavouring agents available in Baghdad "ma'jun" or tomato

paste is probably that which is most used. In the summer when tomatoes are at their best and their cheapest the housewife buys her supply, fifty kilos or more according to the family needs. They are cut into pieces and laid into one or two large, round, tinned copper dishes about six inches deep, known as "tashats", sprinkled with little coarse salt between every layer and allowed to stand in the sun for about two hours after which much of the juice as accumulated in the dish and the remainder is easily squeezed out of the tomatoes. The fluid is passed through a strainer



and then a fine sieve to remove seeds and extraneous matter and poured into thin layers on trays and plates of every sort or size. The use of copper vessels is common in Baghdad but care is taken to see that they are well tinned to avoid the risk of poisoning, particularly when preparing an acid substance such as ma'jun.

The plates of juice are left to stand in the blaze of the sun on the flat roof of the house. As the fluid thickens it is filled into other dishes until only

two or three remain and usually by the second day the fluid has largely evaporated and left a thick, salty paste of a rich tomato colour which is finally stored in glass jars or in Baghdad's famous blue-green pottery jars called "bastugas".

The paste keeps for many years due to the concentration of the salt resulting from evaporation. The flavour remains fresh and the colour unimpaired which is not the case if it is reduced by boiling. Ma'jun is used in soups, stews and sauces but the European who is unaccustomed to it would be advised to add no salt until the food has been tasted after the addition of the tomato paste, as the concentration in it is usually sufficient for the whole dish.

Sometimes whole tomatoes are cut in two, sprinkled with salt and dried. When wanted they are boiled and the juice is used.

In northern Iraq a concentrated form of pomegranate juice is also prepared, which is popular for use in savoury dishes.

Manna.

Man as sama' is one of the most popular confections of Iraq. It is offered in the form of rather hard, cream coloured pieces, usually somewhat dusty with flour in which it is preserved.

In Europe manna from which one obtains the alcohol mannitol is produced by making artificial incisions in the trunk of the flowering ash tree *Fraxnus ornus*. In Iraq it is obtained from the tomarisk (*Tamarix gallica*, var. *mannifera*), which flourishes in Kurdistan particularly in the neighbourhood of Sulimaniyah. The manna from this tree does not produce mannitol.

In the months of June and July, manna is found in the form of an exudate on the leaves of the trees, as a result of puncture by a minute insect *Coccus maniparus*. Usually the exudate is somewhat resinous but in the heat of the day it becomes softer and falls from the tree onto whatever foliage or soil lies beneath. The manna gathered from the ground is regarded as being of better quality than that collected from the leaves. In its crude form it is a hard, dark mass, and embedded in it are leaves, twigs, particles of soil and indeed anything with which it has come in contact in its soft state.

The making of man as sama' is difficult and a man skilled in this work usually comes to the house to prepare it. It is an arduous business and not worth doing in small quantities.

204. Man as Sama'.

12 k. manna
100 eggs

3 k. almonds
White flour

Soak the manna in hot water, allowing it to stand overnight in order that it may all be dissolved. Strain through a fine muslin to remove leaves and twigs and put onto a low fire. Add thirty eggs to clear it. This takes from half to three quarters of an hour. Restrain and the soil will be removed with the coagulated egg. Return to the fire and when boiling add the whites of the remaining seventy eggs. Stir constantly over a low fire for five or six hours when the manna will have become a thick light coloured paste. When the spoon is lifted from the pan and the manna which hangs from it breaks, it is

ready. Meanwhile clear form into flat cakes and when quite cold arrange the cakes. To serve cut

After the fluid has buffalo cream for bread

Sometimes a small dissolved, but it is so

205. Marabba maf Q

2 k. cleaned orange
1 k. sugar

When the blossom discarded. Weigh the remove any bitterness. water till it is somewhat very thick. Add lemon

The preparation of

206. Marmalade.

5 bitter oranges
10 tins cold water

Wash the fruit and in a separate bowl. Cover a tin of boiling water. from the pipe into the hours. Add the sugar a three quarters of an hour and heated. Fill with the

207. Pickled Egg Plant

4 k. egg plant
18 tins vinegar
1 head of garlic

Make a longitudinal in the vinegar, drain, rest for 24 hours before use with the curry powder, mixture in each egg plant egg plants in a jar and

208. Pickled Olives.

4 k. olives
2 k. kitchen salt
3 nutmegs
 $\frac{1}{2}$ tbs. ginger
 $\frac{1}{2}$ tbs. long pepper
1 tbs. turmeric

ready. Meanwhile clean the almonds and roast lightly. Add to the manna and form into flat cakes about three inches in diameter. Roll each in flour and when quite cold arrange in layers in tins or boxes with plenty of flour between the cakes. To serve cut into smaller pieces.

After the fluid has been cleared some may be cooled and eaten with buffalo cream for breakfast. This is known as "hamra".

Sometimes a small quantity of sugar is added when the manna is first dissolved, but it is so sweet itself that this is not always necessary.

205. Marabba ma' Qaddah Orange Blossom Jam.

2 k. cleaned orange blossoms	6 tins water
1 k. sugar	1 tbsp. lemon juice or tartaric acid

When the blossoms are picked off and retain the petals. The rest may be discarded. Weigh the blossoms and put into a large pan of water. Boil to remove any bitterness. Strain and press out the water. Boil the sugar and water till it is somewhat thick then add the flowers and boil till the jam is very thick. Add lemon juice. Remove from the fire and bottle.

The preparation of the flowers is laborious.

206. Marmalade.

5 bitter oranges	10 tins sugar
10 tins cold water	1 lemon (optional)

Wash the fruit and slice thinly. Put the pips and pieces of white fibre in a separate bowl. Cover the fruit with 9 tin of cold water and the pipe with a tin of boiling water. Allow to soak overnight. Next day strain the water from the pipe into the fruit squeezing all the fluid out. Boil the fruit for 2 hours. Add the sugar and boil till the fruit is transparent. This takes about three quarters of an hour. Have ready five or six glass jars, washed, dried and heated. Fill with the hot marmalade, seal with wax and cover.

207. Pickled Egg Plant.

4 k. egg plant	$\frac{3}{4}$ tin parsley
18 tins vinegar	2 tbsp. curry powder
1 head of garlic	2 tbsp. date syrup

Make a longitudinal cut in every egg plant. Bring to the boil once only in the vinegar, drain, retaining the fluid and allowing the egg plants to stand for 24 hours before using them. Chop the garlic and parsley finely and mix with the curry powder, $\frac{1}{4}$ tin of vinegar and the date syrup. Put some of this mixture in each egg plant and tie with a piece of parsley or string. Put the egg plants in a jar and cover with the vinegar.

208. Pickled Olives.

4 k. olives	5 cloves of garlic
2 k. kitchen salt	$\frac{1}{4}$ tin parsley
3 nutmegs	$\frac{1}{2}$ tbsp. coriander
$\frac{1}{2}$ tbsp. ginger	$1\frac{1}{2}$ tins olive oil
$\frac{1}{2}$ tbsp. long pepper	8 bottles of vinegar
1 tbsp. turmeric	

Make four longitudinal cuts in each olive, put them into a large bowl, sprinkle with salt and leave for 24 hours. Pour out any fluid and salt again. Do this for 15 days. Wash the olives and soak in cold water for 2 days. Drain, put in a clean bowl and cover with vinegar, leaving for 2 days. Crush the garlic, chop the parsley and mix with the spices and olive oil. Drain the olives and add the spices to them. Mix well, put into jars and cover with vinegar.

209. Saffron Lawzina.

1 k. sugar	1 tsp. saffron
$\frac{1}{2}$ k. almonds	$\frac{1}{4}$ tin rosewater

Make a thick syrup with the sugar and about a tin of water and boil till a little forms a salt ball when tested in water. Blanch, skin and pound the almonds. Add the saffron to the rosewater. Mix all together and spread in a layer an inch thick on a tray. Cut in diamond shapes.

Saffron Lowzina is bright yellow in colour and on the occasion of a wedding is sent to friends by the bride's family. It is usually decorated with gold paper.

210. "Stone" Fruit Jam.

3 k. greengages, plums or other "stone" fruit	1 tin water $3\frac{1}{4}$ k. sugar
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Wipe the fruit and remove the stones. Break half of them and take out the kernels. Immerse in boiling water for a few minutes and remove the skins. Tie the remaining stones in muslin. Put them with the fruit and water into a large pan and cook slowly for quarter of an hour. Add the sugar and stir until it is dissolved. Boil for 20 minutes, add the kernels, and test a little on a cold plate for setting. When ready skin and pour into jars. Seal and label.

211. Strawberry Jam.

2 k. strawberries	$\frac{1}{2}$ tin lemon juice
$7\frac{3}{8}$ tins granulated sugar	

Remove the stalks and hulls of the strawberries and simmer with the lemon juice until thoroughly cooked—30 to 45 minutes. Warm the sugar, add to the fruit and stir until dissolved. After boiling for 15 minutes test for setting on a cold plate. When ready, cool, stirring from time to time to distribute the fruit.

212. Wet Pickle for Salting Meat.

2 tins coarse salt	16 tins water
$\frac{3}{4}$ tin brown sugar	2-3 k. beef
1 tbsp. saltpetre	

Put the salt, sugar, saltpetre and water into a large pan and boil for five minutes. Skim and strain into a basin or jar and leave till cold. Wipe the meat, remove any discoloured parts, immerse in the pickle, cover and leave in a cool place for 10 to 14 days. Turn the meat daily. When wanted wash thoroughly, soak for several hours if very salty and simmer till ready. Allow 70 minutes to the kilo.

To salt a tongue make half the quantity of pickle.

In every part of the importance to the community its water supply, and of Baghdad, as proved good and indeed better

It was only after the Allied Forces at the First World War that became general in the source of the water has the River Tigris which months of April and along thick and brown ed particles of fertile lapping the tops of the bunds, but which, in the of the year, sinks to a crystal clear, slow motion. To-day drinking water comes from the river, muddy, undergoes emerging in its pure form

In olden times water over a donkey or on the skin formed the spout or sprinkled over dusty

Now a modern plan in former days, in some down a well shaft sur simple water cooling was a "hub" which is at the present time. glazed porous jar with ed base supported on The water is chilled by evaporation from the water oozes and finds below. To work most stand in a shady place

Some people drive the hub, others from the vessel below. In summer some twelve to eighteen as a "tunga" may be corners, or by one's best method of chilling a