

4 tsp. salt	Sifted dried breadcrumbs
4 tbsp. butter	Frying fat
2 tbsp. chopped parsley	Lemon slices
½ egg—beaten	

Select small firm fish. Cut off heads and tails and fillet, removing the back and small bones. Rinse, dry very thoroughly and salt the fish using half the salt. Mix the butter and parsley and divide into eight parts. Arrange the fish in pairs of the same size. Place one fish skin side down, smear with the butter and parsley mixture and cover with the second fillet, keeping the skin side up. Press firmly together. When the eight pairs have been so treated dip into a mixture of beaten egg, milk and salt and coat with dry breadcrumbs. Fry in hot oil. Garnish with slices of lemon.

This dish may be made with boneless slices of white fish (fish).

FOWLS AND GAME BIRDS.

Iraq is particularly fortunate in the large number of game birds to be found in her plains and mountains, and the perfectly true stories of enormous packs of sandgrouse are usually sceptically treated by sportsmen of other countries. Black partridge, quail, chukor, woodcock, snipe, bustard, pigeon, geese, duck and many more are to be found. In the north turkeys thrive in the hilly districts. The domestic fowl however, is a miserable creature not much better than a large bantam, and a plump European fowl is comparable to a medium sized turkey.

Turkey is usually cooked with a rice, almond and raisin stuffing and, with chicken, forms the basis of dishes prepared for feasts and special occasions. Nut sauces, too, are popular with fish and fowls and fasinjan and Circassian chicken are delicacies enjoyed as much by the occidental as the oriental.

A roast turkey, or to a lesser extent a roast goose, is the main meat course at an English Christmas dinner, but the stuffing is usually of chestnuts, sausage meat or, in the case of goose, sage and onion, and the bird is served with mushroom, cranberry or other sauce.

The "V" shaped breast bone is coveted by children and is known as the "wish bone". Each arm of the bone is held by a little finger; the children wish for something and then pull. He who gets the larger piece of bone with the apex of the "V" is supposed to have his wish granted. The leg of the bird is commonly called the "drumstick" and the small, fleshy tail the "parson's nose".

278. Brazil Chicken.

1 chicken	2 tins cream
½ tin Mango sweet chutney	Salt and pepper
6 green onion leaves	

Roast the chicken, cut it into pieces and arrange in a flat fireproof serving dish. Put into the oven until really hot. Cut up the Mango chutney.

the oven for 3—5 minutes, no longer. Serve at once.

279. Charkas Tawuq-Circassian Chicken.

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| 1 chicken | 1½ tins ground walnuts |
| 2 tins broth | 2 tbs. paprika |
| Salt and pepper | 2 tbs. nut or olive oil |
| ¼ tin soft bread crumbs
or 2 slices of bread | |

Boil the chicken in a covered pan, preferably overnight. Uncover, and bring to the boil. Reduce till only 2 tins of broth are left. Season with salt and pepper. Soak the crumbs in the broth until they are very soft. Drain off, but retain the broth. Add the crumbs to the walnuts and work them together with a wooden spoon. Gradually add the broth until a thick sauce is formed. Add one tablespoonful paprika and more salt and pepper if necessary.

Cut the chicken into neat pieces, the bones may be removed if wanted. Arrange on a large dish, pour over the walnut sauce. Heat the oil, add the remaining paprika and pour this over the walnut sauce just before serving. May be served hot but is usually served cold. The success of this dish depends on the walnuts being fresh and being very finely ground.

280. Chicken and Farik (Egyptian).

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| 1 chicken | Onion |
| Farik (young green wheat) | Parsley |
| Salt | Fring fat |

Clean the chicken making as small an opening in it as possible. Clean the farik which is the young green ears of wheat from which the grain can easily be removed. Wash it and mix with salt, finely chopped onion and chopped parsley. Stuff the chicken with this mixture and cook in boiling salted water till tender. The opening in the chicken must be sewn up. When ready drain the chicken, heat some butter very hot and fry the chicken turning it from side to side till well browned. Serve very hot.

When a more elaborate dish is wanted the stuffed chicken is cooked inside a turkey and is extracted and carved when wanted as the *pièce de Résistance*.

281. Chicken Bourguignonne.

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| 1 large chicken | 1 tin mushrooms |
| 3 tbs. butter | ¼ k. small (button) onions |
| ¼ tin finely chopped onions | ½ tin red wine |
| ½ tin chopped carrot | 4 tins or more stock |
| ½ tin sifted flour | Salt and pepper |

Prepare the chicken, singe it and cut into neat joints. Heat the butter and the diced carrot and onion. Fry to golden brown. Add the chicken and continue to fry. Add the flour, stir well and cook for 5 minutes. Pour over the red wine and cook for another three minutes. Cover with boiling stock, season and simmer for half an hour or till tender. Put the pieces of chicken

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in a clean dish. Reboil the sauce, skin off any fat and season further if necessary. Cook the small onions in a little fat till tender; wash and peel the mushrooms and fry in hot butter. Drain off any fat and add the onions and mushrooms to the chicken, then pour over the sauce. The sauce should be the consistency of salad oil.

282. Chicken Fricasse.

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| 1 large or 2 small chickens | 4 tins boiling chicken stock-at least |
| $\frac{1}{4}$ k. small (button) onions | Salt and pepper |
| Frying butter-about 3 tbsp. | $\frac{1}{4}$ tin cream |
| 2 medium onions | |
| $\frac{1}{2}$ tin sifted flour | |

Prepare the chickens and cut into neat joints. Put on the small onions to boil. Heat the butter in a clean pan and when hot add the raw chicken and cook gently without colouring. Add the two onions cut in quarters. Cook for 5 minutes. Sift in the flour and cook for 5 minutes. Cover with boiling stock. Stir until it boils and season. Simmer till the chicken is cooked, half an hour or more. Remove from the fire and put the chicken in a clean pan. Boil up the sauce, skim, adding a little stock if it is too thick; add any further seasoning needed and the cream. Drain the small onions when ready, add to the chicken taking care that the onions are still hot, strain on the sauce and serve with creamed potatoes.

283. Chicken Harisa.

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| 1 large chicken | Fat |
| 3 tins cleaned wheat | Cumin or |
| Salt | Sugar and cinnamon |
| $\frac{3}{4}$ tin water | |

Clean the chicken and put into a saucepan nearly filled with water. Cook well, adding more water if necessary. When ready remove the bones and return to the stock. Wash the wheat and add. Cook for about 3 hours. Remove from the fire and beat with a wooden spoon. The consistency should be that of thick porridge. Dissolve salt in the water and add taste. Continue boiling for a short time. When serving melt several spoonfuls of fat and pour over the mixture. Sprinkle with cumin or with sugar and cinnamon.

284. Chicken Kinahalia.

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| 2 medium chickens | 4 medium tomatoes |
| $\frac{2}{3}$ tin minced beef | 6 tbsp. sherry |
| $\frac{1}{4}$ tin seedless raisins | $1\frac{1}{2}$ tins thin brown sauce |
| $\frac{1}{4}$ tin sliced almonds | $\frac{1}{2}$ tin rice |
| $\frac{1}{2}$ tin chopped onions | $\frac{1}{3}$ tin sliced pimentos |
| 1 clove garlic or to taste | 2 chicken livers |
| 1 tsp. mixed herbs | $\frac{1}{3}$ tin green peas (cooked) |
| Salt and pepper | Chopped parsley |
| Frying butter | |

Clean and singe the chickens and stuff with a mixture of beef, raisins, nuts, onions, garlic to taste (well pounded), mixed herbs and seasonings. Heat the butter smoking hot and fry the chicken till well browned. Place it preferably in an earthenware dish, if not, in a pan and one third cover with squashed tomatoes, sherry and brown sauce. Put on the lid and seal with a band of pastry round the edge. Bring to the boil and cook gently in the oven for about an hour, or till tender.

Cook the rice, add chopped fried chicken liver, fried strips of red pimento, and the cooked peas, a little butter and seasoning. Mix lightly with a fork and mould in moulds or egg cups. Cut the chickens in half. Arrange in the middle of a large dish and return out the moulds of rice round them. Keep hot. Pass the sauce through a fine strainer, re-boil, pour over the chicken immediately before serving and sprinkle with chopped parsley.

285. Chio Tsi.

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| 4 tins wheat flour | 2 onions-chopped |
| Salt | Salt and pepper |
| 1 ounce yeast | Soya oil or dissolved oxo (1 cube) |
| $\frac{1}{2}$ k. raw chicken, mutton veal or pork | in $\frac{1}{2}$ tin water) |

Mix the flour, salt and yeast with water; cover and allow to stand in a warm place till risen. Chop the meat very finely, season, add the onions and sprinkle with 2 tablespoonfuls of soya oil. When the dough has risen make teaspoonfuls into little balls and stuff with the meat. Place these on a sieve about an inch from each other as they increase in size. Cover and steam for 20 minutes. Eat only freshand very hot.

Instead of a meat filling, fruit, jam or spinach may be used.
May be served with melted butter.

286. Fasinjan.

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| 1 large wild duck (Mallard) or fowl or $\frac{1}{2}$ k. mutton | 1 tbsp. cooking fat |
| 3 tins finely minced walnuts | 3 tins stock from the duck |
| $\frac{3}{4}$ tin concentrated sour pomegranate uice | 1 tbsp. sugar |
| | Salt |

Prepare the duck, put into boiling water and simmer till tender. Three tins of stock should remain. Mince the walnuts very thoroughly and roast till lightly browned. Fry the finely chopped onion in the fat and when cooked add the walnuts, stock, pomegranate juice, sugar, if necessary, and salt. Cook the duck, which should be neatly jointed, in this sauce for fifteen to thirty minutes. Serve with pilau.

If made with unconcentrated pomegranate juice about three tins should be used and $\frac{3}{4}$ tin of highly concentrated stock from the duck. In some instances the duck is fried before boiling, but the sauce is already very rich without the addition of more butter. The sauce when ready should be the consistency of thick cream.

287. Game or Pigeon Pie.

2 pigeons, sandgrouse or other game birds	1 hard boiled egg
	Puff pastry
1½ tin ham or lean bacon, if wanted	1 yolk of egg
	¼ tin red wine
1 tin good stock	Salt and pepper

Cut each bird into 4 pieces, cut the beef into small thin slices, the ham into strips and the egg into sections. Put these ingredients into a pie dish in layers, season well and pour in stock to three quarters fill the dish. Put on the pastry cover, brush over with yolk of egg, bake in a quick oven until the pastry has risen and set (about fifteen minutes), and then cook at a lower temperature for about 1½ hours. Before serving add the wine to the remaining stock, heat thoroughly and pour through a hole which must be left in the centre of the pastry covering. The pie may be served either hot or cold; but, if cold, the stock must be sufficiently strong to form a jelly when cold.

288. Indiana Chicken.

1 chicken	6 medium tomatoes
Flour	1 tin chicken broth
6 tbsp frying butter	Heinz Tomato Ketchup
1 tbsp. curry powder	Fried onion
Salt and pepper	Bread croutons

Boil the chicken, cut into neat pieces, dip in flour and fry to a light brown in butter to which the curry powder has been added. Season to taste. When well fried add the tomatoes pulped and sieved and a tin of broth in which the chicken was cooked. Season and flavour to taste with ketchup. Bring to the boil, turn into a serving dish and garnish with thin shreds of fried onion and bread croutons. A little minced parsley may be added. Fried shreds of potato may be used instead of onion.

289. Khoroshti Fasinjan.

4 tins shelled walnuts	2 onions
4 tins diced pumpkin	2 tins pomegranate juice
1 duck or 2 tins minced meat	Sugar
Salt and pepper	

Pass the nuts two or three times through the mincer or pound until like powder. Skin the pumpkin, dice and measure. Joint the duck, and stew it till tender. Season. Chop the onions. Mix the ingredients, cover with the stock from the duck and water. Bring to the boil, stir from time to time and when thick add the pomegranate juice and a little sugar. Cook till thick and serve with chilau.

If meat is used, mince it with the onions, bind with an egg, form into small balls and fry. Add these to the pumpkin and walnut and cover with water, then proceed as above.

290. Maqlub of Chicken.

1 tin rice	$\frac{1}{2}$ tin blanched almonds
1 chicken	2 tins seasoned chicken broth
Frying fat	Salt and pepper

Wash the rice, put into boiling salted water and allow to stand for 2 hours. Simmer the chicken till tender and until 2 tins of broth remain. Remove the bones and chop the meat roughly. Melt some butter in a small pan, fry the almonds till lightly browned. Arrange the chicken in a layer on top of the almonds; and the rice, well drained, on top of the chicken. Pour over 2 tins of very well seasoned boiling broth and cook slowly for $\frac{1}{2}$ to 1 hour. Turn out the mould carefully onto a serving dish.

If made with egg plant and okra, onions should be used instead of nuts.

291. Marqa Torsh.

1 chicken	$\frac{1}{4}$ — $\frac{1}{2}$ tin lemon juice
$\frac{1}{8}$ tsp. saffron	2 medium onions
$\frac{1}{2}$ tsp. mixed spice	Frying fat
Salt and pepper	1 $\frac{1}{4}$ k. spinach

Clean and stew the chicken with the saffron, spice, seasoning and lemon juice. Chop the onions and fry. When half cooked add the spinach and fry further. When the chicken is tender add the spinach and onions and more water if necessary. If not distinctly acid add more lemon juice, and seasonings if wanted. Cook till thick. Serve with chilau (Recipe 347).

292. Paprikahühner.

22 young spring chickens	4 finely chopped onions
Salt	1 tin sour cream
Frying butter	Paprika

Cut the chickens in pieces, salt lightly, and fry with plenty of butter and the finely chopped onions for 20 minutes, constantly basting the chicken with spoonfuls of the hot butter. Add the sour cream mixed with paprika to taste. Simmer for quarter of an hour longer.

293. Persian Pilau. *

1 chicken	1 $\frac{1}{2}$ tins potato fingers
Frying butter	$\frac{1}{3}$ tin blanched halved almonds
1 tbs. tomato paste	$\frac{1}{3}$ tin Persian currants
Salt t	2 tins rice
1 tin sliced onions	

Fry a good sized chicken in cooking fat. When nicely browned remove from the pan and add the tomato paste to the fat remaining in it. Fill the pan three quarters full of water and cook the chicken in this mixture till tender. Season. Cook until one tin of sauce remains. Fry separately the onions, the potatoes, the almonds and with them the currants. Cook the rice (Recipes 345—349).

Place the cooked rice in a large dish spreading it evenly all over. Cover with the onions, the potatoes and finally the almonds and currants. Pour the tin of hot stock over the rice and arrange the neatly jointed chicken on top of the vegetables. Serves 8.

294. Partridge Mousse.

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| 2 | cooked partridges | 2 | eggs |
| 2 | tbsp. butter | $\frac{1}{2}$ | tin cream |
| $\frac{3}{4}$ | tin thick white sauce or
bechamel sauce | | Salt and pepper |

Remove the meat from the partridges. Take off the skin and chop. Pound with the butter in a mortar until very fine. If necessary pass through a sieve. Add the white sauce and pound further. Add the yolks of eggs and seasoning and mix well. Whisk the whites of egg till stiff and fold into the mixture with the cream. Put into a well greased mould or basin, cover with greased paper and steam for twenty minutes.

Turn out onto a hot serving dish and coat with tomato or any other sauce desired.

295. Purdah Pilau.

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| 2 | tins amber rice | 1 | tin flour |
| 1 | chicken | 1 | egg |
| 1 | small or $\frac{1}{2}$ large onion | | Salt and papper |
| $\frac{1}{2}$ | tin butter | $\frac{1}{4}$ | tsp. baking powder |
| | Dash of saffron or juice of 2
tomatoes or $\frac{1}{2}$ tsp. mixed spice | | Water |

Wash the rice and leave in cold water for half an hour at least. Clean the chicken, skin the onion and put both into a pan of boiling water. Cook till the chicken is tender. When cool remove the bones.

Melt four tablepoonfuls of butter and add four tins of water in which the chicken was boiled. Do not add the onion. Season with salt and pepper and add the saffron, tomato juice or mixed spice. Bring to the boil and cook the rice in it till the grains are soft but not out of shape.

Sift the flour with one teaspoonful of salt and $\frac{1}{4}$ teaspoonful each of pepper and boking powder. Beat the egg, add the flour, mix and add enough water to make a thick dough. The quantity of water will vary with the kind of flour used.

Put a little melted butter on the hands and knead the dough until it is like elastic. Roll out on a floured board till it is wafer thin. Grease a pan or fireproof dish about 6 inches in diameter and line it with the dough. Fill with the chicken and rice in alternate layers. Fold over the edges of the pastry until the contents are completely covered. Put on a few tiny pats of butter and bake in a moderate oven until cooked and brown.

To serve invert over a hot plate.

This dish may be made with any sort of meat, meat balls, hard-boiled egg, nuts, raisins or spices, according to one's inclination.

296. Roast Duck.

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| 1 young duck | Fresh orange peel |
| Frying butter | Maraschino cherries |
| $\frac{3}{4}$ tin sherry, port or malaga | Salt and pepper |
| Slices of orange | |

Pluck, clean and singe a young domestic duck. An old duck or a wild duck should not be used. Put the duck in a pan on a hot fire to get rid of its fat, taking care that it does not burn. This taken about 20 minutes. The fat so obtained may be used for other recipes. Try again to render out the fat. Put butter into the pan with the duck and baste and turn it frequently. After $1\frac{1}{4}$ hours remove the duck. The stock of butter and duck juice is the base of the sauce. Add the wine and thin slices of orange. Slice a thin piece of orange peel into strips and add that. Cook over a hot fire until the marmalade in appearance. Put the duck on a large dish and arrange around its feet and sides, long spirals of orange peel. Down the middle line of the breast and abdomen place at intervals, edible pieces of orange cut round the shape of buttons with a maraschino cherry in the centre. Arrange the slices of peel in a series of scallops around the edge of the platter. Finally varnish the duck with the sauce.

297. Roast Goose.

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| 1 young goose of 8 to 10 lbs. | 1 tin hot water |
| Salt and pepper | 4 tbsp. dripping |
| 1 clove of garlic | 4 tbsp. flour |
| Stuffing | 2 tins giblet stock |

Choose a young goose 8 to 10 pounds in weight; singe, clean, cut off the neck at the body, wash and dry. Rub inside with salt and outside with salt and pepper, and if desired, a clove of garlic. Fill cavities loosely with stuffing; sew cut surfaces, fold skin back over neck and fasten with skewers. Truss and place on roasting rack. Prick the skin well with a sharp fork to let the fat run out. Roast, uncovered, as if roasting a chicken, adding one tin of hot water after half an hour of roasting. Allow 20 to 25 minutes per pound for total roasting.

Place on a hot platter, garnish as desired, and serve with gravy made by adding four tablespoonfuls of flour to four tablespoonfuls of dripping and mixing with two tins of hot well seasoned giblet stock.

1 to $1\frac{1}{4}$ lbs. will serve one person.

298. Sandgrouse in Milk.

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| 2 sandgrouse | 4 tins milk or half milk and half stock |
| 8 small onions | Salt and pepper |
| 8 small carrots | |

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| 8 small potatoes | Flour |
| 1 bay leaf | |

Clean the sandgrouse, prepare the vegetables but do not chop them unless they are large, in which case use half the number. Put the sandgrouse in a fireproof dish or pan and surround with the vegetables. Pour over the heated milk and stock and cook in a medium oven for about two hours, but do not let the milk boil. When nearly cooked season to taste.

When tender remove the birds, cut in half, put on a serving dish surrounded by vegetables and keep hot in the oven. Measure the liquid and to each tin add two tablespoonfuls of flour mixed with a little cold water till smooth. Bring to the boil, season, cook for a few minutes and pour over the sandgrouse and vegetables.

The milk stock may be used for making bread sauce or horseradish sauce, if that is preferred.

299. Stewed Partridge (French).

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| 4 tbsp. butter | 3 tins white wine |
| 4 partridges | Bunch of herbs (thyme, marjoram,
parsley, bay leaf) |
| 8 slices of lemon | Salt and pepper |
| 4-8 slices of fat bacon | 3 tbsp. butter) |
| 6 tins good stock | 6 tbsp. flour) |
| 3-4 small carrots-sliced | for sauce |
| 2 onions-sliced | |

Put a tablespoonful of butter in each bird. Truss them and cover the breasts with 2 slices of lemon each which may be held in place with tooth-picks. Put the bacon on top of the lemon. Have the stock ready, very hot in the stew pan. Put in the birds, vegetables, wine and seasoning. Cover closely and cook gently for an hour. Remove the bacon and lemon and brown the breasts in a moderate oven. Meanwhile cook the flour and butter for the sauce until the flour is not brown in colour. Add the strained stock from the pan and stir until it boils. Serve the birds with a purée of mushrooms, green peas, or straw potatoes. Serve the sauce separately.

300. Stuffed Turkey.

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| 1 turkey | $\frac{1}{2}$ tsp. pepper |
| $\frac{1}{2}$ tin rice | $\frac{1}{2}$ tsp. mixed spice |
| $\frac{1}{4}$ k. minced mutton | $\frac{1}{2}$ tsp. nutmeg |
| Frying fat | $\frac{1}{4}$ tin water |
| 3 tbsp. blanched almonds—
sliced | Salt |

Clean the turkey. Soak the rice in hot water. Fry the meat until lightly browned, add the almonds and brown them also. Wash and drain the rice and add to the meat mixture. Finally add the seasonings and the water and cook for five minutes. Stuff the turkey with the mixture, sew it up and cook in boiling, salted water. When tender, remove, rub with salt and spices,

smear well with fat and roast till nicely browned.

If spices are not liked another stuffing is 2 tins of minced meat, 1 tin rice, $\frac{1}{2}$ tin pine kernels, nuts or almonds, salt and pepper.

301. Tabyit.

1 fowl	Salt, pepper and mixed spice
$\frac{1}{4}$ k. tomatoes	2 tbsp. frying fat or oil
2 tins rice	1 onion

Pluck, clean and singe the fowl. Retain the edible viscera-giblet, liver, heart and lungs, and chop them finely with one tomato. Add half a tin of well washed rice and season with salt, pepper and spices. Mix well stuff the fowl and sew up the openings. Make the oil very hot, add the chopped onion and a little salt and pepper. When the onions are slightly browned add the remaining tomatoes, $\frac{3}{4}$ tin of water and cook till the fluid has evaporated and the chicken begins to brown. Brown it thoroughly on both sides and then add 3 tins of water. Boil for quarter of an hour, remove the fowl and add $1\frac{1}{2}$ tins of rice previously washed and soaked for a quarter of an hour, and $\frac{1}{4}$ tablespoonful of salt. Cook till the water has evaporated then put the fowl into the rice and leave on a very low fire till the rice is dry and that part which is touching the bottom of the pan has become somewhat hard. Before serving add a little water to detach the rice which is sticking to the pan.

302. Turkey Stuffing - Lemon and Parsley.

3 tins soft bread-crumbs	1 tsp. salt
1 tin finely chopped parsley	$\frac{1}{8}$ tsp. pepper
1 tsp. chopped marjoram	1 tsp. lemon rind-grated
$\frac{1}{4}$ tsp. thyme	2 tsp. lemon juice
2 tbsp. soft butter	2 eggs
Turkey heart, liver and gizzard	2 tbsp. milk

Grate and measure the breadcrumbs. Remove the stems from the parsley, chop the leaves very finely and measure. Chop the marjoram and thyme and soften the butter or margarine. Mince the heart, liver and gizzard of the turkey. Mix all ingredients together to form a firm paste and use to stuff the turkey.

303. Two Dish Turkey.

1 large turkey	1 tsp. thyme
Lemon and parsley stuffing (Recipe 302)	1 tsp. marjoram
Bacon (optional)	2 tbsp. parsley
	Salt and pepper

Pluck, singe, draw and clean the turkey. Carefully remove the wings, leaving as much of the skin as possible attached to the breast. Similarly cut through the backbone to remove the breast but leave as much skin attached to it as possible. Stuff the breast and roast. When cold, slice and serve with salad.

Put the rest of the turkey with two or three strips of leban (if wanted), and the remaining ingredients into a pan. Cover with water and cook slowly with a lid on for three to four hours. Remove the bones and arrange the pieces of meat, without cutting them, in a mould, rinsed with cold water. Strain the broth which should just be sufficient to cover the meat, and pour over the pieces. Put in the ice chest to set. This should go solid without the addition of gelatine. If there is too much broth after the simmering of the turkey it should be reduced by boiling to the right quantity. When set turn out and serve with salad.

The bones should be used for soup.

MEATS

In a country where much of the population consists of nomadic tribes it is natural that the cooking be done with the fat of the meat used in the dish. The fat is generally removed, cut into pieces and fried until only small bits of frizzled tissue are left. The lean pieces of meat are then cooked in the liquid fat. "Marak", that is, stew, requires a lot of vegetables and but little meat and is probably the most universally eaten dish among Iraqs. Grilling over charcoal was, and is, a popular way of cooking meat but the greatest delicacy of Iraq meat dishes is undoubtedly kuzi or young stuffed sheep. It is equivalent to roast ox of former times in Britain, but in Arab countries mutton is more highly prized than beef, and when one refers to "meat" the implication is that it is mutton.

Meat is preserved in the form of basturma and qaworma, the latter being equivalent to the modern tinned corned mutton. Among the tribes it is preserved in winter by first partially cooking the sheep in a large pot, then spreading it on a tray to cool and be salted and finally storing it in a hair cloth bag. When wanted a piece is cut off and fried.

At a victory banquet of a tribe the head of a sheep is brought to the sheikh but it is not eaten, the right foreleg goes to the hero of the battle and the eye is offered to a guest of honour. In the building of a house the outer surface of the door is believed to bring bad luck, to counteract which when the framework of the front door is arised a sheep is slaughtered on the threshold and the flesh distributed to the poor.

Until recent years the cooking of meat had to be done over charcoal fires in spite of the fact that Iraq has some of the world's richest oil deposits. In certain parts of the country gas which escapes from the subterranean oil and has become ignited, has been burning since prehistoric times and nomads are known to come and cook at its flames. The household oven suitable for roasting is as comparatively recent innovation and what is known in the occident as "pot roasting" still prevails.

Meat in Baghdad is bought at the butcher's shop in the bazaar and here east and west take different paths for the "qassab" has no knowledge of the