

A BAGHDAD COOKERY-BOOK

[TRANSLATED FROM THE ARABIC]

CHAPTER III—FRIED AND DRY¹ DISHES

OF FRIED dishes, some are sour, some salt, and some sweet. In this chapter all three kinds are mentioned.

'ANBARIYA.²—Slice the meat, then cut it up with a large knife, and pound fine again in a mortar. Boil sumach in water, with a little salt and pieces of white bread pulp. Dry by hand, squeezing out the water and straining : in this stew the minced meat. Take a portion of this, and make into cabobs with the seasonings. When cooked, and the broth is all absorbed, serve dry in a dish, sprinkling with seasonings, coriander, cummin, pepper, mastic and cinnamon, all brayed fine. Add a little dry mint, and mix all together. Now dissolve fresh tail in a stone frying-pan, throwing out the sediment : take the meat, and throw it into the frying-pan to fry in the oil. Keep stirring until cooked, so as not to be dry or parched. Garnish with poached eggs. Leave to settle over a gentle fire. Spray with a little rose-water, and wipe the sides of the pan with a clean rag : then remove.

MISHMISHIYA.³—Dissolve the tail and throw out the sediment. Cut fat meat small, then leave in the dissolved tail, stirring until browned. Cover with water, and add a little salt and cinnamon-bark. Then take red meat, chop fine, and make into cabobs the shape of apricots, placing in the middle of each a peeled sweet almond. When the meat has boiled in the water, and the scum has been skimmed off, drop in these cabobs, adding dry coriander, cummin, mastic, cinnamon and ginger all ground fine. When the liquid has all evaporated and only the oils remain, sprinkle with a trifle of vinegar to form a little broth. Then grind sweet almonds fine, mix with water, colour with saffron and add to the saucepan to taste as required. Sprinkle rose-water over the saucepan : wipe the sides with a clean rag. Leave over the fire an hour to settle : then remove.

SAFARJALIYA.⁴—Cut fat meat into small, fine slices : dissolve fresh tail, and throw out the sediment. Put in the meat, adding a

1. Dozy (*op. cit.*, ii, p. 673) states that he does not know the exact meaning of *nāshif* as applied to dishes. from what follows, it would seem that it designates those recipes in which the broth is allowed to evaporate

2. From 'anbar=amber. the same name designates "liqueur brandy," see Kazimirsky s v.

3. See I. C. Jan. No. p. 40 n. 3.

4. From *safarjal*=quince.

dirham of salt, two *dirhams* of dry coriander, brayed fine, and cinnamon-bark, and a little mastic. Cover with water. When nearly cooked, put in cabobs of meat minced with seasonings. When the meat has cooked in its broth, take large, ripe, bitter quince, peel, pip, and cut into middle-sized pieces, then throw on top of the meat to cook with it. Take another portion of quince, pound, and extract the juice in a stone mortar by hand, squeezing well: strain, and pour into the saucepan. Sprinkle in about five *dirhams* of wine-vinegar. Take about ten *dirhams* of sweet almonds, chop up fine, soak in water, and add. Colour with a little saffron. Wipe the sides of the saucepan with a clean rag, then leave over a slow fire an hour to settle, and remove.

NĀRANJĪYA.¹—Cut up fat meat small: dissolve the tail, and put the meat into the saucepan, adding about a *dirham* of salt and dry coriander, and stir until browned. Then cover with water, boil, and skim off the scum. Throw in fine-ground pepper, mastic, cinnamon-bark and ginger. Cut up onion and peeled carrot into small pieces, and throw in. Take red meat, mince fine, putting in a little fresh tail and the usual seasonings, and make into cabobs the size of oranges, then drop into the saucepan. When set firm, take the yolks of eggs with a little saffron, and beat well: then remove the cabobs, and while still hot dip them into the egg and cover them with it, and put them back into the saucepan for an hour. After this time, take them out and dip them into the egg again: do this thrice. When almost cooked, take a little orange juice and lemon juice and sprinkle on the meat in the pan. Peel and chop up ten *dirhams* of sweet almonds, soak in water, and throw into the pot. Rub over the saucepan some sprigs of dry mint. Wipe the sides with a clean rag, and leave over a slow fire an hour to settle: then spray with rose-water, and remove.

FĀKHTĪYA.²—Cut fat red meat into small slices and fry lightly in tail as described above: then cover with water, and boil, removing the scum. Make middling cabobs of red meat minced fine, and drop into the saucepan. Throw in some small pieces of onion, a little salt, cummin, coriander, pepper, mastic and cinnamon, all brayed fine. When almost cooked, take Persian milk and a little strained sumach-juice, mix together, and pour into the saucepan. Take peeled walnuts, chop fine, mix with sumach-juice, and throw into the pot. Rub over the pan some sprigs of dry mint, and leave over the fire an hour to settle: then spray with a little rose-water, wipe the sides with a clean rag, and remove.

MUDAQQAQĀT HĀMIDA.³—Cut red meat into thin slices, then mince fine, adding seasonings, coriander, pepper, cinnamon and mastic, together with chick-peas and a little onion. Make into cabobs

1. See above, p. 20, n. 4.

2. From *fākhta*=ring-dove.

3. Literally, "bitter mince."

smaller than oranges. Melt fresh tail, and throw in the cabobs, stirring until browned : then cover with water. Cut up two or three onions and add. When cooked, remove the oils, and sprinkle on top a little lemon or grape-juice, or a mixture of both, or sumach-juice, or pomegranate-juice. Rub over the saucepan some sprigs of dry mint, and throw in a little mastic, pepper and cinnamon. If desired, sprinkle in a little wine-vinegar, and colour with saffron. Spray the saucepan with a little rose-water, and wipe the sides with a clean rag. Leave over the fire an hour : then remove

BŪRĀN.¹—Take egg-plant, and boil lightly in water and salt, then take out and dry for an hour. Fry this in fresh sesame-oil until cooked : peel, put into a dish or a large cup, and beat well with a ladle, until it becomes like *kabīṣ*.² Add a little salt and dry coriander. Take some Persian milk, mix in garlic, pour over the egg-plant, and mix together well. Take red meat, mince fine, make into small cabobs, and melting fresh tail, throw the meat into it, stirring until browned. Then cover with water, and stew until the water has evaporated and only the oils remain. Pour on top of this the egg-plant, sprinkle with fine-ground cummin and cinnamon, and serve.

SHĪRĀZĪYA.³—Cut up meat small, and fry lightly in melted tail as usual : then cover with water, and boil until cooked. When done, sprinkle with cummin, coriander, cinnamon and salt. When the water has all evaporated, and the oils have been removed, throw in curds as required, stirring lightly. Leave to settle over the fire. Sprinkle with fine-brayed, cummin and cinnamon : then remove

SIMPLE AND SWEET DISHES

BŪRĀNĪYA.⁴—Cut up fat meat small : melt tail and throw out sediment, then place the meat in it together with a little salt and ground dry coriander, and fry lightly until browned and fragrant. Then cover with water, adding green coriander leaves and cinnamon-bark : when boiling, skim off the scum. When little liquor is left, throw in a few halved onions, a *dirham* of salt, and two *dirhams* of dry coriander, cummin, cinnamon, pepper and mastic, all ground fine. Mince red meat as described above and make into light cabobs, then add to the pot. Take egg-plant, cut off the stalks, and prick with a knife : then fry in fresh sesame-oil, or melted tail, together with whole onions. When the meat is cooked, a little murri may be added if desired. Colour with a pinch of saffron. Put the fried egg-plant in layers on top of the meat

1 See I C Jan No p 23, n 4

2. See below p 199

3. From *shīrāz* = dried curds

4 According to Chelebī, on the authority of the *Qāmūs*, so-called after al-Ma'nūn's wife Būrān bint al-Ḥasan ibn Sahl : it seems more likely, however, that the name is derived from *būrān*, see p. 23.

in the pan, sprinkle fine-brayed dry coriander and cinnamon, and spray with a little rose-water. Wipe the sides of the saucepan with a clean rag, and leave over the fire an hour to settle : then remove.

BAṢALĪYA.¹—Cut fat meat into small, thin slices : melt fresh tail, and throw away the sediment. Put the meat into the oil, and stir until browned : then cover with water, adding a little salt, green coriander leaves, and cinnamon-bark. Boil, and remove the scum. When little liquor is left, take fresh white onions, peel, cut up firmly, wash in salt and water, and throw into the saucepan : let there be half as much onions as meat. Add fine-ground cummin, coriander, pepper, mastic and cinnamon. Some colour with a little saffron. If desired bitter pour in about ten *dirhams* of lemon-juice or vinegar. Leave to settle over the fire an hour : wipe the sides of the pan, and remove.

RAIḤĀNĪYA.²—Cut red meat into thin slices, and fry lightly in melted tail until browned : then cover with water. When boiling, skim, then add a little salt, and fine-brayed dry coriander, cummin, pepper, mastic and cinnamon. Mince red meat with seasonings and make into light cabobs, and throw into the pan. Now take two bundles of fresh spinach, cut off the roots, chop up small with a knife, and grind lightly in a stone mortar, then throw into the pot. When cooked and dry add some garlic, peeled and ground, with a little salt and cummin. Stir, and leave to settle over the fire an hour. Sprinkle with dry coriander and cinnamon brayed fine, and remove.

NUJŪMĪYA.³—Fry meat in its own oil with the usual seasonings, adding a handful of peeled chick-peas. When cooked, garnish with a layer of poached eggs, and sprinkle with seasonings, fine-brayed cummin and cinnamon. Leave over the fire an hour to settle : then remove.

NIRJISĪYA.⁴—Cut up fat meat small : melt fresh tail, and throw the meat into the oil, adding a little salt and fine-brayed dry coriander, stirring. When browned, cover with water, throw in a handful of peeled chick-peas, boil, and skim. Now take fresh onions cut up small, green coriander leaves, and carrots, scraped, cored, and then scraped into fine shreds. Mince red meat with seasonings and make into small cabobs : then throw into the saucepan, adding also the carrot and onion, and stir. Add seasonings, two *dirhams* of coriander, cummin, mastic and cinnamon brayed fine. If desired, sprinkle with a little murri. Garnish with poached eggs, and sprinkle with fine-brayed cinnamon. Wipe the sides of the saucepan with a clean rag, and leave over the fire an hour to settle : then remove.

MANBŪSHA.⁵—Take red meat and mince fine, removing the

1. From *basal*=onion.

2. From *raiḥān*=aromatic herb, esp. sweet basil.

3. From *nujūm*=stars, presumably referring to the eggs

4. From *nirgis*=narcissus

5. Literally, "uprooted."

veins and gristle : then half-boil in water with a little salt, and dry. Melt fresh tail, throw the meat into the oil, and stir until browned : then cover with water, adding a little salt, dry coriander, and green coriander leaves. Take a handful of peeled halved chick-peas, and throw in on top of the meat. Heat until cooked, so that the liquor evaporates and only the oils remain. Add brayed cummin, pepper, cinnamon and mastic. Garnish with poached eggs, sprinkle with fine-brayed cinnamon, and spray with a little rose-water. Wipe the sides of the saucepan with a clean rag, and leave over the fire an hour to settle : then remove.

MADFŪNA.¹—Cut up fat meat small : dissolve tail, and fry the meat lightly in it. Then cover with water, adding a *dirham* of salt, and a *dirham* of fine-milled dry coriander, and cinnamon-bark. When boiling, remove and throw away the scum. Take red meat and mince fine, boil in salt and water, throw in a handful of peeled chick-peas that have been coarsely ground and steeped in water for an hour. Then take large egg-plant, cut off the stalks, remove all the seeds, taking care not to pierce the sides, and stuff with the meat, adding the usual seasonings : lay in the saucepan, having first put in a little chopped onion. Colour the broth with a little saffron. Sprinkle with a *dirham* of fine-brayed dry coriander and cinnamon, and spray with a little rose-water. Wipe the sides of the pot with a clean rag, and leave over a slow fire an hour to settle : then remove.

BŪRĀNĪYA AL-QAR'.²—Cut up fat meat small : melt fresh tail and throw out the sediment, then put the meat into the oil and lightly fry until browned. Then cover with lukewarm water and a *dirham* of salt, and add green coriander leaves and cinnamon-bark. When boiling remove the scum. Now cut up onion as required, wash in warm salt and water, and throw into the saucepan. Take gourd, remove the pith and pips, and cut small into middling pieces : remove the outer skin, and throw into the pot. Make cabobs of meat minced fine with seasonings, and throw also into the saucepan. Colour the broth with saffron. Add sufficient salt, and well-brayed cummin, dry coriander, pepper, mastic and ginger. Sprinkle with a little fine-brayed cinnamon, and spray with a trifle of rose-water. Wipe the sides of the pan with a clean rag, and leave over a slow fire an hour to settle : then remove. If desired sour, omit the saffron, and sprinkle with a *dirham* of lemon-juice.

KHUDAIRĪYA.³—Cut fat meat into small pieces : dissolve the tail, throw out the sediment, and put the meat into the oil, adding a *dirham* of salt and fine-brayed dry coriander. Fry the meat lightly until browned : then cover with water, throwing in small pieces of

1. Literally, "buried."

2. Sc "gourd bŭrānīya"

3. From *khudair*, diminutive of *khadir*=green

cinnamon-bark and green coriander leaves. Boil for an hour, and skim. Take green beans, remove both pods and skins, and put into hot water for an hour, until no more scum rises : then wash with the hands, and leave an hour to dry. Make light cabobs of fine-minced red meat, and throw into the pot. An hour later, throw in the beans, and stir. When cooked, add fine-brayed cummin, pepper, ginger and mastic, stirring. Garnish with poached eggs : sprinkle with a little fine-brayed cinnamon, and spray with a trifle of rose-water. Wipe the sides of the saucepan with a clean rag, and leave over a slow fire an hour to settle : then remove.

RABĪ'ĪYA.¹—Cut up fat meat small . melt tail, and lightly fry the meat in the oil with a little salt and fine-brayed dry coriander. When the meat is browned, cover with water, adding green coriander leaves and lightly-pared cinnamon-bark. Boil, and remove the scum. Drop in cabobs made of red meat minced fine with seasonings, and a handful of chick-peas, soaked and split, as well as a handful of green beans, shelled, skinned and split, and half a handful of raisins. Stir. When cooked, throw in as required salt, and fine-ground cummin, pepper, mastic and ginger. Garnish with poached eggs : spray with a little rose-water, and sprinkle with about a *dirham* of fine-brayed cinnamon. Leave to settle over the fire for an hour : then remove.

MAKHFĪYA.²—Cut red meat into thin sliced strips about four fingers long : dissolve tail, and throw out the sediment. Put the meat into the oil, with a *dirham* of salt and fine-milled dry coriander, and fry lightly until browned. Then cover with water, adding green coriander leaves, cinnamon-bark, a handful of peeled chick-peas, and a handful of onion chopped fine. Boil, and remove the scum. Now mince red meat fine, and make into cabobs with seasonings. Take boiled egg, remove the whites, and place the yolks whole into the middle of the cabobs, and place into the saucepan. When almost cooked, throw in fine-ground cummin, pepper, mastic and ginger. Take eggs and beat well : remove the strips of meat, dip them while still hot in the egg, and return them to the pot. Do this twice or thrice, until the slices have a coating of egg, and finally return them to the saucepan. When the liquor has all evaporated, sprinkle with a *dirham* of fine-brayed cinnamon, spray with a little rose-water, and leave to settle over the fire for an hour : then remove.

DĪNĀRĪYA.³—Cut fat meat into small thin pieces : melt tail, and put the meat into the oil to fry lightly, adding a *dirham* of salt and fine-ground dry coriander. Cover with water, cinnamon-bark and green coriander leaves. Boil, and skim. Throw in pieces of peeled onion.

1. From *rahī'* = spring, spring vegetation

2. Literally, "hidden."

3. From *dīnār*, the standard gold coin of the Arabs (legal weight 66 grains) the recipe explains the appellation

Now take red meat, mince fine with seasonings, and make into cakes like *dīnārs*, and throw them into the saucepan. Take carrots (large ones), chip off the skins, cut into *dīnārs*, and add : take boiled eggs, cut likewise into the shape of *dīnārs*, and throw into the pot. Some, after cutting up the eggs, fry them in sesame-oil before putting them into the saucepan. When cooked, throw in fine-ground mastic, pepper and cummin. Sprinkle with about ten *dirhams* of old murri to which three *dirhams* of vinegar have been added. Drop in half a *dirham* of cinnamon. Wipe the sides of the saucepan with a clean rag. Leave to settle over the fire for an hour : then remove.

RUTABĪYA.¹—Cut red meat into small, long, thin slices. melt fresh tail, and throw out the sediment, then put the meat into the oil, adding half a *dirham* of salt and the same quantity of fine-brayed dry coriander. Stir until browned. Then cover with lukewarm water, and when boiling, skim. Put in a handful of almonds and pistachios peeled and ground coarsely, and colour with a little saffron. Throw in fine-ground cummin, coriander, cinnamon and mastic, about 2½ *dirhams* in all. Take red meat as required, mince fine, and make into long cabobs placing inside each a peeled sweet almond : put into the saucepan. Take sugarcandy dates, or Medina dates, as required : extract the stone from the bottom with a needle, and put in its place a peeled sweet almond. When the meat is cooked and the liquor all evaporated, so that only the oils remain, garnish with these dates. Sprinkle with about ten *dirhams* of scented sugar, and a *dānaq* of camphor : spray with a little rose-water. Wipe the sides of the saucepan with a clean rag, and leave to settle over the fire for an hour : then remove.

MUDAQQAQĀT SĀDHIJA.²—Cut up fat meat small, and put into the saucepan. Take red meat, cut into thin slices, then mince small with a little tail, a handful of peeled, crushed chick-peas, and a handful of washed rice. Cover the meat in the pan with water, and boil. Throw in cabobs made of the minced meat, and when these are firm, remove them from the pot, together with the meat. Now melt fresh tail, throw out the sediment, and place the meat and cabobs back into the pot, and stir in the oil until browned. Add a little salt, and about two *dirhams* of fine-brayed dry coriander, cummin, pepper, mastic and cinnamon : then cover with water. Throw in cinnamon-bark, and a ring of dry dill. When boiling, take out the dill, and throw in a handful of washed rice, and half a handful of peeled chick-peas. When cooked, take off the flame, and leave over a slow fire an hour to settle. Sprinkle with half a *dirham* of fine-brayed cinnamon. Wipe the sides of the saucepan with a clean rag : then remove.

KHASHKHĀSHĪYA.³—Cut red meat into small slices : melt fresh

1. From *ruṭab*=date

2. Literally, "plain mince"

3. From *khashkhāsh*=poppy.

tail, and throw the meat in to fry lightly. Drop in half a *dirham*, and the same quantity of brayed dry coriander. Then cover with lukewarm water, boil, and skim. Add fine-chipped cinnamon-bark, and a little fine-ground ginger. Make a broth with $1\frac{1}{2}$ *ratls* of hot water, and add 150 *dirhams* of sugar or honey. When the sugar is dissolved, sprinkle in a handful of poppy-flour. Stir well, until cooked and set. Then throw in 30 *dirhams* of fresh poppy: or, if this be not procurable, of dry poppy soaked and ground. Stir until well mixed. Colour with saffron, and spray with a little rose-water. Wipe the sides of the saucepan with a clean rag, and leave to settle over a slow fire for an hour: then remove.

UNNĀBĪYA.¹—Slice red meat into small, thin pieces: melt fresh tail, and remove the sediment. Put the meat into the oil to fry lightly, adding half a *dirham* of salt, and a like quantity of fine-brayed dry coriander. Cover with lukewarm water. Then take red meat, mince fine, removing the veins and gristle, and throw in a little of the usual seasonings. Make into cabobs the shape of jujube-fruits, putting into each a peeled pistachio, and throw into the saucepan. When half-boiled, make a thick mixture of saffron and rose-water: take out the cabobs and put them into this, then, after they are coloured, return them to the pot. When almost cooked, drop in a *dirham* of fine-brayed cinnamon and ginger, and sprinkle with about ten *dirhams* of good vinegar. Add 50 *dirhams* of sugar. Then throw in a handful of fresh jujube-fruits, and half a handful of peeled sweet almonds. Colour with saffron, and spray with a little rose-water. Wipe the sides of the saucepan with a clean rag, and leave to settle over the heat of the fire for an hour: then remove.

FĀLŪDHĀJĪYA.²—Cut red meat into small, long pieces: melt tail, and throw the meat into it, frying it gently with a *dirham* of salt and dry coriander. Then cover with water, and a piece of cinnamon. Cook until done, and only the meat remains, browned but not parched. Then throw in ground sugar and honey as required, colouring with saffron: add a handful of peeled sweet almonds, and keep stirring until set. If desired to set very firm, throw in for every two *ratls* of sugar or honey an *ūqīya* or less of starch soaked in water. Leave to settle over the fire an hour. Cover with fried white *sanbūsaj*³ stuffed with almonds and sugar. Spray the saucepan with a little rose-water, and wipe the sides with a clean rag: then remove.

BUNDUQĪYA.⁴—Slice red meat into small pieces: melt tail, put the red meat into the oil, adding half a *dirham* of salt and a like quantity of fine-brayed dry coriander, and stir until juicy. Then cover

1. From *unnāb*=jujube-fruit

2. From *fālūdhaḡ*, for which see below.

3. See *I. C. Jan.* No. p. 25, and below p. 201.

4. From *bunduq*=hazel-nut.

with hot water, adding green coriander leaves and a handful of chick-peas, peeled and pounded. Then take a handful of boiled chick-peas, and pound in the mortar. Mince red meat with seasonings, and make into cabobs, placing inside each a little of the pounded chick-peas. Make the cabobs the size of hazel-nuts, and throw them into the saucepan. When almost cooked, throw in about two *dirhams* of fine-brayed coriander, cummin, pepper and cinnamon. Separate the yolks from the whites of eggs, and garnish with these. Spray with a little rose-water. Wipe the sides of the saucepan with a clean rag, and leave to settle over the fire for an hour : then remove.

MUQARRAŞA.¹—Take red meat and cut into slices, then mince fine with the usual seasonings and a little garlic. Melt fresh tail, throwing out the sediment : make the meat into cakes, and throw them into the oil to brown. Then cover with water, and boil. When cooked, and the water has all evaporated, so that only the oils remain, sprinkle with a little fine-ground cummin, coriander and cinnamon. Leave to settle over the fire for an hour : then remove.

FUSTAQIYA.²—Take the breasts of chickens, and half-boil in water with a little salt. Drain off the water, and take the flesh off the bones, pulling it into threads : then put back into the saucepan, covering with water. Take peeled pistachios as required, and pound in the mortar : put into the saucepan, and stir, boiling. When almost cooked, throw in as much sugar as the pistachios. Keep stirring until set : then remove.

KURDIYA.³—Take a suckling lamb, scald off the fleece, wash clean, quarter, and boil in water with a little salt and cinnamon-bark. When cooked, take out of the saucepan and dry. Take fresh sesame-oil and put into a stone or tinned copper frying-pan : when the oil is boiling, drop into it a ladleful of the water in which the lamb has been boiled. Now strip the meat off the bones, shred, and put into the frying-pan, stirring continuously until juicy. Sprinkle with fine-brayed dry coriander, cummin, pepper and cinnamon. Leave over a slow fire, covering the lid, to settle for an hour : then remove.

QALIYA AL-SHIWĀ'.⁴—Take cold roast of yesterday and cut into small pieces. Take fresh sesame-oil, put into the frying-pan, and boil : then add the roast, stirring. When its fat is melted, throw in fine-brayed coriander, cummin and cinnamon. If desired sour, sprinkle with a little vinegar coloured with saffron, and garnish with poached eggs : instead of vinegar, lemon-juice may be used, only in that case without eggs. Leave over a gentle fire an hour to settle : then remove.

1. Sc. "made into cakes."

2. From *fustaq*=pistachio

3. Presumably=Kurdish

4. Literally. "fried roast."

CHICKEN DISHES

BOIL the chicken, then quarter it. Fry lightly in fresh sesame-oil, with dry coriander, mastic and cinnamon. If desired sour, after frying make a broth either with sumach-juice, or pomegranate-seeds, or lemon-juice, or grape-juice, or the two last mixed, or vinegar and sugar as for *zīrbāj*.¹ Peel sweet almonds, grind small, mix with water, and throw into the saucepan. Spray with rose-water, and rub over the pan some sprigs of dry mint. If not made *à la zīrbāj*, omit mint. If made *à la maṣūs*,² fry lightly in sesame-oil after boiling, adding celery and vinegar coloured with saffron: some garnish with poached eggs. If made *à la mamqūr*,³ after frying lightly throw on vinegar and murri mixed in equal parts, with a little of the boiling-water. If made *à la muṭajjan*,⁴ throw on a little of the boiling-water and some old murri: when removed from the fire, squeeze on it fresh lemon-juice, but first fry in sesame-oil until browned. If made *maqlū*,⁵ fry in sesame-oil, throw on a little of the boiling-water, and garnish with poached eggs. If made *à la isfīdbāj*,⁶ boil the chicken with mastic, cinnamon and salt: then grind small sweet almonds, mix with water, and add, together with a handful of chick-peas, peeled and soaked, and a ring of dill, garnishing with poached eggs. If made *à la khashkhāshīya*⁷ or *à la fālūdhaḡīya*,⁸ fry lightly in sesame-oil, then return the boiling-water, and proceed as for making the said dishes. If made *à la ḡalawīya*,⁹ fry lightly in sesame-oil as described above, then put back the boiling-water, add the ingredients of *ḡalwa*, and proceed as described in the recipe. Chicken dishes should not be without dry coriander, but never put onion or garlic into them. This is all that needs to be observed in making chicken dishes.

CHAPTER IV—HARĪSA¹⁰ AND BAKED DISHES

HARĪSA.—Take 6 *ratls* of fat meat, and cut into long strips: throw into the saucepan, and cover with water. Heat until almost cooked: then take out, strip the meat from the bone, shred, and put back into the saucepan. Take good, clean wheat, shell, clean, grind, and wash: weigh out 4 *ratls*, and put into the pot. Keep a steady fire going until the first quarter of the night is gone, stirring all the time: then leave over a good fire. Put in quartered chicken with cinnamon-bark, and leave until midnight: then beat well until set in a smooth paste—set hard it is spoilt—adding salt to taste. If water is needed, put in hot water. Leave until dawn: then stir again, and remove. Melt fresh tail, and pour this over

1 See I. C. Jan No p. 36

2 Ibid p. 41

3. Ibid p. 40.

4. See above p. 200

5. Sc "fried."

6. See I. C. Jan No. p. 46

7 See above p. 195.

8. See above p. 196.

9 See I. C. Jan No p. 38

10 Ibid p. 27.

when ladling out. Sprinkle with cummin and cinnamon ground fine separately. Serve with old murri and fresh lemon-juice. It is better when made in an oven than over an open fire.

HARĪSA AL-ARUZ¹ (also called 'URSĪYA).²—Cut fat meat into long strips, and proceed as in the preceding recipe, only instead of wheat, use coarse-ground rice. When this is added to the meat, proceed as described above. In ladling out, cover with molten chicken-fat, and sprinkle with sugar.

TANNŪRĪYA.³—(This is best when made with lamb⁴ or veal) Take 5 *ratls* of meat, and cut into middling pieces : wash, and throw into the saucepan. Cover with water, add a little salt and cinnamon-bark, and boil, skimming. Throw in dry coriander. Take 2 *ratls* of wheat, shelled, cleaned and ground : wash, and throw into the pot, adding a few sprigs of dill, and salt to taste. Cover. Fill with water, leaving a space of four fingers, and put into the oven until the following morning. Then remove : place under it bread-crumbs, sprinkle with fine-brayed cummin and cinnamon, and serve.

KABĪS.⁵—Cut fat meat into middling pieces, wash, and throw into the saucepan, with a handful of chick-peas, a handful of shelled wheat, salt to taste, cinnamon-bark, dry coriander, cummin, mastic, and sprigs of dill. Let there be plenty of water. Add with the meat the fore and hind legs of a yearling lamb. Put the pot into the oven, and leave there from nightfall until morning. Then remove, place on bread-crumbs, sprinkle with fine-brayed cummin and cinnamon, and serve.

SUKHTŪR⁶ (also called KĪBĀ). —⁷ Cut up fat meat small. Take fine sheep's tripe, wash with hot water and soap, then with hot water and citron leaves, then with salt and water, until quite clean. Smear inside and out with saffron and rose-water. Mince red meat with seasonings and make into light cabobs, then throw into hot water to set, remove, and place on top of the cut meat. Take rice, twice as much as the meat, and about a quarter as much chick-peas, wash several times, and mix with the aforesaid meat : throw in as required salt and fine-scraped cinnamon-bark. Colour all with saffron : sprinkle with fine-brayed dry coriander, cummin, mastic, pepper, cinnamon and ginger. Some add a chicken, plucked and quartered. Take the tripe and cut into middling pieces, and stuff with the meat, joining together and sewing up with cotton, or skewering with dry sticks. Lay into the pot, covering with water, and add salt and the aforesaid seasonings : colour the water again with a little saffron. Add some thin slices of fat meat. After boiling, add more water as required, then

1. Sc. "rice harīsa."

2. Presumably vocalized thus, sc. "marriage feast"

3. From *tannūr* = oven.

4. The printed text has the misprint *lamal* [C]

5. Sc. "stuffed"

6. From the Persian *sukhtū*, "sheep's tripe stuffed with minced meat and rice" (Steingass, *o.v.*)

7. The Persian *kīpā*, "a sheep or goat's ventricle stuffed with minced meat and rice" (Steingass, *s.v.*) not, as Father Anastase-Marie suggests [C], from the Arabic *qibba*.

put into the oven, and cover. Leave from nightfall until morning : then remove, and serve. If it is desired to make without tripe, put the meat, rice and chick-peas into a pot with a narrow top, and leave in the oven, covered with water to a depth of four fingers. When boiling, stir. Cover the pot, and leave in the oven until morning : then remove.

ṬAFSHĪL.¹—Cut fat meat into long pieces, put into the saucepan, cover with water, and boil, skimming. Take egg-plant, and remove the black skin. Cut up a little onion and large Nabatean leeks. If egg-plant is not in season, use carrot instead, scraped and cut into long pieces. Add fresh celery as required, and some sprigs of fresh mint. Add as much vinegar as there is water. Throw in mastic, coriander, cinnamon, pepper and ginger, all brayed fine with the exception of the cinnamon. Colour with saffron. Put into the oven, cover, and leave until dawn : then remove.

AKĀRI'.²—Take a yearling lamb, wash clean, and put into the saucepan with enough water to cover it thrice. Throw in a handful of peeled chick-peas, salt to taste, fine-ground mastic, dry coriander and cummin, and pieces of cinnamon-bark. Leave the pot in the oven from nightfall until morning, covered : then remove, and serve.

'ADAS TANNŪRĪ.³—Cut fat meat into long pieces, and place in the saucepan, throwing in washed beet. Take lentils, clean, wash, and add to the pot. Fill with water, leaving a space of four fingers, and put in the oven, covered, until morning : then remove. Throw on coriander and cummin together with a little chopped garlic. Sprinkle with fine-brayed cinnamon, and serve with fresh lemon-juice, or, if not in season, with salted lemon.

SIKBĀJ TANNŪRĪ.⁴—Cut up the meat and throw it into the saucepan, adding seasonings and herbs. Dissolve date-honey in vinegar, and colour all with saffron. Add salt to taste. Put into the oven, cover, and leave from nightfall until morning : then remove.

CHAPTER V—FRIED, SOUSED AND TURNED DISHES, PIE, Etc.

MUṬAJJAN.⁵—Take suckling kid, skin, and wash well : then quarter, and boil in vinegar. After scalding, dry, and fry in fresh sesame-oil. Add fine-brayed dry coriander, cummin and cinnamon. When browned, take out of the frying-pan, and put into old murri. Sprinkle with fine-brayed coriander and cinnamon. Squeeze over it the juice of fresh lemon, and remove.

1. "Sorte de soupe de lentilles" (Kazimirski) ; " decoctum, pec lentium " (Freytag) : Dozy quotes a vocalization ṭīfshīl, and a quotation to a similar effect. The use of egg-plant in this recipe is therefore peculiar. Chelebi's note on the name is based on a misconception : the word ṭafaishal [" iusculi species " Freytag] is quite different.

2. Sc. " trotters."

3. Literally, " lentils in the oven."

4. Sc. " sīkbāj (see I. C. Jan. No. p. 34) in the oven "

5. Sc. " fried in a ṭājīn."

MUTAJJAN NĀSHIF.¹—Cut a kid into quarters, and scald in vinegar : then fry in sesame-oil. Sprinkle with fine-brayed cummin and cinnamon. If desired plain, scald in water, fry in sesame-oil, and sprinkle with the aforesaid seasonings.

MASŪṢ.²—Take a suckling kid and skin, cut into quarters, and half boil in water. Refine³ fresh sesame-oil in the saucepan. Strip off celery-leaves, and throw them into the oil. When the kid is juicy,⁴ place it in the saucepan, covering it with good vinegar. Colour with saffron, and leave over the fire to settle and finish cooking. Add a little mastic : then remove.

MAQLŪBA.⁵—Take and slice red meat, then chop with a large knife. Put into the mortar, and pound as small as possible. Take fresh sumach, boil in water, wring out, and strain. Into this place the minced meat, and boil until cooked, so that it has absorbed all the sumach-water, though covered to twice its depth : then remove from the saucepan, and spray with a little lemon-juice. Lay out to dry. Then sprinkle with fine-ground seasonings, dry coriander, cummin, pepper and cinnamon, and rub over it a few sprigs of dry mint. Take walnuts, grind coarse, and add : break eggs and throw in, mixing well. Make into cakes, and fry in fresh sesame-oil, in a fine iron or copper frying-pan. When one side is cooked, turn over on to the other side : then remove.

SANBŪSAJ.⁶—Take meat as described in the preceding recipe. Make thin bread and cut up, then stuff with the aforesaid meat after cutting it into strips : make them triangular, and fasten down with a little dough. Put into sesame-oil : then remove. The variety called *mukallal*⁷ is stuffed, instead of with meat, with sugar and almonds ground fine and made into a dough with rose-water, or with the sweet called *Ṣābūniya*,⁸ and then fried in sesame-oil. Some take it out of the sesame-oil and put it into syrup, remove from the syrup, and leave it in fine-ground scented sugar, with musk and camphor if desired.

MAQLŪBA AL-SHĪWĀ'.⁹—Take cold roast, and cut up fine with a knife, adding the usual seasonings, together with walnuts : then proceed as for *maqlūba*, with eggs. If desired sour, sprinkle with a little lemon-juice.

MUFARRAKA.¹⁰—Take chickens' livers and crops, wash, and boil in water with a little salt : then take out, and cut up small. Mix with yolks of eggs, adding the usual seasonings as required : then fry in a frying-pan

1. Literally, "dry fry."

2. The verb means, "to suck in."

3. By boiling in water, and skimming [C]

4. Sc. after frying in the oil.

5. Literally, "turned."

6. See I. C. Jan. No. p. 25: from the Persian *sanbūsa*, which designates "anything triangular" (Steingass).

7. Literally, "crowned"

8. See below, p. 210.

9. Literally, "turn of roast."

10. Literally, "rubbed": cf. *farik* I. C. Jan. No. p. 46. n. 1.

in sesame-oil, stirring all the time. If desired sour, sprinkle with a little pure lemon-juice. If desired plain, use neither lemon-juice nor egg.

BAZMĀWARD.¹—Take hot roast which has been allowed to cool, cut up with leaves of mint, a little wine-vinegar, salted lemon, and walnuts, and spray with a little rose-water : then chop up fine with a large knife, continuing to moisten with vinegar until it is thoroughly soaked in it. Take good pithy white bread, extract the pith, and with this stuff the roast well. Cut with a knife into long medium-sized pieces. Take an earthenware tub, wet with water, then dry, and spray with rose-water : put in a layer of fresh mint, place the strips thereon one on top of another, and cover with a little more mint. Leave for an hour : then serve. It may also be eaten when left overnight : like that it is very fine.

BAID MUTAJJAN.²—Boil eggs, shell, and then fry in sesame-oil, and sprinkle with fine-brayed coriander, cinnamon and cummin. Take out of the frying-pan, and put into old murri, adding seasonings. If murri is not available, take the eggs out of the pan ; put into it a little water, salt and cinnamon, boil, and pour over the eggs. Another recipe : Fry the eggs without first boiling them, then throw in the seasonings, and spray with murri.

BAID MASŪS.³—Take fresh sesame-oil, place in the saucepan, and boil : then put in celery. Add a little fine-brayed coriander, cummin and cinnamon, and some mastic ; then pour in vinegar as required, and colour with a little saffron. When thoroughly boiling, break eggs, and drop in whole : when set, remove.

CHAPTER VI—FISH DISHES.

Fish may be either fresh or salted. Here we will mention a few select dishes.

FRESH FISH

SAMAK MUSHWĀ.⁴—Take fresh fish, and scrape off the skin very well with a knife : split open, wash thoroughly, and dry. Take sumach, grind fine, and throw out the seeds : take half this quantity of dry thyme, and also grind, together with a quarter as much garlic, skinned and chopped fine. Now take half the total quantity of walnuts, and chop : mix all together, adding a little fine-brayed coriander, cummin, cinnamon and mastic. Make this into a paste with fresh sesame-oil, adding salt to taste. Smear the fish with sesame-oil and saffron mixed with rose-water inside

1. A Persian compound word, from *bazm* "feast" and *āward* "brought": Chelebi appears to be wrong in saying that the original form is *zumāward*.

2. Sc. "fried eggs"

3. Sc. "masūs eggs"

4. Sc. "roast fish."

and out : then stuff with the stuffing described. Tie up with strong cotton threads, and place on a new roasting-spit : put into the oven over a fire slow and not blazing. Cover, and leave to cook well : then remove. This may be eaten either hot or cold.

SAMAK MAQLŪ.¹—Take fresh fish, cut open, and wash well, then cut into medium-sized pieces. Chop up garlic, thyme and the usual seasonings, and with this stuff the fish, folding the pieces over the stuffing. Colour with saffron, and fry in fresh sesame-oil. When cooked, remove from the frying-pan and put into old murri. Some also stuff with the stuffing used in making *samak mushwā*, as described above.

SAMAK MUSAKBAJ.²—Cut fresh fish into middling pieces, and fry in sesame-oil. Throw in a little dry coriander, whole, then place in wine-vinegar coloured with saffron, adding some celery-leaves.

SAMAK MAMQŪR.³—Cut [fish] into middling pieces, wash, colour with saffron, and fry in sesame-oil. Add fine-chopped *blattes de Bysance*. Put into a mixture of vinegar and murri, twice as much murri as vinegar.

MĀLIḤ NĀ'IM.⁴—Take fresh *shabbūt*,⁵ cut open and gut, then wash thoroughly, and dry. Salt very thoroughly. Wrap in a piece of cloth and roll, then put in a room or a hot place where there is no draught for half a day, or less or more, only let it be a summer's day. If the flesh is then soft under the skin—touch with the fingers to test whether well done—take it out of the covering, and wash well. Mix saffron with rose-water, and with this smear inside and out. Then take fine-ground cummin, coriander and cinnamon, and a little *blattes de Bysance* : make small holes [in the fish], and place this in, sprinkling it on the inside as well. Put into a frying-pan of tinned copper or stone, and cover with sesame-oil. Leave in the oven over a slow fire, covering. When the fish has absorbed the sesame-oil, and is dry again and browned, remove. It may be eaten either hot or cold. It is sometimes eaten with fried egg-plant and *kāmakh rījāl*.⁶

SALTED FISH

SAMAK MAQLŪ BI-KHALL WA-RAHSHĪ.⁷—Take salted fish, wash thoroughly in water, then dry, and fry in sesame-oil. Put into the frying-pan a good handful of whole dry coriander. Now take good vinegar as required, pour on top of sesame-meal, and knead by hand, adding the

1. Sc. "fried fish."

2. Sc. "fish à la *sikkāj*."

3. Literally, "soused fish."

4. Literally, "soft salt."

5. This name has puzzled the lexicographers, who variously describe as chad, carp and turbot. See Lane, Kazimírski and Dozy s.v.

6. For this, see below, p. 207.

7. Sc. "fish fried with vinegar and sesame-meal."

vinegar little by little until the required consistency is obtained, not too light and not too heavy. If desired, some fine-ground mustard may be added, but this is not necessary. Take the salt-fish out of the frying-pan hot, put on top of the meal, then pour over it the sesame-oil remaining in the frying-pan, together with the coriander. Sprinkle with fine-ground cummin, coriander and cinnamon, and also walnuts. It may be eaten either hot or cold.

MĀLIḤ BI-LABAN.¹—Take salted fish, wash and clean as described above, then fry in sesame-oil. Take out while hot, and drop into milk in which chopped garlic has been placed. Sprinkle with fine-ground cummin, coriander and cinnamon. Eat either hot or cold.

MĀLIḤ MAQLŪ SĀDHIJ.²—Fry in sesame-oil, and sprinkle with the aforesaid seasonings, ground fine.

MĀLIḤ MUKAZBAR.³—Wash salted fish, then fry in fresh sesame-oil with coriander. Take out hot, and drop in vinegar coloured with saffron.

MĀLIḤ BI-KHALL WA-KHARDAL.⁴—Fry in sesame-oil, as described. Take out of the frying-pan, and place in vinegar into which have been dropped fine-ground mustard and a little fine-ground coriander. Colour the vinegar with a little saffron.

ṬIRRIKH⁵ DISHES

The well-known recipe is : Fry in sesame-oil, breaking over whole eggs. The varieties are as follows.

MAQLŪBA AL-ṬIRRIKH.⁶—Take *tirriḥ* and fry in sesame-oil : then take out, and place in a dish to cool. When cold, cut off the heads and tails, remove the spine, bone, and scale with the greatest care. Crumble and break up the flesh, and sprinkle with dry coriander, cummin, caraway and cinnamon. Break eggs, throw on, and mix well. Then fry in sesame-oil in a frying-pan as *maqlūba* is fried, until both sides are browned : and remove.

MUFARRAKA.⁷—Fry the *ṭirriḥ*, and bone as described above. Sprinkle with seasonings. Break over it eggs, and fry in sesame-oil in a large frying-pan. Keep stirring until browned, as in making *mufarraka* as described above.

1 Sc. "salted with milk"

2 Sc. "plain fried salted"

3 Sc. "salted with coriander"

4 Sc. "salted with vinegar and mustard."

5. Chelebī has a learned note on the identity of this fish (which the manuscript spells *ṭarriḥ*, but see Dozy and Freytag). The word is derived from the Greek *Tárixos*, but in Arabic has a more limited significance, being applied to a fish caught in the Lake of Wan (Arjīsh) in Armenia.

6. Literally, "turned *tirriḥ*."

7. See above, p. 210, n. 10.

ṬIRRIKH MUḤASSĀ.¹—Fry *ṭirrikh* in sesame-oil, and bone as described above. Throw in seasonings. Take good vinegar, and mix with sesame-meal, as described in the recipe for *māliḥ*.² Put sesame-oil in the frying-pan, and place the *ṭirrikh* back, throwing in a handful of whole coriander : then fry a second time. Drop into the vinegar and sesame-meal. Leave in the frying-pan a little of the sesame-oil, purify it, and then pour it on. If desired, add walnuts and peeled sesame.

CHAPTER VII—SAUCES, RELISHES AND SAVOURIES

There are many preparations which are served during meals, to cleanse the palate of greasiness, to appetize, to assist the digestion, and to stimulate the banqueter. Here, as before, we shall mention briefly a choice selection.

SAUCES

NA'NA' MUKHALLAL.³—Take fresh, large-leafed mint, and strip the leaf from the stalk. Wash, and dry in the shade : sprinkle with aromatic herbs. If desired, add celery-leaves and quarters of peeled garlic. Put into a glass bottle and cover with good vinegar, coloured with a little saffron. Leave until the mint has absorbed the sourness of the vinegar so that the latter has lost its sharpness : then serve.

BĀDHINJĀN MUKHALLAL.⁴—Take medium-sized egg-plants, and cut off half the stalks and leaf : then half boil in salt and water, take out, and dry. Cut firmly, and stuff with fresh celery-leaves, a few sprigs of mint, and some quarters of peeled garlic. Put in layers in a glass bottle, sprinkle with aromatic herbs and fine-brayed *blattes de Bysance*, and cover with good vinegar. Leave until quite matured : then use.

LIFT MUKHALLAL MUḤALLĀ.⁵—Take medium-sized turnips, peel, and cut into small pieces, adding a trifle of salt, a little *blattes de Bysance*, and some aromatic herbs, and rub thoroughly in the hand. Then take vinegar as required, and into each *raṭl* put two *ūqīya* of honey : colour with a little saffron. Cover the turnip with the mixture, and place in a glass bottle, covering the top. Leave until mature : then serve. What is not dissolved may be cut up and boiled lightly in salt and water : sprinkle with a little *blattes de Bysance*, and cover with vinegar. When mature, serve.

BĀDHINJĀN MUḤASSĀ.⁶—Take egg-plant, cut off stalks and leaves, and boil lightly in salt and water : then take out, drain, and cut

1. Literally, " *ṭirrikh* made as soup (*hasā'*)."

2. See above, p. 203.

3. Sc. " mint in vinegar "

4. Sc. " egg-plant in vinegar."

5. Sc. " turnips in vinegar sweetened."

6. Sc. " egg-plant soup."

into small pieces. Now add a little salt, some aromatic herbs, and *blattes de Bysance*. Take best pomegranate-seeds, grind small, steep in good vinegar, strain, and throw away the dregs : pour this on to the egg-plant, and mix. Take walnuts and almonds, and grind coarse, putting in peeled sesame : grill. Then place a little sesame-oil in a copper bowl, and when this is boiling throw in the walnuts, almonds and sesame, and stir. Pour this upon the egg-plant together with the sesame-oil, place in a glass bottle, and strew with fine-brayed *blattes de Bysance*. Leave for a few days before serving.

For sousing cucumber, capers, onion, and the like, put into vinegar as required, leave until soft and tender, and then serve.

RELISHES

BĀDHINJĀN BI-LABAN.¹—Take medium-sized egg-plants, cut off the leaves and half the stalks, and half boil in salt and water : then remove, and dry well. Throw into milk and garlic. Refine fresh sesame-oil, add a little cummin and coriander, and into this place the egg-plant. Sprinkle with some *blattes de Bysance* and sesame, and serve.

QAR' BI-LABAN.²—Take gourd, peel, throw away the pith and pips, and cut up small. Boil in salt and water until cooked, then take out of the water and dry. When dry, put into Persian milk into which has been placed some fine-chopped garlic. Sprinkle with sesame, and serve.

SILQ BI-LABAN.³—Take beet with large ribs : cut off the ends of the leaves, and chop into pieces a span long. Wash, and boil in salt and water until cooked. Dry, put into Persian milk and garlic, sprinkle with sesame, and serve.

SHĪRĀZ BI-BUQŪL.⁴—This is an excellent relish which both awakens and stimulates the appetite. Take mint, celery and vegetable leek : strip the leaves of the celery and mint, chop all fine with a knife, then pound in the mortar. Mix well with dried curds, and sprinkle with salt to taste and fine-ground mustard. Garnish with coarse-chopped walnuts, and serve. If dried curds are not available, use instead coagulated milk from which the water has been strained, mix with a little sour milk, and serve.

ISFĀNĀKH MUTAJJAN.⁵—Take spinach, cut off the lower roots, and wash : then boil lightly in salt and water, and dry. Refine sesame-oil, drop in the spinach, and stir until fragrant. Chop up a little garlic, and add. Sprinkle with fine-ground cummin, dry coriander and cinnamon : then remove

1 Sc "egg-plant with milk."

2 Sc "gourd with milk"

3 Sc "beet with milk."

4 Sc. "dry curds with vegetables"

5 Sc "fried spinach"

SAVOURIES

KĀMAKH RĪJĀL.¹—There are several varieties of this, but all follow the same recipe, only differing in ingredients. First take a large, dry pumpkin-shell from which all the pith and seeds have been removed: soak in water for two hours, then dry thoroughly. Put in 5 *ratls* of sour milk, 10 *ratls* of fresh milk, and 1½ *ratls* of fine-brayed salt, and stir. Cover, and leave for some days in the hot sun. This is first made in June, at the beginning of the mid-summer. Each morning add 3 *ratls* of fresh milk, and stir morning and evening. Add milk as the liquid lessens, until the beginning of August. Now take mint-leaves, *shūnīz*,² and quarters of peeled garlic, throw in, and stir, adding fresh milk to make up as usual, until the middle of September. Cover until the beginning of October: then remove from the sun until set, and serve. There is also the simple variety, in which no [aromatic] ingredients are used; another, in which *shūnīz* and garlic are used; and another, in which are used the dried leaves of the red rose cut off from the stalk.

ZAITŪN MUBAKHKHAR.³—Take olives as soon as ripe, green if preferred (but some like the black): the green is more suitable for perfuming. Bruise, adding salt as required, and turn every day, until the sourness passes off. Put grated cinnamon on a plate for a night and a day, until all the moisture in it evaporates. Chop up fine peeled garlic and dry thyme: take about a *dirham* of this, with olive-seed, cotton dipped in sesame-oil, and a *dirham* of walnut, and leave over a slow fire: then add to the cinnamon. Take the reticulated plate of olives and place it on a chafing-dish into which has been put the said perfume, and close the door: stand over the olives a cup or a plate, so that the odours do not escape. Stir from time to time, so that the perfume may go all round it, and leave for a complete day: then remove. Sprinkle with sesame-oil, coarse-ground walnuts, sesame peeled and toasted, garlic, and fine-ground thyme, mixing all well together. Leave in a glass or earthenware jar with oil for some days, covered over: then serve.

KHALL WA-KHARDAL.⁴—Take sweet almonds, peel, and chop up fine: then moisten with sour vinegar until making a thin paste. Grind mustard fine, and mix in as required, together with a little *blattes de Bysance*: then serve.

MILḤ MUTAYYAB.⁵—Take large pieces of rock *Andarānī*⁶ salt, put into a new earthenware jar, and close the mouth: leave in a hot oven a whole day, then bring out. When cold, mill fine. Take coriander, sesame,

1. *Rījāl* is the arabicized form of the Persian *riḥāl* (*riḥār*), 'confection electuary' (Steingass) For *kāmakh*, see I C Jan. No p. 21.

2. See above, p. , n .

3. Sc. "perfumed olives"

4. Sc. "vinegar and mustard."

5. Literally, "scented salt."

6. See I. C. Jan. No. p. 33, n 2

shūnīz, hemp, poppy, cummin, fennel, and leaves of *asafœtida* and aniseed: toast all, and mix in. After milling the salt, colour it by placing it for a day and a night in water in which saffron has been dissolved: then dry, and mill again. It may also be coloured with sumach-juice or vermilion.¹ If desired, it may be dyed green with beet-juice.

BĀQILĪ BI-KHALL.²—Take green beans as soon as firm, and peel off the outer skin: then boil in salt and water until cooked. Dry, and pour on a little sesame-oil: cover with good vinegar, and serve.

CHAPTER VIII—JŪDHĀB,³ KHABĪṢ,⁴ ETC.

JŪDHĀB AL-KHUBZ.⁵—Take the pith of leavened bread, and soak in water or fresh milk until moist. Coat below and on top with sugar and fine-ground almonds, and colour with saffron. Leave over the fire until fragrant, stirring: then remove. When serving out, sprinkle with fine-brayed scented sugar.

JŪDHĀB AL-QATĀ'IF.⁶—Take *qatā'if* stuffed with almonds and sugar and fried: arrange in a dish between two thin cakes, and set under a chicken. Between every two layers put sugar, and almonds, peeled, chopped fine, and scented, as in stuffing *qatā'if*. Pour on sesame-oil, or if preferred, fresh milk with more sugar. When cooked and fragrant, remove. Some, instead of almond and almond-oil, use walnut and walnut-oil.

JŪDHĀB KHUBZ AL-QATĀ'IF.⁷—Take *qatā'if*-bread as required: spray the dish with a little rose-water, and place the bread thereon in layers, putting between each layer almonds and sugar, or pistachio ground fine: spray again with rose-water. When the bread fills the dish, pour on a little fresh sesame-oil, and cover with syrup. Hang over it a fat plucked chicken, smeared with saffron: when cooked, remove. Small stuffed *qatā'if* are also treated in this way.

JŪDHĀB AL-KHASHKHĀSH.⁸—Take two *ratls* of pure sugar, and make into a thin syrup: then sprinkle in a quarter as much white bread, and half that quantity of poppy. Colour with saffron, and allow to set.

1. The word in the manuscript is *isrīqūn*, a variant form of *zarqūn*, derived from the Greek *syrikon* (Latin *syricum*) according to the more favoured view, i.e. minium: this being poisonous, Chelebi conjectures that *salīqūn* should be read, which may mean "vermilion" as well as "minium." However, Dozy gives an alternative derivation from Persian *āzar-gūn*, sc. "fire-coloured," which also points to vermilion.

2. Sc. "beans with vinegar."

3. See I. C. Jan. No. p. 28. for the derivation and meaning, see Lane s. v.

4. Literally, "mixed": see Lane s. v.

5. Sc. "bread *jūdhāb*."

6. Sc. "*qatā'if* (for which see I. C. Jan. No. p. 29, n. 2, and below, p. 213) *jūdhāb*."

7. Sc. "*jūdhāb* of *qatā'if*-bread."

8. Sc. "poppy *jūdhāb*."

Some add honey. When set, place between two thin cakes, and hang over it a fat chicken smeared with saffron.

JŪDHĀB KHABĪṢ AL-LAUZ.¹—Take almond *khābīṣ*, and make after the same fashion as the above.

JŪDHĀB AL-TAMR.²—Take 4 *ratls* of dried dates, and 10 *ratls* of water, and place in a dish. Heat, until cooked : then knead well in the hands, and strain through a sieve. Return to the dish : add half a *ratl* of sugar, quarter of a *ratl* of honey, half a *dirham* of saffron, a *ratl* of crumbled bread-pulp, a *ratl* of sesame-oil, and a quarter of a *ratl* of peeled walnuts : stir until almost cooked, then place between two thin cakes. It may also be garnished with almonds, and is then called '*asīda al-tamr*'.³ It may also be made without sugar or honey.

JŪDHĀB AL-RUTAB.⁴—Take a tinned copper dish, and spray with a little rose-water. Spread a thin cake therein, and cover with newly-gathered *khastāwī*⁵ dates. Sprinkle with fine-ground pistachios and almonds, and toasted poppy, to form a layer. Add another layer of dates, and so continue until the dish is half-filled, making the top layer of almonds and pistachios. Pour on half a *ratl* of syrup, and an *ūqīya* of rose-water which has been coloured with half a *dirham* of saffron : cover with a thin cake. Hang over it a fat chicken stuffed with sugar, almonds and pistachios kneaded with scented rose-water, and smeared with saffron inside and out. When thoroughly cooked, remove.

ANOTHER JŪDHĀB.—Take the pith of a white loaf and rub well in the hands : then place in a tinned copper dish. Mix in well-ground almonds and pistachios, and a little toasted poppy. Pour in an *ūqīya* of rose-water mixed with a third of a *dirham* of saffron. Cover with syrup : if desired, add sugar or liquid honey. Suspend over it a fat chicken stuffed as described above, until cooked. Then remove, and serve.

The method of suspending the chicken over *jūdhāb* is as follows. Hang it up in the oven, and watch : then, when the fat is about to run, place the *jūdhāb* under it.

KHABĪṢ.—Take half a *ratl* of crumbled pith of white loaf, and a quarter of a *ratl* of sesame-oil. Put the sesame-oil in a tinned copper dish, and boil. Sprinkle in the aforesaid bread, little by little, stirring over a slow fire. Add pure sugar, ground and sifted : stir, leaving moist. Dish out, and sprinkle with sugar. Some use fresh milk instead of sesame-oil.

Another recipe : Take a *ratl* of sesame-oil, add half a *ratl* of water, half a *dirham* of saffron, and a quarter of a *ratl* of white bread-flour : mix with an *ūqīya* of rose-water and a *ratl* of honey all together, and boil, stirring with a poker until the oil is resolved. If desired, add a handful

1 For *khābīs al-lauz* see below, p. 210.

2. Sc. "jūdhāb of dried dates."

3. '*Asīda* is "wheat-flour moistened and stirred about with clarified butter, and cooked" (Lane, *Lexicon*, p. 2060).

4. Sc. "jūdhāb of fresh dates."

5. "Epithète d'une espèce de dattes" (Dozy, *op. cit.*, I, p. 371).

of poppy and five *dirhams* of peeled pistachios. Serve out, covering under and over with fine-ground sugar.

Another recipe: Take a *ratl* of sesame-oil, and crumble into it a *ratl* of white meal. Boil, stirring, until fragrant. then add a third of a *ratl* of dissolved sugar, honey, or date-syrup. Cook over a slow fire, stirring with a poker, until the oil comes away and is thrown off. If desired sugary, coat under and over with ground sugar scented with camphor.

KHABĪṢ AL-LAUZ.¹—Take one *ratl* of peeled, ground sweet almonds, and three *ratls* of sugar. Put the sugar into a dish and dissolve, with two *ūqīya* of rose-water. When the sugar is dissolved and has begun to set, add the ground almonds, and stir until done. Serve out, coating under and over with fine-ground sugar. This may also be made with flour: put with the *ratl* of sugar two *ūqīya* of flour, then proceed as above.

KHABĪṢ AL-QAR'.²—Skin a gourd and remove the seeds, then boil well. Put on a reticulated plate to dry: bray in a stone mortar, squeezing by hand. Put sesame-oil into a dish and boil: then add flour, and then the gourd. Pour on syrup until set: then remove.

KHABĪṢ AL-JAZAR'.³—Peel and boil carrots: removing the hard core, cut up small and bray, then proceed as in the foregoing recipe

CHAPTER IX—ḤALWĀ'.

ḤALWĀ' YĀBISA.⁴—Take sugar, dissolve in water, and boil until set: then remove from the dish, and pour on to a soft surface to cool. Take an iron stake with a soft head and plant it into the mass, then pull up the sugar, stretching it with the hands and drawing it up the stake all the time, until it becomes white: then throw once more on to the surface. Knead in pistachios, and cut into strips and triangles.⁵ If desired, it may be coloured, either with saffron or with vermillion. Sometimes it is crumbled with a little peeled almonds, sesame, or poppy.

ṢĀBŪNĪYA.⁶—Dissolve sugar, then pour it out of the dish into a vessel, adding sesame-oil: when boiling, throw in some syrup, and for every *ratl* of sugar, $1\frac{1}{2}$ *ūqīya* of honey, and stir. When almost set, mix starch and water and throw in, stirring. Keep pouring in syrup until it sets: then add peeled almonds ground fine. When thoroughly done,

1. Sc. "almond *khābīs*."

2. Sc. "gourd *khābīs*."

3. Sc. "carrot *khābīs*."

4. Sc. "dry *halwā*."

5. The word in the original is *shawābīr* (sing. *shābūr*). Dozy mentions the form, but is uncertain of its meaning. Chelebi, in a learned note in which he quotes Father Anastase-Marie as his authority, derives from the Syriac *sāfūratā* "beauty," and shows that the word was used of a style of hair-dressing favoured by women and fops of Baghdad, in which the hair was brought down to a point between the eyebrows, in the form of a triangle.

6. From *sābūn*=soap.

ladle into a plate, stretch flat, and sprinkle with fine-ground scented sugar.

FUSTAQĪYA.¹—Make as in the preceding recipe, only using pistachios instead of almonds. Leave over the fire the best part of an hour, then roll out on a soft surface. When cold, cut into triangles, and sprinkle with fine-ground sugar. This kind is also called *muqarraḍa*.²

MAKSHŪFA.³—Take equal parts of sugar, almonds (or pistachios), honey, and sesame-oil. Grind the sugar and almonds, and mix together. Add saffron to colour, mixed with rose-water. Put the sesame-oil into a basin, and boil until fragrant: then drop in the honey, and stir until the scum appears. Add the sugar and almonds, stirring all the time over a slow fire until almost set: then remove.

LAUZĪNAJ.⁴—Take a *ratl* of sugar, and bray fine. Take one-third of a *ratl* of peeled almonds, and likewise bray small: mix with the sugar, moistening with rose-water. Take bread made thin like the crust of *san-būsaj*, or thinner if possible: roll this loaf out, and place on it the almonds and moistened sugar, fold round strip-wise, cut into small pieces, and lay out. Refine fresh sesame-oil as required, and add: then cover with syrup to which rose-water has been added. Sprinkle with fine-ground pistachios.

FĀLŪDHAJ.⁵—Take a *ratl* of sugar and one-third of a *ratl* of almonds and grind both together fine, then scent with camphor. Take one-third of a *ratl* of sugar, and dissolve in half an *ūqīya* of rose-water over a slow fire, then remove. When cooled, throw in the ground sugar and almonds, and knead. If the mixture needs strengthening, add more sugar and almonds. Make into middling pieces, melons, triangles, etc. Then lay on a dish or plate, and serve.

MUKAFFAN.⁶—Take a *ratl* of sugar, and one-third of a *ratl* of almonds or pistachios, and grind together well, kneading vigorously with rose-water. Put into a basin an *ūqīya* of sesame-oil. Dissolve half a *ratl* of sugar, and make into a syrup. When the sesame-oil is boiling, put in a third of the syrup, stirring all the time. Then an *ūqīya* of starch mixed with water, and continue stirring until set. Turn out on to a soft surface to cool. Roll into small squares the size of the palm. Add some of the kneaded sugar and almonds, and wrap in the form of belts. Sprinkle with scented sugar, and remove.

BARAD.⁷—Take best white flour, made into a dough, and leave to rise. Put a basin on the fire, with some sesame-oil. When boiling, take in a reticulated ladle some of the dough, and shake it into the oil, so that as each drop of the dough falls in, it sets. As each piece is cooked, remove

1 See above, p. 197, n. 2

2 See above, p. 197.

3. Literally, "uncovered"

4. This is the origin of the word "lozenge."

5. The arabicized form of the Persian *pālūda*, literally 'strained'

6 Literally, "wrapped in a shroud"

7 Literally, "hailstone"

with another ladle to drain off the oil. Take honey as required, mix with rose-water, and put over the fire to boil to a consistency : then take off, and while still in the basin, whip until white. Throw in the *barad*, and place out on a soft-oiled surface, pressing in the shape of the mould. Then cut into pieces, and serve.

SAMAK WA-AQRĀS.¹—Take $1\frac{1}{2}$ *ratls* of sugar and half a *ratl* of sweet almonds peeled, grind fine, and scent with a little musk. Take half a *ratl* of best pure honey, and put into a basin with an *ūqīya* of rose-water : boil, and skim. Mix an *ūqīya* of starch with rose-water, and add to the honey : stir for an hour, until it begins to obtain a consistency. Then throw in the ground sugar and almonds, and beat well with a poker until set. Take off the fire, and leave on a soft surface to cool. Now take carved wooden moulds, the shape of fishes and loaves, and make the confiture into these shapes. Lay the fish on a platter, with the loaves around it. Other shapes may also be made in the mould, such as cock, lamb, etc. Peeled pistachios may be sprinkled over the aforesaid loaves : and the fish may, if desired, be coloured with saffron mixed with rose-water.

CHAPTER X—KHUSHKNĀNAJ, MUTBAQ AND QATĀ'IF.

KHUSHKNĀNAJ.²—Take fine white flour, and with every *ratl* mix three *ūqīya* of sesame-oil, kneading into a firm paste. Leave to rise : then make into long loaves. Put into the middle of each loaf a suitable quantity of ground almonds and scented sugar mixed with rose-water, using half as much almonds as sugar. Then press together as usual, and bake in the oven. remove.

MUTBAQ.³—Make the dough as in the preceding recipe, only for every *ratl* of flour put in four *ūqīya* of sesame-oil. Make into loaves shaped in the mould, and place between each pair of loaves a quantity of plain *halwā'*, made without almonds and pistachios and with only a little sesame-oil.

BĀDHĪN,⁴ **KHUBZ AL-ABĀRĪZ.**⁵—*Bādhīn* is made as follows. With a *ratl* of flour mix three *ūqīya* of fresh sesame-oil, and make into loaves, putting into the middle of each almonds (or pistachios) and fine-ground scented sugar. Press together and make into shapes, using an appropriate mould, then bake in the oven. Some take dry dates as required, remove the stones, knead with some rose-water, sesame and toasted poppy, and stuff with this. For *khubz al-abārīz*, mix with a *ratl* of flour four *ūqīya* of sesame-oil, and an eighth of this quantity of shelled sesame, make into a good dough, and bake in the oven : then remove.

1. Literally, ' fish and loaves.'

2. From Persian *khushk* = dry, *nān* = bread.

3. Literally, " enveloped."

4. So Chelebi informs me, in place of the printed *urnīn* neither word appears in the dictionaries.

5. Literally, " bread of seasonings "

AQRĀṢ MUKALLALA.¹—Take best flour as required, and knead halfway between light and heavy, then leave to rise. Take sugar and pistachios, grind fine, knead with syrup, scent, and make into thin loaves: spread over the dough, and cook in the oven. Take half a *ratl* of sugar, and dissolve in an *ūqīya* of rose-water: grind half a *ratl* of sugar, and sprinkle into the dissolved sugar, stirring, until it obtains a consistency; then empty into a vessel. Dip the loaves into this, and let it set on them: then sprinkle with fine-ground scented sugar. Leave to cool: and serve

QATĀ'IF.²—This is of various kinds. Stuffed *qatā'if* are baked into long shapes, stuffed with almonds and fine-ground sugar, rolled round, and laid out: then sesame-oil, syrup, rose-water and fine-ground pistachios are thrown on. Fried *qatā'if* are baked into loaves, stuffed with almonds and fine-ground sugar kneaded with rose-water, rolled, and fried in sesame-oil, then taken out, dipped in syrup, and removed. Plain *qatā'if* are put into a dish and immersed in sesame-oil, then syrup is added, rose-water, and fine-ground pistachios.

AQRĀṢ MUKARRARA.³—Take white flour and knead lightly, then leave to rise. Take a *ratl* of sugar and a third of a *ratl* of almonds, grind fine, form into a firm paste with rose-water and syrup, and make into thin cakes. With this dress the dough, and fry in sesame-oil. Take out, dip in syrup, dust in ground sugar, and put back into the dough. Do this thrice. Sprinkle with fine-ground scented sugar, and remove

FATĀ'IR.⁴—Make a light dough, then fry in sesame-oil into loaves take out, dip in syrup, and sprinkle with sugar.

MUBAHTHARA.⁵—Take the pith of white bread, and rub well into crumbs with the hand: mix with this almonds and pistachios, peeled, toasted and ground, and sprinkle with a little sugar. Refine sesame-oil, and pour on. Cover with hot syrup and rose-water: and remove

LUQAM AL-QĀḌĪ.⁶—Make a firm dough. When fermented, take in the size of hazel-nuts, and fry in sesame-oil. Dip in syrup, and sprinkle with fine-ground sugar.

RUTAB MU'ASSAL.⁷—Take fresh-gathered dates, and lay in the shade and air for a day: then remove the stones, and stuff with peeled almonds. For every ten *ratls* of dates, take two *ratls* of honey: boil over the fire with two *ūqīya* of rose-water and half a *dirham* of saffron, then throw in the dates, stirring for an hour. Remove, and allow to cool. When cold, sprinkle with fine-ground sugar scented with musk, camphor and hyacinth. Put into glass preserving-jars, sprinkling on top some of the

1. Literally, "crowned loaves"

2. See above, p. 29, n. 2.

3. Sc. "repeated cakes."

4. Sc. "pan-cakes."

5. Literally, "jumbled up."

6. Sc. "judge's mouthfuls" another sweetmeat was called "Caliph's mouthful," see Steingass,

p. 1127.

7. Literally, "honeyed dates."

scented ground-sugar. Cover, until the weather is cold and chafing-dishes are brought in.

TO MAKE FRESH DATES WHEN NOT IN SEASON.—Take large poor-quality dates with stalks complete. Take a green water-melon, make a hole in the top large enough to admit the hand, then remove the pith, leaving the juice in. Put in the dates as required, replace the top, and leave for a day and a night. Then take out the dates: they will be found to be like fresh-picked dates.

HAIS.¹—Take fine dry bread, or biscuit, and grind up well. Take a *ratl* of this, and three quarters of a *ratl* of fresh or preserved dates with the stones removed, together with three *ūqīya* of ground almonds and pistachios. Knead all together very well with the hands. Refine two *ūqīya* of sesame-oil, and pour over, working with the hand until it is mixed in. Make into cabobs, and dust with fine-ground sugar. If desired, instead of sesame-oil use butter. This is excellent for travellers.

SHAWĀBĪR.²—Take a round frying-pan with raised sides, and pour into it about two *ūqīya* of sesame-oil. When boiling, throw in three *ūqīya* of honey. Then take half a *ratl* of toasted white flour, and with this mix two *ūqīya* of toasted almonds, pistachios, and hazel-nuts, peeled and ground fine, as well as two *ūqīya* of fine-ground sugar. Sprinkle this into the honey, and stir, until set and fragrant. If desired to thicken, add more of the aforesaid flour. Remove, and allow to cool, turning over on to a soft surface. Cut into triangles, and dip in syrup: sprinkle with fine-ground scented sugar, and remove.

KABŪLĀ'³ (also called 'ASĪDA).⁴—Toast three *ratls* of white flour and remove. Then set the dish over the fire with three *ūqīya* of sesame-oil and a quarter of an *ūqīya* of whole cummin. When boiling and fragrant, pour in about two *ratls* of water, and boil for an hour. Now add an *ūqīya* of washed rice: when boiling and the rice is cooked, sprinkle in the flour, stirring all the time with a poker. When the flour is finished, pour in about an *ūqīya* of sesame-oil, little by little. When set and thoroughly cooked and fragrant, remove from the fire. Grease the vessels with sesame-oil, and ladle out, covering with boiled sesame-oil, fine-ground walnuts and pistachios, and sesame, peeled and roasted. Then add syrup or honey, and serve. If desired, instead of sesame-oil, butter may be used as a dressing.

1. A well-known sweetmeat, see Lane, *Lexicon*, p. 686, where a full description is given.

2. See above.

3. "Bouillie très-épaisse" (Kazimirski)

4. See above.