

and Boil the sugar, milk, syrup and cocoa until it forms a soft ball when tested in cold water. Remove from the fire and stir in the butter. Stir until it becomes thick enough to coat the cake.

161. Orange Icing.

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| 1 tin sugar | 1 egg yolk |
| $\frac{1}{2}$ tin water | $\frac{1}{2}$ tbsp. orange juice |
| 1 egg white | Grated rind of an orange |

Heat Boil the sugar and water without stirring until the syrup spins a thread when dropped from the spoon. Pour slowly onto the stiffly beaten egg white and continue beating until the mixture holds its shape. Fold in the egg yolk, orange juice and rind.

162. Royal Icing.

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| $1\frac{1}{2}$ tins icing sugar | 1 white of egg |
| 1 tsp. lemon juice | |

Be sure the sugar is free from lumps. Beat together the sifted sugar and white of egg. When smooth and brilliant add the lemon juice and beat well.

If ornamental roses and other decorations are wanted they should be made in advance and may later be stuck to the cake with a little jelly. The icing should be kept covered with a damp cloth when not being used and a broad knife dipped in hot water should be used to smooth it onto the cake. Sufficient for a small cake.

163. Seven Minute Icing.

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| $\frac{7}{8}$ tin granulated sugar | $\frac{1}{8}$ tsp. salt |
| 3 tbsp. cold water | $\frac{1}{2}$ tsp. vanilla or other flavouring |
| 1 unbeaten egg white | $\frac{1}{2}$ tsp. baking powder |

Put the sugar, water, egg white and salt into a basin over a pan of boiling water. Beat with an automatic egg beater for exactly seven minutes. Remove from the boiling water and add the flavouring and baking powder. Beat until of the right consistency to spread. May be spread on either hot or cold cake.

164. Transparent Icing.

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| 2 tins lump sugar | $\frac{1}{4}$ tin warm water |
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Put the sugar and water into a clean pan. Dissolve the sugar. Bring to the boil and simmer for 5 minutes or until a thick syrup is formed. Pour into a basin and stir until almost cold and setting, then use as required. Sufficient for a small cake.

Finger Fare

Small sandwiches or sandwich spreads are used for either tea or cocktail parties, the same savoury fillings being suitable for both. The more tasty and

dainty the finger fare offered the more popular will it be. Sandwiches are a western dish. In America imagination and ingenuity have raised the preparation from the simplest form of a savoury mixture between two thin slices of buttered bread, to a highly complicated sandwich which it is an art to prepare. But whether they appear in the form of sliced rolls of soft white bread or in a striped form with different mixture between alternate slices of brown and white bread they are always attractive to look at as well as delicious to eat.

For cocktail fare it is common to use "spreads" rather than sandwiches. This is frequent in continental Europe where pieces of bread spread with meat, fish or vegetable mixture, or sliced sausage or cheese, are arranged on a large platter and form a meal in themselves. Tiny éclairs with savoury fillings or grated cheese beaten up with seasoned cream are always popular.

Of all European countries that which is most noted for its finger fare and hors d'oeuvres is Sweden, the fame of whose "smörgasbord" is world wide. The smörgasbord may display all the usual fare seen at an ordinary cocktail party and a great deal more besides, or in its simplest form it may offer bread, butter, cheese and brawn, or other cold meat.

In Iraqi households sandwiches are rarely offered. Their equivalent is a small pastry case containing a sweet or a savoury mixture, known respectively as "kleicha" or "sanbusak". These are made for every festival as well as being eaten at other times. The pastry although made of the same ingredients as short crust pastry is often overworked and too slowly baked, with the result that it is hard and regarded as somewhat indigestible by Europeans. On the other hand burag when made in small sizes suitable for finger fare is much more appetising than European puff pastry containing a savoury mixture.

Decoration of finger fare adds to its attraction but too much decoration suggests overhandling of the food. Furthermore as many people, particularly occidentals, prefer not to eat uncooked greenery such as parsley, to scatter chopped herbs over a dish does not contribute to the comfort of one's guest. If there must be fresh green decoration it should be well washed and arranged on the outer edge of the dish so that those who do not wish any may help themselves from the centre.

To cocktail fare the orient adds several novelties such as siniat badinjan, dolma, kubba and thick leban combined with chopped nuts, herbs or cucumber. In Baghdad one may often see "abiadh al bedh"—a movable stand piled high with neatly arranged hard boiled eggs, pickles, beetroot, red tomatoes, spring onions and other fare of the season. It is decorated with parsley, chives and other herbs and the whole thing makes a gay splash of colour on the street corner. It is the local equivalent of the American "hot-dog" stand and a quick snack called a "laffa" is made by slicing some of the dainties from the stand and rolling them up in a piece of khubz.

165. 'Arus.

Thick leban
Olive oil

Salt and peper
Khubz riqaq

Add a little olive oil to thick leban, season and mix well. Spread a little on pieces of khubz riqaq and roll up meatly. This makes a tasty addition to cocktail fare, but in Syria it is usually offered to children and is known as Arus (the bride).

166. Battonets.

Mix plenty of grated cheese into short crust pastry, cut into strips and bake in a hot oven.

167. Cocktail Sausages.

2 tins finely minced meat
 $\frac{1}{8}$ tsp. cinnamon
 $\frac{1}{8}$ tsp. cloves
 $\frac{1}{8}$ tsp. black pepper

Cayenne
 $\frac{1}{8}$ tsp. cubebs
 $\frac{1}{8}$ tsp. nutmeg
1 tsp. salt
 $\frac{1}{4}$ tin wine

Clean small sausage skins very thoroughly. Mix all the ingredients and allow to stand overnight. Fill the sausage skins, prick here and there with a needle and hang to dry in a shady place with a good current of air.

The spices in these sausage should be adjusted to taste.

168. Cheese and Walnut Sandwich Filling.

$\frac{1}{4}$ tin butter
 $\frac{1}{3}$ tin grated cheese

1 tbsp. English vinegar or lemon juice
 $\frac{1}{2}$ tin finely chopped walnuts
small lettuce leaves

Pound the butter and cheese, add the vinegar and very finely chopped walnuts. Mix well. Butter the thinly cut bread and lay tiny lettuce leaves on the buttered slices. Spread the mixture on the leaves, cover with more lettuce leaves and another slice of bread and butter. Makes 10 small sandwiches.

169. Dolma—Recipes 27, 360, 361, 362.

170. Favourite Savoury.

2 chicken livers
Frying butter
1 tbsp. minced onion
2 tbsp. minced mushroom

1 tbsp. minced parsley
4 tbsp. good meat gravy
Salt and pepper

Fry the livers in butter till half cooked then chop them in the pan adding the onion, which must be minced, and the mushroom. Fry till the liver is quite cooked adding during the cooking, the parsley and gravy. Season and serve in heated croutade cases or on hot toast strips.

171. Goose or Duck Liver Paste.

1 goose or duck liver

2 tbsp. goose fat or dripping

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| 2 | hard boiled eggs | Pepper and salt |
| 1 | tbsp. grated or finely chopped onion | |

Fry the whole liver slowly in goose fat until lightly browned. While still warm grate the fried liver and the yolks of the hard boiled eggs. Mix well together. Add a little warm goose fat and the onion. Add salt and pepper to taste and pound to a paste. Do not add salt while frying.

172. Hare Paté.

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| 1 | hare | Stock or water |
| 2 | tins fat bacon | Salt and pepper |
| 1 | liver (ox or sheep) | Nutmeg |
| 2 | onions | 8 eggs |

Cut a hare into pieces about 4 inches square (with bones). Fry in bacon fat until brown. Chop 2 onions, fry until brown and add the hare. Pour over enough stock or hot water just to cover the meat and cook for 2 hours. Add more hot water during cooking. When ready about 2 tins of gravy should remain. Remove all the bones. Cut the liver in pieces and fry in bacon fat until brown. Put the meat and liver 5 times through a mincing machine. Add the gravy. Add salt, pepper and nutmeg to taste. Take 8 eggs and one by one work them well into the paté. Grease a cake tin or bowl. Arrange three quarters full with the paste. Cover with a greased paper, put in a pan of boiling water (the water should come about two thirds up the bowl) and boil $1\frac{1}{2}$ —2 hours.

When ready, turn the bowl over a plate and the paté should come out easily. Do not cut until cold.

173. Kleicha—Recipe 131.

174. Kubba—Recipe 48.

175. Leban Sandwich Spread.

Drain leban in a piece of muslin until thick, add salt, pepper, chopped dill and chopped sweet pepper or paprika to taste. Use for sandwiches.

176. Liver Paste.

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| $\frac{1}{8}$ | k. calf's liver | 4 | tsp. anchovy liquid |
| 4 | tbsp. sieved dried breadcrumbs | 2 | tsp. salt |
| 4 | eggs | 2 | tsp. sugar |
| 1 | tin thin cream | $\frac{1}{2}$ | tsp. white pepper |
| $\frac{1}{2}$ | tin butter, margarine or finely diced fat pork | $\frac{1}{4}$ | tsp. ground cloves |
| $\frac{1}{2}$ | tin diced lean veal | | Dash of nutmeg |

Rinse the liver, and leave in water 15 minutes. Soak the crumbs in cream; mix with the beaten eggs. Cut the pork fat into tiny dice. Dry liver and cut into pieces, also the veal. Mince 4 times. Pound and pass through a sieve. Mix with the pork or butter. Add gradually the cream and eggs, condiments and anchovy liquid. Grease a basin or mould, fill with the paste.

cover well with greased paper and steam slowly for about 2 hours. When cold cut in slices. If desired before filling the mould with paste it may be lined with slices of pork.

177. Mahammara.

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| 1 tin finely ground walnuts | 1 tsp. paprika |
| ¼ tin sifted dried breadcrumbs | Cayenne |
| 4 tbsp. paste of sweet red pepper | Salt |
| 1 tsp. ground cumin seed | Lemon juice |
| | Olive oil |

Mix the ingredients, add a little lemon juice and enough olive oil to make a thick paste. If sweet red pepper paste is not available use more paprika. Use for sandwiches.

178. Meat Paste.

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| 2 tins chopped lean beef | ¼ tsp. nutmeg |
| ½ tin butter or margarine | ¼ tsp. white pepper |
| 4 tbsp. Essence of Anchovies | Dash of cayenne |
| ¼ tsp. ground mace | |

Cut the meat in small pieces. Put all ingredients into a basin or fireproof jar and cover with greased paper. Steam for 2 hours. While still fairly hot pur through the mincer at least twice. When smooth, mould or spread on a plate and when cold cut into wedges.

Do not add salt as there is sufficient in the Anchovy Essence.

179. Mock Paté de Foie Gras.

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| 1 sheep or pig liver | 1 small onion |
| 3 eggs | 1 tsp. mixed spice |
| ½ tin soft breadcrumbs | Salt and pepper |
| Milk | |

Cut the liver in pieces and fry. Remove from the fire. Fry the grated onion. Mince the liver finely two or three times. Add the onion, eggs and breadcrumbs which have been soaked in milk until they will absorb no more. Make a paste of the mixture and fill into a buttered mould. Cover with greased paper and steam for 2 hours. Turn out and cut when cold.

180. Monaco Tomatoes.

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| 8 small tomatoes | 1 tsp. parsley-chopped |
| 8 tsp. tinned tunny fish or salmon | Tarragon if available |
| | Mayonnaise |
| 1 hard boiled egg | |
| 1 tsp. onion-grated | |

Take off part of the skin of some very small tomatoes. Extract the pips and juice. Chop the remaining ingredients and mix with mayonnaise. Fill the tomatoes with the mixture.

181. Olive Caviare.

Pound black olives with butter and lemon juice, season to taste and spread on rounds of bread.

182. Partridge Paste.

Prepare as for sandgrouse paste but use 2 partridges without sandgrouse or 2 partridges and the breast of 1 sandgrouse.

183. Potato Chips—Recipe 340.

184. Potkäs.

10 tbs. butter	2—4 tbsp. brandy
2 tins grated cheese	Salt and pepper

Cream the butter, add the cheese, mix in the brandy and season if necessary. Use for sandwiches.

185. Samsak (Armenian).

2½ tins flour	½ k. minced meat
Salt	1 egg
	Pepper

Add a little salt to the flour and make into a firm dough with water. Allow to stand for half an hour. Mix the meat with the egg and season with salt and pepper. Take a teaspoonful of dough from it into a small ball and roll to about 2½ or 3 inches in diameter. Spread the meat all over except for a quarter of an inch at the edge. Turn this edge in to form a neat firm border. Repeat until all the dough and meat have been used. Fry in a very little hot butter or frying fat beginning with the meat side down and turning when that has been cooked. Serve hot.

186. Sanbusak.

Short crust pastry	2 beaten eggs
1 tin grated cheese	Salt and pepper

Roll the short crust pastry (Recipe 146) very thin and cut into rounds with a fancy cutter or cigarette tin. Mix the grated cheese with most of the egg, but reserve a little for coating the pastry. Season. Put a little of the mixture on each round of pastry, fold over, make firm and coat with beaten egg. Bake in a hot oven. The paste is usually made without baking powder but if it is added and the paste is handled as little as possible this pastry will be light and appetising. The filling may be made with chopped dates mixed with egg, or sugar, crushed walnuts and lemon juice, but it is then known as *kleicha*.

187. Sandgrouse Paste.

3 sandgrouse	½ tin butter
1 black partridge	Pepper and salt

Roast all the birds and while they are still hot remove and mince the meat of the sandgrouse breasts and all the meat of the black partridge. Add

pepper salt and butter and work the paste with a wooden spoon until all the butter disappears. Spread on a fiat plate covering it to the very edge. The paste should be about $1\frac{3}{4}$ inches thick. When cold cut in wedges and serve.

Tomato Ketchup, Worcester sauce, and even sherry may be added to the paste according to taste, but they are not necessary.

188. Sardine Filling.

This may be used for sandwiches or for pastry cases.

$\frac{1}{2}$ tin thick white sauce	1 tbsp. lemon juice
1 tin sardines	$\frac{1}{2}$ tsp. nutmeg
	$\frac{1}{2}$ tsp. salt

Be sure the white sauce (Recipe 399) is very well cooked. Mix all the ingredients together, cook for a few minutes and use as wanted.

189. Soft Roe Pies.

Short crust pastry	12 small mushrooms
6 tbsp. pastry	Salt and pepper
$\frac{1}{2}$ tin Béchamel sauce	

Line 12 individual cake tins with thin short crust pastry. (Recipe 146). Prepare the roe by plunging it into boiling salted water and cooking till tender. Remove, mince, measure, and season. Put a little sauce in each pastry case, then a layer of roe, a washed and peeled mushroom upside down, and finally some more Béchamel sauce. Cook in a quick oven and serve very hot.

190. Siniat Badinjan.

1 k. egg plant	$\frac{1}{4}$ k. tomatoes
Oil	1 tsp. sugar
3 large onions	2 tsp. salt
	1 tsp. spice

Peel the egg plants and cut into fairly thick round slices. Fry the slices in oil until slightly browned then arrange them on a baking dish. Slice the onions and fry in oil; add the tomatoes chopped finely and fry all together for about quarter of an hour. Add the seasonings. Put a spoonful of this mixture onto each slice of egg plant and bake in the oven for half an hour. Best cold.

191. Spinach Savoury.

Short crust pastry	Flour
Spinach	Sesame seeds
Salt	Egg yolk

Make a short crust pastry (Recipe 146) but if preferred use oil instead of butter. Line individual cake tins or a large pie dish. Wash the spinach pastry and sprinkle with salt and flour. Roll out a covering of pastry, sprinkling it leaf by leaf very carefully. Shake off as much water as possible, lay on the with sesams seeds and rolling them in. Lay it on the spinach,

