

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

occidental art of dividing meat into special "cuts" and one must content oneself with what he is pleased to slice off.

204. Beefsteak and Kidney Pie.

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| 2 | sheep kidneys | 1 | hard boiled egg |
| $\frac{1}{2}$ | k. stewing steak | 1 | tin fried mushrooms (optional) |
| 2 | tbsp. flour | | Stock or water |
| 1 | tsp. salt | | Puff pastry (Recipe 141) |
| $\frac{1}{4}$ | tsp. pepper | | |

Soak the kidneys, wash them and cut into small pieces, removing any fibrous parts. Wipe the steak and cut into very thin slices. Dip into the flour seasoned with salt and pepper. Lay a small piece of kidney on each slice and roll the steak around it. Half fill the pie dish the rolls of steak and kidney, add some stock or water, arrange a layer of sliced hard boiled eggs and fried mushrooms if wanted, and fill up with rolls of meat. The meat should be high enough in the centre to support the pastry but the stock should not more than half fill the dish as if it boils up it will spoil the pastry. Roll out the pastry to about half an inch in thickness & somewhat larger than the pie dish. Cut a strip from the edge of the pastry, moisten the edge of the dish and arrange the strip on it. Moisten the edge and cover with the pastry. Press down, trim off the rough edges and cut a hole in the middle to allow the steam to escape. Brush with beaten egg. Roll out the pastry trimmings, cut some leaves and arrange them round the hole. Brush with egg and put into a very hot oven for ten minutes. Reduce the heat and cook for about two hours. Have ready some well seasoned, hot stock, flavoured with wine if wanted, and fill up the pie with this, pouring it in by means of a funnel inserted into the hole in the pastry.

305. Faar i Dill.

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| 1 | k. small mutton cutlets or bread of mutton | 2 | tins strained stock from the meat |
| 4 | tins water | 2 | tbsp. finely chopped dill |
| | Salt and pepper | 2 | tsp. sugar |
| $\frac{1}{2}$ | tin chopped dill stems | 2 | tbsp. vinegar |
| 1 | tbsp. butter | | Salt |
| 1 | tbsp. flour | 1 | egg yolk |

Trim and wipe the meat. Salt the water, bring it to the boil add the meat and skim well. Add the chopped dill stems and simmer for $2\frac{1}{2}$ to 3 hours. Remove the cutlets and separate them one by one. Put onto a hot dish and decorate with dill.

Melt the butter, add the flour, mix well add the stock, boil and then add the other ingredients except the egg. Beat the yolk of egg and put into a sauce dish. Pour over the scalding sauce, stir and serve. Serve with boiled potatoes. (Recipe 318).

306. **Faar i Kaal.**

$\frac{3}{4}$ k. lean lamb	$1\frac{1}{2}$ tins water
3 tbsp. butter	1 small cabbage
1 tsp. salt	$\frac{1}{2}$ tin sour cream
$\frac{1}{2}$ tsp. pepper corns	

Cut the lamb into 2 inch cubes and brown in butter. Add the seasonings and water. Cover and simmer for about 45 minutes or until the lamb is almost done, **adding more water if necessary**. Cut the cabbage in eighths and remove the core. Add to the lamb and cook with cover on for 30 minutes or longer. Add the sour cream, beat thoroughly and serve.

307. **Glaze for Meat.**

Boil 8 tins of good stock, skimming frequently, until $\frac{1}{4}$ - $\frac{1}{2}$ tinful remains. Use for coating meat rolls etc. A more economical glaze may be made by adding 3 tablespoonfuls of gelatine crystals to $\frac{1}{2}$ tinful of water. Colour with bovril. Use when beginning to thicken.

308. **Iraqi Pie.**

1 k. sheep's tongues	Boiling water
$\frac{1}{2}$ k. sheep's kidneys	1 tbsp. Worcester Sauce
1 small chicken	Salt and pepper
1 tin tomato juice	Burag
5 potatoes	Butter
1 tin green peas	

Boil the tongues and kidneys until tender—about 2 hours. Cook the chicken till tender, remove the bones and mix with the sliced tongues and kidneys. Add the tomato juice, the peeled and sliced potatoes and peas. Boil for an hour adding a little boiling water when and if necessary, and when nearly ready, the Worcester sauce. When quite tender, and only a little sauce remains, season and put into a pie dish. Cover with five layers of very thin burag (Recipe 111) putting a little melted butter between each sheet. Bake in the oven till golden brown.

Puff pastry (Recipe 14) could also be used for covering this pie.

Serves 10 to 12

309. **Kalvkyckling or Veal Olives.**

$\frac{1}{2}$ k. bone free veal	3 tbsp. chopped parsley
Salt and pepper	$\frac{3}{4}$ tin stock or water
3 tbsp. butter	$\frac{1}{4}$ tin cream

Wash the meat and cut it into very thin slices. Beat well and sprinkle with salt and pepper. Mix the chopped parsley with half the butter. Put a small quantity on each piece of meat. Roll up and tie into shape. Fry in the remaining butter till well browned. Cover with the stock and simmer in a covered pan until tender. Remove the string, strain the sauce, add the cream, reheat and season if necessary. Pour over the rolls of meat and serve.

Various stuffings may be used with this dish. Another one is as follows:

Mix $\frac{1}{4}$ tin soft breadcrumbs with 2 tbsp. butter or suet, 2 tsp. chopped parsley. $\frac{1}{4}$ tsp. powdered herbs, grated lemon and salt and pepper. Add enough beaten egg to bind. Chopped olives may be added. With this stuffing it is not usual to add cream but $\frac{1}{2}$ tin wine improves the dish.

Serve with mashed potatoes. (Recipe 337).

310. Kuzi.

1 young lamb	1 tbsp. saffron
1 k. mutton	2 tbsp. fenugreek
3 tins rice	2 tbsp. black pepper
4 tins almonds	2 tbsp. cubebs
3 $\frac{1}{4}$ tins seedless raisins	6 $\frac{1}{2}$ tins cooking fat
$\frac{3}{4}$ tin rosewater	Salt

The lamb should be skinned, cleaned and the head removed. Rub with salt and spices inside and outside. Mince the mutton, add a teaspoonful of spices and fry with 2 tablespoonfuls of fat. Wash the rice, just cover with water and oil. When soft, drain and mix with the fried meat, blanched and sliced almonds and the raisins. Season with salt. Take 2 tablespoonfuls of saffron water—the saffron should have been soaked in rosewater for two hours previously—and paint the inside of the lamb. Take other 2 tablespoonfuls and mix with the meat and rice. Put all the mixture into the lamb and sew it up. Arrange the lamb in a large pan, laying it on one side and curving the back so that it fits into the pan well. Sprinkle on any spices remaining, cover with water and boil. When it is half boiled sprinkle the rest of the saffron water on both sides. Continue cooking until the water is all evaporated. Fry in the rest of the cooking fat, turning from time to time until it is well done. Serve on a large tray. (Serves 10—14).

312. Mulukhiya—(Egyptian).

1 k. mutton	2 tsp. coriander
1 chickenn	Frying butter
1 k. mulukhiya (Jew's Mallow)	Salt and pepper
1 head of garlic	Boiled rice

Cut the meat into pieces, prepare the chicken and cook both in boiling water till tender. Season. Remove the meat and chicken and keep them hot. Have ready the mulukhiya cut very finely, and the garlic and coriander crushed. Fry the garlic and coriander in the butter, bring the broth to the boil and add the mulukhiya. Just as the broth begins to boil remove the pan from the fire and turn the contents onto a serving dish. Arrange the chicken and meat on another dish and with these serve a large dish of boiled rice, finely chopped onion in vinegar and, if wanted, kubba. It is important to remove the mulukhiya from the fire immediately the broth comes to the boil otherwise it is very slimy and unpalatable.

313. Roast Loin of Lamb with Mushroom Stuffing.

A loin of lamb	2 beaten eggs
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$\frac{1}{2}$ k. mushrooms	$\frac{1}{4}$ tsp. grated nutmeg
4 tins soft bread crumbs	Salt and pepper.
$\frac{1}{4}$ tin sherry	Cooking fat

Remove bones from the lamb. Wash drain and peel the mushrooms. Chop them and add the bread crumbs (do not press into the tin when measuring), sherry, eggs and seasonings. Put this stuffing on the cut side of the lamb and fold in the end neatly. Wrap in buttered grease-proof paper and cook in a hot oven for $1\frac{1}{2}$ hours, basting continually. Make the gravy as follows.

After dishing the roast pour all the clear fat from the tin but keep back the brown sediment. Add salt and pepper and a tin of water or, preferably, good stock. Stir till boiling and strain into a gravy dish. Serves 4—8 according to size of loin. Use half the stuffing for a small loin.

314. Roast Meat Poultry or Game.

Heart, liver, kidneys or highly salted meat may be washed. All other meat should only be wiped with a damp cloth, as washing removes nutritive juice. Weigh the meat, place it with the best side down in a roasting pan and put a few spoonfuls of fat on top. Put into a very hot oven and after 10 to 15 minutes reduce the heat. In roasting, all kinds of meat should be subjected to intense heat when first put into the oven, as this seals the surface of the meat and prevents the escape of juices with consequent drying of the meat. When the **best side** is nicely browned it should be turned up and unless cooked in a covered roaster should be basted every quarter of an hour with the fat in the roasting pan. After dishing the roast, pour off the clear fat remaining in the pan, add a tablespoonful of flour and a little salt and pepper to the sediment and a tin of good stock or water. Stir till boiling, strain and serve with the roast. If a thin gravy is wanted do not add any flour.

The following list gives the standard times for roasting various meats, but very small roasts require a slightly longer time than those stated.

Beef or mutton	20 minutes to the pound or 45 minutes to the kilo	and 20 minutes over
Lamb	20-25 minutes to the pound or 45-56 minutes to the kilo (according to the thickness of the joint)	
Veal or pork	25 minutes to the pound or 56 minutes to the kilo	and 25 minutes over
Turkey or goose	12 minutes to the pound or 27 minutes to the kilo (weighed dressed and stuffed)	and 12 minutes over
Chicken (young)	20 minutes to $\frac{1}{2}$ hour	
Duck	$\frac{3}{4}$ to 1 hour	
Duck (wild)	20 to 25 minutes	

Fowl (medium)	$\frac{3}{4}$ hour
Hare	$1\frac{1}{2}$ to 2 hours
Larks	15 minutes
Partridge	20 to 30 minutes
Pigeon	20 to 30 minutes
Rabbit	1 to $1\frac{1}{2}$ hours
Snipe	15 to 20 minutes
Woodcock	20 to 25 minutes.

315. Sylta.

$\frac{1}{2}$ k. neck or breast of veal	1 sliced onion (small)
Boiling water	1 small stick of celery or some finely chopped celery leaves
1 tsp. salt	
$\frac{1}{8}$ tsp. pepper	

Cover the veal with boiling water, bring to the boil and skim. Add onion and celery and cook for 2 hours, covered. Add salt and pepper after an hour.

Remove the meat from the bones and put through the mincer with the onion and celery, though the two latter may be omitted. Return mince to the stock and cook till thick and moist, stirring constantly. Rinse a loaf pan or ring mould. Pack the meat in and chill thoroughly. When cold unmould and cut into slices.

316. Veal Fricassé.

Make as for Chicken Fricassé (Recipe 282) but cut the veal into 1 inch cubes. Cook for 2 hours until tender.

317. Wiener Schnitzel.

$\frac{1}{2}$ — $\frac{3}{4}$ k. veal fillet or leg	3—4 tins vegetable fat (not butter)
Salt and pepper	2 small onions
1 egg	2 tbsps. vinegar
1 tin finely sifted breadcrumbs	$\frac{1}{2}$ k. potatoes

Cut 8 slices of meat and beat out very thin. Season with salt and pepper and coat with egg and breadcrumb. Fry in deep fat, which must be smoking hot before the meat is put in.

This dish should be served with potato salad. Slice the onions into thin rings, season and immerse in vinegar. Slice the hot boiled potatoes, mix with the onion and vinegar and re-heat.

318. Yuen Tsi.

1 small onion	$\frac{1}{2}$ k. fat lamb or pork
1 carrot	1 tin chopped spinach
1 small radish	$\frac{1}{2}$ tin rice flour
$\frac{1}{4}$ tin soya oil or $\frac{1}{2}$ cube oxa	Salt and pepper
in $\frac{1}{4}$ tin water	

Chop the onion, carrot and radish into tiny dish and boil with the meat until it is tender. Remove the meat and chop it finely—do not mince. Sprinkle

with the soya oil and mix with the spinach and flour. Season and form into small balls. Bring the soup to the boil—there should be at least 4 tins of fluid—add the balls, season and boil for 5 minutes. Serve very hot.

VEGETABLES

Vegetables in an Iraqi house are almost always cooked with meat, although the quantity of the latter may be small. If they are to be eaten cold the fat used in the cooking is usually oil. Even rice, which is the oriental equivalent of the occidental potato, may have savoury or sweet fluids or solids added to it. In the orient the cooking of rice is an art whereby when served every grain remains separate and pasty balls are never seen. Were occidentals able to cook rice in such a way their enjoyment of it would be much greater, and no attempt should be made to try an oriental recipe containing rice until one or other of the methods of cooking rice has been mastered. Rice in an oriental house is bought in large quantities and when a new sack is opened the expert should not need to cook it more than twice or at most three times to know exactly how much fater is required and how long it will take to cook, and the information once acquired holds until a new sack is bought. As occidentals usually buy rice a kilo or two at a time it is not surprising that so frequently they fail to cook it successfully. The rice available in Britain which is most nearly equivalent to the oriental unpolished rice is Patna rice which should be used for curries and savoury dishes. Carolina rice is polished and is only suitable for puddings and certain Creole dishes.

Although it has been pointed out that Europeans are not adept at cooking rice, the lamentable fact remains that the same may be said of oriental attempts to cook potatoes, for which care and skill are required if they are not to come to the table looking like discoloured pieces of soap. Potatoes were first introduced into Persia by Sir John Malcolm about the middle of last century and became known as "Malcolm's plums". In the last ten years they have been much more used by the oriental than formerly but the art of bringing a steaming floury potato to the table is rare among oriental cooks. It is hoped the following recipes for rice & potatoes will be helpful, for with out the former a successful oriental meal can not be served, and without the latter an occidental one will be a corresponding failure.

Many delicious vegetables are grown in and about Baghdad and the occidental who complains that they are flavourless will often find that this is due to his cook's unsuccessful attempts to prepare them in an occidental way, the boiling of vegetables to satisfy the European plate usually resulting in the extraction of all flavour. Vegetables, like meat, should be put into boiling water in order to prevent the escape of the tasty juices. In oriental dishes the flavour of the vegetables is retained since the fluid in which they are cooked is never thrown away.

Many tropical diseases are due to the eating of contaminated raw vegetables. In a vast plain all irrigation of gardens must be done with water