

the froth must first be placed in each cup before filling with coffee.

Coffee whether Arab or Turkish is usually made with finely powdered coffee, whereas French coffee (Recipe 222) is made with coarsely ground beans. America is a great nation of coffee drinkers but the fluid is usually diluted with an equal volume of hot milk and is drunk in large quantities. In Britain, it is not popular, but it is customary to serve it in small cups after dinner. In the occident many pieces of apparatus, simple and complicated, have been devised for the preparation of coffee, but the excellent of oriental coffee justifies the contempt with which such appliances are regarded in the east. For exact details of the preparation of coffee turn to the section on beverages. (Recipes 220—223).

Lunch

In the west lunch is usually a light meal of one or possibly two courses followed by biscuits and cheese and coffee. One of the reason for this that working hours are commonly from 9 a. m. to 5 or 6 p. m. with only one hour allowed for lunch. Under these circumstances few people have either the time or the inclination for a large meal, and the habits of the wage earner are followed by his family at home. In Iraq where, because of the intense heat, hours are early in summer, it is customary for most Iraqis to complete the day's work without more than a snack and to return home at two or three o'clock in the afternoon to a substantial meal, which is as heavy if not heavier than the evening meal.

Some oriental dishes, a number of which are mentioned in the following pages, are suitable for the light occidental lunch and are popular with residents in Iraq. Many more will be found under other headings.

18. Baked Rabbit.

1 rabbit	Herbs
Flour	Dripping
Salt and pepper	Bacon (optional)
8 medium onions	Stock or water

Clean the rabbit and cut it into small neat joints. Roll each piece in well seasoned flour. Slice the onions very finely; wash and chop some fresh herbs such as parsley, thyme, marjoram or fennel and mix with the onions. Season. Arrange this mixture in layer in a fireproof dish generously greased with dripping. Lay a few strips of bacon on top and cover with the pieces of rabbit put a few more pieces of bacon on the rabbit or cover with greased paper, add a tin of stock and cook in a moderately slow oven for about an hour and a half. When ready thicken the gravy with a little flour mixer to a cream in cold water.

19. Baked Savoury Potatoes and Tomatoes.

$\frac{1}{4}$ ki potatoes	$\frac{3}{4}$ cloves of garlic
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| 3 tins game, chicken or meat in large pieces | Salt and pepper |
| $\frac{1}{2}$ k. onions | $\frac{1}{2}$ tin melted butter |
| | 1— $1\frac{1}{2}$ tins stock |
| | $\frac{1}{2}$ k. tomatoes |

Peel and slice the potatoes into thick pieces. Keep in salted water till wanted. Skin and slice the onions and rub with salt and pepper. Skin half the tomatoes and take the juice from the other half. Arrange the chopped garlic on the meat. Arrange in a fire proof dish the potatoes, meat, onions and sliced tomatoes, in that order and pour over the tomato juice, stock and butter. Bake and remove the cover $\frac{1}{4}$ hour before ready, to make crisp.

20. Baqla Pilau.

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| 1 tin diced leg of lamb | $1\frac{1}{2}$ k. broad beans |
| Salt | Cooking fat |
| 1 small onion | $1\frac{1}{2}$ tins rice soaked overnight |
| $4\frac{1}{2}$ tins dill without thick stems | |

Stew the meat with a little salt and the chopped onion until tender. Clean, wash and chop the dill finely. Remove both skins of the broad beans, wash and drain. The rice which should have been soaked in salted water overnight is drained and put into a large volume of boiling water, to which $\frac{1}{2}$ a tin of the salt water in which it was soaked is added. When nearly ready add the beans & cook for two or three minutes then drain and if too salty rinse with tepid water. Melt $1\frac{1}{2}$ tablespoonfuls of fat in $\frac{1}{4}$ tin water in a pan, pour in the rice and beans in the form of a mound, sprinkle with the dill and another $1\frac{1}{2}$ tablespoonfuls of fat melted in $\frac{1}{4}$ tin water. Arrange the meat in the middle of the mound. Cook on a low fire for about $1\frac{1}{2}$ hours until the beans are cooked and the rice is flaky. The lid of the pan should have a piece of cloth under it to prevent any water dripping on to the rice.

21. Boston Baked Beans.

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| 2 tins dried beans | 1 tbsp.— $\frac{1}{2}$ tin molasses or date syrup |
| $\frac{1}{4}$ — $\frac{1}{2}$ lb. fat salt pork or bacon or fat salted meat | $\frac{1}{2}$ tsp. mustard |
| 1 tbsp. salt | $\frac{1}{2}$ tsp. pepper |
| $1\frac{1}{2}$ tbsp. sugar | Boiling water |

Pick over the beans carefully to be sure there is no gravel among them, wash and cover with cold water. Leave to soak overnight. Drain, cover with fresh cold water, and heat slowly. Simmer till tender, but do not boil. When the beans can be easily pierced with a fork drain and blanch with cold water. Pour boiling water over the meat, scrape the rind until white. Cut off a thin slice and put in the bottom of the pan. Cut through the skin of the meat every $\frac{1}{2}$ inch, making cuts 1 inch deep. Put the beans in the pot and bury the meat in them so that only the skin is exposed. Put the salt, sugar, some of the molasses, mustard and pepper in a cup, fill with boiling water and mix thoroughly. Pour over the meat and beans. Add sufficient boiling water to

cover. Put on a tight-fitting lid and either bake in a slow oven for about 8 hours, or leave on the embers of a fire overnight, being sure that there is sufficient water in the pan to last all night. If the meat is wanted brown and crisp the lid should be removed for the last hour of cooking which should be done in the oven. Add boiling water if necessary in the course of cooking. Finally taste, add more molasses if wanted and seasoning. Stirring the beans should be avoided as it results in them disintegrating.

This dish is very tasty when reheated and is even more satisfactory if made in a larger quantity.

22. Burghul and Meatt.

8 small onions	10 tins hot water
4 tbsp. butter	$\frac{1}{4}$ tin chick peas
$\frac{1}{2}$ k. meat	$1\frac{1}{2}$ tins crushed wheat
	Salt and pepper

Fry the chopped onions till brown. Add the meat chopped in large pieces and continue to fry for 5 minutes. Add the water and chick peas and leave on the fire until it is cooked. Wash the crushed wheat, add and season. When boiled till almost dry, dish and serve with leban.

23. Chow Mien—Chinese Spaghetti.

$\frac{1}{2}$ small cabbage finely sliced	$\frac{1}{4}$ k. fresh or tinned bamboo shoots or asparagus tips
Soya oil or 1 cube oxo in $\frac{1}{2}$ tin water	$\frac{1}{4}$ k. unbroken vermicelli
Wine	$\frac{1}{2}$ tin mushrooms, cooked shrimps or chopped egg plant
2 tsp. sugar	Salt and pepper
Vegetable oil	
1 chicken	

It is essential when any of the ingredients require slicing that they should be sliced as fine as match sticks. Slice the cabbage, sprinkle with 2 tablespoonfuls of soya, the same amount of wine and the sugar. Fry for five minutes in vegetable oil.

Slice the raw meat of the chicken very finely, then cut into shreds. Sprinkle with soya and fry for five minutes. Cut the bamboo or asparagus very fine and add. Boil the vermicelli till soft. Make some fat smoking hot in a large pan, add the cabbage mixture, the chicken mixture and the vermicelli, sprinkle with soya to taste and season. Add the mushrooms, cook a little longer and serve very hot.

24. Cumberland Savoury Pie.

$\frac{3}{4}$ tin butter	8 large rashers of bacon
$1\frac{1}{2}$ tins sieved flour	4 eggs
1 tin mashed potatoes—cold	Salt and pepper

Cream the butter, add the flour and potatoes knead well and divide into two pieces. Roll out half to fit a pie dish and line it with the paste. Cut the two rind off the bacon, roll up each piece separately and arrange in the bottom of the pie dish. Beat and season the eggs and pour over. Roll out the remainder of the paste, cover and trim neatly. Make two small holes in the top and bake in a moderate oven for 30 minutes. Serve cold with a mixed salad of lettuce, tomato, cucumber, grated carrots and thinly sliced apple, or hot with stuffed tomatoes.

25. Curried Kufta.

$\frac{1}{2}$ k. meat	1 tin butter or fat
3 tbsp. sifted breadcrumbs	1 tbsp. curry
4 small onions	1 tsp. tomato paste
Salt and pepper	7 tins water
1 tbsp. flour	$1\frac{1}{2}$ tbsp. lemon juice
3 cloves of garlic	$\frac{1}{2}$ k. potatoes

Mince the meat finely, add the crumbs and 1 onion chopped. Pass all through the mincer once more. Add salt and pepper and mix well. Make small balls with level tablespoonfuls of the mixture. Dip in flour, covering well. Fry the koftas in butter, have ready the remaining onions chopped and the garlic and fry these. Dilute the tomato paste in a little water and add with the curry to the onions. Bring to the boil, add the water, season and allow to boil for about ten minutes. Add the lemon juice and the fried koftas. Boil the potatoes, peel them and cut in halves. Add them to the boiling koftas, allow to simmer for an hour and serve with boiled rice.

26. Dhul' Mahshi.

Mutton ribs	1 red onion
1 tin rice	Bunch of herbs
$\frac{1}{2}$ tin almonds	$\frac{1}{2}$ tp. ground cinnamon
$\frac{1}{2}$ tin raisins	Vegetables
Salt and pepper	

Take all the ribs from one side of a sheep. At the lean end make a hole between the fibrous tissue and muscle, and the bones in order to have a cavity for the stuffing. Mix the remaining ingredients except the vegetables and push into the cavity, leaving room for the rice to swell. Pierce with a skewer to allow the water to penetrate. Put into a large pan with water half way up the ribs and add any chopped vegetables. Simmer till tender then put into the oven for half an hour to brown. Serve with own sauce or with leban.

27. Dolma.

8 small egg plants, or vine leaves etc. (See below)	1 tin sliced tomatoes
1 tin rice	Salt and pepper
$1\frac{1}{2}$ tins minced fat mutton	4 tbsp. lemon juice

Cut the tops off the egg plants and remove the pulp from inside. Make a mixture of rice, meat, tomato and seasonings. Half fill each egg plant with some of the mixture and cork with the tops. Put into pan with the open end upwards. Cover with water and boil for half an hour then add the lemon juice and leave on a slow fire for another half hour. Remove from fire as soon as cooked.

This dish may be made with tomatoes, with celery added to the filling, splanh beet (silik) or vine leaves, in which the meat mixture is rolled up in the soft blanched leaves, sweet green peppers, or onions. The onions should be boiled until the concentric segments can be separated from each other without breaking, each segment being filled separately.

The flavour of the filling may be altered according to taste with one or other of the following substances:

1—2 tbsp. chopped parsley	1 tsp. chopped sweet green pepper
1 tsp. mint	$\frac{1}{4}$ tsp. cinnamon

28. Dolma of Vine Leave and Gourd.

$\frac{3}{8}$ k. mutton and $\frac{1}{8}$ k. tail fat or	$\frac{1}{2}$ k. small gourds
$\frac{1}{2}$ k. very fat mutton	$\frac{1}{8}$ k. vine leaves
$\frac{2}{3}$ tin rice	Bones if available
4 tsp. salt	2 tins water
$\frac{1}{2}$ tsp. pepper	6 tbsp. lemon juice

Mince the meat and fat, wash the rice and add it to the meat. Season. Remove the pulp and make a lot of holes in the gourds to allow the water to pass through easily. If the vegetable is very soft this is not necessary. Blanch the vine leaves in boiling water until they are tender. Stuff the gourds loosely with the meat and rice mixture and put a little on each leaf and roll it up. If some bones are available, put them in the bottom of the cooking pan and put layers of gourd and vine leaves on top. Mix the water and lemon juice, pour over and cook until practically no water remains.

Instead of vine leaves, spinach beet or cabbage may be used but dolma of these vegetables should be without gourd. When cabbage is used a head of garlic should be put between the layers.

29. Fattat al Badinian.

9 tins water	1 $\frac{1}{2}$ tins leban
$\frac{1}{4}$ k. meat and bones	2 tbsp. cornflour
4 egg plants	$\frac{1}{2}$ Arab round bread
2 tbsp. butter	Chopped parsley

Add the water to the meat and bones and cook slowly till the meat is tender. Cut each egg plant into four pieces lengthwise and fry. Add to the broth and when cooked thoroughly mix in half the leban and the cornflour which should first be mixed together. Toast the bread after cutting it into

small squares and when crisp add to the other ingredients. Season, boil for five minutes and pour into a deep serving dish. Pour over the remaining leban, and sprinkle with cut parsley and a little hot butter. Serve at once.

30. Gniocchi.

1 tin milk	Salt and pepper
$\frac{1}{2}$ tin butter	3 eggs
$\frac{1}{2}$ tin grated cheese	

Boil the milk in a saucepan with the butter, and when the butter is melted add the cheese, salt and pepper. Stir briskly until the paste separates from the side of the pan leaving it quite clean. Remove from the fire, beat until slightly cooled, and add the eggs one at a time beating after each addition. Tie this paste in a floured cloth, place in a pan of salted boiling water and allow to cook for about 20 minutes. Do not boil, if should just simmer. Put the mixture into a forcing bag and cut off in inch lengths. These should look like pieces of ribbon about an inch wide. The gniocchi may be served with many varieties of sauces, white sauce springled with cheese being one of the simplest and most popular.

31. Gucht Kub.

Use half of the meat, chick peas and beans from Abb Gucht, before the potatoes are added. Add $1\frac{1}{2}$ tsp. pepper and pound well. Allow to cool and serve.

32. Haggis.

1 sheep's stomach	1 tbsp. salt
The pluck, i.e. the heart, liver and lungs	$\frac{1}{2}$ tsp. white pepper
2 tins minced beef suet	$\frac{1}{4}$ tsp. black pepper
$1\frac{1}{4}$ tins oatmeal	$\frac{1}{2}$ tsp. grated nutmeg
2 onions finely chopped	3 tins good stock
	2 tbsp. lemon juice

Soak the stomach for several hours in salt and water, then turn in inside out and wash thoroughly in several waters. Wash the pluck & cover the liver with cold water, then boil for $1\frac{1}{2}$ hours and after $\frac{3}{4}$ hour add to it the heart and lungs. Grate half the liver and mince the heart and lungs, mix and add the oatmeal which should be, toasted brown in the oven, the stock, seasoning, onions and lemon, and half fill the bag. Sew up and put into boiling water. Cook for 3 hours. A plate should be put in the bottom of the pan. During the first hour prick occasionally with a needle.

33. Hot Pot.

$\frac{1}{2}$ k. best neck end of mutton	Salt and pepper
2 sheep's kidneys	$\frac{1}{2}$ tin gravy
$\frac{1}{2}$ k. potatoes	1 tbsp. butter or clarified fat
1 small onion	Stock

Cut the meat into neat pieces. Take away skin and part of the fat. Put the short bones, the lean trimming of the meat and onion into a stew pan. Cover with cold water and boil down for gravy. Grease a deep fireproof dish. Put in a deep layer of sliced potato, on top arrange cutlets overlapping each other and on each, place one or two slices of kidney. Season well, add remainder of the potatoes. Let the top layer be small potatoes cut in halves. Down the side of the dish pour hot stock or water, seasoned; brush top layer of potatoes with warmed fat, cover with greased paper and bake for two hours in a moderate oven. Remove the paper before ready to crisp the potatoes. When ready to serve pour in hot gravy and serve in the dish in which it was cooked.

34. Hot Soufflé (Savoury).

Make as for Hot Soufflé (sweet) but omit the sugar. Season with salt and pepper and instead of fruit puré add grated cheese, flaked fish, game or meat. Cooked vegetables such as fried egg plant with tomato sauce may also be used.

35. Indian Kubub.

1 egg	Salt and peper
6 tins leban	1½ round of khubz
6 tbsp. sesame oil or butter	Frying fat or butter
½ k. meat	Parsley

Mix the egg, leban, and sesame oil. Season with salt, and after vigorous beating, pass through a fine sieve to be sure the mixture is quite smooth. Mince the meat, season and pound till smooth. Form into small balls, using a level tablespoonful of the mixture for each one. Cut the bread into small squares and fry it with the meat balls. Bring the leban mixture to the boil, stirring constantly, then add the meat balls. Cook for a few minutes, add the bread and dish. Pour over a little fat or melted butter and decorate with sprigs of parsley.

36. Irish Stew.

½ k. neck or flank of mutton	Salt and pepper
½ k. potatoes	1 tin hot water
2 onions	

Wipe the meat, remove all superfluous fat and cut into neat joints. Put the meat into the pan and pour over the water. Season, bring to the boil and skim. Peel and slice the onions and add. Peel the potatoes, cut half of them into slices, add to the meat and onions. Simmer for about 1½ hours or somewhat longer. About 40 minutes before serving add the rest of the potatoes cut in halves or quarters. Season if necessary. Cook very gently, shaking in preference to stirring. To serve pile either the meat or the potatoes in the centre, arrange the other solid ingredients around it and pour over the gravy,

Boiling water should be added during cooking if there is any risk of the stew becoming dry.

37. Kaaldolmar.

1 small cabbage	2 eggs
6 tbsp. butter	1 tin milk
3 tins stock or water	Salt and pepper
2 tins minced beef	$\frac{1}{2}$ tin cream

Clean the cabbage, remove the outer leaves and separate the inner leaves one by one. Put into boiling salted water for 3—5 minutes until slightly soft. Drain well and cut away the protruding part of the rib of the leaf to make it easy to roll. Mix the meat, eggs, milk and seasoning and put some on each leaf. Roll up neatly, tucking in the ends as it is rolled, and tie with string.

Make the butter very hot and fry the dolma till nicely browned. Put into a pan and add 1 tin of stock and simmer gently for about two hours adding the rest of the stock little by little. Keep the pan tightly covered and cook slowly. Remove strings when ready and keep hot. Strain off the liquid in the pan, add the cream hot quickly and pour over the dolma.

A similar dish is made in Iraq the filling begins of minced meat with which are mixed salt and pepper, mixed spice, dried mint and rice. Milk, eggs and cream are not used but 2—3 tbsp. of lemon juice are added to the sauce.

38. Kabab.

800 grammes of meat	4 green peppers
Salt and pepper	4 tomatoes
Mixed spice	$\frac{1}{4}$ tin olive oil
2 onions	

Remove the fibres from fillet of beef or mutton. Cut into 1 to $1\frac{1}{2}$ inch cubes. Rub the meat carefully all over with the seasonings and onion juice and 2 tablespoonfuls of olive oil. Let the meat stand in cool place for at least three hours. When wanted pass the meat onto iron skewers alternating a piece of meat and a slice of green pepper with a piece of tomato and a slice of green pepper. Grill on an open charcoal fire and while grilling brush lightly with olive oil. Serve on the skewers or on a bed of hot puree or rice, or serve with salad.

39. Kabab Hindi.

1 k. meat	3—4 tbsp. concentrated pomegrate juice
5 tins broth from the meat	Round Arab bread
Salt and pepper	

Cut the meat into neat 1 inch cubes. Boil till tender. 5 tins of broth

should be obtained. Season. Add the concentrated pomegranate juice—if fresh juice is used the meat stock must be concentrated to about a tinfal and the volume made up with the fresh juice—and allow to simmer for another quarter of an hour. Cover a large serving dish with a layer of pieces of Arab bread (khubz) cut into inch squares, pour over the meat and sauce and serve at once.

40. Kabab Karaz.

$\frac{1}{2}$ k. black cherries (karaz)	2 tbsp. butter
$\frac{1}{2}$ k. meat	$1\frac{1}{4}$ tins water
Salt and pepper	Sugar
	$2\frac{1}{2}$ Arab round bread

If the cherries are dried soak them overnight. Remove the stones. Mince the meat twice at least, or until very fine. Season and arrange on skewers like a long sausage, then at short intervals squeeze the meat paste till a lot of little balls are formed. Cook over charcoal turning as required. Melt the butter, add the cherries and stir. Add the water and cook till the fruit is somewhat soft, then sweeten, the quantity of sugar will depend on the acidity of the fruit. Remove the kababs from the skewers and mix with the fruit. Boil for about five minutes till the sauce is thick. Cut the bread into 2 inch squares and spread over the bottom of a serving dish. When wanted dish the scalding meat and cherries over the bread. Eat alone or with kubba.

41. Kabab Matrum.

$\frac{1}{2}$ k. minced meat	1 tsp. coriander
2 tbsp. flour	1 tsp. dried mind (optional)
Salt and pepper	1 clove of garlic—crushed
1 tsp. mixed spice	1 tsp. chopped parsley (optional)

The meat should contain only a small amount of fat.

Mix all the ingredients together, form into balls and put onto skewers. Cook over a low charcoal fire, fanning gently and turning the skewers for about five minutes. Keep hot in the oven or have the brazies the table serving one skewer at a time so that the meat is always hot. Serve with salad, pickles or green onion, or with chelow and raw eggs.

42. Kabab with Leban.

800 grammes of meat	2 onions
1 Arab round bread	Salt and pepper
1 tin thick leban or lebné	$\frac{1}{2}$ clove garlic
1 tin rich broth or brown gravy	1 tbsp. butter
	Paprika

The meat should be from a tender joint of mutton or lamb and should not be too lean. Skin, trim and cut into cubes. Rub over with onion juice, salt and pepper, and allow to stand overnight.

Prepare the leban by mixing it well with the crushed garlic. Allow to stand for some time. Cut the bread into neat pieces an inch square and crisp them on the fire or in the oven and keep hot. Have the broth ready on the fire almost boiling. Pass the meat onto skewers, grill over an open charcoal fire and when almost ready pour the scalding broth over the crisp bread. Dish the hot kababs, removed from the skewers, on top of the bread and gravy and cover with leban. Decorate the leban with very hot butter and paprika.

43. Kamah Stew.

$\frac{1}{2}$ k. fat mutton	1 tbsp. tomato paste
$\frac{1}{4}$ k. tiny onions	Salt and papper
1 k. cleaned truffles (kamah)	1 tsp. mixed spoce

Cut the fat from the mutton and cut both into cubes. Fry the lean meat and the onions in the mutton fat. Cut the truffles into small pieces and fry also but shake the pan and do not stir. Add the boiling water, tomato paste (if wanted), pepper, very little salt if tomato paste is used, and mixed spice. Leave on a slow fire for 30—40 minutes until the stew is fairly thick. Serve with rice.

44. Kashgar Pilau.

$\frac{1}{2}$ k. fatty meat	2 tbsp. chopped pistachio nuts
2 tins rice	2 tbsp. seedless raisins
4 tins seasoned broth	$\frac{1}{4}$ tsp. cinnamon
1 large onion	$\frac{1}{8}$ tsp. cloves
Frying fat	$\frac{1}{8}$ tsp. cloves
1 tin diced carrots	Salt and pepper

Cut the meat into cubes and fry in its own fat. When browned add a little water, cover and cook till tender. Have the rice cleaned and soaking in water, and the broth hot and seasoned. Fry the sliced onion till lightly browned. Add the carrots & cook till they are browned. Add the nuts, raisins and spices. Put the broth on the fire, bring to the boil and add to it alternately the drained rice and the vegetables. Boil quickly for five minutes then cook on a low fire till all the water is absorbed. Serve the meat, which should be cooked till the water is almost all absorbed and the seasoned, in the centre of the vegetable and rice mixture.

45. Kubaibat.

$\frac{1}{2}$ k. meat	2 tins wheat
2—3 onions	1 tin crushed wheat
$\frac{1}{4}$ tin parsley	Salt and pepper

Soak the wheat and crushed wheat (burgul) in salted water for quarter of an hour, drain and pass through a fire mincer. Season with salt. Mince the meat and onion and parsley and seasoning. From the crushed wheat paste into thin walled cones, stuff with the meat mixture and close the open-

about 20 minutes. Drain and eat very hot. If allowed to cool they may be dipped in beaten egg, fried and served with salad and leban.

46. Kubba Arnabia.

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| 2 k. meat with bones | 2 sticks cinnamon |
| 3 large onions | Salt and pepper |
| 1 tin soaked chick peas | 1-2 tins crushed sesame |
| | 3-5 bitter oranges |

Take a kilo of the meat without bones and make kubbas (Recipe 47). Put the remainder of the meat and bones into a pan with boiling water, add the onion chopped, the chick peas, cinnamon, salt and pepper. Cook till the meat is tender, and just before it is ready add the kubbas which should be small and oval in shape. After half an hour take the pan from the fire, remove the meat, bones and kubbas and allow the stock to become cold. Add crushed seame—1-2 tinfuls according to taste—to the cold stock, and beat thoroughly adding the juice of several bitter oranges. Add the kubbas and meat and reheat. (Serves 8).

47. Kubbat Burghul Bis Sinia.

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| 1 k. meat of good quality | 3 tins crushed wheat |
| 1 onion | $\frac{1}{2}$ tin chopped walnuts, almonds
or pine kernels |
| 5 tsp. salt | |
| $\frac{1}{2}$ tsp. pepper | $\frac{3}{4}$ tin frying fat or butter |

Mince half of the meat and the onion and fry until well done. Add the salt and the nuts and mix all together. Add the crushed wheat which should have been washed, drained and allowed to stand for about quarter of an hour. Pound thoroughly. Knead it with water every now and then and if the weather is hot small pieces of ice should be used instead of water. When well pounded spread half of it in a thin layer on a greased tray, cover with the minced meat and then put the other half of the crushed wheat mixture in a layer on top. Cut in diamond shapes, sprinkle over the frying fat or butter and a little water and bake.

Instead of making this in a tray small pieces of the crushed wheat paste may be flattened on the hand, stuffed with the meat mixture, formed into oval shaped kubbas and fried.

Sometimes raisins and mixed spice are added to the meat and if wanted an eighth of a teapoonful of saffron may be added to 2 tablespoonfuls of rosewater which is then sprinkled over just before baking.

Eat hot served with salad and leban.

48. Kubba Haleb.

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| $\frac{2}{3}$ tin rice | 2 tbsp. almonds |
| 1 tsp. turmeric | 1 onion |

Salt and pepper	2 eggs
$\frac{1}{2}$ k. minced meat	4 tbsp. butter

Clean and boil the rice, drain when tender and add the turmeric, salt and pepper. Stir well. Fry the finely chopped onion, add the blanched sliced almonds and the mince and mix. Form the rice into a thin layer on the hand, stuff with a little of the mixture and work till it is somewhat elongated and slightly pointed at the ends, When all are ready coat with beaten egg and fry reducing the heat somewhat to give sufficient time for cooking. Serve hot.

49. Kubba Hamidh.

2 tins rice	1 tin minced lean meat—usually mutton
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Soak the rice in water for an hour. Drain and grind finely while still wet. Mix the well minced meat (free from fat) with the ground rice to make a thick paste. This mixture is used for the casing.

$1\frac{1}{2}$ tins minced fat meat	Salt and pepper
$\frac{3}{4}$ tin minced onion	

Mix the minced meat and onion and season to taste. This is used for the stuffing.

Take a small piece of the casing paste and flatten it till it is about $\frac{1}{4}$ inch thick (not more) and about 3 inches in diameter. Put some stuffing onto it and work the casing round to form a ball. Continue till all the material is used up. Complete one kubba before making the flat casing for the next.

$\frac{1}{2}$ k. bones	$\frac{1}{2}$ tsp. tomato paste or $\frac{1}{2}$ tin fresh tomato juice
8 tins water	$\frac{1}{4}$ — $\frac{1}{2}$ tin lemon juice according to taste
1 k. marrow or turnip or egg plant	1 tsp. dried mint

Bring the bones to the boil. Add the vegetable in large slices (use one vegetable only) the tomato paste or juice, the lemon juice and the dried mint. Boil for about $1\frac{1}{2}$ hours. Add the kubbas and boil again until they are well cooked, about $\frac{1}{4}$ hour. Remove bones, season and serve.

The success of this dish depends on the casing of the kubba being made very thin.

50. Khoroshti Chormi Sabzi.

$\frac{1}{2}$ k. meat	3 tins parsley
$\frac{1}{2}$ tin cowpeas (lubia)	3 tins fenugreek
2 small onions	1 tsp. turmeric
Frying fat	Lemon juice
$\frac{3}{4}$ k. chives	Salt and pepper

Cut the meat into dice and stew till tender. Boil the cowpeas separately and drain. Chop the onion and fry and when half ready add the chopped vegetables and fry also. Add this fried mixture to the meat which is stewing; add the cowpeas, lemon juice to taste, turmeric and seasoning. Cook till tender and serve with chelow.

51. Kufra Bis Sinia.

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| $\frac{1}{2}$ k. meat, preferably veal | $\frac{1}{2}$ tsp. peeper |
| 5 medium potatoes | $\frac{1}{4}$ tin lemon juice |
| 3 small tomatoes | $\frac{1}{4}$ tbsp. frying fat |
| 2 tsp. salt | |

Mince the meat, season and spread in a greased fireproof dish. Form into circles with the finger. Peel the potatoes, cut them into circular pieces, any fry. Any fat remaining should be spread over the meat. Wash the tomatoes, cut in round pieces and arrange with the potatoes over the meat. Pour over lemon juice and bake in the oven $\frac{1}{2}$ to $\frac{3}{4}$ an hour or until well done.

52. La Chatchouka (Tunisian).

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| $\frac{1}{2}$ —1 tin chicken, bully beef or ham | 8 medium tomatoes |
| Frying butter | Salt and pepper |
| 8 small green sweet peppers | 4 eggs |

Cook some finely chopped meat quickly in frying butter then remove it from the pan. In the same pan brown the green peppers cut in quarters and some whole tomatoes with their skins on. Add the meat again and cook for an hour on a quick fire, adding water if necessary. Before serving add the eggs carefully to the mixture allowing them to poach among the tomatoes until they are almost of the consistency wanted. Remove and serve immediately.

53. Leban Ummu.

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|---------------------------------|-------------------|
| $\frac{1}{2}$ k. mutton or beef | Salt and pepper |
| 2—3 whole onions | 1 tsp. dried mint |
| 3 tins laban | 1 tbsp. butter |
| 1 egg yolk | |

Cut the meat in cubes, wash and cook with the onions, without water, until nearly dry. Beat the leban and the egg yolk together and cook, stirring continuously till thick and boiling. Add to the meat and boil for 5—10 minutes. Season. To flavour pour over dried mint in melted butter. Serve hot or cold.

54. Macaroni Cheese.

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|---|---------------------|
| 4 oz. macaroni (half of a $\frac{1}{2}$ lb. packet) | 2 tins milk |
| 4 tbsp. butter | 1 tsp. made mustard |
| 2 tbsp. flour | Salt and pepper |
| | 1 tin grated cheese |

Boil the macaroni in salted water until quite tender and the water has evaporated. Cut into uniform pieces about $\frac{1}{2}$ inch in length. Melt the butter add the flour and make a white sauce with the milk. Boil for about two minutes, add the macaroni, seasonings and the thirds of the cheese. Mix and pour into a well greased fireproof serving dish. Sprinkle the remaining cheese on top and quarter of an hour before serving put into a hot oven to brown.

55. Maqlub el Badinjan.

4 egg plants (badinjan)	1 onion
$\frac{1}{2}$ k. minced meat	1 clove of garlic
Frying fat	Salt and pepper
2 tins rice	Almonds and mixed spice (optional)

Skin the egg plant, slice, salt and leave for an hour, then dry with a clean cloth. Fry till lightly browned. Slice the onion and fry, add the minced meat and crushed garlic and stir until lightly browned. Boil the fried meat for about an hour and a half, but be sure when it is ready that $2\frac{1}{2}$ tins of fluid remain. Arrange the meat and egg plants in layers in a pan, season and if wanted sprinkle a little mixed spice and sliced almonds between the layers. Spread the rice, which should have been soaked for half an hour previously, in a layer on top, pour over the $2\frac{1}{2}$ tins of broth from the meat and cook for 20 minutes. Invert a serving dish over the pan, turn the whole thing over and, if the is suitable, cook over a slow fire for 10 minutes; alternatively put in the oven. When ready carefully remove the pan and serve the mould with leban or salad.

56. Maqlub el Kastana.'

Salt and pepper	2 tins rice
Frying fat	$\frac{1}{2}$ k. chestnuts (kastana')
3 tins water	$\frac{1}{2}$ k. mutton

Soak the rice in hot water. Cut a slit in the skin of each chestnut and put into boiling salted water to remove both the skins. Cut the meat into pieces the size of the chestnuts, wash and put on to cook, with salt and pepper, till tender and the water has evaporated. Brown the pieces in a little fat, add the chestnuts, add three tins of water and bring to the boil. Wash the rice, add to the meat and chestnuts and cook. When ready leave on a low fire for half an hour and then turn out onto a serving dish.

57. Maqlub el Qarnabit.

$\frac{1}{2}$ k. minced meat	1 tin rice
Frying fat	$\frac{1}{2}$ tin tomato juice
1 small cauliflower (qarnabit)	Salt and pepper

Fry the meat. Cut the cauliflower in flat pieces and fry till only lightly browned. Half cook the rice, drain and cool it in cold water. Arrange the meat in the pan, then the cauliflower in a layer on top and then the rice. Season each layer. Pour over the tomato juice and cook on a a low fire for an

hour. Before serving turn out carefully. It should be in the forme of a neat mould.

58. Mosul Kubba.

3 tins fine burghul	4—5 onions
1 tin wheat-crushed	$\frac{1}{4}$ tsp. mixed spice
1 k. meat	$\frac{1}{4}$ tsp. pepper
1 k. fat mutton	Salt

Mince the meat and add the burghul and the finely pounded wheat, and work to a paste. Season with salt.

Mince the mutton, and onions and add the seasonings. Flatten pieces of burghul paste until very thin and about the size of saucer. Spread over a layer of meat and cover with another layer of very thin burghul paste. Press firmly together. The hands should be damp and rubbed with salt to prevent sticking. Have ready a pan of boiling salted water. Immerse the kubbas in this and cook, covered, for about quarter of an hour. They rise to the surface when ready. Remove carefully with a draining spoon and serve very hot with salad or pickles and a glass of leban.

59. Mumbar.

Sausage skins	$\frac{1}{2}$ tin rice
$\frac{1}{4}$ k. meat	$\frac{1}{8}$ tsp. cloves
1—2 sheeps kipneys	Salt
$\frac{1}{4}$ tsp. cardamon	Black pepper
$\frac{1}{4}$ tsp. cinnamon	1 clove of garlic

Have enough sausage casings for four fairly large sausages or eight small ones. Clean thoroughly with hot water and lemon juice.

Mince the meat, chop the kidney, add the rice and spices, the pounded garlic and the black pepper. Fill into the skins loosely, tie at each end, prick in two or three places and cook in boiling water for 2—3 hours.

60. Musaqqa'at Badinjian.

$\frac{1}{2}$ k. egg plant	2 or 3 tomatoes
$\frac{1}{4}$ k. meat	$\frac{1}{2}$ tbp. tomate paste in $\frac{1}{2}$ tin water
Frying fat	
1 small onion	Chopped parsley
Pepper and salt	

Cut the egg plants in $\frac{1}{2}$ inch thick slices, lengthwise or in cross section. Fry till browned. Mince the meat and fry it. Add the thinly sliced onion and fry for another few minutes. Season to taste. Arrange the meat mixture and the egg plant in alternate layers, with thinly sliced tomato between if tomatoes are available. Pour over the tomato juice or tomato paste in water. Cook in a fireproof dish in the oven or in a pan over a free flame. When nearly all the water has evaporated—20 to 30 minutes—serve with chopped parsley sprinkled on top.