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| $\frac{1}{2}$ bottle water (or brandy) | 3 cardamoms—crushed |
| 1 piece cinnamon bark or $\frac{1}{2}$ tsp. cinnamon | $\frac{1}{3}$ tin raisins and blanched whole almonds |

Mix all the ingredients except the raisins and nuts in a pan. Heat, stirring constantly until all the sugar has melted. Do not boil. Put a few nuts and raisins in each glass and pour the Glögg over them.

This may be made with wine and water, or with wine alone, or if wanted very strong with wine and brandy.

240. Tea.

The proportions used in making tea are 1 level teaspoonful of tea to each tin of boiling water. The teapot should be heated by rinsing out with boiling water, the tea put in and the water poured over. The water should be used whenever it comes to the boil. Allow to stand for three to five minutes and then serve. The tea itself should never be boiled.

241. Tea-Iced.

Make hot tea as above but twice the quantity tea leaves. Fill glasses with ice and pour the freshly made hot tea over the ice. Serve with slices of lemon, and a tablespoonful of lemon or orange juice may be added to each glass if desired.

242. Tomato Juice "Cocktail".

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| 2 tins tomato juice | 1 tbsp. Worcester Sauce |
| 1 small onion-sliced | 1 tbsp. lemon juice |
| 1 bay leaf | $\frac{1}{2}$ tsp. salt |
| 1 tbsp. finely chopped celery or celery leaves | 1 tbsp. granulated sugar |
| tbsp. finely chopped parsley | 1 tbsp. bottled horseradish |
| | Dash of cayenne |

The tomato juice may be prepared by simmering a kilo of tomatoes with quarter of a cup of water until soft and then passing through a sieve. Mix all ingredients. Allow to stand in the refrigerator for 4—6 hours, strain and serve.

SOUPS.

There are many famous soups in history from simple broths to great delicacies such as turtle soup, which is served annually in London at the Lord Mayor's banquet. Rich cream soups are unsuitable to the hot summer climate of Iraq and instead are to be found the somewhat acid but delicious soups made of leban. Lemon juice is often added and frequently cinnamon but a taste for the latter spice in soup takes some time to acquire, and at first it is usually disliked by Europeans. Dishes such as kubba hamidh and kubba lebania are very substantial and may be served either as thick soups or thin stews.

243. Ab Gucht (Persian Soup).

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| 1 tin chick peas | 1 tbsp. turmeric |
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1 tin dry white beans	$\frac{1}{8}$ tsp. pepper
1 k. mutton with fat and bone	$\frac{1}{2}$ —1 k. potatoes
2 tbsp. rice	1 tbsp. tomato paste
2 onions	5 tbsp. Numi basrah or 4 tbsp. lemon juice

Wash the peas and beans and soak overnight. Cut the meat into large pieces, put them into a saucepan, add the drained chick peas and beans, the rice and the sliced onions. Fill the pan with water and boil for an hour. Remove any pieces of fat and pound. Add the turmeric and pepper and return to the pan. If the fat is not liked it may simply be removed and discarded. Add the peeled and sliced potatoes, tomato paste and the numi Basrah from which the peel and seeds have been removed. Continue cooking till the potatoes are soft. If wanted half of the chick peas, beans and meat may be taken out after they have been cooked and used for making gucht kub.

244. Assyrian Leban Soup.

4 tbsp. finely chopped onion	1 tbsp. finely chopped dill
3 tbsp. chopped celery	2 tsp. coriander
1 tin thick dry leban or 4 tins leban	2 medium sized whole sweet peppers
3 tins water	4 tbsp. rice
2 tbsp. flour	Salt

Boil the onion and celery in a tin of water until soft. Measure the liquid strained from them and make up to $\frac{1}{2}$ tin with water. Blend the thick leban and the 3 tins of water (or use 4 tins of leban), beat thoroughly and pass through a sieve. Mix the flour with $\frac{1}{4}$ tin of this leban and then add this to the whole quantity of leban. Bring to the boil and add the remaining ingredients (the coriander should be crushed and sieved) including the $\frac{1}{2}$ tin of water from the onion and celery. Boil, stirring continuously till the rice is cooked.

245. Barszcz (Polish).

1 onion	$\frac{3}{4}$ k. beef bones
1 tbsp. fat	10 tins cold water
2 tomatoes	
2 carrots	1 tin grated cooked beetroot (3—5 beets)
1 turnip	1 tsp. lemon juice or vinegar
1 or 2 cabbage leaves	1 tsp. sugar
Bunch of herbs	1 tbsp. chopped dill or parsley
1 stick celery, or small bunch of celery leaves	Dash of pepper

Heat the fat and brown the skinned and halved onion in it. Clean the vegetables except the beetroot and chop them roughly. Wash the herbs which should include parsley, thyme, marjoram and a bay leaf. Put the

herbs and all the vegetables except the beetroot into a pan with the meat and bones and cover with the cold water. Bring slowly to the boil, skim and simmer very slowly for 2-2½ hours.

Wash deeply coloured beetroots. Do not remove the pointed root and cut the leaves two inches from the globe, to prevent the colour escaping. If only cut beetroot such as those obtained from the bazaar are available, sear the cut surfaces on a hot pan or in a free flame and when cooking put them straight into boiling water. Cook till tender and remove skins.

When ready strain the broth and remove all the fat. To 4 cups of broth add 1 cup grated beetroot and 1 tablespoonful of salt and dash of pepper. Mix well and allow to stand over very low heat for quarter of an hour. Restrain, add lemon juice and the sugar if the beetroot is not sweet enough in itself.

Just before serving re-heat the soup until very hot but on no account must it be allowed to boil as the bright red colour is then lost and it becomes dirty brown in appearance. Add a tablespoonful of chopped dill or parsley when serving.

246. Consommé.

1 k. shin of beef (meat and bone)	1 tin sliced tomatoes or 1 tbsp. ma'jun
2 onions	½ green sweet pepper
10 cloves	1 bay leaf
2 carrots	½ lemon with its rind, sliced thinly
1 tin chopped celery or celery leaves	¼ tsp. mace
¼ tin chopped cabbage	2 tsp. caramelised sugar
¼ tin chopped turnip	2 whites of egg
1 tbsp. chopped parsley	

Cut the meat from the bone and sear it in a very hot pan until thoroughly brown. Crack the bone. Put two cloves in each of the onions. Put all the ingredients except egg whites into a large pan and cover with water. Simmer gently for 8 hours. Strain and clarify with slightly whipped whites of egg, boiling for 15 minutes. Strain through a piece of old linen wrung out in cold water. When ready to serve heat to scalding and add 1 tablespoonful of sherry to each plate.

247. Cream of Almonds Soup.

¼ tin crushed almonds	2 tbsp. flour
2 tbsp. cream	4 tins well flavoured meat stock
2 tbsp. butter	

Be sure the almonds are well crushed either by passing once or twice through the mincing machine or by pounding in a mortar. Mix with the cream.

Fry the butter and flour together and add to the meat stick. If the stock is not already seasoned, add salt and pepper to taste. Be sure the flour is thoroughly cooked. Stir in the almonds and cream just before serving.

This soup may also be made with peanuts; the peanuts should be pounded or ground until they are like cream.

248. Kubba Lebania.

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| 1½ tins burghul | 1 onion |
| 1 k. boneless mutton | Frying fat |
| 2 tbsp. salt | ¼ k. mutton with bones |
| ¼ tsp. mixed spices (black pepper, fenugreek and cubebs) | 4 tins water |
| | ½ k. thick dry leban |
| | 2 tbsp. chopped mint |

Wash the burghul and let it soak in cold water for three quarters of an hour. Chop ½ kilo of boneless mutton, put it into a large mortar and beat it thoroughly then transfer it to a bowl and mix it with the burghul and ½ tablespoonful of salt. Mix well and again beat it in the mortar. Mix the remainder of the boneless meat and add 1 teaspoonful salt, the spices and a finely sliced onion. Fry the mixture in a tablespoonful of fat. To make the kubbas, flatten a small piece of the burghul meat mixture on the palm of the hand, add a little of the fried meat and then fold the burghul casing round it forming a small ball. Continue thus until all is used up. Chop the mutton with bones into large pieces and put into a pan with 4 tins of water. Add 2 teaspoonfuls of salt and oil. When the meat is cooked remove the pan from the fire and add the thick dry leban, mixing till smooth. Put onto the fire and boil the kubbas in this. When half cooked add the mint and continue cooking till tender. The soup should be somewhat thick. Thin with a little water or stock if too thick.

249. Kubba Lebania.

$\frac{1}{2}$ k. soup meat and bones	1 small onion
$\frac{1}{4}$ k. fat meat	1 tin kidney fat
1 tin burghul	3 tins leban
Salt and pepper	Dried mint

Make a broth of the soup meat and bones, cooking them in water until the meat is soft. Pound the quarter kilo of meat until it is like elastic. Wash the burghul, mix with the meat, season, add the onion and pound to a soft dough. Cut the fat into tiny pieces, wash well and work it till it is soft. Form it into balls not large than a pea. Take a small piece of the burghul paste, make a hole in it with the finger and stuff with one of the pellets of fat. Form into a neat ball—about the size of walnut. Continue until all the material is used up. Put these kubbas into the broth for half an hour. then bring to the boil for five minutes. Meanwhile beat the leban well, add it to the boiling broth, bring to the boil and serve with dried sprinkled on top.

250. Leban Soup.

$\frac{1}{2}$ tin cleaned wheat	1 small onion
5 tins water	2 tbsp. parsley-chopped
$\frac{1}{2}$ k. thick, dry sour milk	1 tbsp. fat
	Salt

Wash the corn and cook in four tins of water with a little salt. Make a paste of the remaining tin of water and the sour milk. Beat well and add to the corn. Bring to the boil but do not overboil as milk will curdle. Fry the chopped onion and parsley and add to the soup. Mix well. Heat in a double boiler.

251. Leban Soup.

4 tins leban	$\frac{1}{2}$ clove garlic
4 tins water	Salt and pepper
$\frac{1}{2}$ tin rice	1 tbsp. dried mint
1 egg	1 tbsp. melted butter
1 tbsp. cornflour	

Mix the leban and water until smooth. Pass through a sieve. Put on the fire and add cleaned rice. Beat the egg, cornflour and water. Add the garlic well crushed with a little salt. Mix all together and boil stirring slowly to prevent curding. Season to taste. Serve sprinkled with dried mint. A little melted butter added to each plate as it is served improves the flavour.

252. Leek Soup (French).

2 fowls' giblets	A few rinds of bacon or fat, or some mutton fat
6 leeks	
6 tbsp. butter	6 tins boiling water
	Salt and peper

Wash the giblets and cut into small pieces. Trim the leeks and cut lengthwise in quarters and then one inch pieces. Melt the butter, add the

leeks, cover and steam in the hot butter for half an hour. Add the water which must be boiling, the bacon rinds or fat and continue to cook slowly for at least two hours. Remove the bacon rinds before serving and if a darker colour is wanted add a few drops of caramel.

253. Lentil Soup.

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| 1 tin red lentils | 1 small onion |
| 6 tins of good stock | $\frac{1}{3}$ tin vermicelli or rice |
| 4 tbsp. butter or fat | Salt and pepper |
| $\frac{1}{4}$ tin chopped parsley | |

Wash the lentils, and boil them in the stock until soft. Press them through a sieve and the purée obtained should be very thin. If necessary add a little more stock. In another pan melt the butter, fry the thinly sliced onion, the parsley and the vermicelli or rice. When well fried add to the purée and simmer gently. Season to taste.

254. Majas Haluska Leves.

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| $\frac{1}{4}$ k. veal or pork liver | 2 tbsp. flour |
| 1 small onion | Salt and pepper |
| $\frac{1}{2}$ tin soft bread crumbs | Chopped parsley and marjoram |
| 1 egg | 4—6 tins well seasoned stock |

Mince the liver thoroughly. Fry the chopped onion lightly and soak the crumbs in some water. Press out the water from the crumbs and mix with the liver, onion, egg, flour, seasonings and herbs. Make tiny spoonfuls into little balls and when all are ready drop into the boiling soup. Cook 15 to 20 minutes and serve very hot.

255. Mash Soup.

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| 2 tins green gram | 3—4 cloves garlic |
| 2 tins good stock | Cumin seed |
| Salt and pepper | 1 tbsp. olive oil |

Clean the green gram and boil for 2 hours until thoroughly cooked. Pass through a sieve and then mix with the stock. Season. Boil until it is thick like cream. Heat the olive oil and fry the garlic and a little cumin until the garlic is browned. Remove the pieces, add the oil to the soup, mix well and serve, or ten minutes before the soup is ready, add 1½ tablespoonfuls of rice and half a sliced, fried onion, instead of the garlic and cumin. If wanted a tablespoonful of lemon juice may be added when serving.

256. Russian Kessel.

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| 4 tins fruit juice | $\frac{1}{3}$ tsp. salt |
| Sugar | 2 tbsp. cornflour |

Stew a kilo of fruit and obtain 4 tins of juice from it. Sweeten slightly, add the salt, and the cornflour mixed with a little cold water. Cook for 5 minutes. Serve very cold.

257. Scotch Broth.

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| 1 tin hard green peas—(if unobtainable, fresh or canned peas will do) | 1—2 turnips (small) |
| $\frac{1}{2}$ tin barley | 2—3 green onions |
| $\frac{1}{4}$ — $\frac{1}{2}$ tin chopped cabbage | 1 tbsp. chopped parsley leaves |
| 3—4 carrots | $\frac{1}{4}$ — $\frac{1}{2}$ k. beef or mutton |
| | 16 tins water |

Wash the peas and soak overnight.

Put meat, peas and barley into the water in a large pan and bring to the boil. Cook till the peas are fairly soft.

Prepare the vegetables. Chop the cabbage small, dice the carrot and turnip, chop the heads of the green onions and slice half of the stalks into small pieces. Chop the parsley finely.

Add the vegetables to the meat, peas and parsley and allow two hours simmering. If carrot or fresh green peas are used add them ten minutes before serving.

Season the soup to taste and add more water if it is too thick.

This soup is best made in large quantities as it is improved by re-heating and serving another day. The meat can be removed after two hours and served as a separate dish.

258 Shorba Hamuth.

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| 1 chicken | 6 tbsp. lemon juice |
| 1 tin vermicelli | Salt and pepper |
| 2 eggs | |

Cook the chicken in plenty of water so that when it is ready 5 tins of a good broth are obtained. Season. Add the vermicelli broken into short lengths and boil till tender. Beat the eggs thoroughly, add the strained lemon juice stirring all the time. Add some hot soup spoonful by spoonful until the egg mixture is quite hot then pour it back into the soup. Make very hot and then remove from the fire quickly before it has time to curdle.

259. Vegetable Cream Soup.

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| 2 tbsp. butter | $\frac{1}{2}$ tin cream |
| 2 tsp. flour | $\frac{1}{2}$ tin purée of vegetables |
| 4 tins stock | Salt and pepper |
| 1 tin milk | |

Boil, drain and sieve the vegetables. Melt 2 tablespoonfuls of butter, add flour, mix thoroughly and cook. Add the stock and vegetable purée and cook thoroughly. Add milk, and salt and pepper to taste according to the vegetable. When very hot mix in the cream and serve.

For spinach and other vegetables which give a bright colour do not mix the cream in the soup but add 2 tablespoonfuls of cream to the centre of each plate.

Chicken broth should be used instead of meat stock for delicate flavoured vegetables such as asparagus.

260. Vegetable Milk Soup.

3	tblsp. butter or margarine	1½	tins milk
3	tblsp. grated onion	1½	tins water in which vegetables were cooked, or milk or mixture of these, or stock
2	tblsp. flour		
1	ttsp. salt		
	Dash of pepper	1½	tins cooked drained vegetables

Melt the butter in a double boiler, add the onion and cook till soft. Add the flour and seasonings and mix well. Add the milk and stir till smooth and thick and the flour tastes cooked. Add the vegetable water and finely chopped or sieved vegetables, stirring constantly. Cook for 15 minutes. If a puréed soup is wanted pour through a sieve just before serving and re-heat.

This soup can be made with peas, asparagus, spinach, carrots, celery, corn, tomatoes, mushrooms or oven flaked fish.

When making with tomatoes add 1 teaspoonful of sugar. When using mushrooms take 1½ tins of skinned, sliced caps and fry them with the onion. Cook the stems in 3 tins of boiling water for 20 minutes. Strain and use 1½ tins of the liquid.

261. Wedding Soup.

½	k. mutton ribs	½	tblsp. lemon juice
6	tins water	1	tblsp. butter
4	tblsp. flour		Paprika
½	tin cold water or stock	1	tblsp. salt
1	yolk of egg		Dash of pepper
1	tblsp. tepid water		

Remove the meat from the ribs and chop it into small pieces. Simmer the bones and the meat in the 6 tins of water. Skin well. When the meat is tender remove the bones. Mix the flour with the cold water or stock, add to the soup and cook until there is no taste of raw flour. Beat the yolk of egg with one tablespoonful of tepid water and add half a tablespoonful of lemon juice. Add to the soup and cook for one to two minutes.

If wanted serve with a tablespoonful of melted butter to which has been added sufficient paprika to make it a deep red colour. Pour this into the surface of each plate when serving.

The same soup can be made with half a kilo of tripe cut into very small pieces but no butter is added. Instead the fat is removed from the soup when it is ready and the paprika is mixed with it and it is then returned to the soup. When made with tripe this soup should be served with a mashed clove of garlic and on tablespoonful of vinegar.

If mutton stock is not liked a very good soup can be made in the same way, by using 4 tins of any well flavoured stock.

262. White Onion Soup (French).

4	tblsp. butter	2	tins milk
4	medium onions-diced	1	tin white stock or water
1	tin soft breadcrumbs		Salt and pepper

Heat the butter, add the onions and, to avoid discolouring the onions cover closely and cook gently for an hour. Add the crumbs, milk and stock and cook slowly for three quarters of an hour or longer. Rub through a fine sieve re-heat and season to taste.

Grated cheese may be added to this **if wanted.**

FISH.

Although Baghdad is situated on the banks of the Tigris and within a few hundred miles of the Persian Gulf, the choice of fish available locally is small. The four species used as food are the "biz" (*Barbus esotinus*), the "shabbut" (*Barbus gripus*), the "bunni" (*Barbus puntius Sharpei*) and the "dhakar" (*Barbus anthopterus*) all of which are closely allied to the barbel, roach and tench of European waters and are of the same superfamily as the carp. The "jarri" or catfish is also eaten. There is little variety in this to anyone from the Islands of Great Britain or the coasts of Europe and America and the foreigner is all the more amazed when he hears that one of Iraq's exports is her fish—to neighbouring countries bordering on the Mediterranean.

The subtle flavour of the river fish is much appreciated by Iraqis but the fact that most recipes for fish include strong condiments, spices and tasty vegetables suggests that the flavour is not really all that could be desired.

The most famous fish dish of Baghdad is undoubtedly "samak masguf" and particularly at the times of the full moon in summer, the riverside is dotted with the flames of brush wood fires against which are silhouetted the roasting fish. When the heat of the day is over picnic parties set out in high prowed "ballams" with a pile of brushwood in the bow, a good supply of khubz, fruit and chilled beverages and the fish which are towed behind by strings through the gills. The "balamchis" or boatmen, are expert at preparing the fish and when it is finally lifted from the embers and laid before one, the lateness of the hour and the innumerable biting insects are forgotten and, with a round of Arab bread for a plate and fingers instead of forks, one falls to with zest.

263. Children's Fish Dish.

$\frac{1}{2}$	k. fish (Biz) without bones		Salt and pepper
$2\frac{1}{2}$	tins water	$1\frac{1}{2}$	tblsp. flour
1	small onion	$1\frac{1}{2}$	tblsp. butter
1	large tomato	1	hard boiled egg
2	tblsp. chopped parsley		

Clean and salt the fish and leave in the refrigerator for several hours to become firm.