Anonymous Andalusian Cookbook

Kitab al tabikh fi-l-Maghrib wa-l-Andalus fi `asr al-Muwahhidin, li-mu'allif majhul.

The Book of Cooking in Maghreb and Andalus in the era of Almohads, by an unknown author.



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Preface

This English text is a translation by Charles Perry, working from the original Arabic, a printed copy of the Arabic and its translation into Spanish, and assisted by an English translation by various persons translating collaboratively the text from Spanish to English.

I have altered the English translation by:

- editing the translated text,
- reorganizing the recipes logically into cookbook chapters,
- adding extra text and explanatory text in brackets,
- repeating some recipes in more than one section for ease of use
- incorporating many of the translator(s) and editor(s) notes into the text, and
- adding a complete *Table of Contents* and *Appendices*.

I have made this document into a PDF. The free Adobe PDF Reader allows for simple movement between recipes and chapters, and to search easily by any word, any ingredient. You can also easily print out the book or sections of the book. And you can purchase a print-on-demand paperback book at cost via Amazon.com's CreateSpace company.

This book's original title was:

Kitab al tabij fi-l-Maghrib wa-l-Andalus fi `asr al-Muwahhidin, li-mu'allif mayhul (or majhul).

It means:

The Book of Cooking in Maghreb and Andalus in the era of Almohads, by an unknown author.

It is commonly known in English today as:

The Anonymous Andalusian Cookbook.

The book was complied by a scribe in the 1400s, whose name appeared on the first page of the text, but the first page has not survived the ages. His work contains recipes copied from a number of older works in the 1200s, some surviving and some not surviving independently to today.

The major part of the English translation is by Charles Perry, a scholar, food historian, and writer of a food column for the L.A. Times. Additional notes are by various other writers, including myself.

Like all ancient cookbooks, this one is made up of pieces of other cookbooks. Think of it as a recipe notebook from a busy estate kitchen. The reigning cook added to his recipe collection by:

- combing through other cookbooks,
- learning from kitchen help who had worked for other households,

- receiving recipes collected by members of the household while abroad,
- learning from cooks who visited the estate together with their employers, and by
- corresponding with cooks in other households.

Periodically, these cooks published their recipe collections for the honor of their patron, or for their own honor. Then scribes would copy the books for a client, or for the book's owner to give to friends, or as a gift, or even just for posterity.

This cookbook borrows directly from several well-known cookbooks, all from roughly the same period.

- One of these is by Muḥammad bin al-Ḥasan bin Muḥammad bin al-Karīm al-Baghdadi, usually called al-Baghdadi [d. 1239 AD], who compiled a cookbook called *Kitab al-Ṭabīḫ,* or *The Book of Dishes*, written in 1226.
- Some recipes come from cookbooks by the gastronome Abu Ishaq Ibrahim ibn al-Mahdi [b.779-d.839 CE], half-brother of the Caliph Harun al-Rashid.
- Some recipes come from cookbooks by authors unknown to us today.

The Andalucía, or *Al-Andalus*, of the 1200s was not today's southern region of Andalucía in Spain. It was the name used for all of the territory controlled in Spain by Arab Muslims, originally from North Africa. The major part of Spain, excluding only it's Northern regions, was under Arab rule between 711 and 1492. The Kingdom of Granada was the last area to fall to the Spanish-Catholic monarchs Ferdinand and Isabella in what Spain calls a 're-conquest' of their territory. The defeated Muslims call it a barbarous tragedy. Some Moroccan families still retain, in a prominent place in their Moroccan homes, the key to their ancestors' family home that was taken from them in Al-Andalus during that period.

Al-Andalus was renowned for its centers of learning, beautiful architecture, and religious tolerance (http://en.wikipedia.org/wiki/Al-Andalus). You'll note several Jewish recipes in this cookbook because there was a large Jewish population in Al-Andalus. The severe persecution of this minority group began only under Ferdinand and Isabella, the Catholic monarchs who fought for the expulsion, or mass-conversions, or murder of those of Muslim and Jewish faiths. There are also recipes from other regions that were under Muslim control, such as Sicily.



The oldest cuisine in the world (a cuisine being a documented cooking of a settled people) is the Persian cuisine, which like the Persian Empire, stretches back to nearly 1000 BC. Many elements of Persian cuisine appear throughout the Near East and North Africa, and they appear in this cookbook as well. And many elements of the Persian and the Al-Andalus cuisines appear in the early European cookbooks. One of the earliest we have is from ancient Rome, by the cook Apicius. His recipes are very similar to the recipes in this cookbook.

European cuisine only began to change when:

- new foodstuffs arrived from the New World,
- more secure trade routes were acquired to the Indies,
- the growth of the nation state led to stronger national identities and codified cuisines,
- the advent of mass cultivation and food production made lesser used foodstuffs, and more expensive, and all but disappear.

Today, many of the dishes reported in this 13th century Al-Andalus cookbook are enjoyed by families in Andalucía, Sicily, Sardinia, and all the territories that formerly belonged to the Moorish monarchs, especially in Morocco. The recipes for bread, actually, are common throughout Asia. The sausages and meat patties are common throughout these areas and beyond, but in this predominantly Muslim cookbook, none are made with pork. Pork is a common meat in today's non-Muslim regions. But you will find goat, lamb and mutton recipes, along with lots of chicken, egg, eggplant and fish recipes that are very similar to recipes still used throughout Southern Europe, as well as Italian frittatas, fresh and dried pasta, and the calzone.

The most recipes in any one category are for sweets, which isn't surprising when you consider that 3 of the 7 prescribed courses in a meal are sweets. I have divided the sweets recipes into sub-categories of:

- Pastries,
- Cookies,
- Candies,
- Cakes and Sweet Breads, and
- Puddings (Custards).

Many of the recipes are similar to sweets that are enjoyed today by people all over the world, showing how far and wide the Persian and Moorish recipes have been embraced. In the West, these dishes are usually filtered through Italian, Spanish, Greek and French cuisines. For example, in this book with recipes from the 1200s (and earlier), you can find recipes for:

- marzipan candies and marzipan cookies and pastries
- puff pastry delicacies,
- Spanish *turron* and *polvorones* and *churros*
- Italian torrone nougat and Panettone and cannoli
- custards, puddings, rice pudding, fritters, somosas, taffy and gum drops.

The recipes reported here are mainly of historical interest, but there will be some hardy hobbyists who will try to follow them. For you, here is a tip: some of the Moors of Al-Andalus managed to leave, most going across the straights of Gibraltar to North Africa, to Morocco. So, most of the dishes in this cookbook are still made today in Morocco, famous for its very traditional cuisine. Just search for the corresponding Moroccan recipe, and you'll find precise measurements of modern ingredients and easy-to-follow instructions.

A few more words of warning if you are going to attempt to cook any of these recipes:

- The amounts given for ingredients, when amounts are given, are generally large, since the cooks who were using these recipes were cooking for large households, and they were working with freshly slaughtered animals.
- Often no amounts are given at all for ingredients, which means you will have to use your best judgment, and adjust the recipe according to how the first try comes out, so the second try will be better.
- Oil is rarely specified as being olive oil. A general rule of thumb today in the Mediterranean is that for meat, fish and vegetables, olive oil is used. For sweets, generally animal fat or vegetable oil is used, such as sesame oil [not the Chinese condiment] or sunflower oil. For some sweets recipes, you might even want to use walnut or hazelnut oil. In Andalucía, they use a very light variety of olive oil (the very last pressing, pomace) for frying sweets and meat pastries. And in Morocco, they use Argan oil at times, and often mix peanut oil with olive oil if the cooking is at a very high temperature, because peanut oil doesn't burn in the high heat.
- There is a lot of oil used in these recipes, much more than we are used to today. With our sedentary lives, central heating, air conditioning, and the internal combustion engine, we do not need all the calories they needed in 1200. You should consider using less oil than specified in the recipes, when you can get away with it.
- Some of the herbs mentioned and condiments in the recipes are no longer easily available, so some substitutions may be necessary. I have put a translators' list of some terms and some ingredients in the Appendix, along with some ideas for substitutions for the rarer ones.
- Salt is rarely mentioned in the recipes. This does not necessarily mean they did not use salt. The *murri* condiment they used so often was salty. And it was probably assumed that the dish would be further seasoned either at the table by the people before they ate it, or by the chef just before the dish was served. This is not unusual, especially for meat dishes, because when salt is applied to meat before it has finished cooking, it can draw out moisture and make the meat dry and tough. You will have to season the dishes with salt to your own tastes.
- The recipes are often labor-intensive.

My thanks to all who worked on translating this book, and for putting it free on the Internet. That was very generous of you. I, too, offer this PDF version of the book that I have edited and rearranged, free to all who wish to download it, and the print copy at cost. I hope you enjoy a taste of the Mediterranean's past, and if you are brave enough (or foolish enough, perhaps?) to try to cook these dishes, I hope they come out well.

An extra note…my favorite recipe, for its sheer audacity, is the so-called lamb dish:

Roast Lamb, which was made for the Sayyid Abu al-'Ala in Ceuta

The Governor and admiral of Ceuta, son of the Almohada Caliph Yusuf I, was treated to this calf stuffed with a lamb, stuffed with various birds, stuffed with smaller various birds. It think of it as a Russian doll dish.

“Take a young, plump lamb, skinned and cleaned. Make a narrow opening between the thighs and carefully take out everything inside of it of its entrails.

Then put in the interior a roasted goose and into its belly a roasted hen and in the belly of the hen a roasted pigeon and in the belly of the pigeon a roasted starling and in the belly of this a small bird, roasted or fried. All this is roasted and greased with the sauce described for roasting. Sew up this opening and place the ram in a hot *tannur* [clay oven] and leave it until it is done and browned.

Paint it with that sauce and then place it in the body cavity of a calf which has been prepared clean. Sew it up and place it in the hot *tannur* [clay oven] and leave it until it is done and browned.

Then take it out and present it.”

It seems that meals for the exalted in that era were never just meals; they were entertainment, too, and very hard work for the cooking staff!

Candida Martinelli

(Revised edit from September 2012)

Chapter 1: Healthful Cooking

According to Hippocrates...

It is fitting to choose, among foods for the sick, that which will be the most pleasing. Galen says in his commentary that the significance of this saying of Hippocrates is that the most pleasing is the food that the sick man desires and to which his spirit is inclined, and even if it is wanting in quality or by its condition produces a harmful humor, the man, taking it gladly and with gusto, keeps it in his stomach, his spirit accepts it and his nature is accustomed to it.

Cook it completely and it will be perfectly digested and much praised, and the harm will be changed to profit and the bitterness to good [preceding 5 words not in published Arabic text]. Many sick men have been seen to improve with harmful foods, if they took them gladly.

On What Foods Should be Taken Alone and Should Not be Mixed with Other Foods

This is a chapter of much profit for guarding the health and escaping diarrhea, rotting of foods, and changes in their nature. Foods of slow digestion, when they are mixed in the early morning with foods that go down rapidly and digest easily, separate one apart from the other, and this is the cause of indigestion, diarrhea, acid production, and formation of bad bile.

For this reason all foods that are dense and slow going down, contrary to the digestion, heavy on the stomach and long in digestion, should be eaten alone, not mixed with others, and not eaten except in case of intense hunger and a strong, true desire. Such are *harîsa*, heads and meat of fat cattle, rice with milk, cheese pies, fatty stuffed dishes and the like.

If these heavy dishes, slow to digest and to go down, are not eaten except alone and unmixed, since such mixing is corrupting and harmful, when they reach the stomach alone and the stomach turns, squeezes, and heats them, it cooks them and the nature is strengthened for digesting them, and the resulting mix is praiseworthy; but when the stomach finds them mixed with others, it burns, inflames, and corrupts the light foods.

The Customs that Many People Follow in Their Countries

Many are fond and inclined toward foods that others detest, and this is why the people of Yemen cook with dates and like nothing better; the Persians cook rice with *sumac* and it agrees with them, while it disgusts others; the Syrians love and prefer *mulayyan* for weddings and like nothing better; the people of Tanais in the land of Egypt cook fresh fish as they cook their meat, such as *madîra*, *hadramiyya*, and *murûziyya* dishes [sour dishes]; the people of Egypt prefer *murûziyya* dishes and the people of Iraq detest them, because they consider them like a medicine, because of the pears, jujubes, and oil in them.

The desert folk like *malla* [bread cooked in ashes, eaten throughout Europe, too, by the poor], because it is their food, and the people of the cities and capitals detest it. Many people eat butter, and add it to bread, while others cannot bear to smell it, much less to eat it; and if someone disparages a dish or a food, he need not intend to disparage everyone, since the natures, the strengths, the humors, the aspect, the customs and the tastes are different, and if

one sort of person detests, hates, and avoids it, it may be that another may prefer, enjoy, and be inclined toward it.

It is necessary to mention one thing and its opposite, since every person has his own tastes, and for everything there is someone who seeks it out and desires it. [God] inspires people to like to roast meat, and He inspires the cooking and making of it with whatever will improve and augment its strength, flavor, and characteristic virtue so it may be cause to improve the opposing natures of the people, for there are people of sanguine, phlegmatic, choleric and melancholic humor; some cook with water and salt and find it good, others cook with vinegar, others with milk and others with *sumac* and *murri* [like soy sauce] and so on.

Breads

Many are the differences of people in their dishes and their garnishes; their tastes, their foods, their strengths, and their benefits are opposite, and according to what is used in the subject of cookery, so is what is fitting in the subject of bread.

Need or urgency obliges many people to take bread and eat it hastily in the shortest time, such as bedouins, herdsmen, messengers, members of raiding parties and those who travel; some find bread [cooked] on the coals [ashes] very good, and others prefer fried bread and what is made in the *tajine*; add to these the [bread] oven and the *tannur* [clay oven], in which many kinds of bread are made, and put to each of these kinds the best-known names, such as *isbahâni, ruqâq* [crepe]*, labaq, mushta*, *murayyash*, *mardûf, water bread, tâbûni, maghmûm*, *mushawwak, and madlû*'.

The kings of the East have a custom and beautiful idiom: they command the bakers to prepare a number of kinds of bread and present them on a large, broad tray, which the bakers call the exposition tray, in the center of which they present the bread they have made for the master of the house; when the king has seen these breads, he eats of that which pleases and attracts him. As for the method fitting in medicine, it is the method of cooking the different kinds and the balance of the various flavors, because each kind is good for heat, or for cold, or for moderation, according to its heaviness or lightness and the speed and temper of digesting it.

Hygiene

I have thought to mention what makes food agreeable and improves the preparation. I divide it into three parts, as the learned order them. I say that the first, which is necessary to start in the culinary art, is the care to avoid dirt and decay, and to clean the utensils used for cooking, in cleaning the kitchen.

Many people say that the best part of food is what the eye does not see; but this is not so, for the best of foods is that which the palate has observed, the eye has seen, and a person trusted to know the truth has made sure of.

He who works as a cook, after having finished his work, may neither think nor worry about how he has done, for he thinks the end desired of him is quickness in finishing and departing, but he does not see fit to remember his little care and poor presentation and how necessary it is to be vigilant against them.

These conditions are what has led many caliphs and kings to order the cooking done in their presence; and necessity has led some to cook what they eat for themselves, so far as to prepare the kitchen, and to write many books on the subject. Among these are Ahmad Ibn al-Mu'tasim, Ibrahim b. al-Mahdi, Yahya b. Khalid, al-Mu'tamid and 'Abd Allah b. Talha, and besides these, scholars, judges, secretaries, viziers, and notables.

Basic Ingredients

It is fitting to deal with the knowledge of those things with which the art of cooking is complete, and by whose presence a kitchen is called a kitchen, the variety of foods and their flavors, according to the various kinds of vinegar, syrups, *murri* [like soy sauce], oil, mustard, spices, the juices of apples, pomegranates and raisins, and all the basics for knowing the good from the bad; for if they are bad, what is made with them will be ruined and the dishes will be the opposite of the highly regarded foods which people find delicious, for they please souls with their goodness and deliciousness.

Know that familiarity with the use of spices is the first basis in cooked dishes, for it is the foundation of cooking, and on it cookery is built. In spices is what particularly suits the various recipes, those of vinegar and foods such as the various kinds of *tafâyâ* [stew], fried dishes and the like; in spices too is what distinguishes the foods, gives them flavor, and improves them; in spices is benefit and avoidance of harm.

Coriander enters into all dishes and is the specialty of *tafâyâ* [stew] and *mahshi*, because it goes well with foods in the stomach, and does not pass through rapidly before it has been digested.

Cumin appears in dishes of vinegar and in the sauces of foods fried with what birds and other meats are fried with. And cumin, with its ability to reduce winds and for its digestibility, goes well with foods flavored with vinegar or *murri* [like soy sauce].

As for **caraway**, it enters into *karanbiyya* and *baqliyya mukarrara*, and when there are cabbage and spinach in a dish or tharîd, caraway is necessary, for it improves its taste and gives it sharpness and removes the windiness from the vegetables.

As for *tafâyâ* [stew] in its varieties and *mahshi*, neither cumin nor caraway enters into them, but rather cilantro and pepper; and that which one may wish to add of aromatic herbs, such as lavender and cinnamon, will be mentioned in its place, God willing.

Saffron is used in *mukhallals*, *jimlis*, *muthallaths*, *mahshis* and chicken dishes in which vinegar and *murri* [like soy sauce] enter. Some dissolve saffron in water and then put it in the pot at the end of cooking, but saffron should be put in only at the beginning with the meat, boiled with pepper and suitable spices, to regulate its cooking and color. There are others who put in vinegar and *murri* [use soy sauce] at the end, after the cooking is done; the taste of the raw vinegar stays in the sauce, and none of its flavor enters into the meat. They think that if they put it in at the start, its acidity will go away and diminish its taste. But it is not as they believe; cooking rather augments and sharpens the flavor of the vinegar, for it evaporates the water from the vinegar and strengthens its acidity, and hides any greasy or heavy flavor it has, and makes that flavor vanish on serving the meat and whatever was cooked with it, like that which is made with saffron, if it is put in at the start.

There are those who grind **salt** and put it in the pot, as if it will not dissolve without grinding, too much of which neither hurts nor helps. If grinding is necessary, do it in a mortar of stone or wood, as we have indicated.

There are others who sprinkle ground **pepper** over the food when it is cut for eating; this is a practice of the Christians and Berbers. And cinnamon and lavender especially are sprinkled upon food on the plate before eating, but that is in particular dishes, not in all.

Garbanzos. In their skin they have no use in the various kinds of cooking. It is a dish of bedouins and gluttons; those who want to strengthen themselves with it take only its juice, add it to meat, and make a dish or a tharîd of it. I have seen in The History of al-Zahra [a palace and garden complex], one of the histories of Cordoba, that in the days of 'Abd al-Rahman al-Nasir li-Din Allah and those of his son al-Hakam, every morning outside the gates of the castle were found five bags of garbanzos, whose juice was taken and carried to the kitchen, the waste thrown out, and taken to the sick and the poor. I saw also in the same History that every day they crumbled thirty loaves of bread for the fish of the pond that was in the palace.

Clarified **Butter** is not employed in dishes at all, because it is only used in the various kinds of *rafîs* and in some *tharîds* [bread puddings] and in similar foods of women. It is needed for oil when there is too much dryness and hardness and pungent, vinegared things in order to cut their sharpness and make them soft and smooth, and do them great benefit. The fundamental thing, in all these dishes, is that abundant fat predominate over its broth to the exclusion of everything else, whether the meat be weak or fat, for oil greases foods and improves them and makes them emit sharp odor and is good for them.

Murri is not suitable to be used unless of the infused sort, because of its benefits and penetrating quality; following this is *murri* made of grape juice with spices but without burned bread. The *murri* that people make with scorched honey and bread and other things is not suitable to be used at all, for it causes black bile and has neither benefit nor penetrating flavor. [Murri adds a fermented, flavor-enhancing quality to food.]

With regard to **vinegar**, it is good for cooking and for other pharmaceutical uses, such as *sikanjabîn* and vinegar of wild onions. White vinegar is made of pure, extremely sweet grapes; vinegar is necessary for foods that form a crust and are harmful to the stomach, for it makes them gain strength and flavor, or when it is necessary to soften and cut up the foods without heating. When vinegar is put in *sikbâj*, it is strong in sourness, very sharp; it is regulated by joining it with sweets and plenty of fat.

Mustard; it is fitting to avoid old mustard seed, because if it is old, it acquires a bitterness, and for this reason it should be washed first with hot water and then made. Fresh mustard need not be washed, because it adds sharpness without bitterness.

How It Is Made

Take fresh mustard seeds and pound them a little in a mortar of stone or wood until they are crushed; wash it with hot water so the bitterness departs, and drain out this water. Then return it to the mortar and crush it hard, sprinkling with sharp vinegar little by little. Then squeeze it in a piece of thick cloth or a rough wool apron; then continue to pound it until it is disintegrated, and squeeze it until it comes out like fine *talbîna* [dissolved starch]. Then pound sweet, peeled almonds very hard, until they become like dough, and macerate until dissolved

so that it moderates its bitterness, makes it white and lets it gain dregs and sweetness, because of the coolness and sweetness of the almonds; this is the benefit of the almonds, and their use to the mustard. When this recipe is complete, use it in kebabs and other heavy, fatty foods, God willing.

Utensils

It is said in Anushirwan's cookbook [Kisra Anushirwan ibn-Barzajamhar] that he who wants his health to last should not eat foods that have spent a night in a copper container, for even very good foods, if they spend a night in a copper container, or are prepared therein, reach a bad state and cause revulsion.

He also says that fish, if fried and then put in a copper container, or prepared in one and left there until they are fried, are spoiled, because these foods take the force and flavor of the copper the moment that the fish, milk, and any such food left overnight uncovered, is disturbed.

Maggots creep out at night, seek out salt and collect it, for most insects and maggots seek out salt wherever it is, and sometimes their spittle falls on it, and they rub against it to loosen their skins, and this is a great harm. For this reason one should put on foods no more salt than what is dissolved in them, or cover them carefully.

Another thing to avoid is always cooking in a single pot, especially if it is not enamelled; many servants don't wash the pot emptied of food and turn it over on the ground while still warm, and that spot might be conducive to rot, and vapors from the ground rise into the pot and poisons are composed between the two, and everything cooked in it turns bad.

There was a person who ordered that pots be prepared according to the number of days in the year, so that a new pot was cooked in every day, and when a pot was emptied, a new one was taken; he who cannot do this, orders his servants to clean the pot every night with hot water and bran, for this is what inclines the spirit to accept food, and if this is not done the spirit has an aversion to the food, and the food takes on a bad taste, because its remaining there long makes it corrupt and not what it should be. It is proper to try to do this, and not to scorn it, and thus to protect against harm as much as possible.

Of the Utensils that Those Charged with Cooking or Pharmacy Must Have Ready

A mortar, of white marble or of a hard wood such as chestnut, terebinth, olive, ash, boxwood, or jujube, prepared for pounding things that should by no means be pounded in copper: salt, garlic, cilantro, onion, mustard, mint, citron [leaves] and other plants and greens; and fruits, like apples, quince, and pomegranate, and meat and fat, almonds, stuffings for *ka'k* [biscuits, cookies] and bread foods, and anything else that is moist or fatty, above all if left in copper until it turns green, is altered and takes on a bad state.

Of this hard wood are the spoons and ladles; and the board on which meat is cut, and the board on which ka'k [biscuits, cookies] and bread foods are rolled out. It should be smooth and extremely polished; and likewise the utensil with which *mirkâs* [sausage] is made should be of white glass, glassy ceramic, or hard wood, because if it is of copper, the holes through which the ground sausage-meat passes turn green, and that mixes with the meat and it alters, as has been explained.

How the Service of Dishes is Ordered, and Which is Fitting to be First, and Which Last

1. The first dish to be presented is a feminine one, such as *baqliyya mukarrara* and the various kinds of *tafâyâ*s [stews]or after this the dish *jimli*;
2. then *muthallath* [meat cooked with vegetables, vinegar and saffron];
3. then the dish of *murri* [a dish seasoned primarily with murri, a salty dish];
4. then *mukhallal* [a vinegar dish];
5. then *mu'assal* [a honeyed dish, a sweet];
6. then *fartun* [a cake];
7. then another *mu'assal* [sweet].

This is the succession of the seven dishes and the order in which they are eaten. Many of the great figures and their companions order that the separate dishes be placed on each table before the diners, one after another; and by my life, this is more beautiful than putting an uneaten mound all on the table, and it is more elegant, better-bred, and modern; this has been the practice of the people of al-Andalus and the West, of their rulers, great figures, and men of merit from the days of 'Umar b. 'Abd al-'Aziz [an Umayyad caliph] and the Banu Umayya to the present.

[The practice of serving a dinner in courses, so characteristic of Al-Andalus, is not found in Baghdad or Damascus. It was introduced to Spain by a Persian musician and arbiter elegantiarum named Ziryab, who had been driven from Baghdad by Ishaq al-Mausili as a dangerous rival and found a home in the Umayyad court in the ninth century.]

Chapter 2: Drinks and Syrups

[Syrups [*sharab*] were a way of storing left over fruit for later use. The syrups were added to water and served as drinks, as it is still done around the world today. The syrups were also used in the making of desserts, for sweetening some savory dishes for a sweet and sour flavor, and some were used for medicinal purposes. See the *Appendix* for notes on type of drinks, syrups, powders, electuaries, etc.]

The Great Drink of Roots

Take the skin of the stems of fennel, the skin of the stems of celery, the skin of carrot and the stem of chicory and Mecca fig, half a *ratl* [1 *ratl*=468g/1lb] each; three handfuls each of *halhâl* [pos. lavender], cilantro of the spring [growing by the water source], *dawmirân*, tamarisk, pennyroyal, *ghâfit*, chicory, mint, clove basil and citron basil; two *ûqiyas* [1 *ûqiya*=39g/7tsp] each of the seeds of celery, carrot and roses, fennel, and *habba hulwa* and *nânûkha* [two names for, or perhaps two varieties of, nigella seed], and half an *ûqiya* [1 *ûqiya*=39g/7tsp] of dodder seed.

The bag [a bag of spices that is boiled in the honey and then removed]: half an *ûqiya* [1 *ûqiya*=39g/7tsp] each of cinnamon, flowers of cloves, ginger, Chinese rhubarb, Indian spikenard, mastic, nutmeg and aloe stems, a *mithqâl* [1 *mithqâl*=5.7g/1tsp] of saffron, [added to] six *ratls* [1 *ratl*=468g/1lb] of honey, cleansed of its foam.

Cook the herbs and seeds in water that covers them until their force comes out; then take the clean part of it [strain it] and throw it in [spiced] honey.

Put this on the fire, and put the spices in the bag [and in the honey and] after they have become mushy, throw them into the drink and macerate them time after time, until their force passes into the drink. Lay it [the spice bag] aside. Take it [the honey] from the fire, let it cool, and keep until needed.

Drink one *ûqiya* [1 *ûqiya*=39g/7tsp] of this with three of water on arising, and see that the water is hot. Benefits: fortifies the stomach and the liver, opens blockages of the liver and spleen, cleans the stomach, and is beneficial for the rest of the phlegmatic ailments of the body.

The Little Drink of Roots: Way of Making It

Take the skin of the stems of caper bush, the skin of the stems of celery, the skin of fennel root and the skin of wild carrots, two *ûqiyas* [1 *ûqiya*=39g/7tsp] of each; two handfuls each of halhâl [pos. lavender], cilantro of the spring [growing near the water source], *dawmirân*, *ghâfit*, chicory, pennyroyal and euphorbia.

The bag [a bag of spices that is boiled in the honey and then removed]: cinnamon, and flower of cloves and ginger, an *ûqiya* [1 *ûqiya*=39g/7tsp] of each; half a *mithqâl* [1 *mithqâl*=5.7g/1tsp] of saffron. [Added to] three *ratls* [1 *ratl*=468g/1lb] of honey, cleaned of its foam.

Cook the seeds and herbs, covered with water, until their strength comes out. Then take the clean part [filter it], add to the honey, and take it [all] to the fire, and put the [spice] bag in a kettle [and cook it all] until it forms a well-made syrup.

Take it from the fire and pour it into an earthenware vessel. The drink is made with two *ûqiyas* [1 *ûqiya*=39g/7tsp] of syrup to three *ûqiyas* [1 *ûqiya*=39g/7tsp] of hot water. Its benefits: it benefits the liver and opens occlusions of it, it is useful for the spleen and cleanses the stomach of its extra phlegm wherever it is found in the body, and it is of profit in diseases of dropsy [swelling from water, edema], God willing.

Making Raison Drink

Take sweet raisins cleaned of twigs and dirt and wash them with water until they are clean.

If you like it infused, throw in for each measure of raisons, two parts of hot water and put in a clay vessel until it infuses; then strain and mix in it honey.

And if you like it cooked, place one measure of raisins with three of water and take the measure with a stick [to see the height in the pot]. Then add to the pot as much water as you wish. Cook it until it returns to the measuring mark [the water boils away]. Then strain it and mix in honey and leave it until it cools, and then drink it, God willing.

And in the same manner honey is cooked for drinking.

Recipe for Honey-Water

Take a *ratl* [1 *ratl*=468g/1lb] of honey and add five *ratls* [1 *ratl*=468g/1lb] of water, cook until the water boils away and the honey remains, and clean off the foam little by little.

Pound half an *ûqiya* [1 *ûqiya*=39g/7tsp] of pellitory and place it in a cloth [sack tied shut], put it in the kettle and bruise it [crush it] once and again until its substance comes out. Remove it [the sack] to an earthenware vessel, and take it from it [the honey] at the necessary time, for it makes up for all that which detracts from the notable quality [it cleans the honey].

Syrup of Aloe Wood: Way of Making It

Take half an *ûqiya* [1 *ûqiya*=39g/7tsp] of aloe, a quarter *ûqiya* [1 *ûqiya*=39g/7tsp] each of cinnamon, cloves, Chinese cinnamon [cassia], Indian lavender, nutmeg, mastic and saffron. And a *ratl* [1 *ratl*=468g/1lb] of sugar and the same of rosewater.

Close the roots in a bag and place them in the sugar and rosewater. Bring all this to the fire until it takes the consistency of syrup. Then remove it from the fire, grind eight grams of musk, and throw it [all] in an earthenware vessel.

The drink is an *ûqiya* [1 *ûqiya*=39g/7tsp] with two of hot water. Its benefits: it fortifies the stomach, the liver, and the other parts, cheers the heart, tempers the constitution a bit, and helps in the beginning of dropsy [swelling from water, edema].

Syrup of Citron Leaves: Way of Making It

Take fifty leaves and remove the dust on them with a cloth. Then cover them all with water in a pot and cook it until the strength comes out. Then take the clean part of it [filter it] and add a *ratl* [1 *ratl*=468g/1lb] of sugar.

The bag [a sack of spices to cook in the syrup]: half an *ûqiya* [1 *ûqiya*=39g/7tsp] each of aloe stems, Chinese cinnamon [cassia], and cloves.

Cook all this [the sugar, lemon leaf essence, and spice bag] until it becomes good to drink [a syrup]. Drink one *ûqiya* [1 *ûqiya*=39g/7tsp] with three of water. Its benefits: it cheers the heart with much gaiety, fortifies the internal organs, and softens the bowels gently. It is extraordinary.

The Great Cheering Syrup: Way of Making It

Take half a *ratl* [1 *ratl*=468g/1lb] each of borage, mint, and citron leaves, and cook them in [enough] water to cover until their strength comes out. Then take the clean part [filter it] and add it to a *ratl* [1 *ratl*=468g/1lb] of sugar.

Then put in the [spice] bag: a spoonful each of aloe stems, Chinese rhubarb, Chinese cinnamon [cassia], cinnamon and clove flowers. Pound all these coarsely, place them in a cloth, tie it well, and place it in the kettle [with the sugar and herb essence], macerate it again and again until its substance passes out, and cook until [the liquid] takes the consistency of syrup.

Take one *ûqiya* [1 *ûqiya*=39g/7tsp] with three of hot water. Benefits: It profits weak stomachs, fortifies the liver and cheers the heart, digests foods, and lightens the constitution gently, God willing.

A Syrup of [spiced] Honey

Take a quarter *ûqiya* [1 *ûqiya*=39g/7tsp] each of cinnamon, flower of cloves and ginger, mastic, nutmeg, Chinese cinnamon [cassia], Sindi laurel, Indian lavender, Roman spikenard, elder twigs, elder seeds, oil of nutmeg, bitter and sweet nuts, large and small cardamom, wild spikenard, galingale, aloe stems, saffron, and sedge. Pound all this coarsely, tie it in a cloth, and put it in the kettle with fifteen *ratls* [1 *ratl*=468g/1lb] of water and five of honey, cleaned of its foam.

Cook all this until it is at the point of drinking [a syrup]. Drink an *ûqiya* [1 *ûqiya*=39g/7tsp] and a half, or up to two, with hot water. Its benefit is for weak livers; it fortifies the stomach and benefits dropsy [swelling from water, edema] among other ailments; it dissolves phlegm from all parts of the body and heats it a great deal, gives gaiety, lightens the body, and it was used by the ancients like wine for weariness.

The Recipe for Making a Syrup of Julep [rosewater syrup]

Take five *ratls* [1 *ratl*=468g/1lb] of aromatic rosewater, and two and a half of sugar, cook all this until it takes the consistency of syrup.

Drink two *ûqiyas* [1 *ûqiya*=39g/7tsp] of this with three of hot water. Its benefits: in phlegmatic fever; it fortifies the stomach and the liver, profits at the onset of dropsy [swelling from water, edema], purifies and lightens the body, and in this it is most extraordinary, God willing.

Syrup of Sandalwood: Way of Making It

Take two *ûqiyas* [1 *ûqiya*=39g/7tsp] each of red and white sandalwood, and an *ûqiya* [1 *ûqiya*=39g/7tsp] of white manna of sugarcane [cane sap]. Then pound the sandalwood and cook it in rosewater until its substance comes out, and let there be five *ratls* [1 *ratl*=468g/1lb] of the rosewater. Then take the clean part of it [filter it] and add it to two *ratls* [1 *ratl*=468g/1lb]

of sugar. Take the cane sap and put it in a bag, and cook all this [the sap bag, sugar and sandalwood essence] until it forms a well-made syrup.

Its benefits are to calm the heat of jaundice, to cut thirst, and to profit in the other ailments and fevers of jaundice. It leaves the nature as it is, without causing retention or thinness of urine. It fortifies the stomach, the liver, and the other organs, and in this it is most extraordinary.

Formula for Making a Syrup of Mastic [and Mint]

Take three *ûqiyas* [1 *ûqiya*=39g/7tsp] of mastic, powder it and put it in a bag, then take a *ratl* [1 *ratl*=468g/1lb] of mint and cook it, covered with water, until its substance comes out. Take the clean part of it [filter it] and mix it with three *ratls* [1 *ratl*=468g/1lb] of sugar and honey, and cook all this until it takes the form of a drink [syrup].

Drink two *ûqiyas* [1 *ûqiya*=39g/7tsp] of this with three of hot water. Its benefits: for the stomach and for digesting food; it cuts vomiting and binds the bowels, and fortifies the liver: it is the utmost in this.

Syrup of Mulberries: Way of Making It

Take the fruit of mulberries and extract from them the small seeds, after removing their cores, four *ratls* [1 *ratl*=468g/1lb]. Then divide fruit and clean the dirt from them, wash them very well in cold water until softened, and drain the water. Then take water out of a river oriented Eastward; heat [a] polished steel [pot] and cook in this the water until the water is reduced by half and changes color. Cook the *harir* [the cleaned fruit] in this water until its substance comes out; press it [filter it], and add to the water three *ratls* [1 *ratl*=468g/1lb] of honey, cleaned of its foam.

The [spice] bag: half an *ûqiya* [1 *ûqiya*=39g/7tsp] each of cinnamon and cloves, an *ûqiya* [1 *ûqiya*=39g/7tsp] of ginger, an *ûqiya* [1 *ûqiya*=39g/7tsp] each of cubebs, long pepper and galingale. Then pound roots and put them in a bag, which is then tied with a strong thread and added to the honey and the filtered essence. Put it on the fire and cook it until a syrup is made.

Drink two *ûqiyas* [1 *ûqiya*=39g/7tsp] of this with three of hot water. It profits in the lack of urine, and increases desire well; it dissolves the fat from all parts of the body and heats it well, God willing, by its generosity and virtue.

Syrup of Mint: Way of Making It

Take mint and basil, citron and cloves, a handful of each, and cook all this in enough water to cover, until its substance comes out, and add the clear part of it [filter it] to a *ratl* [1 *ratl*=468g/1lb] of sugar.

The [spice] bag: an *ûqiya* [1 *ûqiya*=39g/7tsp] of flower of cloves. And cook all this [the essence, the sugar, and the spice bag] until a syrup is made.

Its benefits: it frees bodies that suffer from phlegm, and cuts phlegmatic urine, fortifies the liver and the stomach and cheers it a great deal; in this it is admirable.

Syrup of Fresh Roses, and the Recipe for Making It

Take a *ratl* [1 *ratl*=468g/1lb] of fresh roses, after removing the dirt from them, and cover them with just boiled water for a day and a night, until the water cools and the roses fall apart in the water. Filter it and take the clean part of it and add to a *ratl* [1 *ratl*=468g/1lb] of sugar. Cook all this until it takes the form of a syrup.

Drink an *ûqiya* [1 *ûqiya*=39g/7tsp] of this with two of hot water. Its benefits are at the onset of dropsy [swelling from water, edema], and it fortifies the stomach and the liver and the other internal organs, and lightens the constitution; in this it is admirable.

A Recipe for Making It by Repetition

Take the same, a *ratl* [1 *ratl*=468g/1lb] of roses or more, and place it in just boiled water to cover it, for a day and a night. Then take out the roses that are in the water and throw them away, and go with the same quantity of fresh roses, which are to be covered likewise with this water, after boiling it a second time, and leave this also a day and a night. Throw away these roses likewise, and put in others and treat them as before, and continue doing this for ten days or more. Its benefit and the strength of its essence are attained solely in the manner of repeating [the process].

Then filter the water of roses and add to it an equal amount of sugar, and cook it until it takes the form of a syrup. It is the best for thinning and moistening the constitution, God willing.

Syrup of Dried Roses

Take a *ratl* [1 *ratl*=468g/1lb] of dried roses, and cover with three *ratls* [1 *ratl*=468g/1lb] of just boiled water, for a night, and leave it until they fall apart in the water. Press it and filter it, and take the clear part and add it to two *ratls* [1 *ratl*=468g/1lb] of white sugar, and cook all this until it is in the form of a syrup.

Drink an *ûqiya* [1 *ûqiya*=39g/7tsp] and a half of this with three of water. Its benefits: it binds the constitution, and benefits at the start of dropsy [swelling from water, edema], fortifies the other internal organs, and provokes the appetite, God willing.

Syrup of Violets

Take a *ratl* [1 *ratl*=468g/1lb] of fresh violet flowers, and cover them with three *ratls* [1 *ratl*=468g/1lb] of boiling water, and boil until their substance comes out. Then take the clean part of it [filter it] and mix it with four *ratls* [1 *ratl*=468g/1lb] of sugar, and cook all this until it takes the form of a syrup.

Drink an *ûqiya* [1 *ûqiya*=39g/7tsp] and a half of this with three of hot water. Its benefits are in the fever of jaundice, it cuts thirst and lightens the body gently, and benefits in dry coughs, but it weakens the stomach.

Manner of Making a Syrup of *Maryût*

Take *Maryût,* lavender, and *mashîsha*, two handfuls of each, and two *ûqiyas* [1 *ûqiya*=39g/7tsp] each of fennel, anise, and peeled licorice roots. Cook all this in water to

cover until its substance comes out. Then take the clean part of it [filter it] and add to two *ratls* [1 *ratl*=468g/1lb] of honey, and cook all this until it takes the form of a syrup.

Drink an *ûqiya* [1 *ûqiya*=39g/7tsp] of this with three of hot water. Its benefit is in moist coughs; it cleans the throat, dissolves the phlegm from the stomach, and lightens the body gently.

Syrup of Hyssop

Take an *ûqiya* [1 *ûqiya*=39g/7tsp] of hyssop and two of fennel and anise, and an *ûqiya* [1 *ûqiya*=39g/7tsp] each of jujubes, watermelon seeds and cucumber seeds, and a handful of cleaned figs, two handfuls each of lavender and cilantro of the spring, and two *ûqiyas* [1 *ûqiya*=39g/7tsp] each of the skin of fennel stalk and the skin of celery stalk.

Cook all this in [enough] water to cover it until its substance comes out. Then take the clean part of it [filter it] and add it to two *ratls* [1 *ratl*=468g/1lb] of sugar. Cook all this until it takes the consistency of syrup.

Drink an *ûqiya* [1 *ûqiya*=39g/7tsp] and a half of this in three of hot water when fasting. It benefits in moist coughs and stops abscesses of the brain; it dissolves phlegm from the other parts of the body and causes urine and menstrual fluid to flow [an anti-conception and abortive agent], it fortifies the stomach, and it is admirable.

Syrup of Basil

Take seeds of fresh green basil, pound them in a stone mortar, and press out their water. Take these seeds and cook them in water until half of the water remains, clarify it [filter it] and leave it to cool.

Pour in a suitable amount of sugar when it is cold, and put it on the fire until it takes the consistency of syrup.

If seeds cannot be found, take the leaves, be they green or dried, cook them in water to cover until their substance comes out, and then take the clean part of it [filter it] and add the sugar. Cook it as I have indicated for the seeds, and put it in an earthenware vessel.

Drink an *ûqiya* [1 *ûqiya*=39g/7tsp] of this in three of cold water. Its benefits are to free the bowel with blood and for him who has a cough with diarrhea.

Syrup of Simple *Sikanjabîn* [vinegar syrup]

Take a *ratl* [1 *ratl*=468g/1lb] of strong vinegar and mix it with two *ratls* [1 *ratl*=468g/1lb] of sugar, and cook all this until it takes the form of a syrup.

Drink an *ûqiya* [1 *ûqiya*=39g/7tsp] of this with three of hot water when fasting. It is beneficial for fevers of jaundice, and calms jaundice and cuts the thirst

Since *sikanjabîn* syrup is beneficial in phlegmatic fevers: make it with six *ûqiyas* [1 *ûqiya*=39g/7tsp] of sour vinegar for a *ratl* [1 *ratl*=468g/1lb] of honey and it is admirable.

Syrup of Pomegranates

Take a *ratl* [1 *ratl*=468g/1lb] of sour pomegranates and another of sweet pomegranates, and add their juice to two *ratls* [1 *ratl*=468g/1lb] of sugar. Cook all this until it takes the consistency of syrup. Keep until needed.

Its benefits: it is useful for fevers, and cuts the thirst, it benefits bilious fevers and lightens the body gently.

Syrup of Sour Grapes [verjuice]

Take a *ratl* [1 *ratl*=468g/1lb] of juice pressed from sour grapes [not yet ripe, verjuice], and another of sugar, join them and cook until it takes the form of a syrup.

Drink an *ûqiya* [1 *ûqiya*=39g/7tsp] of this in two more of water. Its uses: for mastering jaundice and cutting bilious vomiting; it gives appetite and cuts the thirst, dissolves phlegm by cutting it, and stops bitterness in the mouth.

Syrup of Flowers of *Isfitân* [possibly *isfinar* --white mustard]

Take half a *ratl* [1 *ratl*=468g/1lb] of flowers of *isfitân*, and cook them with five *ratls* [1 *ratl*=468g/1lb] of water until its substance comes out. Then take the clear part of it [filter it] and mix it with two *ratls* [1 *ratl*=468g/1lb] of honey.

The [spice] bag: half an *ûqiya* [1 *ûqiya*=39g/7tsp] of cinnamon. Then cook all this [essence, honey, spice bag] until it takes the form of a syrup.

Drink an *ûqiya* [1 *ûqiya*=39g/7tsp] with three of hot water. Its advantages are for melancholic fevers, and it is not used in other illnesses except at the beginning; and with this it provokes urine and menstruation [an anti-conception and abortive agent], and cleans the stomach of filth.

Syrup of Lavender [Halhâl]

Take a *ratl* [1 *ratl*=468g/1lb] of lavender and cook it in [enough] water to cover it until its substance comes out. Then take the clear part of it [filter it] and add it to a *ratl* [1 *ratl*=468g/1lb] of honey. Cook all this until it takes the form of a syrup.

Drink an *ûqiya* [1 *ûqiya*=39g/7tsp] and a half of this with three of hot water. Its advantages are in cleaning the brain and the stomach; it lightens the body and dries up black bile gently, but it contracts the breath, and it is fitting to regulate the drink with a cheering drink or cheering water.

Syrup of Lemon

Take lemon, after peeling off the skin, press it [to a pulp] and take a *ratl* [1 *ratl*=468g/1lb] of juice, and add as much of sugar. Cook it until it takes the form of a syrup.

Its advantages are for the heat of bile; it cuts the thirst and binds the bowels.

A Syrup of Greens

Take juice pressed from *shashtaraj* [fumitory], which is known as "children's greens," and juice pressed from endive [chicory], which is known as *taifaq*, and juice pressed from borage, half a *ratl* [1 *ratl*=468g/1lb] of each.

Boil it on the fire, clarify it [filter it] and add a *ratl* [1 *ratl*=468g/1lb] of sugar. The [spice] bag: put in a *ratl* [1 *ratl*=468g/1lb] of the skin of yellow myrobalan, cooked until it falls apart and forced through a cloth. Cook all this until it takes the form of a syrup.

Drink three *ûqiyas* [1 *ûqiya*=39g/7tsp] of this in half a *ratl* [1 *ratl*=468g/1lb] of fresh milk. Its benefit are against the burning of jaundice and ringworm.

A Syrup which Dries Black Bile and Phlegm

Take a *ratl* [1 *ratl*=468g/1lb] of *basbâyij* [Kembra fern] peeled in its upper part, and another of *sanâ*, and half a *ratl* [1 *ratl*=468g/1lb] of *agaric* [? *ghâriqûn*], and two *ûqiyas* [1 *ûqiya*=39g/7tsp] each of fennel and ground licorice wood, and a handful each of lavender *mashashtir*, and spring cilantro.

The [spice] bag: put an *ûqiya* [1 *ûqiya*=39g/7tsp] of cinnamon and another of cloves, grind them coarsely and put them in the bag. Cook the roots in two *ratls* [1 *ratl*=468g/1lb] of water until their substance comes out, then take the clear part of it [filter it] and add it to two *ratls* [1 *ratl*=468g/1lb] of honey and four more of sugar, and cook all this until it takes the form of a syrup.

Drink three *ûqiyas* [1 *ûqiya*=39g/7tsp] of this with half a *ratl* [1 *ratl*=468g/1lb] of hot water, after taking a few seeds of good musk. Its benefits: in all the heats of the body, in all black ringworm infections, and in phlegm; it cleans all the residues from the body and purges it gently for a good evacuation.

Syrup of Jujubes

Take two *ratls* [1 *ratl*=468g/1lb] of jujubes and an *ûqiya* [1 *ûqiya*=39g/7tsp] each of purslane [*rujlâ*] and lettuce. Cook all this in five *ratls* [1 *ratl*=468g/1lb] of water. Then clarify it [filter it] and add it to two *ratls* [1 *ratl*=468g/1lb] of sugar. Cook until it takes the form of a syrup.

Drink an *ûqiya* [1 *ûqiya*=39g/7tsp] of it with three of cold water. It benefits in periodical fevers, purifies thick blood, calms the cough, cuts thirst, and lightens the constitution.

Syrup of Thistle

Take a *ratl* [1 *ratl*=468g/1lb] of thistle, ground coarsely, half a *ratl* [1 *ratl*=468g/1lb] of *mashashtir*, and an *ûqiya* [1 *ûqiya*=39g/7tsp] of bay leaves [this word can also mean myrtle or aloes], a handful of leaves from the interior of an orange tree, half an *ûqiya* [1 *ûqiya*=39g/7tsp] each of anise, seeds of wild carrot, and seeds of dodder, an *ûqiya* [1 *ûqiya*=39g/7tsp] each of bitter and sweet almonds. Pulverize all the roots and greens and cover them with three *ratls* [1 *ratl*=468g/1lb] of water in which black garbanzos have been steeped for a night and a day.

Then put it in a new pot and cook until the water is reduced by half. Then cool it and clarify it [filter it] and take the clear part to add to a *ratl* [1 *ratl*=468g/1lb] of sugar and another of honey.

The [spice] bag: half an *ûqiya* [1 *ûqiya*=39g/7tsp] each of Indian spikenard, *asârûn* [wild spikenard], and flower of cloves, and cook all this until it takes the form of a syrup.

Drink an *ûqiya* [1 *ûqiya*=39g/7tsp] and a half of it with three *ûqiyas* [1 *ûqiya*=39g/7tsp] of hot water, and above all, if it is drunk in the bath, it has a greater effect, if it please God the Most High, praise be to Him.

Syrup of Tamarind

Take a *ratl* [1 *ratl*=468g/1lb] of tamarind and steep in five *ratls* [1 *ratl*=468g/1lb] of water. Then throw away the dregs and add the clarified [filtered tamarind] water to a *ratl* [1 *ratl*=468g/1lb] of sugar. Cook all this until it takes the form of a syrup.

Drink two *ûqiyas* [1 *ûqiya*=39g/7tsp] of it in three of cold water. It is beneficial in jaundice, and takes it away easily; it cuts bilious vomit and thirst, awakens the appetite to eat, and takes the bitterness of food out of the mouth.

Syrup of Carrots

Take four *ratls* [1 *ratl*=468g/1lb] of carrots, after removing the fibers [lit. "nerves"] that are in the centers, and cook them in water to cover until their substance comes out. Then take the clear part of it [filter it] and add it to three *ratls* [1 *ratl*=468g/1lb] of honey, cleaned of its foam.

The [spice] bag: then put an *ûqiya* [1 *ûqiya*=39g/7tsp] of cubebs, two *ûqiyas* [1 *ûqiya*=39g/7tsp] each of ginger and long pepper, and half an *ûqiya* [1 *ûqiya*=39g/7tsp] of cinnamon and flower of cloves. Cook until it takes the form of a syrup.

Drink an *ûqiya* [1 *ûqiya*=39g/7tsp] of this with three of hot water: it is beneficial in the lack of urine, increases desire [aphrodisiac], and dissolves phlegm, heats the kidneys admirably, and likewise the other parts of the body, God willing.

Syrup of Apples

Take a *ratl* [1 *ratl*=468g/1lb] of sweet apples, those that the common people call *sarîj* [this might mean "little lamps"]. Cook them in [enough] water to cover them until they fall apart and their substance comes out. Then clarify it [filter it] and take the clear [filtered] part and add it to a *ratl* [1 *ratl*=468g/1lb] of sugar. The [spice] bag: an *ûqiya* [1 *ûqiya*=39g/7tsp] of aloe stems, pounded and put into the bag. Cook until it takes the form of a syrup.

Drink an *ûqiya* [1 *ûqiya*=39g/7tsp] in two of hot water. Its benefits: it fortifies and gladdens the heart.

Chapter 3: Pastes [and Jams, Jellies]

[Pastes were often used for medicinal needs and administered like we administer pills, today, shaped like small nuts and eaten on a full stomach. See the *Appendix* for notes on type of drinks, syrups, powders, electuaries, etc.]

Carrot Paste [carrot jam]

Take a *ratl* [1 *ratl*=468g/1lb] of carrots, of which you have cleaned the interior [cut out the tough, bitter core]. Cook them in a *ratl* [1 *ratl*=468g/1lb] of water, some two boilings [mash them after the first boiling], then take it off the fire and let it drain a little, over a sieve.

Add it to three *ratls* [1 *ratl*=468g/1lb] of honey, cleaned of its foam [heated and skimmed], and cook all this until it takes the form of a paste. Then season it with ginger, galingale, cubeb and clove, half an *ûqiya* [1 *ûqiya*=39g/7tsp] in all for each *ratl* [1 *ratl*=468g/1lb] of paste.

Eat it like a nut at meals [roll it into a small ball and eat it at the end of the meal]. Its benefits: it fortifies coitus and increases desire beautifully [aphrodisiac]; it is admirable.

Green Walnut Paste [walnut jam]

Take a *ratl* [1 *ratl*=468g/1lb] of green walnuts [before the walnut forms a shell] and pierce them well with an iron skewer, then steep them in water for three days. Take them out of the water. Cook the nuts a little, then take them from the water and add them to honey.

For each *ratl* [1 *ratl*=468g/1lb] of walnuts, take three of honey, cleaned of its foam [heated and skimmed]. Cook them until they take the form of a paste. Season with cinnamon, cloves, and ginger, three quarters of an *ûqiya* [1 *ûqiya*=39g/7tsp] for each *ratl* [1 *ratl*=468g/1lb] of paste.

Eat it after meals. Its benefits: it excites the appetite and digests foods, heats the kidneys, and increases urine.

Quince Paste [quince jam and jelly]

Take a *ratl* [1 *ratl*=468g/1lb] of quince, cleaned of its seeds and cut into small pieces. Pound it well until it is like brains [or grate it]. Cook it with three *ratls* [1 *ratl*=468g/1lb] of honey, cleaned of its foam [heated and skimmed], until it takes the form of a paste.

It is also made by another, more amazing recipe: take it as said before, and cook it in water alone until its essence comes out. Clean the water of its sediments, and add it to an equal amount of sugar. Make it thin and transparent, without redness [short cooking time] cook it until it lightens and thickens, and what you have made will remain in this state [a jelly].

Its benefits: it lightens the belly that suffers from bile, it suppresses bitterness in the mouth, and excites the appetite. And I say it keeps bad vapors from rising from the stomach to the brain [indigestion].

Paste of Honeyed Roses [rose jam]

Take half a *ratl* [1 *ratl*=468g/1lb] of fresh roses and two *ratls* [1 *ratl*=468g/1lb] of honey. Take the petals from the roses and scatter them in a ceramic cooking-pan. Boil the honey on the fire and remove its foam. Add the rose petals and boil it until it takes the aspect of a paste.

Eat it like a nut at meals [roll it into a small ball and eat it at the end of the meal]. Its benefits: for weak stomachs, for the liver, for the onset of dropsy [swelling from water, edema] of the lower belly, and it lightens the constitution moderately, God willing.

Violet Paste [violet jam]

Take a *ratl* [1 *ratl*=468g/1lb] of the flowers and three of honey, after removing its foam [heated and skimmed]. Cook all this until it takes the form of a paste.

Eat of it like a nut at meals [roll it into a small ball and eat it at the end of the meal]. Its advantages: it counters dry coughs, softens the belly, cuts bilious thirst and cuts the bile that comes out, God willing.

Mint Paste [mint jam]

Take a *ratl* [1 *ratl*=468g/1lb] of green mint leaves and crush them gently. Add three *ratls* [1 *ratl*=468g/1lb] of honey, cleaned of its foam, and cook it until it takes the form of a paste. Then season it with an *ûqiya* [1 *ûqiya*=39g/7tsp] of cloves per *ratl* [1 *ratl*=468g/1lb].

Its benefits: it eases and aids against heaviness of the body and mind, aids in eardrum dropsy [swelling from water, edema], dissolves phlegm in the various parts of the body, strengthens the urine, and cuts vomit. It is good with sweet grains of anise, eaten with them or after them. It is beneficial, God willing.

Tîqantast Paste [prickly pear jam]

Take four *ûqiyas* [1 *ûqiya*=39g/7tsp] of its outermost skin, after peeling it with iron knives [of the prickles], then pound it gently and cook it in water to cover. Ten add it to a *ratl* [1 *ratl*=468g/1lb] of honey, cleaned of its foam [heated and skimmed], and cook it until it takes the form of a paste.

Eat of it like a nut at meals [roll it into a small ball and eat it at the end of the meal]. Its benefits: it dissolves phlegm in various parts of the body, awakens the appetite to eat, makes urine flow, aids in dropsy [swelling from water, edema], and lightens the constitution mildly. In this it is admirable, God willing.

Qirsa'nat Paste [Thistle jam]

Take a *ratl* [1 *ratl*=468g/1lb] of its skin, peeled on the outer part [of its irritants], and pound it well. Cook it in water to cover. Then add it to three *ratls* [1 *ratl*=468g/1lb] of honey, cleaned of its foam [heated and skimmed]. Cook it until it takes the form of a paste.

A Paste which Fortifies the Stomach, the Liver, and the Brain [seed paste]

Take black seed [*habbtus sauda*], caraway [seeds], fried cumin [seeds], and nigella [seeds], four *ûqiyas* [1 *ûqiya*=39g/7tsp] of each. Pound all this and mix it with three *ratls* [1 *ratl*=468g/1lb] of honey, cleaned of its foam [heated and skimmed]. Cook it until it is a paste.

Eat it like a nut at meals [roll it into a small ball and eat it at the end of the meal]. Its benefits: in the winds of the body, it dissolves phlegm and digests foods, clears the head, lightens the body gently, aids in mild coughs, and dries black bile gently.

Orange Paste [orange marmalade]

Take the peel of red oranges. Steep them in water, then cut them like fingers [in strips]. Take a weight of one *ratl* [1 *ratl*=468g/1lb] and add to it three *ratls* [1 *ratl*=468g/1lb] of honey cleaned of its foam [heated and skimmed]. [Cook] until it takes the form of a paste.

Eat of it like a nut at meals [roll it into a small ball and eat it at the end of the meal]. Its benefits: it digests foods, dissolves phlegm, increases the urine, and aids in cold poisons [nose colds], in this it is admirable.

Caraway Paste

Take fried caraway [seeds], steeped in vinegar [the missing section here must explain how the seeds are ground up and mixed with honey to make the paste, just as sesame seed paste is made] and excites the appetite. It is beneficial, God willing, exalted be He.

Recipe for Making *Sinâb* [mustard paste]

Clean good mustard [seeds] and wash it with water several times. Then dry them and pound them until they are as fine as kohl [ash]. Sift it with a sieve of hair, and then pound shelled almonds and put them with the mustard and stir them together. Then press out their oil [squeeze them] and knead them with breadcrumbs little by little, not putting in the breadcrumbs all at once but only little by little.

Then pour strong vinegar, white of color, over this dough for the dish, having dissolved sufficient salt in the vinegar. Then mix it well to the desired point, and strain it thoroughly with a clean cloth. And there are those who after it is strained add a little honey to lessen its heat. Either way it is good.

[A recipe from an earlier chapter...]

Mustard; it is fitting to avoid old mustard seed, because if it is old, it acquires a bitterness, and for this reason it should be washed first with hot water and then made. Fresh mustard need not be washed, because it adds sharpness without bitterness.

How It Is Made: Take fresh mustard seeds and pound them a little in a mortar of stone or wood until they are crushed. Wash it with hot water so the bitterness departs, and drain out this water. Then return it to the mortar and crush it hard, sprinkling with sharp vinegar little by little. Then squeeze it in a piece of thick cloth or a rough wool apron. Then continue to pound it until it is disintegrated, and squeeze it until it comes out like fine talbîna [dissolved starch].

Then pound sweet, peeled almonds very hard, until they become like dough, and macerate until dissolved so that it moderates its bitterness, make it [the mustard] white and let it gain dregs and sweetness, because of the coolness and sweetness of the almonds. This is the benefit of the almonds, and their use to the mustard.

When this recipe is complete, use it in kebabs and other heavy, fatty foods, God willing.

Chapter 4: Medicinal Electuaries and Powders

[See the Appendix for notes on type of drinks, syrups, powders, electuaries, etc. The following seven recipes are for electuaries. An electuary (*juwarish*) is a drug mixed with sugar and water or honey into a pasty mass suitable for oral administration.]

Electuary of Mint

Take a *ratl* [1 *ratl*=468g/1lb] of mint, pound it and press out its juice, add a *ratl* [1 *ratl*=468g/1lb] of sugar and a quarter of an *ûqiya* [1 *ûqiya*=39g/7tsp] of mastic and make an electuary. Its benefits: it cuts phlegmatic vomiting, excites the appetite, heats the stomach, and if taken before eating, constipates the intestines; it is useful.

Electuary of Aloe

Take half an *ûqiya* [1 *ûqiya*=39g/7tsp] of Aloe, and of mastic, cinnamon, Chinese cinnamon [cassia], half an *ûqiya* [1 *ûqiya*=39g/7tsp] each, two *ratls* [1 *ratl*=468g/1lb] of sugar and two more of rosewater. Put all this on the fire until it makes an electuary. Its benefits: it strengthens the heart and lightens the spirit, digests foods, lightens the body gently, strengthens the liver, dissolves phlegm in various parts of the body, and aids in dropsy [swelling from water, edema].

Electuary of Cloves

Take two *ûqiyas* [1 *ûqiya*=39g/7tsp] of its flowers and two *ratls* [1 *ratl*=468g/1lb] of sugar dissolved in rosewater; thicken it until it takes the form of a paste and make an electuary, in the form of fingers and tablets. Eat half an *ûqiya* [1 *ûqiya*=39g/7tsp] of it at meals. Its benefits: it excites the appetite, dissolves phlegm, greatly gladdens, increases the force of coitus, and restrains the temperament.

Electuary of Musk

Take a *mithqâl* [1 *mithqâl*=5.7g/1tsp] of musk, half an *ûqiya* [1 *ûqiya*=39g/7tsp] of aloe sticks ["moon wood"], and half an *ûqiya* [1 *ûqiya*=39g/7tsp] each of Chinese laurel and Indian lavender. Pound the medicinal herbs and add them to two *ratls* [1 *ratl*=468g/1lb] of sugar, dissolved in rosewater, and cook it into an electuary. Its benefits: it lightens the spirit and improves the smell of the breath.

Electuary of Ginger and Pepper

Take a quarter of an *ûqiya* [1 *ûqiya*=39g/7tsp] of ginger and pepper, a quarter of an *ûqiya* [1 *ûqiya*=39g/7tsp] of each, of rue a quarter of an *ûqiya* [1 *ûqiya*=39g/7tsp]. Pound all this and add it to two *ûqiyas* [1 *ûqiya*=39g/7tsp] of honey cleaned of its foam. Eat half an *ûqiya* [1 *ûqiya*=39g/7tsp] of it after meals; it excites the meal and digests it, expels gas and dissolves phlegm, aids in dropsy [swelling from water, edema], and provokes urine and menstruation [an anti-conception and abortive agent].

Electuary of Red Sandalwood

Take three quarters of an *ûqiya* [1 *ûqiya*=39g/7tsp] of red sandalwood, and a quarter of an *ûqiya* [1 *ûqiya*=39g/7tsp] of *tabashir* [cane sap]. Pound all this and add it to a *ratl* [1 *ratl*=468g/1lb] and a quarter of sugar, dissolved in rosewater. Cook all this until it takes the form of an electuary and take it off the fire.

Electuary of White Sandalwood

Take an *ûqiya* [1 *ûqiya*=39g/7tsp] of white sandalwood and a quarter of an *ûqiya* [1 *ûqiya*=39g/7tsp] of cane sap, pound it all and sift it; add it to a *ratl* [1 *ratl*=468g/1lb] and a quarter of sugar and as much again of rosewater; cook it all until it makes an electuary.

Powder to Dry the Lungs

Take fennel, anise, peeled licorice wood, thyme, and flowers of *halhâl* [lavender] and myrobalan, one *ûqiya* [1 *ûqiya*=39g/7tsp] of each, and as much sugar as of all the rest. Pound the medicinal herbs, sift them and add to the sugar, and drink of it at bedtime [mixed with water]. Its advantages: for him who wants to clear his head, and dry the lungs of the moisture of phlegm.

Another Delicate Medicinal Powder

Take fennel, *habbat halâwa* [pos. nigella] and sugar, equal amounts, pound it all and mix it. Administer it in a powder at bedtime, in the amount of one handful [mixed with water]. It cleans the head and the stomach and calms mild coughs, God willing.

Powders That Digest The Food

Take four *ûqiyas* [1 *ûqiya*=39g/7tsp] of mastic, pound it and add it as much sugar, and to both add an *ûqiya* [1 *ûqiya*=39g/7tsp] of anise and another of fennel. Mix it all and administer half an *ûqiya* [1 *ûqiya*=39g/7tsp] of it at bedtime [mixed with water].

[This following recipe is for a spice mix used for cooking. Spice mixes were very common in medieval and renaissance cooking, and are very common today in Asian and North African and Arab cooking (Hariss, Ras el hanout, Advieh, Baharat, Garum, Five Spice, Seven Spice). And we still use the Allspice mix.]

Spice Mixture

One part pepper, two of caraway, three parts dry coriander; pound all that and sift and use. And those dishes in which they are used separately, throw in separately, God willing.

Chapter 5: Light Dishes for a Weak Stomach, and Medicinal Dishes

Information About Weak Stomachs

It is known that all the cooked dishes and dried dishes [*mutabbakhat* and *mujaffafat*] that have been mentioned are good for the aged, and those with tender [or moist] stomachs. Those dishes with *murri naqî'* [a fermented, flavor-enhancing seasoning] are most efficacious for drying and even more for loosening. Chopped and eaten, they are beneficial for him who complains of a sluggish stomach.

The Extraction of Meat Juice for Invalids [concentrated meat broth]

Pound pieces of meat well on a board and put in a pot with water and onion and spices to a certain extent, according to the fever of the ill person, and half a spoonful of oil if the meat is fat, and if it isn't a full spoonful. Put it on a moderate fire and stir for some time.

When the juice comes out of it, boil water in a small new pot and pour on the [strained] meat [juices] and cook until it comes out as if it were *harira* [syrup], and until most of the water is gone. Then take it off the fire and let cool. Then stir by hand well and strain, after it is thoroughly mixed, in a light cloth.

And if the invalid has little appetite, macerate cold breadcrumbs with the meat [juices] until they dissolve, then strain and dissolve a moderate amount of salt in it.

And if the invalid is aged or of a cold temperament [marked by a melancholic or phlegmatic humor], or not suffering from one of the feverish diseases, aromatize with Chinese cinnamon [cassia], cinnamon, clove, cardamom and galingale [literally, "wood"], and cut with a little musk, and use, if God, may He be honored and exalted, wills, and He is the One from Whom help is sought.

A Dish which Reduces Appetite and Strengthens the Stomach

Take sexually mature chickens, clean them and put in a pot. Put on them as much oil as is needed, the weight of a *dirham* [1 *dirham*=3.9g/3/4tsp] of salt, and onion juice and cilantro juice two *ûqiyas* [1 *ûqiya*=39g/7tsp], and ten almonds, peeled and ground, and a clove of garlic and enough water to cover the chickens. [Boil.]

And when it is boiling well, throw on some sharp vinegar, *murri* [use soy sauce] and *nabîdh raihâni* ["basil near-wine", a mild wine not proscribed by Islam]. And clove basil and leaves of citron and green rue, tie up a bundle of all that and put in the pot. [Boil some more.]

When it is done, add Chinese cinnamon [cassia], pepper and ginger and serve, God Willing.

A Dish of Meat Juice [against fever]

Take a *ratl* [1 *ratl*=468g/1lb] of meat juice and a quarter *ratl* [1 *ratl*=468g/1lb] of onion juice and one or two *ûqiyas* [1 *ûqiya*=39g/7tsp] each of cilantro juice and endive juice and juice of fennel, boiled and strained, and half a *ratl* [1 *ratl*=468g/1lb] of fresh water. Put that in a pot and take a clean spoon to which is tied [a cloth containing] cumin [set a wooden spoon over

the pot and tie the spice bag to it so the bag dangles in the broth], Chinese cinnamon [cassia], caraway and dry dill, half a *mithqal* [1 *mithqal* = 5.7g] of each, and an *ûqiya* [1 *ûqiya*=39g/7tsp] of good *murri* [use soy sauce]. Cook all that until it is reduced by half.

Then take out the cloth and crumble three *ûqiyas* [1 *ûqiya*=39g/7tsp] of bread crumbs into it, and take on the day of fever.

A Dish of Meat Juice Effective on the Day of Fever for Illness, after the Illness Decreases

Take a *ratl* [1 *ratl*=468g/1lb] of meat and clean and put in a pot, and pour on it water to cover by four finger-widths. Light under that a fire until the meat is done.

Take a *ratl* [1 *ratl*=468g/1lb] of its water, two *ûqiyas* [1 *ûqiya*=39g/7tsp]of cilantro juice, half a *ratl* [1 *ratl*=468g/1lb] of onion juice and an *ûqiya* of *murri* [use soy sauce]. And take a clean cloth and put in it dry coriander and caraway, two *mithqals* [1 *mithqal* = 5.7g] each and boil all in the pot [with the strained meat juices] until it becomes about a *ratl* [1 *ratl*=468g/1lb].

Crumble as much heart of bread into it as is needed, and use in illness and after it.

Recipe of a Summer Dish of Praised Nutrition with Sour Grape Juice and Gourd

Take [dead] young chickens and leave hanging in their feathers by the feet for three hours. Then scald in fresh water [and pluck] and wash exceedingly well.

Then boil lightly. Put with them enough almond oil and boil until the water evaporates away a bit. Then pour on them enough sour grape juice to cover. [Sour grape juice is likely a vinegar made from unripe grapes, called verjuice. It was used in European cooking for many centuries, and is still available today.]

Take a small amount of clove and the same of galingale and spice it with them. Take gourd cut in small pieces and throw it in, along with a little mint. [Cook.]

When it is done, cover [the contents of the pot with a mixture made of eggs beaten with a bit of flour or breadcrumbs, then left to set] and ladle out and serve. It is made with full-grown hens and veal the same way, God willing.

Another Like It, a Summer Dish that Cools the Body

Slit the throat of a sexually mature chicken and clean and wash them. Put them in an earthenware pot and cover with water.

Take sour apples and peel and remove the seeds and cut in thirds and put in the pot. Put sour grape juice in the pot. [Sour grape juice is likely a vinegar made from unripe grapes, called verjuice. It was used in European cooking for many centuries, and is still available today.] And some almond oil and Sulaimani sugar in which are pieces of peeled sweet gourd. [Cook.]

When it is done, cover [the contents of the pot with a mixture made of eggs beaten with a bit of flour or breadcrumbs, then left to set] and serve.

Another Dish Which Strengthens the Stomach Before Heat

Take [dead] sexually mature chickens and clean and put in a pot. Put with them the juice of sour pomegranates [a common ingredient in North African cooking], quinces and apples, and oil and onions and cilantro. [Cook.]

When it is about done, throw in a little mint and some Chinese cinnamon [cassia] and dry coriander, and cover with ten peeled [and pounded] almonds and serve.

Preparation of *Tuffâhiyya*, Apple Stew

Sour apples are cooked with meat in water until [the apples are] ragged. Then the apples are removed and macerated and strained [to get apple juice].

Put with it [add to the meat pot] oil, salt, pepper and crushed soaked garbanzos and boil it until the meat is cooked. Pour on the apple juice. When it boils, throw in mint, celery leaf, rue and stalks of purslane, and thyme and boiled eggplant.

Cover [the contents of the pot with a mixture made of eggs beaten with a bit of flour or breadcrumbs, then left to set] and ladle out.

A Dish of *Safarjaliyya*, Good for the Stomach

Kill young chickens and clean and put in a pot [with water]. Put with them crushed garbanzos and cut-up onion. Put on the fire, and boil until done.

Squeeze pomegranate juice and quince juice and pour into the pot, and cover with bread crumbs, and sprinkle *tabîkh raihani* ["basil near-wine", a mild wine not proscribed by Islam] on it and ladle out and serve.

Sikbâj of Veal, Used for Young People in Summer

Take the best parts of veal and its belly and legs and cook with vinegar mixed with water, depending on how sour you want it, and put enough to cover the meat by more than four fingers. Throw on onion pounded with cilantro and salt, as much as is needed. And pepper, caraway, dry cilantro, peeled walnuts, citron leaves, rue and celery leaves, putting them all in a cloth and throwing in the pot, and galingale root.

When it is half done, put with it an *ûqiya* [1 *ûqiya*=39g/7tsp] of sugar and a *dirham* [1 *dirham*=3.9g/3/4tsp] of Chinese cinnamon [cassia] and the same of saffron. And cut up boiled gourd and a clove of garlic and a little *nabîdh raihâni* ["basil near-wine", a mild wine not proscribed by Islam]. [Cook.]

When it is done cover [the contents of the pot with a mixture made of eggs beaten with a bit of flour or breadcrumbs, then left to set] and ladle out and serve.

A Dish Suitable for Autumn

Take the upper parts of year-old meat [salted, or dried, or preserved] and cut up and put in an earthenware pot. And put on it Chinese cinnamon [cassia], pepper, lavender, sweet almond oil, soaked garbanzos, some cut-up boiled Swiss chard and pounded walnut meats. And cover everything with water and put on the fire until nearly done.

Then throw on *murri* [use soy sauce] made from wheat with nigella, long pepper and lavender, and finish cooking.

Cover the pot with cinnamon and ginger, and ladle out and serve, God willing.

A Dish Made in Winter for Those with Cold Illnesses

Take fat young meat and put in a pot [with water]. Put with it *murri* [use soy sauce], oil, salt, pepper, galingale, cinnamon, an onion pounded with cilantro and pounded peeled almonds, walnuts and pistachios, and cook until done.

Take the yolks of ten eggs and beat them with a like amount of honey and throw on them lavender, cloves and saffron. Cover [the contents of the pot] with this [and let it set], and ladle out, God willing.

A Dish of Pullets Suitable for the Aged and Those with Moistness

Clean a fat pullet and put in a pot [with water]. Put with it the white part of onions, soaked garbanzos, pepper, cumin, caraway, anise, oil and salt. And when it boils, throw in rue and cinnamon.

When it is done, cover with many egg yolks mixed with pounded almonds and clove and lavender [and let it set], and ladle out and serve.

Recipe for the Dish Mentioned by Al-Razi

Gives strength to the sick and those weakened by lengthy disease, and benefits those of a bilious disposition.

Take meat of a plump calf shoulder, chest, neck, entrails and stomach and its fat and bone marrow, and put it in a new pot with a little salt, coriander, cumin, pepper, saffron, cinnamon, some onion, a little rue-leaf, celery leaves, and mint and citron and lemon leaves, and oil. Cover it with strong vinegar without water and cook until the meat softens and falls apart.

Then moisten with its fat a *tharîda* [bread crumbs] of the crumb of leavened bread, which shall have been made with fine white flour. This is said to be an excellent dish. [A savory bread pudding.]

[This may refer to one of the Razis, historians of the Umayyad caliphate in al-Andalus, or to a doctor, a resident of Medina Sidonia, cited by al-Shaquri.

It might also be the famous Rhazes, "the Galen of the Arabs," renowned doctor of Iran and Baghdad, who also wrote about diet.]

Recipe for *Zîrbâja* [sweet and sour soup, chicken, pigeon, dove, lamb]

It is a dish that regulates the humors. Its nutritive power is praised. It is good for the stomach and liver. It combines the advantages of the meat and vinegar stew *sikbâja* and of that of sour milk *salîqa*.

Among its virtues is what was told of it to the sheikhs of Baghdad by he who followed Hanin ibn Ishaq. He said "I was accompanying Hanin one day when he met a man of the people, to whom he said, 'Oh! You came to me and you described the case of a sick woman in your

house; then I didn't see you [anymore]. What has been the cause of your delay, since I have not ceased to worry about you?'

He replied, 'I came to you, my lord, and I described to you my mother's sickness. You advised me that she should eat *zîrbâja*. I got it and she was cured of her illness, and I didn't want to return and worry you. May God reward you.'

Hanin said, 'This is a neutral dish [one that does not stimulate any of the four humors in particular] and it is the *sikanjabîn* [name of a sweet-sour drink] of dishes.' Others say, 'It is the apple of the kitchen, there is no harm in it at all.'"

[This recipe appears in all medieval Arabic cookbooks. It is a sweet, nutritious chicken soup.]

Its Recipe

Take a young, cleaned [dead] hen and put it in a pot with [some water and] a little salt, pepper, coriander, cinnamon, saffron and sufficient of vinegar and fresh oil [and cook it on the stove].

And when the meat is cooked, take peeled, crushed almonds and good white sugar, four *ûqiyas* [1 *ûqiya*=39g/7tsp] of each. Dissolve them in rosewater and pour it in the pot and let it boil. Then leave it on the embers [low heat] until the fat rises. [The almonds and sugar thicken the liquid.]

It is the most nutritious of dishes and good for all temperaments. This dish is made with hens or pigeons or doves, or with the meat of a young lamb.

Jûdhâba Beneficial for the Cold and It Strengthens Coitus [mincemeat quiche]

Take walnut kernels and hulled almonds, hazelnuts, kernels of pine nuts and pistachios, a quarter of a *ratl [1 ratl=468g/1lb]* of each. Grind them in a wooden or stone mortar until it is like fine flour.

Add two-thirds of a *ratl [1 ratl=468g/1lb]* of bread crumbs made from semolina and two *ratls [1 ratl=468g/1lb]* of ground meat from the shoulder of a sheep, cleaned of its tendons. Break in fifteen eggs and beat it all together. Add ginger, galingale, pepper, cloves and Chinese cinnamon [cassia], one part of each; a *dirham [1 dirham=3.9g/3/4tsp]* of mastic and of saffron, of each one half a *dirham [1 dirham=3.9g/3/4tsp]* and of oil a good half *ûqiya [1 ûqiya=39g/7tsp]*.

Put it all in a new pot and throw in a *ratl [1 ratl=468g/1lb]* and a half of fresh milk. Lower it into the *tannur* [clay oven]. Seal the oven and leave it until it is done, solid, and is ready. Take it out, scatter ground sugar on it and serve it.

Chapter 6: Breads

Rafis [flat bread, loaf, also *raghif*]

It is desirable that the general conditions of the *rafîs* be known.

Its dough should be of pure semolina with moderate yeast.

And the salt should be very little, so that no flavor of salt is tasted, and the butter should be boiled and strained, and the honey skimmed, and if it is made with oil, this should be hot, so none of the flavor of the raw oil should remain.

It is baked in a *tannur* [clay oven] so the bread will be detached, porous and spongy inside. If you make the *rafîs* with fat, it will be tastier and sweeter and easier to digest.

And if it is not leavened, the bread will be doughy and the *rafîs* firm and compact, like the *rafîs* of the Berbers and that of the marketplace, and it will not do except for weary laborers or for feeding chickens.

Leavened White or Semolina Bread

Take what you will of white flour or of semolina. Moisten it with hot water after sifting, and knead well, after adding leavening, and salt. Moisten it again and again [with warm water] until it has middling consistency. [Form into round loafs and let rise on oiled pans. Bake in a bread oven.]

[I've added to this chapter this recipe piece from a sweets recipe, as it is the recipe for a basic bread that is used for many bread puddings, and for bread crumbs, and is called *Rghaif* in Morocco, with the semolina version chewier and yellow.]

Making *Isfunj* [leavened semolina egg bread]

Take semolina and sift it, and take the flour and put it in a dish. Take water and sprinkle it lightly on the semolina. Then knead it into a dough and gather it all up and cover it with a second dish, leaving it until it sweats [this stimulates the gluten].

Then uncover it and knead it until it becomes soft. Throw oil in it, and knead it, and put in leavening and eggs, throw in about of five eggs and then knead the dough with the eggs.

Then put it in a new pot, after greasing it with oil, and leave it until it rises. [Form into loafs and let rise once more, then bake in a bread oven. Egg bread is often braided and sprinkled with sesame seeds or sugar.]

Flaky Loaf [*Khubza Muwarraqa*]

Take flour and knead it [with water] until it is soft, and add oil so it will be smooth, put in leavening. [Divide it into small balls and let them rise.]

Then take the dough [ball], roll it out, make its edges thin, and fold it. Seal [two edges], and puff it up until the air enters the sides. Then seal both sides with your hand and make a loaf.

Put it in a ceramic frying pan and pour in two spoonfuls of oil, and put your fingers over the bread, so that it stays flattened. [Coat it in oil.]

Put the bread in the oven and when it is baked, put it in a glazed dish; get honey and cook it with some pepper, and pour this over the bread, God willing.

[These sorts of oily breads, usually round, are available today in freezer sections of Asian stores. Some have green onions in them. You re-cook them up in a frying pan, and they puff up with air in the hollow inside, then deflate as they cool. Served with honey, they are like a snack or treat. When they are served plain, they can accompany a meal. *Khobz* is the Moroccan word for bread.]

Loaf Kneaded with Butter

Take three *ratls* [1 *ratl*=468g/1lb] of white flour and knead it with a *ratl* [1 *ratl*=468g/1lb] of butter and when the mixing is complete, leave it to rise.

[The one part butter, to three parts flour, means this is a buttery loaf of bread. The recipe omits the leavening agent, which would lighten the dough. Unleavened, this is more of a buttery shortbread.]

Make bread from it.

Send it to the oven in a dish and when it has cooked, turn it on the other side in another dish and return it to the oven. When it is thoroughly cooked, take it out of the oven, then cover it a while and then present it.

[The Moroccan *Harcha* is a type of buttery shortbread that is made without leavening, and is cooked in a pan in finger-thick rounds the width of the hand. They are eaten with butter and jam.]

Recipe for Folded Bread from *Ifriqiyya* [Tunisia]

Take coarsely ground good semolina and divide it into three parts. Leave one third aside and knead the other two well [with water].

Roll out thin bread and grease it. Sprinkle some of the remaining semolina on top and fold over it and roll it up. Then roll it out a second time and grease it, sprinkle some semolina on top and fold it over like *muwarraqa* [puff pastry]. Do this several times until you use up the remaining third of the semolina. [This makes the bread flaky.]

Then put it in the oven and leave it until it cooks. Remove it when tender but not excessively so. If you want, cook the flatbreads at home in the *tajine*. [You would divide the dough into balls and do the greasing/semolina/folding for each ball and cook in a frying pan without oil, like the Moroccan *Msemen*.] Sprinkle it with cinnamon and serve it.

You can then crumble it and with the crumbs make a *tharîda* like *fatir*, either with milk like *tharîda laban*, which is eaten with butter and sugar, or with chicken or other meat broth, upon which you put fried meat and a lot of fat.

[This sort of folded bread, heavy in butter or oil, is a common Asian bread, served with meals. It is usually made into one-person rounds, rather than a large loaf. It is made fresh before a meal, otherwise the bread stales very quickly.]

Loaf Fried in Honey and Butter [honey, saffron loaf]

Sift white flour three times, take the choicest part, mingle it with butter and knead it with egg yolk and put into the dough some saffron and salt. [Form a round loaf.]

Put clarified butter into an earthenware frying pan, boil it and take one part of honey to one part dough [an equal portion of honey to the loaf] and put them into the melted butter until it [the loaf] is cooked. Before it is fully cooked, put on blanched almonds and pine-nuts. [Finish cooking.]

Sprinkle it with pepper and present it.

[This unleavened dough is like the Moroccan *Tride* dough. That dough is divided into little balls, and each ball is rolled into a circle and cooked in a pan like a pancake. In this recipe, the pancake is cooked in butter and honey.]

A Recipe for Stuffed Sweet Breads [sugar-almond rolled loaf and fried pastries]

Knead two *ratls* [1 *ratl*=468g/1lb] of white flour well with water, oil and leaven until it is as soft as dough or a little less.

Then make a stuffing of sugar and almonds as is made for stuffed *ka'k* [biscuits, cookies].

[Then take of peeled almonds and sugar, in equal parts, and the sugar could be more than the almonds. Pound this until it is like a dough [marzipan], and put it in a bowl. Add spikenard and cloves in the necessary amounts, and a little mastic, and some camphor dissolved in rosewater. Knead the filling until it is mixed.]

And roll out half the dough with half the stuffing [spread the stuffing on the dough], and sprinkle it with oil and make a small bread loaf [*khubza*] from it [roll it up], and leave it until it rises. [Then bake.] [You can slice the loaf and lay the slices flat, let them rise, and cook them like Danish.]

Then put it in a new glazed *tajine* which has been greased with oil, and heat honey and pour it on the loaf, after piercing all of it with the fingers [or a knife], and leave until it absorbs the honey. Cut on top of it pine nuts and sprinkle with sugar and serve.

And make from the half of the dough that remains, thin *qursas* [small rounds] and stuff them with the remaining stuffing, and fry them in fresh oil and put them on a clay plate. Heat chopped walnuts in boiling honey and pour over the cakes and sprinkle them with sugar, and serve. [This dough-covered sweet is like the Moroccan *Haloua* pastries.]

Making of Elegant *Isfunja* [sweet, buttery bread]

You take clear and clean semolina and knead it with lukewarm water and yeast and knead again. When it has risen, turn the dough, knead fine and moisten with water, little by little, so that it becomes like tar [thick and sticky] after the second kneading, [and leave it] until it becomes leavened or is nearly risen.

Take a small new jug, wet it in water and then in clarified butter or fresh oil until it is soaked. Then take a fat reed. Cut off a length to reach to the bottom of the pot. Grease the reed with oil and [put the dough around it inside the jug, then] put the lid on the pot and seal [the lid to

the pot] with clay with the reed inside, and let it be in the middle of the bread. [The reed makes a Bundt hole in the center of the bread.]

When the bread is cooked, know that it is ready. Take it out, remove the clay [sealing the jug] and take out the reed.

Take fresh or clarified butter and honey. Heat them and pour them into the pot in the place where you removed the reed and leave it until the bread soaks it up. When it has absorbed it, add butter or honey until it soaks up more.

Then break the pot away from it. Put the bread on a platter and cut it as you would cut watermelon. Chop almonds and walnuts and pine nuts and pistachios and lump white sugar and sprinkle it over it and also sprinkle with cinnamon, Chinese cinnamon [cassia] or the like, if God wishes.

Recipe for *Murakkaba Kutâmiyya* [layered sweet buttery bread]

A Dish which is Made in the Region of Constantine and is called *Kutâmiyya*. Knead a well-made dough from semolina like the *isfunj* dough with yeast. [You take clear and clean semolina and knead it with lukewarm water and yeast and knead again.]

And break in it as many eggs as you can, and knead the dough with them until it is slack [like a mash].

Then set up a frying pan of clay [*hantam*] on a hot fire, and when it has heated, grease it with clarified butter or oil. Put in a thin circle of the dough and when the bread is cooked, turn over.

Take some of the dough in the hand and smear the surface of the bread with it. Then turn the smeared surface to the pan, changing the lower part with the upper, and smear this side with dough too. Then turn it over in the pan and smear it, and keep smearing it with dough and turning it over in the *tajine*, and pile it up and raise it until it becomes a great, tall loaf. [Each time, butter the pan.]

Then turn it by the edges a few times in the *tajine* until it is done on the sides, and when it is done, as it is desired, put it in a serving dish and make large holes in it with a stick, and pour into them melted butter and plenty of honey, so that it covers the bread, and present it.

[A similar cake is made in Indonesia, with each layer alternating in color. It has a spongy consistency, and is usually flavored with pistachios. Constantine is a city in Algeria; the name *"Kutâmiyya"* refers to the Berber tribe Kutama, centered in the area around Sitif in Algeria, who were prominent during the ascendancy of the Fatimid dynasty in North Africa during the 9th and 10th centuries. One notices in the course of the recipe that the clay frying pan becomes a tajine; as a tajine is a clay casserole, it can serve for frying.]

Recipe for *Murakkaba* Layered with Dates [sweet bread layered with dates]

Take the dough described under *murakkaba kutamiyya.*

[Knead a well-made dough from semolina like the *isfunj* dough with yeast. [You take clear and clean semolina and knead it with lukewarm water and yeast and knead again.]

And break in it as many eggs as you can, and knead the dough with them until it is slack [like a mash].]

And make of it a thin flatbread in a heated *tajine*, and when it is done, turn it over, and top it with dates that have been cleaned, pounded, kneaded in the hands and moistened with oil.

Smooth them down with the palm, then put on another flatbread and turn it over, and then another bread, and repeat this until it is as high as desired. [Butter the pan for each "turn".]

When it is done on all sides, put it in a dish and pour over it hot oil and honey cleaned of its scum; this is how the people of *Ifriqiyya* [Tunisia] make it.

Recipe for *Shabât* with Fat [fried, flaky breads]

Make a dough of sifted semolina [and water] with a moderate amount of leaven.

Sprinkle it with melted grease [duck fat] freshened with oil. Knead it well until the dough absorbs it and sprinkle it with it again and continue like this until it has absorbed all it can of the grease.

Leave it for a while [to rise].

Then form it into thin flatbreads, or if you want, into *muwarraqa* [puff pastry, meaning roll balls of it out, dot the dough with butter and oil, fold it up, and repeat this several times]. Fry them in the frying pan with melted grease, until they are done. Then take them out and eat them with honey.

[This duck fat, flaky pastry is a Moroccan staple. *Shabât* is Hebrew for Sabbath.]

Recipe for *Mushahhada* [pancakes]

The *mushahhada* [pancake] is the best of the *rafis* [bread] dishes, of all of them, the lightest, the most quickly digested, and the healthiest, because yeast is in it and it is kneaded firmly.

Take good semolina and knead it with yeast.

Moisten it with water little by little until it becomes slack and like thick *hasu* [porridge], in such a manner that you throw it in the frying-pan and it spreads out over the pan [make a batter of it]. Cover it and leave it a while. Then go back and do the same thing again until you are done kneading [at it is a batter, you stir it well]. It rises and you see that bubbles rise.

Then set up a ceramic [*hantam*] frying pan over a hot fire, or an iron frying pan over a moderate fire, and when it has heated, rub it with a cloth soaked in fresh clarified butter or oil [lightly oil the pan].

Take up some of the batter in a cup and pour it in the middle, to the desired size, either great or small, and turn over it a stoneware plate until it is done [set a plate as a lid over the frying pan]. Keep on greasing the pan and pouring batter until it is used up [make all the pancakes].

Then melt fresh butter and clean honey, and pour them over the *mushahhadas* [pancakes] in a serving dish. Leave it a while until they are dry [until it soaks up the butter and honey], sprinkle it with ground sugar, and serve. There are those who add eggs as necessary to the batter.

[In Morocco this is called *Baghrir*. It is cooked only on one side and the top side looks like a honeycomb from the yeasty air bubbles. Immediately after cooking, it is immersed in hot honey with melted, clarified butter, and served warm.]

Simple *Isfîriyâ* [crepes]

Break however many eggs you like into a big plate and add some sourdough.

And add also pepper, coriander, saffron, cumin, and cinnamon.

Beat it all together, then put a frying pan with oil over a moderate fire and make thin cakes out of it, as before.

[Then set up a ceramic [*hantam*] frying pan over a hot fire, or an iron frying pan over a moderate fire, and when it has heated, rub it with a cloth soaked in fresh clarified butter or oil [lightly oil the pan].

Take up some of the batter in a cup and pour it in the middle, to the desired size, either great or small, and turn over it a stoneware plate until it is done [set a plate as a lid over the frying pan]. Keep on greasing the pan and pouring batter until it is used up [make all the pancakes].]

[With the eggs, this is comparable to a crepe and should be turned over to cook the other side. In Morocco it is called *Baghirir* and it should have lots of little holes in the crepe if it is done correctly. It is served with jam and honey.]

The Making of *Khabîs* [starch and very thin starch crepes, *warqas, phillo*]

Take coarse wheat grits and sift away its flour and leave it [the flour] to soak overnight, and in the morning knead it with the foot. Then press the milky liquid out of it, and do this several times. Then leave it until all the milky liquid can be poured off into the bottom of a container, and filter from it all the water. Do that three or four times, until it diminishes and whitens well. [This is the process for making wheat starch. The moisture evaporates and leaves the starch powder.]

When it whitens, add a little water to it [the starch] and beat by hand until it is at the point of clinging to the hand. Then put the pan on the fire to warm, then take if off the fire and spread on it a little "wheat milk" [the mushy dough], enough to spread over the bottom of the pan and pervade it all. Let the fire be abating, and when the leaf thickens, pluck it out and put it on a blanket [a cloth to keep it from getting brittle]; and make another [and so on] until all the "milk" is used up.

[In Morocco, the *warqa* is a phillo-like pastry, paper thin, used for all sorts of pastry dishes. This dough is a soft mash, that is dotted around the special pan until there are no holes in the circle. It is close to the Asian spring roll wrapper, slightly see-through. It is also called *yufka*, *ouarqa*, *warka* or brick pastry. It is best to brush the cooked leaves with oil so they don't stick together.]

Set [the "leaves"] onto a blanket and put in the sun to dry, and take care that the part that was next to the pan be on top, God willing. [Usually the warka are used immediately to wrap both sweet and savory pastries, or as layers for pastries and pies, and sealed with egg yolk. When

they dry, they become brittle, but you could soak them to soften them when you wanted to use them.]

And he who wants to color it may throw ground saffron into the "milk" and fry the same way, God willing.

And he who wants to make *khabîs* [starch crepes] from rice should wash it [the rice] several times in hot water and strain the water off and sprinkle it lightly [with fresh water], then cover it until it softens, and when it softens, stir well until it [the rice] dissolves, then strain it into a washtub [*qasriyya*] and put in it what was mentioned in the first [this recipe]. [Let the liquid rise and the starch settle, then pour off the water.]

[**To make a sweet dessert with the bread**:]

And the sugar is thickened with rosewater and egg whites [to put over the fried pastry leaves], and leaves are fried in oil, and you make a sweet of it.

Preparation of *Khubaiz* [starch] that is Made in Niebla [and starch crepes]

Take good wheat, put it in a washtub, and cover it with good, fresh water. Change the water after two or three days so that the wheat softens and makes *talbina* [releases its starch into the water], as is done for starch.

Then remove the water by pressing [the wheat bran] with the feet in the bottom of a rush basket or sack, or by hand if there is only a little of it. And beat it [the water] all over so that it whitens until it forms crumbs the size of grains of wheat, or a little larger. Sieve into a bowl what [liquid] comes out of the pith. Then pour a little fresh water over the pith to wash it. Squeeze it until none of the water remains.

Put all this [liquid] in a bowl and leave it in the sun until it binds together. Strain from it the flour water that is left over, time and again, until it thickens. Then pour it in a cloth and hang it so that it drips until it dries, and expose it to the sun if you want to make starch. Leave it on the cloth in the sun until it dries. This is the recipe for starch. Do not let it get near dew or it will spoil.

When the *khubaiz* [starch] has been made, take some of it before it dries -- it will be like yogurt -- and beat it until it is smooth. If you wish, dissolve dry starch in fresh water so that it comes out according to this description. [You make a thin batter.]

Then put a frying-pan over a moderate fire, and when it has heated, smear it with a cloth soaked in oil [lightly brush with oil]. Then take some of the dissolved starch [batter] with a spoon and pour it in the frying-pan. With your hand, move it around the pan so that it [the batter] stretches out thin. When it has bound together and whitened, take it to a board or a cloth [set it aside] and grease the frying pan with oil [again, for the next one]. Pour in another large spoonful until you have a sufficient quantity. [You are making starch crepes or thin pancakes, or wrappers.]

[Instructions from another recipe for aromatic roast chicken: Then take thin bread [crepes] made in an Indian pan, in whole pieces, not torn. Its preparation consists in kneading wheat dough well according to the recipe of *mushahhada* [pancakes, see the Bread section for the full recipe], so that it is *ghurâb* [runny], and doesn't form into a ball. Dilute it with water little by little until it becomes as thin as *hasu* [mush]. Heat the Indian pan on a moderate charcoal

fire, and when it has heated, take the dough with a ladle [*muballila*] and pour [batter] on it until it spreads out. Return the ladle to the bowl. The dough has attached to the pan as a fine tissue. That is a *ruqâq*, and it is [also] *kunafa* [both crepes] Shake out onto a cloth, and it will come out round, in the shape of the pan. Then [continue] pouring out the dough, as was done the first time, until you make the necessary amount of crepes.]

[This wrapper is slightly thicker than the *warqa* wrapper and in Morocco is usually called *Tride*, which can also be made from a soft dough that is divided into little balls, which are rolled by hand very thin and cooked like crepes.]

[**A honey cheese crepes recipe for these crepes:**]

Have prepared filtered skimmed honey, thickened in a pot on a weak fire. Leave it on the hearthstone so that it remains fluid.

Then put a frying pan full of fresh oil over a moderate fire. When the oil is boiling, put in fresh cheese while the oil boils. Remove it right away in a sieve so it does not burn and drain off the oil from the cheese.

Every time you take a *khubaiz* from the frying-pan [for each crepe], drain it of its oil and throw it into the melted honey [then remove it], and spoon the [cooked] cheese onto it, bit by bit, and stir it with [the back of] a spoon until they are mixed one with the other [spread the softened cheese over the crepe slowly until it cools and become firm], it hardens and forms one mass.

[I've altered the original translation slightly so that this recipe makes some sense.]

Counterfeit *Isfîriyâ* [crepe] of Garbanzos [chickpea flour]

Pound some garbanzos, take out the skins and grind them into flour [chickpea flour].

And take some of the flour and put into a bowl with a bit of sourdough and some egg, and beat with spices until it's all mixed.

Fry it as before in thin cakes [crepes], and make a sauce for them [honey, cheese...].

Preparation of *Muwarraqa Musammana* [buttery, flaky, puff pastry dough]

Take pure semolina or wheat flour and knead a stiff dough [with water but] without yeast. Moisten it little by little [with water] and don't stop kneading it until it relaxes and is ready and is softened so that you can stretch a piece without tearing it.

While a [frying] pan is heating, take a piece of the dough and roll it out thin on marble or a board. Smear it with melted clarified butter or fresh butter melted over water. Then roll it up like a cloth until it becomes like a reed. Then twist it and beat it down with your palm until it becomes like a round thin bread, and if you want, fold it over again [first putting the butter on again]. Then roll it out and beat it down with your palm a second time until it becomes round and thin. [This process mixes the butter into the dough.]

Then put the dough round in a heated frying pan after you have greased the frying pan with clarified butter, and whenever the clarified butter dries out, moisten [with more butter] little by little. Turn the dough over until it cooks, and then take it away and cook more [rounds of dough] until you finish [cooking] the amount you need.

[This makes puff pastry rounds, like flaky crackers. You can sprinkle them with sesame seeds or poppy seeds or serve them with jam and butter. In Morocco they are called *Meloui*, and when they are folded into squares and cooked in a pan they are called *Msemen*.]

Preparation of *Sanbûsak* [stuffed, fried dumplings, samosas]

Take semolina [flour] and knead well with clarified butter and a little pepper. Take an amount of the dough the size of a walnut, and roll it out as large as half a hand-span. Take a piece of stuffing as large as a walnut and put it in the middle of the dough, and wrap up the edges over it. Fry it in fresh oil, and dispose of it as you wish, God willing. [These are often used in other recipes to garnish dishes.]

Chapter 7: *Tharîdas* [bread puddings]

[*Tharîda* is a dish of bread moistened with meat juices. They are not only made with meat juices, but also with milk and syrups for sweet puddings. The sweet bread puddings without meat in them appear in the Puddings chapter. All of these dishes can be made with cooked couscous.]

Tharîdas

Are heavy and phlegmatic. However, they moisten dry bodies and are good and beneficial for them, very nutritious, of much chyme for him who has that temperament. They are also good for young people, especially those that are tempered with vinegar and meat of fat calves and what you may want of spices and those of unleavened dough and the like, because they are heavier and slower to digest and of more phlegm and cause constipation.

The use of rich *tharîdas* is more beneficial in winter than in summer because of the strength in digesting in winter, unless one tempers them with vinegar and light meats, like lamb, kid, and chicken and with gourd and vinegar and with purslane and saltwort, because these belong to summer and autumn on account of the dryness that governs these two seasons, especially in the dry and warm temperaments that are naturally fond of eating *tharîdas* .

The Perfect *Tharîda* [The Complete *Tharîda*]

Take fat beef from the chest, hip, shoulder blade, waist, neck, belly and from the fatty sites. Cut it up and put it in a big pot with salt, onion, pepper, ginger, coriander seed, cumin and a quantity of oil. Cook it over a moderate fire until it is ready. Take the meat out of the pot and set it to one side.

Then take meat from a fat sheep, and do the same with it. Cook it also in the pot with the spices that go best with it and oil until it is done and leave it also.

And do the same with cooked chicken and young domestic pigeons or turtledoves cooked separately and fried birds.

Take the broths of these specified meats and put them together in a clean pot, after removing the bones and add to it what is needed of strong vinegar, saffron, and pepper and what is needed of spices and prunes infused with vinegar. Cook until it is done.

Moisten with it a *tharîda* [bread crumbs] crumbled from white bread crumbs and leavened semolina well kneaded and baked. When it is properly moistened, put the meat on top. Arrange the beef in a circle on the dish, and near it the lamb, and on top of it the chickens, and at the highest part of the platter put the pigeons and turtledoves.

Spot on top of it fried birds, meatballs and fried sausage, meat patties, egg yolks, olives and chopped almonds; then sprinkle it with the necessary amount of ground pepper [the text says spikenard] and cinnamon. Cover it with a thin bread or crepe and serve it. It is a dish of kings and viziers.

Vinegar *Tharîda*, Which is One of the Best

Take the fatty meat from the fattest parts. Chop it and put it in the pot with salt, onion, pepper, saffron, cumin, garlic, strong vinegar and a quantity of oil. Put it on a moderate fire and when the meat is done put in what you have of vegetables, such as large tender turnips, eggplants and gourds, peeled and cooked separately [from the meat].

As for the eggplants, make the *tharîda* with them whole and uncut, and the turnips likewise, and the gourds [should be] the largest possible, after pressing out their water. And add vinegar to taste and when it is all cooked, take it off the fire.

Moisten [the liquid] with crumbled *tharîda* [bread crumbs] of leavened bread and repeat the moistening until it is ready [firm, having soaked up the liquid]. Pour the rest on it and it turns out marvelously.

White *Tharîda* with Onion, called *Kâfûriyya* [Camphor-White]

This *tharîda* is made with mutton or with chicken and much clarified butter. Take young fat meat, cut it up and put it in a pot with salt, pepper, coriander seed, oil, mild clarified or fresh butter. When it has fried in its fat and its spices, throw into it some juice of pounded, squeezed onions, about a *ratl* [1 *ratl*=468g/1lb] or more, so that the meat is covered abundantly and finishes cooking.

When it is done, add the necessary amount of whole eggs [to boil them]. Soak with [the liquid] the *tharîda* [bread crumbs] of white leavened bread or leavened semolina, and with clarified butter mixed it like a dough, and don't mix it much.

When the *tharîda* absorbs and is firm and shaped, put its meat on top of it and serve it. There are those who make it with pounded cut large onions. [Top with the chopped eggs.]

A Green [*Tharîda*] Dish Stuffed with Almonds

Cut up the meat and put it in a pot with spices and flavorings and some half a *ratl* [1 *ratl*=468g/1lb] of the juice of cilantro [to make it green] pounded with onion, three spoonfuls of oil, and salt. [Cook it.]

When it is done, cover the contents of the pot with [mix into the filtered liquid] six [chopped] eggs, cilantro juice, an *ûqiya* [1 *ûqiya*=39g/7tsp] of ground almonds, and [enough] breadcrumbs. Then cover this with four egg yolks [and let them set].

When this dough has cooked [absorbed the liquid], ladle the contents out and garnish it with the egg yolks [and the meat], sprinkle it with spices and present it, God willing.

Fish *Tharîda* [fish in a green pond]

Pound well pieces of a big fish and add to them such as they will bear of egg white, pepper, cinnamon, enough of all the spices and a little leavening. Beat it until it is well mixed.

Then take a pot and put in it a spoonful of vinegar, two of cilantro juice, one and a half of onion juice, one of *murri naqî'* [use soy sauce], spices, flavorings, pine-nuts, six spoonfuls of oil and enough salt and water. Put it over a moderate fire.

When it has boiled several times, make the pounded [fish] meat into the form of a fish [reserving some] and insert into its interior one or two boiled [shelled] eggs. Put it [the reconstituted fish] carefully into the sauce while it is boiling [to cook].

Form the remainder [of the fish mixture] into good sized balls. Take boiled egg yolks and bury them within the balls also. Throw all this in the pot and [cook].

When all is done, take the fish from the pot and the yolks cloaked with meat [the fish-yolk balls], and fry them in a frying pan until browned.

Then cover the contents of the pot [the cooking sauce] with six eggs, pounded almonds and breadcrumbs [beaten together], and dot the pot [with yolks]. [Let it set. Serve the fried "fish" and the balls on top of the green tharîda , as if it were a green pond.]

Tharîda Mudhakkar with Vinegar and Whole Onions

Take fat beef. Cut it [and put it] in the pot with salt, pepper, coriander seed, saffron, cumin and strong vinegar. When it is almost cooked, add big whole onions without cutting them, cooked separately, and finish cooking it all.

When it has finished cooking, take the pot from the fire and moisten [with the liquid] the *tharîda* [bread crumbs] crumbled from clean bread kneaded with white flour dough. And when the *tharîda* absorbs it and is shaped into a form [on a platter], arrange the meat and the whole onions [over it] and serve it.

And you might moisten couscous with it [instead of or with the bread crumbs [cooked couscous].

[This dish is called a Masculine dish, which suggests it was served as a main dish. The whole onions are rather suggestive of masculinity.]

Tharîda with Lamb and Spinach, Moist Cheese and Butter

This used to be made in Cordoba in the spring by the doctor Abu al-Hasan al-Bunani, God have mercy on him and pardon us and him.

Take the meat of a fat lamb, cut it and put it in the pot with salt, onion juice, pepper, coriander seed, caraway and oil. Put it on the fire and when it has cooked, put in it chopped and washed spinach in sufficient quantity, grated moist cheese [a soft, fresh cheese] and butter.

When it has cooked, take the pot off the fire and add more butter. Let there be crumbs of bread moderately leavened [add the crumbs to the liquid first, then] put your meat on it.

And if he, God have mercy on him, lacked lamb meat, he would make a *tharîda* of spinach, moist cheese, butter and the previously mentioned spices and eggs instead of meat.

Tharîda in the Style of the People of Bijaya

Bougie, a city in Algeria, which they call the *Shâ shiyya of Ibn al-Wadi'*.

Take the meat of fat spring lamb, from its flanks, its chest and its fat part. Cut it up and put it in a pot with salt, onion, pepper and coriander seed. Put it on a moderate fire and when it is almost done, add to it lettuce, spinach, fennel and tender turnips.

When all is cooked, add peeled green fava beans and fresh cilantro.

When it is finished cooking, moisten [with the liquid] the *tharîda* [bread crumbs] and arrange on it that meat, the vegetables and the beans.

Put on top of the *tharîda* , on the highest part, a small amount of butter that will pour down the sides among the vegetables. For that reason it has been likened to the *shashiyya* of Ibn al-Wadi [a fez with a white tassel], as if that white butter were the cotton [tassel] of the *shashiyya*, that falls all over.

Tharîda that the People of *Ifriqiyya* [Tunisia] Call *Fatîr*

It is one of the best of their dishes. Among them this *fatir* is made with fat chicken, while others make it with the meat of a fat lamb. Take whatever of the two you have on hand, clean and cut up. Put it in the pot with salt, onion, pepper, coriander seed and oil, and cook it until it is done.

Then take out the meat from the pot and let the broth remain. And add to the meat both clarified and fresh butter, and cook it.

Then make crumbs of *fatîr* [bread] that have been prepared from well-made layered thin flatbread cooked in the *tajine* with sourdough. Repeatedly moisten the dish [of bread crumbs] until it's right [takes a firm shape].

Then spread on it the meat of that chicken, after frying it in the pan with fresh oil or butter, and dot it with [chopped] egg yolks, olives and chopped almonds; sprinkle it with cinnamon and serve it.

Tharîda Made with Fattened Chickens or with Well-Fed, Fattened Capons

Take what you please of them [the fattened chickens and capons]. Cut them up and put them in the pot with salt, onion, pepper, coriander seed, cumin, saffron, oil and strong vinegar. Put it on the fire and when it is almost done, add prunes infused in vinegar and turnips cut into big pieces, already boiled separately. Finish cooking.

When it has finished, take it off the fire and moisten with it [the liquid] *tharîda* [bread crumbs] crumbled from leavened bread that has been properly kneaded with good semolina. Leave it until the crumbs absorb the sauce and it is ready. Use it and it is very good. [Form it into a ring on a platter and put the meat on top.]

Tharîda Made with Garbanzo Water, Chicken, Cheese and Olives

It is Good for Him Who Fasts

Cover garbanzos with water and boil them vigorously until their strength enters the water. Then strain it and remove the garbanzos. Keep the water and return it to the pot and add three fat pigeons old enough to fly, clean and whole [and dead], with a third of a *ratl* [1 *ratl*=468g/1lb] of oil, pepper, coriander seed and a piece of onion, a little cumin and some salt. [Cook.]

When the pigeons are ready, [remove them and] take the pot to the hot ashes [lower the temperature] and break in five eggs. Then crumble enough clean white bread and moisten it with the sauce until it soaks it up.

Put the pigeons in the middle [of the ring shaped bread pudding] and around the outside arrange [boiled] eggs, olives and fresh cheese. Serve it and it is good for [breaking] the [Ramadan] fast.

Recipe for a *Tharîdas* oaked in the Fat [and Flesh] of Ten Fattened Chickens

Put one chicken aside [dead and cleaned] and put another nine [dead, cleaned chickens] cut up ones in a new pot. Cook them with the needed amount of oil [and water] and spices until they are done and the flesh falls apart.

Then take the pot off the fire and clarify the chicken juices of fat. [Remove fat from the top of the juices], remove the meat from the pot and add [the fat] to a pot [with] the tenth chicken that had remained aside. Add pepper, Chinese cinnamon [cassia] and whatever you need of the rest of the spices and cook with this fat until it is ready. Remove the pot [from the heat].

Moisten with the chicken juices *tharîda* [bread crumbs] that have been crumbled from white, leavened bread. Repeat sprinkling the crumbs until the round loaf is ready [the moistened crumbs are shaped into a round loaf on a dish]. Then put the tenth chicken on top, leave it a while [to set] and serve it.

Tharîda of Chicken

Put a [dead] chicken, after plucking it, into a pot whole. Throw on it a spoonful of oil, the same of honey, enough of spices, a little chopped-up onion and enough water to cover the chicken, and cook.

Then make thin flatbreads and throw onto them much oil and put them whole into a plate. Empty the broth upon them, and the chicken, and do it well.

Tharîda of Meat

Cut up meat and put in a pot [with water and] with oil, salt, an onion pounded with cilantro and spices. Cook until done, and [remove the meat and] throw in it meatballs already prepared [to cook, then set aside].

[See the Chapter: Meatballs...]

Stuff guts with the [pounded] meat and put in it whole almonds and pine nuts, and break in it eggs [to bind filling together. Then cook the sausages in hot oil.].

When the *tharîda* is made [by adding bread crumbs to the cooked meat liquid], cut up the gut [sausage] and put [them] on the *tharîda* with [the] meatballs and eggs [hard boiled and sliced for a garnish]. Scatter on it pepper and cinnamon. If you boil eggs and cut them into thirds or quarters and garnish with them, it is good, God willing.

Tharîda of Meat and [Stuffed] Eggplants

Cut up meat and put in a pot [with water], and put with it onions, spices, salt, oil and vinegar. When it boils, pour on it water to cover, and crumble bread for it. [Boil the meat, remove it, then add bread crumbs to the liquid.]

Take eggplants and remove their calyxes [cut off the tops] and insides and what is appointed of their meat [hollow them out]. Take that and put it together with the meat, and cut up with it

onions, and throw on it spices and cilantro and a little salt, and rue and *murri* [use soy sauce], and pound all fine, and stuff [the eggplants] with it, and return the calyxes [tops] with thin pieces of wood [like toothpicks to hold the tops on], and put on the fire [bake] until done.

And when it is done, garnish with [the soaked] breadcrumbs [set the baked, stuffed eggplants on the soaked breadcrumbs]. It can be made otherwise by sprinkling with pepper and cinnamon.

Tharîda of *Zabarbada* [onion]

Take a clean pot and put in it water, two spoons of oil, pepper, cilantro and a pounded onion. Put it on the fire and when the spices have boiled, take bread and crumble it, throw it in the pot and stir smoothly while doing so. Pour out of the pot onto a platter and form this into a *tharîda* [a round loaf] and pour clarified butter over it, and if you do not have this, use oil.

Tharîda of Meat with Turnips and Walnuts

Cut up meat and put in a pot and put with it the white part of whole onions, spices, salt and oil. Pound raisins and put in vinegar and pour them on it. When it is about cooked, pour on it a little water.

Throw in big turnips, cut up, and carrots and a little saffron. And when you have made *tharîda* [crumbled and sopped the bread in the broth, and shaped it into a round loaf or a ring], arrange the meat in the center and interweave sliced boiled eggs as apples are interwoven [overlap the slices] and arrange on the plate with the meat on the *tharîda* , and serve, God willing.

Al-Ghassani's *Tharîda*

Take fat meat and cut it up. Arrange it in a large pot and throw in coriander seed, chopped onion, cilantro, caraway, pepper, soaked garbanzos, three whole eggs, enough water to cover the meat, and salt.

When the meat is done, reduce the fire below it and throw in two *dirham [1 dirham = 3.9g/3/4tsp]s* of saffron. When you see that it is colored, remove part of the sauce, leaving enough to cover the meat. Boil the meat with the saffron and then take off the fire.

Strain the sauce and put in a pot. Take one *kail* of sauce and three of honey [1 to 3 ratio of sauce to honey to make a sweet sauce]. Then take the pot to the fire and bring it to the boil three times, the honey with the sauce.

Then take good white bread, crumble it and sieve the crumbs. Add them to the pot and add in it fat and pepper. [Shape the resulting bread pudding on a platter in a ring.]

Pour [the meat and garbanzo dish] onto the platter into the bread ring and serve [with the boiled eggs chopped over the whole dish], God willing.

Tharîda of Lamb with Garbanzos [and Cheese]

Cut up lamb in large pieces and put with it spices, soaked garbanzos, oil and salt. When it has fried, pour in enough water to cover. [Boil].

And when it is about cooked, throw in orach [a flaky vegetable related to spinach].

When it is cooked, throw in fresh cheese cut up in pieces like fingertips [cubed], and break eggs into it and crumble bread in it, and sprinkle it with pepper and cinnamon, God willing.

Tharîda with Heads of Swiss Chard

Cut up meat in big pieces and put with it cilantro, onion, spices, oil and salt. When it has fried, pour on it enough water to cool it off. When it comes to a boil, throw in it heads of chard and break eggs into it and throw on it rue and garlic.

When it is done, crumble bread in it and sprinkle with pepper and cinnamon, God willing.

Preparation of a *Tharîda* of Two Chickens, One Stuffed With the Other

Kill two chickens and inflate one of them at the time of its death from the place of killing [the throat], and tie the place of inflating tightly so that no air escapes, and pluck carefully so that the stitches stay intact and the air remains in it while you pluck it. When it is cleaned and its innards are removed, add them to the meat of the second chicken and its innards also, except for the breast meat, which is reserved and made into meatballs.

Pound all the meat until it is like brains, and pick out the tendons, and throw on from the mortar spices, *murri* [use soy sauce], onion pounded with cilantro, salt, two eggs, walnuts and almonds or pine nuts, whichever of the two you can, and let some remain whole. Then mix everything and throw in fresh oil, after adding to it a little water. Then stuff the chicken with it. And if there is not enough stuffing, increase it with meat that you have on hand.

When the stuffing of the chicken is completed, put it [the stuffed chicken] in the pot and throw on it two spoonfuls of honey and a like amount of oil, and a little saffron and salt, and cover with water, and put on the fire until it begins to boil. Then leave it on a charcoal fire until nearly done.

Then throw its meatballs and *sanbûsaks* into it, and I shall describe the making of those at the completion of the *tharîda*,] God willing, as I shall describe the mixture of spices.

[Meatballs: Pound the meat until it becomes like brains, and pick out its tendons. Throw on it *murri* [use soy sauce] and oil and some eggs, salt, lavender, clove, almond and pistachio. Pound all that until mixed with much or little of the meat. Make the meatballs round and throw in boiling water and leave until done, and use them.]

[*Sanbûsaks*: Take meat of the innards or any meat you wish and pound fine, and pick out its tendons. And put cut-up fat with it, about a third the amount of the meat. Throw upon it many spices, and increase the pepper, onion juice, cilantro, rue and salt. Mix well. Throw in oil and a little water until it binds.

Take semolina [flour] and knead well with clarified butter and a little pepper. Take an amount of the dough the size of a walnut, and roll it out as large as half a hand-span. Take a piece of stuffing as large as a walnut and put it in the middle of the dough, and wrap up the edges over it. Fry it in fresh oil, and dispose of it as you wish, God willing.]

Break eggs into the chicken broth, and when it is cooked, cover with two [scrambled] eggs.

Make for it flatbreads [pancakes] of fine flour [and water], the finest you can get. And do their cooking one on at a time and put on a plate, and cover them until, when as many as are needed of them are done.

Throw the broth on them little by little, covering them even with a cloth or another plate [as they absorb the liquid]. When you have taken enough [liquid into the pancakes], strain off the excess broth.

Put the chicken on the *tharîda* [soaked pancakes] and garnish with the meatballs, *sanbûsaks* and [boiled and chopped] eggs broken around it and on it, and sprinkle on it pepper, Chinese cinnamon [cassia] and cinnamon, God willing.

Recipe for *Tharîda Shabât*

You make *shabât* with white flour kneaded with sourdough and you cook it over the hot ashes at home or in the *tannur* [clay oven] oven over a gentle fire, without overdoing the cooking.

Then take a fat chicken and boil it. Stuff it [first] with its innards and pounded meat, beaten egg, pepper, coriander, onion and oil. Add meatballs and boil until it is done.

[Meatballs: Pound the meat until it becomes like brains, and pick out its tendons. Throw on it *murri* [use soy sauce] and oil and some eggs, salt, lavender, clove, almond and pistachio. Pound all that until mixed with much or little of the meat. Make the meatballs round and throw in boiling water and leave until done, and use them.]

Break eggs in it [the boiled chicken liquid] and estimate the amount of sauce that the *shabât* will soak up. Then pour the sauce over it [the bread crumbs made from the bread cooked earlier]. [Form it into a round loaf or ring.]

Decorate it with the meatballs. Dot it with [chopped] egg yolks. Put the stuffed chicken on top, and pour melted butter over it, removing the froth [clarified butter], and serve it.

[*Shabât* is Hebrew for Sabbath.]

Making *Muhallabiyya* [mincemeat, layered *tharîda* quiche]

It is reported that a cook of Persia had his residence next to that of Muhallab b. Abi Safra and that he presented himself to prepare for him a good dish so that he could test him. He prepared it and offered it to him. He was pleased and called it *Muhallabiyya*.

Its Recipe

Take four *ratls* [1 *ratl*=468g/1lb] of fat lamb, cut it up and put it in a pot and pour in four *ûqiyas* [1 *ûqiya*=39g/7tsp] of oil, two *dirhams* [1 *dirham*=3.9g/3/4tsp] of salt, a piece of Chinese cinnamon [cassia], galingale, chopped onion and a sufficient amount of camphor. Cook it until it is almost done, then take from the fire.

Take out the meat and put it in a receptacle [set aside]. Take lamb fat and cut it with a knife as you cut vegetables. Then take a clean pot and put a layer of fat in the bottom. Then put over it a strip of cooked meat and another of thin flatbread cut up and made into *tharîda* [bread crumbs] and don't stop doing this -- a layer of meat, a layer of fat, a layer of thin flatbread crumbs -- until you are finished.

Then pour on it enough fresh milk to cover it, and add to it enough ground sugar for its sweetness to appear in all. Then take 20 eggs and beat them until they are mixed. Put them in the pot on top of the meat and bread and keep tipping it from side to side and moisten it until all the milk has spread throughout the contents.

When the milk appears on top, put it in a hot clay oven [*tannur*] and cover it, and leave it until it is done. Then take it out and turn it onto a pretty vessel and serve it.

Tharîda of *Khabîs* [wheat starch] with Two Chickens [in honey]

Slit the throat of two chickens and take out the entrails. Pound them [the entrails] and put spices with them and season them with all the flavorings and *murri naqî'* [use soy sauce]. Pound them with bread crumbs, almonds, pine-nuts, and pistachios. Beat all this with fifteen eggs, and boiled egg yolks. [This is the stuffing.]

Stuff a chicken with this filling [retain some of the stuffing] and sew it up and put it in the pot with a *ratl* [1 *ratl*=468g/1lb] and a half of water and half a *ratl* [1 *ratl*=468g/1lb] of oil. Boil it over a moderate fire and when it is almost cooked, throw in two *ratls* [1 *ratl*=468g/1lb] of honey and four *dirhams* [1 *dirham*=3.9g/3/4tsp] of saffron. When the chicken is colored [yellow], take it out.

Put *khabis* [wheat starch] on top of the honey mixture, and cook it until it is very thick.

Then take the breast of the second chicken [pound it fine] and make *isfîriyya* [crepes, in this case, actually omelettes] with it, with pepper, cinnamon, and two eggs or however many are needed.

Pound the thigh meat [of the second chicken] and add to it all that is needed for *mirqâs* [sausage], as in a previous recipe.

[Knead it in a bowl, mixing in some oil and some *murri naqî'* [use soy sauce], pepper, coriander seed, lavender, and cinnamon. Then add three quarters as much of fat, which should not be pounded, as it would melt while frying, but chopped up with a knife or beaten on a cutting board. Using the instrument made for stuffing, stuff it in the washed gut, tied with thread to make sausages, small or large.]

Clean guts [use animal intestines as a sack] and fill them with this [mixture], and make *mirqâs* [sausage]. [Fry them.]

Then put the *khabis* [and honey mixture] on a dish and set the chicken in the middle. Garnish it with the *isfîriyya* [crepes omelettes] and *mirqâs* [sausages]. Sprinkle pepper, cinnamon, and sugar over it. Place pine-nuts and pistachios on top and present it.

Recipe for the Dish Mentioned by Al-Razi [veal *tharîda*]

Gives strength to the sick and those weakened by lengthy disease, and benefits those of a bilious disposition.

Take meat of a plump calf shoulder, chest, neck, entrails and stomach and its fat and bone marrow, and put it in a new pot with a little salt, coriander, cumin, pepper, saffron, cinnamon, some onion, a little rue-leaf, celery leaves, and mint and citron and lemon leaves, and oil. Cover it with strong vinegar without water and cook until the meat softens and falls apart.

Then moisten with its fat a *tharîda* [bread crumbs] of the crumb of leavened bread, which shall have been made with fine white flour. This is said to be an excellent dish. [A savory bread pudding.]

[This may refer to one of the Razis, historians of the Umayyad caliphate in al-Andalus, or to a doctor, a resident of Medina Sidonia, cited by al-Shaquri.

It might also be the famous Rhazes, "the Galen of the Arabs," renowned doctor of Iran and Baghdad, who also wrote about diet.]

Recipe for *Mu'allak* [Mutton, milk and cheese]

Take fat young mutton, clean it and cut the meat into big pieces. Put it in the earthenware pot and add pepper, onion, oil and coriander [and water]. Cook until the meat is done. Then remove it and set it aside.

Strain the bones from the broth and return it to a low fire. When it has boiled, put in crumbs made from thin bread which was made from wheat dough and add soft, grated cheese, as much as the crumbs. Blend with a spoon until it makes one mass. And when its broth has dried up, pour on fresh milk and leave it until its foam is dispersed.

Then return the meat that was removed and when it has formed a mass [soaks up the liquid], take it off the fire, leave it a little and use it.

Chapter 8: Rice, Couscous, Noodle… Dishes

Soldiers' Couscous [*Kuskusû Fityânî*]

The usual moistened couscous is known by the whole world. The *fityâni* is the one where the meat is cooked with its vegetables, as is usual. Then when it is done, take out the meat and the vegetables from the pot and put them to one side. Strain the bones and the rest from the broth and return the pot [of broth] to the fire.

When it has boiled, put in the couscous cooked and rubbed with fat [large grain couscous can be precooked, fine grain couscous can be used directly, both should be mixed with some olive oil before cooking to keep the kernels from sticking to each other] and leave it for a little on a reduced fire or the hearthstone until it takes in the proper amount of the sauce.

Then throw it on a platter and level it. Then put on top of it the cooked meat and vegetables, sprinkle it with cinnamon and serve it. This is called *Fityâni* in Marrakesh.

Couscous Made with Crumbs of the Finest White Bread [*Tharîda*]

For this one you take crumbs and grate with the palm on the platter, as one rubs a stuffing, and let the bread be neither cold nor very hot. Put it in a pierced pot [a couscous steamer] and when it's steam has left, throw it on the platter and rub with fat or moisten with the broth of the meat prepared for it.

I have also seen a couscous that one makes from a fat chicken or stuffed and fattened capons and it was as if it were moistened only with fat, and in it were turnips of Toledo and "cow's eyes" [prunes].

Recipe for *Fidaush* [fresh pasta]

This is made from dough and has three types: the long one shaped like wheat grains [like a spaghetti pasta], the round one like coriander seeds that is called in Bijaya [Bougie] and its region *humais* [literally, little garbanzos, meaning the shape of the pasta ball], and the one that is made in thin sheets, as thin as paper. It is food for women; they cook it with gourd, spices and fat; it is one of the *qatâif* [pancakes, crepes]. *Fidaush* is cooked like *itriyya* [see next recipe].

[This isn't actually a recipe at all, but a description of the three types of fresh pasta: spaghetti, small soup pastas, and pasta sheets for layered dishes or sliced up for wide, flat pastas. Basic pasta is made from durum wheat and water. In Morocco, spaghetti pasta is called *Fdaouch*.]

Preparation of the Cooking of *Itriyya* [dried pasta]

Take the hind ends of the meat, fat tail, chest, waist and whatever of those parts that may be fat. Cut and put in a pot [with water and] with salt, pepper, coriander seed and oil. Put it on a moderate fire and cook it until it is done.

Then take it from the pot and clarify the sauce [filter it]. Return it [the fatty broth] to the pot and add fresh or clarified butter or fresh oil. When it has boiled, put in *itriyya* in a sufficient

quantity. Boil it and stir it gently and when the water dries up and it is ready, take it off the fire and leave it for a little.

Then empty it into the platter and level it until the fat separates, then take meat cooked as it is or fried, whichever you want, and arrange it on the platter. Put some of it on the *itriyya* and sprinkle it with cinnamon and ginger and serve it.

You can make rice and fresh pasta according to this recipe.

[*Itriyya, itriya, itrija, tria, trii*…are various names for dried pasta found throughout the Mediterranean since before Christ. It is usually bought from dried pasta venders. *Fidaush* under its various names usually refers to fresh pasta. *Chaaria*, in Morocco, is a small soup pasta.]

Preparation of Rice Cooked Over Water [in a double boiler]

Take rice washed with hot water and put it in the pot and add to it fresh, pure milk fresh from milking. Put this pot in a copper kettle that has water up to the halfway point or a little more [in a double boiler, bain-marie]. Arrange the copper kettle on the fire and the pot with the rice and milk well-settled in it so that it doesn't tip and is kept from the fire. Leave it to cook without stirring.

When the milk has dried up, add more of the same kind of milk so that the rice dissolves and is ready [add milk and cook until the rice is done]. Add to it fresh butter and cook the rice with it.

When the rice is done and dissolved, take off the pot and stir it with a spoon until it loosens. Then throw it on the platter and level it [forming a round loaf]. Sprinkle it with ground sugar, cinnamon and butter and use.

With this same recipe one cooks *itriyya, fidaush* and *tharîd al-laban* [milk bread pudding].

How Rice Is Cooked in the East [oven cooked rice]

Take rice washed with hot water and put it in a pot. Add fat mutton, from the chest, the hind parts and from the waist, and the fat and the leg bones. Add water to cover it plus a little more, and sufficient salt.

Put it in the bread oven overnight and take it out the next morning. When it is all mushy, turn it onto a platter and sprinkle it with cinnamon, spikenard, ginger and ground sugar. You can cook this at home with fresh milk and it is better and more delicious.

Recipe for Rice Dissolved With Sugar [sweet rice pudding]

Wash what you want of the rice and cook it as usual [covered with water plus some water, or twice the rice of water]. Then take it to the hearthstone and leave it a while [to dissolve] and when it is ready and has become mushy, mash it with a spoon until it dissolves and not a trace of the grain remains.

Then add ground white Egyptian sugar and stir it vigorously. Add sugar bit by bit until its sweetness dominates and it becomes like dissolved *fanid* [taffy, meaning until it becomes sticky].

Then turn it onto a platter and make a hole in the center that you fill with fresh butter, or with oil of fresh sweet almonds. If you cook this with fresh milk instead of water, it will be more delicious and better.

Information about *Harîsa* According to its Kinds [savory meat puddings]

Harîsa is heating, moist, very nutritious, strengthening and fertilizing for dry, thin bodies. It increases blood and sperm, with increased ability in coitus [fertility help], but makes digestion and good bowel elimination difficult.

If one can digest it well, it is beneficial for the person who wishes to strengthen and make good use of his body after illness free of fever and intestinal heaviness.

It is good for the thin and those with strong stomachs, especially if they are mild and easy tempered and do not have severe constipation, because mildness and compliance hasten bowel elimination and its effect on fat delays its growth. It is indicated for emptying the stomach.

What is needed for its digestion is to take with it some *murri naqî'* [use soy sauce] and ground Chinese cinnamon [cassia]. If you eat it alone don't mix it with another food, so it is more nutritious and easier to digest, and more quick in digestion.

It is the custom of the people and they have agreed on eating *harîsa* made with dough fried in oil. This adds to its heaviness and slowness to digest and leads to constipation, because all the foods that one fries with dough in fat are constipating and are harmful to the liver. Because of this, the *zulâ biyya*, which is *isfunj* [fried leavened semolina egg bread], is the worst that can be eaten and will be its equal. The slowness in digesting it produces a sulphurousness of the kidneys and the harm that it does is more than its benefits.

As one uses wheat and fat in *rafîs* [bread] it is the same way with *harîsa*. With its meat and fat, there is no need for other wheat, but *harîsa* eaten alone is more beneficial and gives more rapid digestion with less harm in all situations.

Among the kinds of *harîsa* that there are, there is one that is made with fat veal or with three-year-old sheep or with breasts or legs of geese and meat from chicken breasts and legs. All these have a flavor and taste that is not like the others and have a virtue that the others do not have.

The conditions of *harîsa* are that they be delicious to the palate and have little salt, like the different kinds of *rafîs* because no salt appears in it.

There are those who prefer the *harîsa* with a lot of meat and those who want a moderate amount. The easiest to eat, the most easily evacuated from the body, is that which has two thirds of wheat and one of meat.

The Method of Making It [*Harîsa,* savory wheat, meat mush]

Take good wheat and soak it in water. Then pound it in a wooden or stone mortar until it is free from husks. Then shake it [to separate it from the bran] and put the clean wheat [its marrow] in a pot with clean red meat and cover it with a lot of fresh water. Put it on a strong fire until it falls apart [dissolves].

Then stir it very forcefully until it becomes blended and one part blends into the other. Then pour on enough melted fresh fat to cover it and beat it together until it is mixed.

When it seems that the fat begins to separate and remain on top, turn it onto a platter and cover it with salted fat. Sprinkle it with ground cinnamon and use it as you please.

Rice *Harîsa* [savory rice meat pudding]

Wash the needed amount of rice and let it sit for a day in enough water to cover it.

Then put it in a pot and add what you want of the meat from chicken breasts or fresh mutton; cover it in water and cook it. When it falls apart [dissolves], stir it vigorously until it is thoroughly mixed up.

Put it on a platter and pour on melted fat from a sheep, sprinkle it with cinnamon and use it.

You might make this *harîsa* in the oven. For that you cover it with a lot of water and fit the pot with a lid and let it spend the night in the oven.

Then take it out, stir it and use it with sheep fat.

Recipe for *Harîsa* Made with White Bread Crumbs Instead of Wheat [*Tharîda* , savory bread pudding]

Take crumbs of white bread or of *samid* and grate them until they become grits the size of wheat or a little larger. Spread them in the sun until they dry out and take them up and set apart until needed.

Then take the meat from the legs or shoulder blades of a sheep, because you don't make *harîsa* without sheep meat and fat. Put it in a pot with a lot of water. Cook it until the meat falls apart and you put in a fork and it separates.

Then add the needed amount of already mentioned prepared crumbs and let it sit a while until it becomes mushy. Stir it until it is mixed and becomes one mass.

Serve it with melted sheep fat, sprinkle it with cinnamon, as has been said.

Royal *Jashîsha* Which Provides Wholesome Nutrition [savory mush]

Take heavy wheat; clean it and grind it in the mill by hand so that it comes out as grits. Then shake off the bran. Take out a quantity of wheat and put it in an earthenware pot. Add water to cover it and cook it. When the water diminishes, return it to the fire with fresh milk, time after time [until cooked].

When it is cooked, adjust the flavor with a little salt and pour on it cooked chicken fat, and add more fat, and let it be delicate, of the consistency of what can be sipped.

Then sip it and it will be good.

Good *Jashîsha*: It Fattens Thin Women and Men [wheat, rice, chickpea mush]

Take crushed wheat and an equal amount of rice, and garbanzos and hulled and washed spices, a handful of each, and put it in a pot. Cover it with water and cook until it is completely done.

Adjust it with a little salt. And so that it is delicate like *hasa'* [soup], pour on fresh butter and melted kidney fat and the broth of young, fat meat.

Then sip it, because it increases one's strength greatly.

Chapter 9: Non-Meat Dishes

The Making of Stuffed Eggs

Take as many eggs as you like, and boil them whole in hot water. Then put them in cold water [peel them] and split them in half with a thread.

Take the yolks aside and pound cilantro and put in onion juice, pepper and coriander, and beat all this together with *murri* [use soy sauce], oil and salt and mix the yolks with this until it forms a dough.

Then stuff the whites with this and fasten the two halves together. Insert a small stick into each egg [to hold them together as a whole egg], and sprinkle them with pepper, God willing.

Another Egg Dish [boiled eggs in a sauce]

Put the pot on the fire and throw in a spoon of *murri* [use soy sauce], another of vinegar and the same of oil, spices and onion pounded with cilantro and salt. Cook till done and dot with boiled eggs and cover the contents of the pot. Dish it up and serve it, God willing.

Recipe of *Fartûn* [scrambled eggs cooked in a form]

Take the utensil called *fartûn* [cone], which has the shape of a large cup with a wide mouth and a narrow bottom. Put it on a slow fire and put in oil, and when it is heated up, beat egg in a dish with vinegar, saffron and cinnamon, as necessary, and add to this a bit of almonds cooked in vinegar and pour everything onto it [the cone].

And when thick [cooked], slide a knife around between the *fartûn* [beaker] and the egg mixture, until it comes apart [loosen it from the edge], and remove it from the container. [You can] pour oil in the space left by the knife, so that it will not stick to the container. Do this gently so as to preserve the shape.

Then overturn it whole on a serving-dish and it will come out as though it were the genuine *Râs al-Maimûn* [Monkey's Head, a dish cooked in a vase, that is then broken, and served upside down, and decorated to look like a head, but this dish is like a cone of scrambled eggs].

Stuffed Eggs

Boil eggs, remove the shells and cut them in half.

Remove the yolks, put them in a platter and throw on them cilantro, onion juice, spices and cinnamon; and it will become a paste with which you will stuff the eggs. [Stuff the eggs and retain a bit of the filling to add to a sauce for the eggs.] Tie the eggs together with thread and hold them together with a small stick.

Dissolve some egg white and grease the eggs with it [this will seal the eggs back together again when they are cooked] along with a little saffron, and sprinkle with fine flour and fry with fresh oil on an even fire.

And when finished, sprinkle with chopped rue and serve. Make a sauce with the filling [that was reserved] and sprinkle with spikenard and cinnamon, God willing.

Zabarbada [*Zîrbâja*] of Fresh Cheese [fondue]

Take fresh cheese, clean it, cut it up and crumble it. Take cilantro and onion, chop and throw over the cheese, stir and add spices and pepper.

Prepare a pot with two spoons of oil and an equal quantity of water, and some salt, then throw the mixture in the pot and put on the fire and cook.

When it is cooked, take the pot from the fire and cover with eggs and some flour and serve. [The eggs are scrambled with the flour and they cook over the top of the hot cheese dish.]

Recipe for *Mujabbana* [cheese puffs]

Know that *mujabbana* is not prepared with only one cheese, but of two; that is, of cow's and sheep's milk cheese. Because if you make it with only sheep cheese, it falls apart and the cheese leaves it and it runs. And if you make it with cow's cheese, it binds, and lets the water run and becomes one solid mass. The principle in making it is that the two cheeses bind together.

Use one-fourth part cow's milk and three-quarters of sheep's [grated]. Knead all until some binds and becomes equal and holds together and doesn't run in the frying pan, but without hardening or congealing. If you need to soften it, soften it with fresh milk, recently milked from the cow. And let the cheese not be very fresh, but strong without too dry that all the moisture has gone out of it. Thus do the people of our land make it in the west of *al-Andalus*, as in Cordoba and Seville and Jerez, and elsewhere in the land of the *al-Maghrib*.

Manner of Making it

Knead wheat or semolina flour with some yeast into a well-made dough and moisten it with water little by little until it loosens [forms a dough]. If you moisten it with fresh milk instead of water it is better, and easy, inasmuch as you make it with your palm [rather than a kneading tool].

Roll it out [to a low loaf] and let it not have the consistency of *mushahhada* [pancakes] but firmer than that, and lighter than *musammana* [puff pastry] dough. When the leaven begins to enter it [when it rises], put a frying pan on the fire with a lot of oil, so that it drenches what you fry it with [deep fat fry].

Then wet your hand in water and tear off a piece of the dough. Bury inside it the same amount of grated cheese. But first squeeze the cheese with your hand, and the extra liquid leaves and drains from the hand.

Put it [the cheese filled dough ball] in the frying pan while the oil boils. When it has browned, remove it with an iron dipper and put it in a dripper similar to a sieve held above the frying pan, until its oil drips out.

As a sweet

Then put it on a big platter and sprinkle it with a lot of sugar and ground cinnamon. There are those who eat it with honey or rose syrup and it is the best you can eat.

Recipe for Eggs *Mujabbana* [cheese puffs with egg pastry]

Break eggs over the aforementioned dough [Knead wheat or semolina flour with some yeast into a well-made dough and moisten it with water little by little until it loosens [forms a dough].] and knead with them [the eggs] instead of water, until the dough becomes slack and is done, as has been said.

Then knead the previously mentioned cheese [Use one-fourth part cow's milk and three-quarters of sheep's [grated]. Knead all until some binds and becomes equal and holds together and doesn't run in the frying pan, but without hardening or congealing.] and also break over it as many eggs as it will bear. Beat them with some anise and fennel.

Flatten the dough on the platter and then wet your hand in water and take some of the filling and make a *mujabbana* [ball] as was indicated in an earlier recipe [Bury inside it the same amount of grated cheese. But first squeeze the cheese with your hand, and the extra liquid leaves and drains from the hand.] and fry it like the preceding recipe.

[Put a frying pan on the fire with a lot of oil, so that it drenches what you fry it with [deep fat fry]. Put it [the cheese filled dough ball] in the frying pan while the oil boils. When it has browned, remove it with an iron dipper and put it in a dripper similar to a sieve held above the frying pan, until its oil drips out.]

It turns out remarkable and delicious. This is what Ibn Sa'id b. Jami [Almohad Vizier] used to make and his companions and everyone found good. It is an invention of Musa b. al-Hajj Ya'ish, [architect in the times of Abd al-Mu'min and his son Yusuf I.] the *muhtasib* [market inspector] of Marrakesh.

Recipe for the Three-Part *Mujabbana* [cheese puffs]

Take some wheat or semolina dough, some fresh cheese and butter, one part of each.

Grate the cheese and knead everything with fresh milk instead of water, until it is mixed [the cheese, butter, milk and dough], no remnants of cheese remain, and it takes the consistency of *isfunj* dough [a semolina leavened egg bread].

Then make with it a *mujabbana* [cheese ball] and fry it with fresh oil, as in the preceding recipe, and use it as you wish.

Recipe for a Semolina *Mujabbana* [cheese puffs with almonds]

Take semolina dough, pounded peeled almonds, butter, soft cheese and eggs, the amount of each needed to knead it all together. Moisten it with fresh milk until it binds together and make with it a *mujabbana* [cheese puffs, deep fat fry the balls].

Mujabbana [Cheese Pastry] of *Raghîfs* [flat breads]

Knead flour with a little water, then complete the kneading with oil. Then make little *raghîfs* [flatbreads] from pieces of it, rolled out with a cane. Make some fifteen *raghîfs* [flat bread rounds] which are put in the *mujabbana* [cheese pastry] when it is made. Then fold them and seal them and puff them up [sealing air inside].

Then make a second batch [of 15] and leave them open like leaves. When the cheese is put in the dish, put a layer of it and one *raghîf*, and then a layer and a *raghîf*, putting inside it

about three of the raghîfs [3 puffed ones in the cheese, so the pastry is inside the pie as well as between the layers, and top and bottom].

Put two or three beaten eggs over the [last layer of] cheese. Then cover it [a top crust of *raghîf*] and coat it all with egg wash. Send it to the bread oven in a large clay dish in which it is cooked. [Cook it.]

And if you cook fresh and clarified butter and put it over it, and cover it a while until it is absorbed, may it do you much good [you'll like it].

Recipe for Oven Cheese Pastry, Which We Call *Toledan*

Make dough as for *musammana* [buttery puff pastry dough, see Breads or Pastry Section] and make a small flaky round loaf of it.

Then roll it out and put sufficient grated cheese in the middle. Fold over the ends of the loaf and join them over the cheese on all sides [seal it]. Leave a small hole the size of a *dinar* [coin] on top, so the cheese can be seen, and sprinkle it with some anise.

Then place it in the oven on a slab [pan], and leave it until it is cooked. Take it out and use it, as you wish.

[This dish seems best when made as small cheese pastries, rather than one big loaf. There are in effect, cheese danish, and they make something like it in Naples which people eat for breakfast.]

Recipe for *Qaijâta* [layered cheese pastry]

Which is Made in al-Andalus, and it is called "Seven Bellies."

Take moist, fresh cheese and knead it in the hands. Then take a deep, wide-bellied clay *tajine* [*tâjin min hantam*] and in the bottom of it put a thin flatbread, made like *kunafa* [crepe, See the Chapter: Breads]. Put the cheese over this, and then another crepe, and repeat this until there remains a third to a quarter of the pan.

Pour fresh oil over it, place it in the oven, and leave it a little; then take it out, moisten it with a little fresh milk, and return it to the oven, and take it out and moisten with fresh milk and return to the oven thus until the milk and the oil disappear.

Leave it until its surface is browned to the color of musk; then take it out and pour skimmed honey cleaned of its foam, or rose syrup, over it. There are those who sprinkle it with ground sugar and spices, and others who leave it be.

Dish of Stuffed Eggplants [fried]

Split in half medium-sized eggplants and rub the cuts with salt to remove any bitterness they have. Then boil them until they are cooked. Then take them out and place them in cold water.

Then take a head of garlic, clean it and pound it in a mortar with a little salt and cold breadcrumbs, a little sifted flour, a little *murri* [use soy sauce] and a little cilantro juice. To the contents of the mortar add whole peppercorns, cinnamon and powdered lavender.

Then squeeze the water out of the eggplants and hollow them out, removing its flesh and its little seeds. Boil six eggs, or as many as the dish will take, and then chop them very well [reserve a few of the yolks]. Take eggs and [add to the stuffing mixture and] stuff the eggplants with this, but save some of the stuffing.

Then cover them [the stuffed eggplants] with flour and fry them in fresh oil until browned.

Then arrange the eggplants on a dish spread with citron leaves, and sprinkle the [left over] stuffing over the dish. Cut up the remaining yolks and garnish the dish with them, and pieces of citron, mint and rue. Then sprinkle with extraordinary spices and present it.

A Dish of Eggplants with Saffron [fried eggplant]

Peel the eggplants and split them [in half], salt them, and leave them a little so their moisture comes out. Then boil them in water, and when they are cooked, place them in cold water.

Put into a pot two spoonfuls of vinegar, half a spoonful of *murri* [use soy sauce], ground coriander, pepper, caraway, cumin, a whole onion, fennel stalks, a little cleaned garlic, half a dirham [1 dirham=3.9g/3/4tsp] of saffron, salt, a spoonful of oil and a little water.

Then put the pot on the fire until everything in it is cooked, then remove to the embers [lower the heat]. Take six eggs and cold breadcrumbs and a little sifted flour, beat it all with a little cilantro juice, [but first] remove some of the yolks. Cover the contents of the pot with the mixture. And cook the yolks in it [insert the yolks in holes you make in the contents of the pot], and leave it until the yolks are done.

Then take the boiled eggplants, cut away the seeds and complete the splitting of them so that four pieces come from each. Sprinkle them with flour, fry them with oil until they are browned, and place them on a dish spread with citron leaves.

Throw over this all the spices from the pot. Slice the egg yolks and garnish the dish with them as well as with pieces of rue, mint, and citron. Sprinkle over this what you wish of fine spices and present it.

It is made the same way with gourd, down to the letter, except that the saffron is omitted and sticks of thyme are added, God willing.

A Dish of Eggplants [casserole]

Boil eggplants and remove the interior from the outer peel, pound it [the peel] and put it into a pot with a spoon and a half of oil, two of *murri* [use soy sauce], pepper, caraway, some well-pounded onion, and salt.

Put it on the fire and when it has boiled, throw in the pounded eggplants [interior] and stir it little by little. And when it is done, cover the contents of the pot with [beaten] egg yolks, and [then] cover them with egg whites, crumbs and walnuts. [Leave the eggs to cook.]

When it is served, sprinkle it with pepper and cut rue over it.

Preparation of *Musa'tar* [Thyme] of Eggplants [casserole]

Take a pot and put in it three spoons of vinegar and one of *murri naqî'* [use soy sauce] with two of oil, pepper, coriander seed, cumin, thyme and rue. Put on the fire and when it has

boiled, put the eggplants in it and cook [chopped up]. After boiling the eggplant, throw in eggs and leave to cool; [Use a spoon to make a hole in the eggplant mixture and crack the egg into it. Seal it up and the eggs will cook in the heat remaining, or you can leave the heat on the dish for a little while. Or beat the eggs and spread them over the top to cook over the eggplant.] serve cold, God willing.

Preparation of *Arnabi* [baked eggplant with thyme and saffron]

Take sweet eggplants of great size and cut in half. Boil in water and salt, then take out of the water and leave to drain.

Then take a *tajine* and put in it sharp vinegar and a smaller quantity of *murri naqî'* [use soy sauce], pepper, cumin, thyme, saffron, chopped garlic and a lot of oil. Put in it the boiled halves of eggplant and cover in this broth. Then arrange the eggplants in the *tajine* and put it in the oven, where you will leave it until the sauce is dry and [only] the oil remains.

Take out and leave it until it cools, then serve. There are those who break in eggs and then put it in the oven.

[*Arnabi* means this dish resembles hare, like a dish in Syria today, called *arnabiyya*, which likewise contains no hare meat.]

Description of *Mahshi* with Eggplants [casserole]

Take sweet eggplants, peel them and boil in salted water until done. Then remove their seedy flesh [interior] and put aside.

Make *mahmiyya* [a breaded casserole] for the eggplants in a *tajine*: Add as much bread crumbs, and pepper, coriander seed, cinnamon, saffron, chopped almond and as many eggs as you need. Beat it all and cover with plenty of oil. Then put the seedy eggplant flesh in it. Then bury in it whole egg yolks.

Put it in an oven at moderate heat and leave until it has finished cooking and binds and is brown on top. Then take out and leave until its heat flags and serve it.

You might pound in it whatever meats of fried fowl you have ready, and each will result in a different dish; there are some who serve it with juices of coriander and mint.

Preparing *Mahshi* with Eggplants and Cheese [casserole]

Take boiled eggplant and beat, according to what has been mentioned [the ingredients of the previous dish can be used for the breaded casserole], in a dish with its aforementioned flavorings and with cut-up cheese, almonds and enough eggs [mixed into the casserole].

Put in the *tajine* and cover with oil, put in the oven and leave until brown on top and take out.

Recipe for Sprinkled [batter-fried] Eggplants

Take sweet ones [eggplants] and split in strips crosswise or lengthwise and boil gently. Then take out of the water and leave to drain and dry a little.

Then take white flour and beat with egg, pepper, coriander, saffron and a little *murri naqî'* [use soy sauce]. When it is like thick soup, put those eggplants in it [to coat them] and fry [them]

with oil in the hot pan. Brown them. Then immerse them [in the batter] and do a second time [fry them] and a third [immerse and cook].

Recipe for the Fried Version of the Same [floured-fried]

Take sweet ones [eggplants] and cut, however you wish, lengthwise or crosswise, as mentioned before. Boil in water and salt, then take out of the water and leave till dry and the water drains off.

Then sprinkle in white flour and fry in the pan with fresh oil until brown.

Add to them a cooked sauce of vinegar, oil, some *murri* naqî ' and some garlic.

You can fry in the same way boiled gourd, following this recipe.

Eggplant *Isfîriyâ* [crepes or pancakes]

Cook peeled eggplants in water and salt until done.

Take out of the water and grate them to bits in a dish, with grated bread crumbs, eggs, pepper, coriander, cinnamon, some *murri naqî'* [use soy sauce] and oil.

Beat all until combined, then fry [the batter into] thin breads [crepes or pancakes], following the instructions for making *isfîriyya* [crepes, see the *Breads* section].

A Vegetarian Version of the Same [eggplants] Prepared by Ibn Muthanna [whole eggplants]

Take eggplants and with a stick pierce them on all sides and boil. Then press out the water in which you boiled them and put them in a pot.

Pour on them vinegar, *murri naqî'* [use soy sauce], plenty of oil, pepper, saffron, cumin, cinnamon, cloves of garlic wrapped in sprigs of thyme and two whole onions.

Place [the pot] on a coal fire and cook. Then put a lid [heated] from the fire on the pot and leave until brown on top [this is just a way to grill them] and the sauce is dry. Then take out of the fire and throw out the two onions and then serve.

This dish keeps for many days without going bad and does not change, like Arnabi.

Recipe for the Same Dish, Browned Version [ratatouille]

Take sweet eggplants and cut them in small pieces, and with them cut up two or three times of onion [2-3 onions to 1 eggplant] and boil all. Then drain the water from them.

Put [the onions and eggplants] in the pot with salt, pepper, coriander seed, thyme, saffron, a little *murri naqî'* [use soy sauce] and plenty of oil. Cook in the pan until dry and only the oil remains [cook until it forms a paste]; then take it out [serve it].

Recipe for the Boiled Version of It [eggplant halves]

Take eggplants and slice in two opposing and equal pieces. Boil in water and salt until just done. Then take out of the water [and put in a new pot].

Pour on them oil and take vinegar and a little pounded garlic. Boil until the vinegar penetrates it and the pungency of the garlic is lessened.

You can also make this boiled dish in another way. After boiling, sprinkle with cheese grated from a grater [*iskanfâj*]; add chopped garlic and plenty of oil, give it a light boil and leave to cool; then serve.

Three vegetable dishes from the cookbook of Ibrahim b. al-Mahdi

Recipe for a Dish of Gourd Resembling Fish [batter fried]

With which you may deceive the invalid who desires fish and the like.

Peel the gourd and clean it inside, then cut lengthwise for the width of two fingers or so [strips]; then boil.

Form [from the boiled gourd] a head and tail in the shape of a fish and leave for the water to drain away.

Then take a large dish and throw in it what eggs you need. Add white flour, cinnamon and coriander seed and beat with the eggs.

Then place a skillet on the fire with fresh oil. When it is boiling, take the fish-shaped gourd and fry. Then immerse [the fried gourd fish] in those eggs beaten with flour and spices and return to the pan [and fry again]. Then go back and immerse in the eggs beaten with flour [repeating the batter and frying until the gourd fish is completely covered with the batter]. When you see that the eggs are set, return them several times until cloaked with egg and no trace of the gourd can be seen.

Then turn out on the platter and sprinkle with vinegar and a little *murri* [use soy sauce] or juice of fresh coriander or other things.

A *Muzawwara* [Vegetable Dish] Beneficial for Tertian Fevers and Acute Fevers

Take boiled peeled lentils and wash in hot water several times. Put in a pot and add water without covering them. Cook and then throw in pieces of gourd, or the stems of Swiss chard, or of lettuce and its tender sprigs, or the flesh of cucumber or melon, and vinegar, coriander seed, a little cumin, Chinese cinnamon [cassia], saffron and two *ûqiyas* [1 *ûqiya*=39g/7tsp] of fresh oil; season with a little salt and cook.

Taste, and if its flavor is pleasingly balanced between sweet and sour, [good;] and if not, reinforce until it is equalized, according to taste, and leave it to lose its heat until it is cold and then serve.

Jannâniyya [the Gardener's Dish] [a vegetable omelette]

It was the custom among us to make this in the flower and vegetable gardens. If you make it in summer or fall, take saltwort, Swiss chard, gourd, small eggplants, fennel, fox-grapes, the best parts of tender gourd and flesh of ribbed cucumber and smooth cucumber. Chop all this very small, as vegetables are chopped, and cook with water and salt. Then drain off the water.

Take a clean pot and in it pour a little water and a lot of oil, pounded onion, garlic, pepper, coriander seed and caraway. Put on a moderate fire and when it has boiled, put in the boiled vegetables.

When it has finished cooking, add grated or pounded bread and dissolved [sour] dough, and break over it as many eggs as you are able, and squeeze in the juice of tender coriander and of mint, and leave on the hearthstone until the eggs set.

If you make it in spring, then [use] lettuce, fennel, peeled fresh fava beans, spinach, Swiss chard, carrots, fresh cilantro and so on, cook it all and add the spices already indicated, plenty of oil, cheese, dissolved [sour] dough and eggs.

Chapter 10: Jewish Dishes

Jewish Partridge [stuffed]

Clean the partridge and season it with salt. Then [for the stuffing] crush its entrails with almonds and pine-nuts and add *murri naqî'* [use soy sauce], oil, a little cilantro juice, pepper, cinnamon, Chinese cinnamon [cassia], lavender, five eggs and sufficient salt.

Boil two eggs, stuff the partridge with the stuffing and insert the boiled eggs [shelled] and put some stuffing between the skin and the meat, and some of it in the interior of the partridge.

Then take a new pot and put in four spoonfuls of oil, half a spoonful of *murri naqî'* [use soy sauce] and two of salt. Put the partridge in it and put it on the fire, after attaching the cover with dough [seal it tightly], and agitate it continuously so it will be thoroughly done. And when the sauce has dried, remove the lid and throw in half a spoonful of vinegar, throw in citron and mint, and break two or three eggs into it. Then put a potsherd or copper pot full of burning coals on it until it is browned, and then turn [the contents] around so that the other side browns, and roast it all. [After the bird has cooked, steamed, brown it.]

Then put it in a dish and put the stuffing around it, and garnish it with the egg yolks with which you dotted the pot, or with roast pistachios, almonds and pine nuts, and sprinkle it with pepper and cinnamon after moistening with sugar, and present it, God willing.

A Jewish Dish of Partridge

Clean it, joint it and put it in the pot with all the spices and flavorings and cilantro juice, onion juice, *murri* [use soy sauce], half a spoonful of vinegar, three of oil, and sufficient water, mint, citron and whole pine-nuts.

When it is cooked and the greater part of the sauce is gone, pound the giblets and the liver well and beat them with three eggs and leaven. Cover the contents of the pot with this and loosen it at the sides until it cooks.

Dot it with egg yolks and then ladle it out and garnish it with egg yolks and mint, toasted pine-nuts and pistachios, sprinkle it with a little rosewater and present it, God willing.

A Jewish Dish of Chicken

Clean the chicken and take out its entrails. Cut off the extremities of its thighs and wings and the neck, and salt the chicken and leave it.

Take these extremities and the neck and the entrails, and put them in a pot with fine spices and all the flavorings and cilantro juice, onion juice, whole pine-nuts, a little vinegar and a little *murri* [use soy sauce], good oil, citron leaves, and stalks of fennel. Put this over a moderate fire. When it is done and the greater part of the sauce has gone, cover the contents of the pot with three eggs, grated breadcrumbs and fine flour. Crush the liver, add it to this crust and cook carefully until the liver and the crust are cooked.

Then take the chicken and roast it carefully, and baste it with two eggs, oil and *murri* [use soy sauce], and do not stop greasing [basting] the chicken inside and out with this until it is browned and roasted.

Then take a second little pot and put in two spoonfuls of oil and half a spoonful of *murri* [use soy sauce], half a spoonful of vinegar and two spoons of aromatic rosewater, onion juice, spices and flavorings. Put this on the fire so that it cooks gently.

And when it has cooked, [cut up the roasted chicken and put it in the sauce] and leave it until it is absorbed. Then ladle it into a dish and pour the rest of the sauce on it, and cut up a boiled egg and sprinkle with spices, and ladle the preceding [pine-nut and entrails dish] into another dish, and garnish it too with egg yolks; sprinkle it with fine spices and present both dishes, God willing.

A Jewish Dish of Chicken [with stuffing]

Clean the chicken and pound its entrails with almonds, breadcrumbs, a little flour, salt, and cut-up fennel and cilantro. Beat it with six eggs and the amount of a quarter *ratl* [1 *ratl*=468g/1lb] of water. [This is the stuffing.]

Then expose the chicken over the fire a little [this could be to burn off the remains of the feathers]. Then place it in a clean pot with five spoonfuls of fresh oil, and do not stop turning it on the fire in the oil until it is well browned.

Then cover the contents of the pot with stuffing prepared earlier and leave it until it is bound together and cooked.

Ladle it out and put the stuffing around it, garnish with cut rue and fennel, mint, and toasted almonds, and present it, God willing.

A Stuffed, Buried Jewish Dish [casserole]

Pound some meat cut round, and be careful that there be no bones in it. Put it in a pot and throw in all the spices except cumin, four spoonfuls of oil, two spoonfuls of penetrating rosewater, a little onion juice, a little water and salt, and veil it with a thick cloth. Put it on a moderate fire and cook it with care. Pound meat as for meatballs, season it and make little meatballs and throw them in the pot until they are done.

When everything is done, beat five eggs with salt, pepper, and cinnamon; make a thin layer [a flat omelette or egg crepe; literally "a *tajine*"] of this in a frying pan, and beat five more eggs with what will make another thin layer.

Then take a new pot and put in a spoonful of oil and boil it a little. Put in the bottom one of the two layers [of eggs], pour the meat onto it, and cover with the other [egg] layer. Then beat three eggs with a little white flour, pepper, cinnamon, and some rosewater with the rest of the pounded meat, and put this over the top of the pot.

Then cover it with a potsherd of fire until it is browned [brown it on top], and be careful that it not burn. Then break the pot and put the whole mass on a dish, and cover it with mint, pistachios and pine-nuts, and add spices. You might put on this dish all that has been indicated, and leave out the rosewater and replace it with a spoonful of juice of cilantro pounded with onion, and half a spoonful of *murri naqîʾ* [use soy sauce]; put in it all that was put in the first [from the previous recipes], God, the Most High, willing.

[The translators suggest this is a dish that is left in the oven on Friday night, buried in the ashes, so that the family can eat it on Saturday, the Sabbath, without the women needing to violate the Sabbath by cooking.]

A Jewish Dish of Eggplants Stuffed with Meat

Boil the eggplants and take out their small seeds and leave [the skins] whole [hollow out the cooked eggplants].

Take leg meat from a lamb and pound it with salt, pepper, cinnamon, Chinese cinnamon [cassia] and spikenard. Beat it with the whites of eight eggs [cooked] and separate the egg yolks [reserve for the garnish]. Stuff the eggplants with this stuffing.

Then take three pots and put in one of them four spoonfuls of oil, onion juice, spices, aromatics and two spoonfuls of fragrant rosewater, pine-nuts, a citron [leaves], mint, and sufficient salt and water. Boil well and throw in half of the stuffed eggplants.

In the second pot put a spoonful of vinegar, a teaspoon of murri [use soy sauce], a grated onion, spices and aromatics, a sprig of thyme, another of rue, citron leaf, two stalks of fennel, two spoonfuls of oil, almonds, soaked garbanzos, some half a dirham [1 dirham=3.9g/3/4tsp] of ground saffron, and three cut garlic. Add in sufficient water until it boils several times, and throw into it the rest of the stuffed eggplants.

And in the third pot put a spoonful and a half of oil, a spoonful of cilantro water, half a spoon of sharp vinegar, crushed onion, almond, pine-nuts, a sprig of rue and citron leaves. Sprinkle with rosewater and sprinkle with spices.

Decorate the second [dish] with cut-up egg yolks and cut rue and sprinkle it with aromatic herbs. Cut a cooked egg with rue over the third pot, sprinkle it with pepper, and present it.

[This gives you two dishes of stuffed eggplants, each with a slightly different sauce, and one dish of a sauce that can be used over both dishes.]

Chapter 11: Fish Dishes

Advice on Fish Dishes in Their Varieties

You should know that all the classes of fish, above all those of large body, need to be boiled lightly in boiling water, after scaling them and cutting them in pieces; then clean them, after taking them out of the boiling water, and let the water drain off; then cook them well in the *tajine* or other utensil.

From the flesh of fish is made all that is made with meat or fowl; it is made into meatballs and *ahrash* [small patty]. You might have the fish covered in a pot in the oven instead of [cooking] in the *tajine*, as do the people of Cordoba and Seville, with the fish which they call shad and sturgeon.

[The Arabic word for shad is "*shabal*," borrowed from the Spanish *sabalo*.]

Recipe for Large Fish Such as *Qabtûn* and *Fahl* and Those Similar to Them

Take what is available of these [fish], scale, clean and cut up. Then boil lightly in water and [then] put in the *tajine*.

Stuff the inside with a stuffing made of white breadcrumbs, pounded walnuts and almonds and spices ground up and dissolved in rosewater.

Cover with thin bread and arrange [over] what is inside the pie on all sides. Then pour over it a great deal of oil, to the height of the bread.

Then put in the oven and leave until the loaf is brown, and take care that it does not burn.

Then take it out and throw away the bread on it [the bread was like a lid that stopped the fish from burning] and leave to cool

This is one of the dishes of the Christians [literally, the Byzantines].

["Qabtûn" is a word borrowed from Spanish meaning a fish with a large head; it may well be the Spanish "capitan," grey mullet. "Fahl" means a stallion, clearly a large fish.]

Green *Tafâyâ* [stew] of Fish

Scale large fish, cut up and boil.

Then wash and put in a *tajine* or a new pot and cover with juice of mint, juice of fresh cilantro and onion juice, pepper, coriander seed, ginger and caraway. Pour in plenty of oil, fennel chunks and meatballs made for it.

Put in the oven and leave until cooked and the sauce reduces.

Take out and leave a while then serve.

Basbâsiyya, a Fennel Dish

Peel [fish] and do with it as before [boil and chop].

Put in a *tajine* or a pot and squeeze on it enough juice of pounded tender fennel to cover it and onion juice, pepper, coriander seed and ginger. Pour on plenty of oil, adjust salt and put in the oven.

Cook until the sauce reduces a little.

White *Tafâyâ* [stew] of the Same

Take a large fish, cut up and boil a little.

Then wash with cold water and put in a clean pot and add pepper, cinnamon, ginger, coriander seed and onion juice.

You can make meatballs made of its flesh and add peeled almonds and walnuts with pine nuts steeped in rosewater or in fresh water.

Pour on plenty of oil.

Put in the oven and leave a while [to cook] until it dries and the sauce reduces then take it out.

Recipe for Fish in the Style of *Jimli*

Take one of large size as indicated [a large fish], scaled, and keep overnight in ground salt.

Then wash in the morning and boil lightly.

Then arrange in the *tajine* and pour on two spoons of vinegar, one of *murri naqî'* [use soy sauce], three of oil and the meatballs made for it, pepper, saffron, cumin, citron leaf, thyme, pine nuts, laurel leaf and celery seeds, garlic, cinnamon and a little mastic. Put in the oven and leave until the top is brown.

Then take it out and turn the contents over from top to bottom, and put again in the oven so that it browns on both sides and the sauce dries. Then take out.

Another Version of the Same

Take a fish, such as *sarda* [pilchard] or *tardanis* [red mullet] or some good fish like them. Scale, slice and plunge in boiling water. Take out immediately and wash with cold water.

Arrange in the *tajine* and throw in vinegar and a little *murri naqî* ', pepper, saffron, cinnamon, spikenard, galingale and a little mastic, citron leaves and pulped prunes soaked in vinegar. Scatter over it chopped almonds and garlic cloves wrapped in sprigs of thyme and plenty of oil.

Put in a moderate oven and leave until the sauce is dry and the top browns. Cook a while and take out.

And you might make this dish in a pot instead of a *tajine* in the oven.

Dish made with *Sarda* [Pilchard], One of the Good Classes of Fish

Take what you have on hand of them, scale and cut up if large, or [if small] filet them. Boil and wash.

Then fry in the pan with fresh oil until browned, and do not sprinkle with flour. Then take out of the pan and put in a *tajine*. Pour on vinegar and of *murri naqî'* [use soy sauce] a little, pepper, coriander seed, ginger, cinnamon, some cumin, thyme, citron leaves, prunes soaked in vinegar and cover with plenty of oil.

Put in the oven and when the sauce has dried, take out and leave to cool and use.

Recipe for *Munashshâ*, a Dish Made with Starch

Take what fish you have on hand, scale and clean, and if large, cut up. Boil in water with salt, then wash and put on a platter and remove the bones.

Take its flesh and pound until it is like the meat for meatballs. Then add a little wheat flour [starch], pepper, coriander seed and cinnamon. Squeeze on mint juice and mix it. Then [make it into the shape of a pilchard or some other type of fish, or whatever shapes you like, and] sprinkle with flour.

Fry with fresh oil until browned and done. And when you have finished doing this, make a sauce of vinegar, oil, garlic and cumin boiled together and pour it on.

Fish *Murawwaj*

Take whatever fish you like, scale, cut up, boil lightly in water with salt. Then leave for the water to dry off.

Then take a *tajine* and put on a moderate fire. Pour in oil enough to cover the fish and put a lid on it and shut it, and when the oil is boiling, put in the mentioned pieces of boiled fish and leave to fry until browned. Then take it out of the oil and set to one side.

Then take another *tajine* and put in it two parts of vinegar and less than one part of *murri naqî'* [use soy sauce], pepper, cumin, a little garlic and some thyme and cinnamon. Cover with fresh oil and take it to a light fire. When it has boiled, take the pieces of the fish and put them in it, [the fish that were] fried in oil, little by little. Turn it over and leave it until the sauce dries and nothing remains but oil. Take it down [from the fire] and leave until it cools.

Thus the people of Ceuta and of western al-Andalus used to do.

Mahshi of Mixed Fish

Take whatever you have of them [fish] and scale and cut in pieces. Boil with water and salt. Remove and slice lengthwise. Take out the bones and remove the spines.

Fry in the pan with fresh oil until browned, and, if small, like sardines, fry whole, scaled and washed without boiling, and continue frying until they are browned and lose their moistness and you see they are tender.

And leave [to drain], then return [with a clean tajine] and put in grated crumbs of wheat bread or ground *ka'k* [biscuits, cookies], pepper, coriander seed, clove, cinnamon, spikenard and saffron; add salt to taste, or *murri naqî'* [use soy sauce] in place of the salt, and sprinkle on chopped almonds and cover with plenty of oil. Then put into it those pieces of fried fish prepared earlier and put in the oven and leave till it sets and the top browns. Take out and leave until it cools and use.

Sprinkled Fish [batter fried fish]

Take what fish you have which are good and esteemed, scale and boil with water and salt. Then take them out, wash and open the pieces as slabs [filets] and remove from them whatever is there in the way of bones and spines.

Then take ground bread crumbs or wheat flour and add some egg, pepper, coriander, cinnamon and spikenard. Beat it all together and roll the pieces of fish in it one after the other. Then fry with fresh oil until browned and repeat several times until browned and done [until all the fish is cooked].

Then make a sauce of oil, vinegar, a little *murri* [use soy sauce] and cumin. Boil [it together] and throw it over [the fish].

There is another recipe for this also, which is: take the flesh of the fish, after boiling and removing the bones. Pound [shred the fish] and add the said spices and eggs. Beat it all together. And cover those bones which have preserved the original shape, and make of them semblances of the fish as they were [cover the removed fish skeleton with the fish paste to make a fish form]. Then fry until brown. Put in the sauce you have made and the result is a different dish.

Meatballs and Patties [*Ahrash*] of Fish

Take a large fish, like the *qantûn* [scribal error for *qabtûn*] and the *fahl* or one like them. Scale it and boil it in water and salt. Then take it out and remove the backbone and the bones. Then pound it until it becomes like the meat of meatballs.

Add wheat flour or ground *ka'k* [biscuits, cookies] and the amount of egg needed to bind with it and make it cohere, and pepper, coriander seed, spikenard, cinnamon, some juice from a crushed onion, juice of mint, some juice of *murri naqî'* [use soy sauce] and oil. Beat it all together until it melts and blends.

Then you make *ahrash* [small patties] the width of a fist or less. Make meatballs with it in the form of a fish. Fry all this in the frying pan with a lot of oil until it browns.

Then boil a sauce of vinegar, oil and pounded garlic, that you pour on top.

Burâniyya of Fish

You make it with pieces of boiled fish, washed and fried, and fried eggplant, as you make the *bûrâniyya* with lamb and fried eggplant, and the mentioned spices likewise.

And similarly the *muthallath* of fish is like the *muthallath* of meat, eggplant and turnips, and its preparation is likewise.

[See the Chapter: Lamb and the Chapter: Generic Meats for these recipes, then replace the meat with fish.]

Preparing Fish Roe

Take what you can of the roe of a big fish, boil it lightly and wash it.

If you want, leave it [as is] or cut it and put it in a stew pot with coriander seed, pepper, cinnamon, ginger, some *murri naqî* ' and a quantity of oil. Break eggs into it and mix it all,

Beat it and put it into the *tannur* [clay oven]. When it is cooked, take it out and let it cool. Cut it in pieces and chop on top rue or mint. You might fry it in the frying pan with oil; then put it in a sauce of vinegar and oil. And you might make it as a *râhibi,* in the oven with onion and oil.

It is known that fish is slow to digest and not agreeable to those with phlegmatic temperaments and moist bodies, but agreeable to those of hot and dry temperaments. It is very quick to spoil if it is not digested much, unless you make it, according to this mentioned recipe, with medicinal plants. It is prepared with vinegar and *murri naqî'* [use soy sauce] and covered with a quantity of oil after boiling with water and salt, as indicated, until the scum [literally, phlegm] leaves and it is easy to eat. After this you should use a little of syrups or thickened fruit juice and so on that can mellow it, adjusting it to the temperament of the user, his age and his custom.

A Pie of Sea or River Fish

Knead dough according to the recipe for cheese pie [See the Chapter: Breads].

And take fish, clean it inside and out, wash it, and drain the water.

Take onion juice and cilantro juice and mix in spices, pepper and myrobalan. Beat it in a dish in which has been put a spoonful of *murri* [use soy sauce], another of oil, and four eggs.

Put the fish in this dish, cover it with its crust [the dough] and send it into the oven.

He who wishes to make this without spices, makes a pie shell as large as the fish and places the fish in it, throws in plenty of pepper, after greasing it with oil, covers it, and sends it to the oven, God willing.

A Dish of Large Fish

Take pieces of a large fish, clean and put in a pot. Separate a piece from it to make meatballs, and throw in [to the pot] a spoonful of strong vinegar, a spoonful of bread *murri* [use soy sauce], a spoonful of oil, a whole onion, a head of garlic separated [into cloves], fennel stalks, citron leaves, pepper, cinnamon, coriander, a little cumin, caraway, a little water, and sufficient salt.

Put it in the oven until it is done.

During this time, make meatballs by the recipe witch they have been made before, and throw them into the pot [Meatballs and Patties [*Ahrash*] of Fish].

Then take for [a] covering cold crumbs, some flour and eight eggs, and separate some of their yolks to dot it with [cooked yolks for garnish later]. Beat the dough [the crumbs and eggs] with pepper and cover the contents of the pot with this. And when the surface of the dish is cooked, ladle it into a dish, garnish it with its meatballs and egg yolks, sprinkle it with fine spices, and use it, God willing.

Making Fresh Fish with Eggs

Scale the fish, salt it, and arrange it in an earthen casserole [*qaswila*, cazuela], having strained for it cilantro juice, and a little garlic, which you will pour on it, but not enough to cover. Throw in oil and spices and put in the bread oven.

When it is done, break eggs in a platter, chop rue, sprinkle with a little pepper and some spikenard minced fine and pour over the fish at the door of the oven [at a lower heat]. And when it is done, eat with fine wheat flatbreads.

Tortoise or Mullet Pie

Simmer the tortoises [tortoise meat] lightly in water with salt, then remove from the water. And take a little *murri* [use soy sauce], pepper, cinnamon, a little oil, onion juice, cilantro and a little saffron. Beat it all with eggs.

Arrange the tortoises or the mullets in the pie crust and throw over it the egg filling.

The pastry for the pie should be kneaded strongly, and kneaded with some pepper and oil, and greased [brush the top crust], when it is [nearly] done, with the eggs and saffron [it makes it golden].

Chapter 12: Sausage, Meatballs, Meat Patties, Meatloaf

Recipe for *Mirkâs* [Merguez Sausage]

It is as nutritious as meatballs and since the pounding ripens it, makes it quick to digest, and it is good nutrition. First get some meat from the leg or shoulder of a lamb and pound it until it becomes like meatballs. Knead it in a bowl, mixing in some oil and some *murri naqî'* [use soy sauce], pepper, coriander seed, lavender, and cinnamon. Then add three quarters as much of fat, which should not be pounded, as it would melt while frying, but chopped up with a knife or beaten on a cutting board.

Using the instrument made for stuffing, stuff it in the washed gut, tied with thread to make sausages, small or large. Then fry them with some fresh oil, and when it is done and browned, make a sauce of vinegar and oil and use it while hot. Some people make the sauce with the juice of cilantro and mint and some ground onion. Some cook it in a pot with oil and vinegar, some make it *râhibi* [meatloaf] with onion and lots of oil until it is baked and browned. It is good whichever of these methods you use.

[The Spanish *albondiga*, meaning "meatball," is from the Arabic *al-bunduqa*, meaning "hazelnut," which suggests that the original meatballs were tiny. So you should chop the meat finely.]

Mirkâs with Fresh Cheese

Take some meat, carefully pounded as described earlier, add fresh cheese that isn't too soft lest it fall apart, and half a piece of cut-up meat and some egg, for it is what holds it together, and pepper, cloves, and dry coriander. Squeeze on it some mint juice and cilantro juice [colors it green]. Beat it all and use it to stuff the innards, which are tied with thread in the usual way. Then fry it with fresh oil, as aforementioned, and eat it as by nibbling, without sauce, or however you like.

Recipe for an Extraordinary Sausage

Take a fat large intestine and turn it inside out. Then get eggs enough to fill it, and break them into a large dish and add to them a bit of crushed onion, cloves, pepper, oil, peeled almonds, both pounded and not pounded, and sugar according to how much the diner likes sweetness. Mix all this and feed it into the intestine with a funnel. Tie up the two ends with a thread and lower it into a slow *tannur* [clay oven] and leave it until it is done and browned. Then take it out. And you might fry it in a frying pan with fresh oil.

Recipe for Eggplant *Mirkâs*

Peel the eggplants and boil in water and salt. Then take out of the water, squeeze and pound with a spoon or in a wooden or stone mortar. Put in a dish and add some *murri naqî'* [use soy sauce], pepper, cinnamon, spikenard, onion juice, coriander seed and a little egg, enough to bind it, and beat it all with enough chopped fresh fat, as usual in other sausages; then fill with this the small intestine. Cook it in a pan with fresh oil and eat hot, if you wish, with broth or without.

The Making of Another Marrow [sausage]

Take lamb's brains and clean them of their veins. Then take tender meat, such as lamb's shoulder, and pound it fine in the stone [mortar]. Mix it with the cleaned brains, insert into intestines [make a sausage of it] and cook them. Then take them out and sprinkle them with powdered sugar, and if you add almonds or crushed nuts at the beginning, it is better.

The Making of Another Marrow [sausage]

Take lamb's brains and add to them fresh clarified butter, eggs and fresh milk with some sugar. Stuff them in intestines [make sausages] and hang them up.

For some rulers there have been prepared glass vessels that seem from their shape to be tibias or other bones, and when [the stuffing] has just been mixed, insert it into these receptacles.

Put it in a pot with water and salt and all that is necessary for the dish made with it. Cook it until you know that the marrow has been done and thickened inside its container, this can be seen from outside the glass.

Take it out and remove the dough from the tops of the containers. Empty what is in them and serve it.

Meatball Dish

This dish is delicious and nutritious, and similar to the previous recipe. Take red, tender meat [lamb], free of tendons, and pound it as in what preceded about meatballs. Put the pounded meat on a platter and add a bit of the juice of a pounded onion, some oil, *murri naqî'* [use soy sauce], pepper, coriander, cumin, and saffron. Add enough egg to bind the mixture, and knead until it is mixed, and make large meatballs like pieces of meat, then set them aside.

Take a clean pot and put in it some oil, vinegar, a little bit of *murri* [use soy sauce], garlic, and whatever quantity of spices is necessary to taste, and put it on the fire. When it boils brown the meatballs in it, then let them cook for a while [covered], and when it has finished cooking, set the container aside on the hearthstone and cover the contents with some beaten egg, saffron, and pepper and let it congeal. You might dye the dish as any variety of *tafâyâ* [stew], or any dish you want. [Cilantro juice or mint juice was used make dishes green, saffron to make dishes yellow, almonds to make dishes white.]

Recipe for Meatballs Used in Some Dishes, such as *Tafâyâ* [stew], *Jimli*, and Others

And a notable dish might result from it, God willing. It is very nutritious, quick to digest, fortifying, good for the scrawny and for the sick, the aged, and for weak stomachs.

Take meat from the shoulder and the leg of a ram, without tendons or veins, and pound it very hard. Add a little oil, pepper, cinnamon or lavender, a little onion juice, a little salt, another little bit of egg and a little fine flour. [Knead until mixed. Form into balls and fry in oil in a hot pan.]

[Meatballs are used to garnish many dishes, even fish dishes.]

A Dish of Meatballs

Make meatballs, as told before, and put a pot on the fire. Put in it a spoon of vinegar and another of *murri* [use soy sauce], spices, an onion pounded with cilantro and salt, a little thyme, a clove of garlic and enough rue and fresh water as needed until it is nearly done. Throw in the meatballs and dot with egg yolks. Cover the contents of the pot with the whites mixed with whole pine nuts and almonds. Ladle out and sprinkle with pepper, cinnamon and rue.

Another Dish of Meatballs

Make the meatballs, as told before, and they should be like tiny balls. Grill on the spit with an even fire of hot coals until browned; then put them in the platter and hew them into pieces and add seasoned *murri* [use soy sauce] and if you wish, add much. If you wish to fry them, it is good, God willing.

A Similar *Mutajjan* with Meat Balls [meatball omelet]

Make meatballs, as told previously, and fry in fresh oil until brown. Then beat eggs and throw them in and leave them until they set. Sprinkle with rue, then throw in a spoon of vinegar and another of *murri* [use soy sauce] and the same of water, all that having been boiled in the frying pan. And if the *tajine* is made separately, arrange the meatballs with the broth on the platter and pour over them the contents of the *tajine*, and it is good, and sprinkle it with rue, God willing.

Preparation of Meatballs from Chicken Breasts

Pound the [chicken] meat until it becomes like brains, and pick out its tendons. Throw on it *murri* [use soy sauce] and oil and some eggs, salt, lavender, clove, almond and pistachio. Pound all that until mixed with much or little of the meat. Make the meatballs round and throw in boiling water and leave until done, and use them.

Preparation of Meatballs from Any Meat You Wish

Take meat cleaned of tendons and add to it some fat and pound all until it becomes like brains, and pick out its tendons. And throw on it *murri* [use soy sauce], oil, spices and onions pounded with cilantro and salt, or the juices of this, and some fine flour, a little water and eggs. Pound all until mixed. Put a pot of broth on the fire, and when it boils, throw into it meatballs and cook until done. Take out and serve, God willing. And if it is fried in a pan with oil, it is also good, God willing.

Recipe for Making *Ahrash* [Fried Flattened Meatballs]

This is similar in nutrition to *mirkâs* [sausages] and meatballs. Take a piece of tender meat [lamb or calf], free of tendons, and pound it fine, as previously described for *mirkâs* [sausages]. Knead it with some *murri* [use soy sauce] and a mixture of oil, pepper, cinnamon, and coriander seed. The secret of this recipe lies in adding some fine white flour, which holds the mixture together so that it becomes a flat loaf [*raghîf*].

Then put frying pan with oil over a moderate fire and form the loaf into meatballs [using a spoon], and arrange them in the pan [flatten them slightly with the back of the spoon] so that

the *ahrash* all touch, leaving them until done, and turn them so that they brown all over. Then make a sauce with vinegar, oil, garlic, a little *murri naqî'* [use soy sauce], and whoever wants to may add *sinâb* [a sauce of mustard sweetened with raisins or honey].

A Type of Ahrash [small meat patty]

This is the recipe used by Sayyid Abu al-Hasan and others in Morocco, and they called it *isfîriyâ* [small meat patty]. Take red lamb, pound it vigorously and season it with some *murri naqî'* [use soy sauce], vinegar, oil, pounded garlic, pepper, saffron, cumin, coriander, lavender, cinnamon, ginger, cloves, chopped lard, and meat with all the gristle removed and pounded and divided, and enough egg to combine the whole.

Make small round patties out of them about the size of a palm or smaller, and fry them in a pan with a lot of oil until they are browned. Then make for them a sauce of vinegar, oil, and garlic, and leave some of it without any sauce; it is very good.

Recipe for Making Ahrash [small meat patty]

Pound well meat from the two legs, the shoulder and the like. Throw in some sifted flour, a head of garlic peeled and pounded with salt, pepper, cumin, coriander and caraway, and let the pepper predominate, and some good *murri* [use soy sauce], and beat all this well with five eggs or as many as it will bear [to bind it].

Then take coarse fat, as much of this as of the pounded meat or more, and cut up fine and mix with the pounded meat. And if rue is cut into it, good. Then make it into meatballs and fry it [flattening it with a spoon]; and the same recipe can be made for the meat of *mirkâs* [sausage], except that the egg is left out from it, God willing.

Meatballs and Patties [Ahrash] of Fish

Take a large fish, like the qantûn [scribal error for qabtûn] and the fahl or one like them, scale it and boil it in water and salt, then take it out and remove the backbone and the bones, then pound it until it becomes like the meat of meatballs. Add wheat flour or ground ka'k [biscuits, cookies] and the amount of egg needed to bind with it and make it cohere, and pepper, coriander seed, spikenard, cinnamon, some juice from a crushed onion, juice of mint, some juice of *murri naqî'* [use soy sauce] and oil, beat it all together until it melts and blends.

Then you make ahrash [small patties] the size of a fist or less; make meatballs with it in the form of a fish, fry all this in the frying pan with a lot of oil until it browns, then boil a sauce of vinegar, oil and pounded garlic, that you pour on top.

A Recipe of *Isfîriyâ* [small meat patty]

Take some red meat and pound as before. Put it in some water and add some sour dough dissolved with as much egg as the meat will take, and salt, pepper, saffron, cumin, and coriander seed, and knead it all together. Then put a pan with fresh oil on the fire, and when the oil has boiled, add a spoon of *isfîriya* [batter] and pour it in the frying pan carefully so that it forms thin cakes. Then make a sauce for it.

To Make *Isfîriyâ* [small meat patty]

Pound the flesh of a leg [of lamb] until it is like brains. Remove the sinews and throw in pepper, half a spoon of honey, a little oil, as much as is needed, and a little water.

Mix all smoothly with flour and do not neglect to pound it, and do not slacken in this, because it will cool and be ruined.

Grease a pan with oil or fat. Make the pounded meat into small patties and fry in the pan. If there be with the meat almonds or walnuts or apples, it will be superb, God willing.

Isfîriyâ [small meat patty] in the Manner of the Market Folk

Pound the meat of a leg [of lamb] when it is flayed, before it cools and after cutting it into strips, when it stops steaming. Remove its sinews, until nothing remains in it. Throw in, while pounding, a little salt.

When it is done, take what you need of sifted flour, mix with water and knead with the hand until it is mixed. Throw in oil and also a little honey and break into it eggs. Stir it smooth and throw it with the meat in the brass mortar and stir in the mortar very vigorously. Add water little by little until it becomes light, and work it so that it does not cool and spoil.

Then clean a frying pan and smear with oil. Then take the meat out of the mortar and put small round cakes of it in the pan and arrange the pan on the fire. And when you think it is going strongly, throw in a little oil and turn the pan so that the oil goes between and under the meat-cakes. And check that you stir it by the sides with a skewer so that it does not burn. Then turn until done and brown it, if you want it brown. Or do it in another manner as most people do: dash cold water on to the pan, then spread with oil, as you did the first time and use it as you please.

Make sausage in the same way as you make *isfîriyâ* [small meat patty]. Reduce the amount of water and increase the amount of eggs. Remove the meat to the platter and leave it till it sets. And add fat to the weight of a third of the meat and throw in pepper and chopped rue and be at it all [knead it] until it mixes.

Clean the gut [the sausage skins] and fill with the meat and fat mixture, and tie in the lengths you wish [sausages]. Throw into boiling water until hard [cooked]. Take them out and put in cold water so that it does not turn black. Fry the sausage after this, God willing.

Another Dish [ground meat, meatballs, sausages]

Take a leg of lamb, cut it small and put in the pot. Throw in a spoon of *murri* [use soy sauce], finely chopped onion, coriander and cilantro, pepper and a spoon of oil. Put on the fire.

Take some lamb meat and chop finely and throw in pepper, coriander and cilantro, caraway and onion, all of this pounded, and throw into the pounded meat half a spoon of *murri* [use soy sauce] and half of oil. Make meatballs from this [retain some for the sausages], and put them in the pot and throw in three chopped eggs.

Take what is left of the ground meat and take gut [sausage skins] of lamb and put the filling in it and make of this large sausages. [Put in the pot.]

Pound cilantro well and break over it two eggs, and cover the pot with this [mixture] and put it on the hearthstone [to cook at a lower heat].

When it is done, dish it up and serve it, God willing.

The Making of *Qâdûs* [meatloaf]

Take the meat of a goat kid, from its side and its stomach, a piece from the navel, from the liver, and from the tender parts of the meat in the amount of a quarter *ratl* [1 *ratl*=468g/1lb]. Cut it in small pieces and put them in a pot in which you have thrown everything that is in *jimliyya*, to the letter, and let there not be much sauce. Cook it until the meat is done.

When it is done, take it to a cutting-board and cut it up fine as for *sanbûsak* and finer. Put it in a dish and ladle some of the fat in which you cooked it before, and throw it on top. Then season it with spices, such as pepper, Chinese cinnamon [cassia], galingale, lavender and the like. Break three eggs over it, beat it well, and salt to taste.

Then take the *qâdûs* [a special cooking pot] and throw in oil, and turn it until it coats all. Get all the yolk of a raw egg and put it in the bottom of the *qâdûs*. Take the stuffing, as it is, and put it into the *qâdûs* over the egg yolk, gently so as not to break the yolk. Then [cover it and] boil it [set it in a pot of boiling water] until you think the stuffing has bound and browned well on all sides; and keep taking care that it not burn and ruin its flavor and become hard to separate from the *qâdûs*.

Then take off the lid and pour over the *qâdûs* the amount of one spoonful of strong vinegar, and boil it little by little until its boiling settles down.

Then put it in water until it cools. And turn it over onto a clay dish on its mouth, and shake it until it comes away from the *qâdûs* and remains stiff in the middle of the lid, with the yolk on top of it, and present it, God willing.

A *Qâdûs* with Meatballs [meatloaf with meatballs]

Make meatballs, in the way that they are made, with onion juice, a little cilantro juice, *murri* [use soy sauce] and spices. Beat them with egg white and make meatballs of the minced meat.

Then take a small, new pot, put in crushed onion with cilantro, salt, two spoonfuls of vinegar and one of the best *murri* [use soy sauce], pine-nuts, a dirham [1 dirham=3.9g/3/4tsp] of Chinese cinnamon [cassia], pepper, cinnamon, spices and a little water. Take this to the fire until it boils gently.

Then throw the meatballs into the pot and boil them until most of the water is gone. Then cover the contents of the pot with two eggs mixed with breadcrumbs and put on the egg yolk and cook until the mixture thickens.

Then take the *qâdûs* [a special cooking pot] and put oil on it. Pound some meat well, as prescribed for the meatballs, with cilantro juice, and beat it with water, two or three eggs and a little white flour. Put a little of this in the *qâdûs* and take out the meatballs from the pot and put them in the *qâdûs* over the ground meat and put on top of the rest of the ground meat.

Cover it with a lid and watch the cooking carefully. When it is browned, put the *qâdûs* in cold water until it has cooled. Then empty it into a dish and throw the sauce and the remaining stuffing over and around it, and cut rue-leaves over it, sprinkle with pepper, cinnamon, and Chinese cinnamon [cassia], and serve it.

Preparing *Râhibi* [Meatloaf], the Monk's Dish

This dish [meatloaf] is made in various ways and it is necessary that its taste be improved with the smell of onions, which is sweetened with a syrup of sugared roses. Also it is made with syrups of fruits such as pomegranates, apples or grapes, and at times it is moistened with vinegar and preserved prunes. And there are some who are accustomed to make it with the flesh of animals very fat and the same as in the *murri* dish. The cooking of these two dishes is not good and not tasty unless cooked in the bread oven. These recipes mentioned have sweetness and acidity. They make fragrant scents and give color and make saffron unnecessary.

How to Make *Râhibi* [Meatloaf]

Take very fat young meat from the good, fat parts and from the neck of its paunch [of a sheep or calf] and put, cleaned and cut up, in the pot with salt, pepper, coriander seed and a lot of oil. Put on a moderate fire, and when it is nearly done, take it off and leave it.

Then cut up as much onion as you need and put in another pot with water to cover and cook till done. Then remove its water and put it on a platter and rub with a spoon or pound in a wooden or stone mortar until disintegrated.

Then add it to the meat in its pot. Add what you need of oil and more, pepper, ginger, saffron, spikenard, cinnamon and rose preserve or some of the syrups. Cook with a lid on and put in the bread oven and leave a while until the sauce dries, it is brown on top and most of the grease rises.

Take it out and leave a while to cool and use.

Another *Râhibi* [Meatloaf] Recipe

Take fat meat, as told earlier, and prepare as before. And when the meat is done, squeeze over it the juice of a grated onion and add the aforementioned concentrate of pomegranates, rose preserve and put in the bread oven, with admirable results.

Another *Râhibi* [Meatloaf] Dish of the Same With [Onion] Drippings

Take the meat as I have indicated, and when it is almost done, take a cut up onion and put in a pierced couscous pot [the colander that forms the upper part of a couscousiere]. Put the meat in a pot and cover it with the onion in the colander covered with a lid. Leave this while the juice from the onion drips into the pan of meat.

When the liquid is all gone and it is dry, throw [out] the remains [of the onion] and finish cooking, either in the house or in the [community] bread oven, after adding the things [syrups and spices] we have mentioned.

Râhibi [Meatloaf] in a Tajine [round clay casserole]

Take the fattest parts of sheep or calf, as I have told you [cleaned and cut up], and put in the pot with salt, spices and oil. Cook until almost done and take down [from the fire]. Then take an onion of great size and cook it alone [in water] and whole in its own pot, without cutting it. And when it is done, pour off the water it was cooked in, pierce the sides of the onion and put it with the cooked meat in the *tajine.* Add what has been mentioned of spices and pomegranate concentrate. Cover it with a lot of oil and put in the bread oven, and leave it there until it is done. Then leave it until dry and brown on its upper part and take it out.

Chapter 13: Lamb Dishes

Recipe for a Good Dish

Joint a lamb and after washing it put it in a clean pot and throw in coriander seed, caraway, two spoons of oil and three of perfumed wine and enough water and salt, sprigs of fennel and citron leaves. Cut up five onions and also peel five cloves of garlic and throw all of this over the meat with some garbanzos.

Put the pot to a moderate fire until it is done. Then put on the embers [move to a lower heat to keep warm].

With a spoon mash vigorously the onions and garlic until they have the consistency of brains. Then cover [the dish] with a little flour and four or five eggs and cook the yolks in it [do not beat the eggs]. Grind some cumin and pepper, and throw in the pot with some seasoned *murri* [use soy sauce] and leave a little until its face shows [until the egg cooks].

Then dish up and sprinkle with spices, decorate with the [cooked] egg yolks and serve.

Fresh [Green] Beans With Meat, Called *Fustuqiyya* [Pistachio]

Take the flesh of a young sheep or lamb, preferably from the forelegs, the *durra*, the *jaus* and the *'anqara* [parts of a sheep] and after washing put in the pot with two spoons of fresh oil and water to cover the meat. Put on the fire.

Then take a handful of fresh beans which have been shelled from their pods and throw over the meat. When it is cooked, take out the meat.

Then mash the beans vigorously with a spoon until none of them is left whole. Then pour in the pot a spoon of vinegar, another of fish *murri* [use soy sauce or fermented fish sauce] and some salt, however much is enough [to taste]. Then throw the meat in the pot and cook a little [to absorb the flavors of the been sauce].

Then take it to the embers [lower the heat] until its face appears [until cooks], dish up and use.

To Make *Isfîriyâ* [small meat patty]

Pound the flesh of a leg [of lamb] until it is like brains. Remove the sinews and throw in pepper, half a spoon of honey, a little oil, as much as is needed, and a little water.

Mix all smoothly with flour and do not neglect to pound it, and do not slacken in this, because it will cool and be ruined.

Grease a pan with oil or fat. Make the pounded meat into small patties and fry in the pan. If there be with the meat almonds or walnuts or apples, it will be superb, God willing.

Isfîriyâ [small meat patty] in the Manner of the Market Folk

Pound the meat of a leg [of lamb] when it is flayed, before it cools and after cutting it into strips, when it stops steaming. Remove its sinews, until nothing remains in it. Throw in, while pounding, a little salt.

When it is done, take what you need of sifted flour, mix with water and knead with the hand until it is mixed. Throw in oil and also a little honey and break into it eggs. Stir it smooth and throw it with the meat in the brass mortar and stir in the mortar very vigorously. Add water little by little until it becomes light, and work it so that it does not cool and spoil.

Then clean a frying pan and smear with oil. Then take the meat out of the mortar and put small round cakes of it in the pan and arrange the pan on the fire. And when you think it is going strongly, throw in a little oil and turn the pan so that the oil goes between and under the meat-cakes. And check that you stir it by the sides with a skewer so that it does not burn. Then turn until done and brown it, if you want it brown. Or do it in another manner as most people do: dash cold water on to the pan, then spread with oil, as you did the first time and use it as you please.

Make sausage in the same way as you make *isfîriyâ* [small meat patty]. Reduce the amount of water and increase the amount of eggs. Remove the meat to the platter and leave it till it sets. And add fat to the weight of a third of the meat and throw in pepper and chopped rue and be at it all [knead it] until it mixes.

Clean the gut [the sausage skins] and fill with the meat and fat mixture, and tie in the lengths you wish [sausages]. Throw into boiling water until hard [cooked]. Take them out and put in cold water so that it does not turn black. Fry the sausage after this, God willing.

Another Dish [ground meat, meatballs, sausages]

Take a leg of lamb, cut it small and put in the pot. Throw in a spoon of *murri* [use soy sauce], finely chopped onion, coriander and cilantro, pepper and a spoon of oil. Put on the fire.

Take some lamb meat and chop finely and throw in pepper, coriander and cilantro, caraway and onion, all of this pounded, and throw into the pounded meat half a spoon of *murri* [use soy sauce] and half of oil. Make meatballs from this [retain some for the sausages], and put them in the pot and throw in three chopped eggs.

Take what is left of the ground meat and take gut [sausage skins] of lamb and put the filling in it and make of this large sausages. [Put in the pot.]

Pound cilantro well and break over it two eggs, and cover the pot with this [mixture] and put it on the hearthstone [to cook at a lower heat].

When it is done, dish it up and serve it, God willing.

Roast Lamb

Take a skinned lamb, clean the inside.

Gather the innards, after cleaning, mix them with grease and wrap up in fine gut [make sausages]. [Cook separately.]

Then stuff the inside of the lamb with small birds and starlings, fried and stuffed as was explained before. [See the Chapter: Other Fowl Dishes.]

Sew it up, put in a *tajine* large enough to hold it and pour on it the sauce, according to the preceding, with cilantro juice and oil.

Put it in the oven and leave it until it is done, take it out and present it.

Lamb Roast *Badî'i*

Take a plump, cleaned lamb, whose opening is narrow.

Then take the meat of another lamb and cut it in small pieces and put it in a pot with salt, pepper, coriander, saffron, cinnamon, lavender and oil. Put it over a moderate fire until it is done.

Then add the tender [cooked] meat, eggs [raw], grated crumbs and whatever spices are wanting and fill inside of the lamb with all this. [Sew it closed.] Place it in a heated *tannur* [clay oven], as in the preceding.

When it is done, take it out. If the lamb is very small, put it in a *tajine*, as has been explained before.

Ram Roast with Its Skin

Take a plump ram and take out what is in it [gut it], as it is, in its skin, through a narrow cut. The put it in a tub or kettle, pour boiling water on it, and pluck the wool so that none of it remains in the skin.

Then get what was taken from inside it, clean it and make of it a stuffing and cook with spices, oil and a bit of *murri naqî'* [use soy sauce] and return it into the inside of the ram, after mixing it with egg and spices and whatever you wish. Sew up the belly and the neck and any other openings so that no place remains for the fat to run out. Place it in the *tannur* [clay oven] and leave it until it is done [cooked].

Then take it out and cut it in pieces with a sharp knife and sprinkle it with ground salt, pepper, and cinnamon.

A Dish of *Auhashi* of Fat Ram

Cut the meat up small. Put [into a pot] a spoonful of vinegar, two spoonfuls of *murri* [use soy sauce], a spoonful of oil, an onion pounded with cilantro, salt, spices, pepper, a little cinnamon and the same of whole fennel [*râziyânaj*], rue leaves and three heads of garlic, and cook it all until done.

Take out as much meat as you want and pound with bread crumbs and two [boiled, chopped] eggs, and cover the pot with it [this makes a crust on top]. And sprinkle with lavender, Chinese cinnamon [cassia] and pepper, and serve.

Roast Lamb, which was made for the Sayyid Abu al-'Ala in Ceuta

[Governor and admiral of Ceuta, son of the Almohada Caliph Yusuf I. This dish is more than roast lamb! It is a calf stuffed with a lamb stuffed with various birds stuffed with smaller various birds. It is a Russian doll dish!]

Take a young, plump lamb, skinned and cleaned. Make a narrow opening between the thighs and carefully take out everything inside of it of its entrails.

Then put in the interior a roasted goose and into its belly a roasted hen and in the belly of the hen a roasted pigeon and in the belly of the pigeon a roasted starling and in the belly of this a small bird, roasted or fried. All this is roasted and greased with the sauce described for

roasting. Sew up this opening and place the ram in a hot *tannur* [clay oven] and leave it until it is done and browned.

Paint it with that sauce and then place it in the body cavity of a calf which has been prepared clean. Sew it up and place it in the hot *tannur* [clay oven] and leave it until it is done and browned.

Then take it out and present it.

Roast Ram Breast [flank]

Pound a *ratl* [1 *ratl*=468g/1lb] of meat in a stone mortar and add the same amount of cut-up fat, a little onion and both cilantro and coriander and cheese [soft, fresh cheese] and almonds, a large handful of shelled and pounded walnuts, and some *murri naqî'* [use soy sauce] to moderate its taste. Add to it Chinese cinnamon [cassia], pepper, ginger. Pound all this with the meat until it is mixed, and knead it until uniform.

Then take a breast of plump ram and cleave it between the ribs and the meat, and fill it with the stuffing. Then sew it up with gut or palm leaves and smear the breast with oil and sprinkle it with ground starch. Hang it in a *tannur* [clay oven] and shut it [shut the oven to roast the meat].

When it is ready, take it out and present it. It is a good roast.

Another Kind of Lamb Breast

Get the breast of a plump lamb. Pierce it between the meat and the ribs, so that the hand and fingers can fit in.

Then get a large handful each of peeled almonds and hazelnuts, and a dirham [1 dirham=3.9g/3/4tsp] each of Chinese cinnamon [cassia], lavender, cloves, saffron and pepper, and a little salt. Pound all this and mix it with breadcrumbs and knead it with oil, and knead until it thickens and can be used as a stuffing.

[Put the stuffing between the meat and the ribs.] When it is stuffed, sew up the breast with clean gut and hang it in a *tannur* [clay oven]. Set under it an earthen pot into which what melts from the breast can drip.

When it is done take it out.

Another Extraordinarily Good Lamb Breast

Take the breast of a plump lamb and cook it in vinegar until it is done. Then take it out and leave it to dry.

Then take a wide frying pan and pour in fresh oil, juice of cilantro, mint, thyme and a whole, cleaned onion. When its flavor is discernible [a sauce is made], take it [the whole onion] out of the oil and put in the lamb. Fry [the meat] until the sides are browned.

Then sprinkle with *murri naqî'* [use soy sauce], sprinkle with cinnamon and cut it up. You might do it in the oven [instead, a roast in the sauce].

Dish of Lamb With Truffles

Cut the meat small and boil with onion juice, pepper and salt. When the water [moisture] and the salt [chunks] have disappeared [dissolved], throw in the pot washed, chopped truffles.

When the truffles are cooked, sprinkle the pot with a little *murri* [use soy sauce]. After breaking into it what eggs you want [chopped hard boiled eggs]; dish it up and sprinkle with cinnamon and chopped rue.

Stuffing Lamb with Cheese

Empty its interior of everything in it, and clean it, and cut off its extremities and put them aside. Then take its small intestine and make small clean *'usbas* [sausage sacks] of it. Turn the large intestine inside out and clean it and cut it small.

Then take enough cheese for the lamb, and crumble some of it and prepare as for a *mujabbana* [cheese pastry, meaning knead it]. Flavor the cheese with much pepper, cinnamon, Chinese cinnamon [cassia], cilantro juice, onion juice, bits of mint and as many eggs as it will take, and beat gently. [This is a stuffing.]

And cut its pieces of meat [from the extremities] like small cubes or bigger. Insert the stuffing into the lamb [retain some] with the tendons and cut-up gut.

Puncture the meat and peel its skin back and insert pieces of cheese under it. And put stuffing around them [the pieces of cheese] as well. Beat the remaining stuffing with eggs and add flavorings with cilantro juice and throw it over the lamb in a big *tajine*.

Heat the *tannur* [clay oven], and when it's hot, remove the coals and put them down on the hearthstone. Sprinkle with a little water, then put the vessel in the *tannur* [clay oven], put the *tajine* in it. Seal the *tannur* [clay oven] with clay.

Open its lower aperture to check the meat, and when it is browned and done, remove and put in a big bowl and serve. And if it is cooked in the bread oven, it also comes out good.

Dish of Chestnuts with Lamb

Take meat of a lamb or tough meat and cut a piece of the leg in small chunks. Add to it the same amount of chestnuts [meats] and put it in the pot. Throw in salt and put it over the coals [to cook].

And when it [is ready, let it rest on the platter a moment] when it is on the platter, and then serve, God willing.

The making of *Badî'i*, the Remarkable Dish

Take the meat of a very plump lamb and cut it in small pieces and put them in a pot with a little salt, a piece of onion, coriander, lavender, saffron and oil, and cook it halfway.

Then take fresh cheese, not too soft in order that it will not fall apart, cut it with a knife into slices approximately the size of the palm, and place them in a dish. Color them [yellow] with saffron, sprinkle them with lavender and turn them until they are colored on all sides.

Place them with the cooked meat in the pot or in a *tajine* and add eggs beaten with saffron, lavender and cinnamon, as necessary, and bury in it whole egg yolks and cover with plenty of oil and with the fat of the cooked meat.

Place it in the oven and leave it until the sauce is dry and the meat is completely cooked and the upper part makes a crust.

Take it out, leave it a while until its heat passes and it is cool, and then use it.

Recipe for *Barmakiyya* [meat pie]

It is made with a hen, pigeons, doves, small birds or lamb.

Take what you have of them, after cleaning, and cut up and put in a pot with salt, an onion, pepper, coriander and lavender or cinnamon, some *murri naqî'* [use soy sauce], and oil. Put it on a gentle fire until it is nearly done and the sauce is dried. Take it out and fry it in fresh oil without overdoing it, and leave it aside.

Then take fine flour and semolina. Make a well-made dough with leaven, and if it has some oil it will be more flavorful.

Then roll out from it a flatbread and put inside it the fried and cooked meat of these birds, cover it with another flatbread and seal the ends together. Put it in the oven, and when the bread is done, take it out.

It is very good on journeys. You might make it with fish and that can be used for journeying too.

Stuffed Lamb Breast in the Oven

Place the stuffed breast in a big pot and cover it with water with one spoonful of vinegar, half a spoonful of *murri* [use soy sauce], one of oil, a whole onion, fennel stalks, citron leaves, pepper, cinnamon, caraway, a little cumin and coriander, all this being ground.

Cook all this until it is completely cooked, and take it down to the euphorbia embers [lower heat]. Cover it with cold breadcrumbs and five eggs, and dot the pot with some of the yolks.

And when this is cooked, take it to a dish and arrange egg yolks on it, sprinkle with spices and present it, God the Most High willing.

A Dish With Prunes [*Ijjâs*]

Take fat young lamb, cut it up and put it in a pot with salt, pepper, coriander, a little cumin, saffron, and sufficient vinegar and oil. Put it on the fire.

When it is almost done, throw in "cow's eyes" [prunes] candied and steeped in vinegar. Cook it in the pot.

Then cover the contents of the pot and leave it until its surface is cold and clarified. Then serve it into a dish, break egg yolks and garnish the dish with them and with meatballs, sprinkle with fine spices and present it.

If you wish to put in place of mint juice the juice of rue, celery or clove basil, from each of these will come another dish.

Baqliyya Mukarrara [spinach and lamb]

Cut up young fat lamb meat and put in the pot with salt, onion, pepper, coriander seed, caraway and oil. Put on a moderate fire.

When the meat is ready, take spinach, wash and chop finely, soak in water and wash until its greenness and blackness come out. Set it aside until it falls apart [dries a bit] then drain the water out of it and place it with the meat and squeeze in the juice of moist coriander.

When it has finished cooking, take to the hearthstone for a while [lower the heat] and then serve.

You might add cooked meatballs, and if you have no spinach, make it with saltwort [*yarbûz*], *qataf* [greens], Swiss chard leaves, lettuce or chicory from the garden.

A *Baqliyya* of Ziryab's

[Ziryab was a famous arbiter of elegance during the caliphate of 'Abd al-Rahman II, in Cordoba. 'Abd al-Rahman II became Caliph in 822.]

Take the flesh of a young fat lamb, put in the pot with salt, onion, coriander seed, pepper, caraway, two spoons of oil and one of *murri naqî'* [use soy sauce]. Put on a moderate fire/

Then take cabbage, its tender parts. Take off the leaves and chop small with the heads, wash. When the meat is almost done, add the cabbage.

Then pound red meat from its tender parts and beat in the bowl with eggs and the crumb [that is, everything but the crust] of bread, almonds, pepper, coriander and caraway.

Cover the pot with this little by little and leave on the coals until the sauce dries and the grease comes to the top [the meat topping cooks and juice from below seeps up]. Serve.

Safarjaliyya, a Dish Made With Quinces [lamb, veal]

This is a good food for the feverish. It excites the appetite, strengthens the stomach and prevents stomach vapors from rising to the head [indigestion].

Take the flesh of a young fat lamb or calf and cut in small pieces. Put it in a pot with salt, pepper, coriander seed, saffron, oil and a little water. Put it on a low fire until the meat is done.

Then take as much as you need of cleaned peeled quince, cut in fourths, and sharp vinegar, juice of unripe grapes [verjuice] or of pressed quince and cook this with the meat for a while and use.

If you wish, cover with eggs [beaten eggs cooked to set over the top of the dish] and it comes out like *muthallath*.

Tuffâhiyya, a Dish Made With Apples [lamb, veal, chicken, squab]

Take meat as mentioned in the recipe for *safarjaliyya* and prepare the same way. [Take the flesh of a young fat lamb or calf and cut in small pieces. Put it in a pot with salt, pepper, coriander seed, saffron, oil and a little water. Put it on a low fire until the meat is done.]

Then add tart apples, peeled and cleaned, as many as needed, cut in fourths. Cook this with the meat. And when you take it to the hearthstone [when it is done], put in a little sugar, and cut with musk and camphor dissolved in good rose water.

The acidity is most efficacious in lightening and strengthening the heart and it can be made with the flesh of birds, such as fat hens or young squabs of the domestic dove or stock-dove and then it will be finer and better.

Preparing *Tuffâhiyya* [Apple Stew] with Eggplants [and lamb]

Take three *ratls* [1 *ratl*=468g/1lb] of lamb, cut up and put in the pot with onion, salt, coriander, pepper, ginger, cinnamon and four *ûqiyas* [1 *ûqiya*=39g/7tsp] of oil. Let it evaporate in the pot on the fire, until it gives up its water. Then cover with juice pressed from apples and cook [some more].

When the meat is done, put in eggplants peeled and boiled separately, and whole peeled apples without cutting them up, and prepared meatballs.

Then add some of the meat, pounded and mixed with some eggs and cover the dish with it, and leave it to rest on the hearthstone [a lower heat]. [The topping cooks, as described above. Then serve.]

A Pie [*Mukhabbazah*] of Lamb

Make meatballs of lamb with all the spices and flavorings, beat them with egg white, and put into the pot a spoonful of oil, cilantro juice, a spoonful of onion juice and half a spoonful of *murri* [use soy sauce], and pepper, cinnamon, Chinese cinnamon [cassia], a handful of pine-nuts, coriander, a little caraway and a spoonful of water.

Cook until the meatballs stiffen, and cook the sauce and boil two eggs in it, then cover [the contents of the pot with eggs and breadcrumbs] and take it out to the hearthstone [a lower heat] until [the egg layer] wrinkles.

Knead a dough with white flour, water and oil. Prepare a crust dough of this [line a pan], and put in the meatballs and the boiled eggs, after splitting, and put all the filling inside this. Then cover it with a sheet of dough made in the same manner. Fasten it closed and send it to the oven until it is done

Then present it, God willing.

Recipe for the Roast of Kings

Take half a lamb with its breast, sprinkle it with three *dirham* [1 *dirham*=3.9g/3/4tsp] of pepper and as much of caraway, three spoonfuls of water and a stalk of fennel, two spoonfuls of oil and as much of *murri* [use soy sauce], some Chinese cinnamon [cassia], some thyme, four beaten eggs and sufficient salt. [Put it in a roasting pan.] Put the lid on the pan and send it to the oven.

When it is done and browned, present it and it has an extremely good aroma.

Simple White *Tafâyâ* [stew], Called *Isfîdhbâja*

This is a dish of moderate nutrition, suitable for weak stomachs, much praised for increasing the blood, good for the healthy and the scrawny; it is material and substance for all kinds of dishes.

Take the meat of a young, plump lamb. Cut it in little pieces and put it in a clean pot with salt, pepper, coriander, a little juice of pounded onion, a spoonful of fresh oil and a sufficient amount of water. Put it over a gentle fire and be careful to stir it; put in meatballs and some peeled, split almonds. When the meat is done and has finished cooking, set the pot on the ashes until it is cooled.

He who wants this *tafâyâ* [stew] green can give it this color with cilantro juice alone or with a little mint juice.

Recipe for White *Tafâyâ* [stew]

Take the meat of a young, tender lamb, cut it in little pieces and put it in the pot with salt, coriander, pepper, a little onion juice, and what oil is necessary. Put it on a gentle fire and fry it with its oil and spices; then add enough water.

Remove the fat [lower] intestine and offal from the intestines [to make a sausage skin], tie their lower part and put a peeled, boiled egg in the tied intestine, and put over this balls of ground meat, improved with spices. Then put on top of this another egg, and a morsel of the meat, until it is full to the top. Tie the mouth and put it in the pot, and finish cooking the *tafâyâ.*

When it is done, take out the intestine and brown it in a frying pan with fresh oil. Then ladle out the *tafâyâ* [stew], if you like it covered with beaten eggs or plain, and cut up the offal [the egg-stuffed sausage] with a sharp knife and dot the *tafâyâ* [stew] with the pieces. It must have meatballs and split almonds added.

Sprinkle it with cinnamon and lavender and present it. And if you wish, make it green with cilantro juice alone or with a bit of mint juice.

Recipe for White *Tafâyâ* [stew] with Almonds

Cook a white *tafâyâ* [stew] with the meat of a fat lamb, as above, and when the meat is done, take peeled, pounded almonds and put them with rosewater, to thicken the cooked *tafâyâ* [stew] with this and to make it whiter. It is necessary to have meatballs [served with this], and this is a magnificent and regal dish.

Recipe for Fried *Tafâyâ* [stew], Which Was Known in Morocco as *Tâhashast*

Get young, fat meat and cut it in little pieces. Fry it in a clean pot with salt, pepper, coriander, a little onion, a spoonful of oil and a little water. Stir it until the water is gone, the oil hot, the meat done and browned. This is similar to the preceding.

Another Kind of *Tafâyâ* [stew]: the Eastern Style

Take the belly, small intestine, peritoneum, the meat of the chest and the tail and the fatty parts [of a lamb], cut it into the pot and add salt, onion, pepper, coriander, onion, and rue. Put

it on the fire. Cut up some belly with meat, and make it into small, well-formed sausages and add it to the rest and cook it.

When it is finished cooking, present it, God willing. If this dish is made with vinegar, the result is admirable and is a different dish.

The Making of Another Marrow [sausage]

Take lamb's brains and clean them of their veins. Then take tender meat, such as lamb's shoulder, and pound it fine in the stone [mortar]. Mix it with the cleaned brains, insert into intestines [make a sausage of it] and cook them. Then take them out and sprinkle them with powdered sugar, and if you add almonds or crushed nuts at the beginning, it is better.

The Making of Another Marrow [sausage]

Take lamb's brains and add to them fresh clarified butter, eggs and fresh milk with some sugar. Stuff them in intestines [make sausages] and hang them up.

For some rulers there have been prepared glass vessels that seem from their shape to be tibias or other bones, and when [the stuffing] has just been mixed, insert it into these receptacles.

Put it in a pot with water and salt and all that is necessary for the dish made with it. Cook it until you know that the marrow has been done and thickened inside its container, this can be seen from outside the glass.

Take it out and remove the dough from the tops of the containers. Empty what is in them and serve it.

Tharîda with Lamb and Spinach, Moist Cheese and Butter

This used to be made in Cordoba in the spring by the doctor Abu al-Hasan al-Bunani, God have mercy on him and pardon us and him.

Take the meat of a fat lamb, cut it and put it in the pot with salt, onion juice, pepper, coriander seed, caraway and oil. Put it on the fire and when it has cooked, put in it chopped and washed spinach in sufficient quantity, grated moist cheese [a soft, fresh cheese] and butter.

When it has cooked, take the pot off the fire and add more butter. Let there be crumbs of bread moderately leavened [add the crumbs to the liquid first, then] put your meat on it.

And if he, God have mercy on him, lacked lamb meat, he would make a *tharîda* of spinach, moist cheese, butter and the previously mentioned spices and eggs instead of meat.

Tharîda in the Style of the People of Bijaya

Bougie, a city in Algeria, which they call the *Shâ shiyya of Ibn al-Wadi'*.

Take the meat of fat spring lamb, from its flanks, its chest and its fat part. Cut it up and put it in a pot with salt, onion, pepper and coriander seed. Put it on a moderate fire and when it is almost done, add to it lettuce, spinach, fennel and tender turnips.

When all is cooked, add peeled green fava beans and fresh cilantro.

When it is finished cooking, moisten [with the liquid] the *tharîda* [bread crumbs] and arrange on it that meat, the vegetables and the beans.

Put on top of the *tharîda* , on the highest part, a small amount of butter that will pour down the sides among the vegetables. For that reason it has been likened to the *shashiyya* of Ibn al-Wadi [a fez with a white tassel], as if that white butter were the cotton [tassel] of the *shashiyya*, that falls all over.

Tharîda of Lamb with Garbanzos [and Cheese]

Cut up lamb in large pieces and put with it spices, soaked garbanzos, oil and salt. When it has fried, pour in enough water to cover. [Boil].

And when it is about cooked, throw in orach [a flaky vegetable related to spinach].

When it is cooked, throw in fresh cheese cut up in pieces like fingertips [cubed], and break eggs into it and crumble bread in it, and sprinkle it with pepper and cinnamon, God willing.

A Jewish Dish of Eggplants Stuffed with Meat [lamb]

Boil the eggplants and take out their small seeds and leave [the skins] whole [hollow out the cooked eggplants].

Take leg meat from a lamb and pound it with salt, pepper, cinnamon, Chinese cinnamon [cassia] and spikenard. Beat it with the whites of eight eggs [cooked] and separate the egg yolks [reserve for the garnish]. Stuff the eggplants with this stuffing.

Then take three pots and put in one of them four spoonfuls of oil, onion juice, spices, aromatics and two spoonfuls of fragrant rosewater, pine-nuts, a citron [leaves], mint, and sufficient salt and water. Boil well and throw in half of the stuffed eggplants.

In the second pot put a spoonful of vinegar, a teaspoon of murri [use soy sauce], a grated onion, spices and aromatics, a sprig of thyme, another of rue, citron leaf, two stalks of fennel, two spoonfuls of oil, almonds, soaked garbanzos, some half a dirham [1 dirham=3.9g/3/4tsp] of ground saffron, and three cut garlic. Add in sufficient water until it boils several times, and throw into it the rest of the stuffed eggplants.

And in the third pot put a spoonful and a half of oil, a spoonful of cilantro water, half a spoon of sharp vinegar, crushed onion, almond, pine-nuts, a sprig of rue and citron leaves. Sprinkle with rosewater and sprinkle with spices.

Decorate the second [dish] with cut-up egg yolks and cut rue and sprinkle it with aromatic herbs. Cut a cooked egg with rue over the third pot, sprinkle it with pepper, and present it.

[This gives you two dishes of stuffed eggplants, each with a slightly different sauce, and one dish of a sauce that can be used over both dishes.]

Recipe for *Zîrbâja* [sweet and sour soup, chicken, pigeon, dove, lamb]

It is a dish that regulates the humors. Its nutritive power is praised. It is good for the stomach and liver. It combines the advantages of the meat and vinegar stew *sikbâja* and of that of sour milk *salîqa*.

Among its virtues is what was told of it to the sheikhs of Baghdad by he who followed Hanin ibn Ishaq. He said "I was accompanying Hanin one day when he met a man of the people, to whom he said, 'Oh! You came to me and you described the case of a sick woman in your house; then I didn't see you [anymore]. What has been the cause of your delay, since I have not ceased to worry about you?'

He replied, 'I came to you, my lord, and I described to you my mother's sickness. You advised me that she should eat *zîrbâja*. I got it and she was cured of her illness, and I didn't want to return and worry you. May God reward you.'

Hanin said, 'This is a neutral dish [one that does not stimulate any of the four humors in particular] and it is the *sikanjabîn* [name of a sweet-sour drink] of dishes.' Others say, 'It is the apple of the kitchen, there is no harm in it at all.'"

[This recipe appears in all medieval Arabic cookbooks. It is a sweet, nutritious chicken soup.]

Its Recipe

Take a young, cleaned [dead] hen and put it in a pot with [some water and] a little salt, pepper, coriander, cinnamon, saffron and sufficient of vinegar and fresh oil [and cook it on the stove].

And when the meat is cooked, take peeled, crushed almonds and good white sugar, four *ûqiyas* [1 *ûqiya*=39g/7tsp] of each. Dissolve them in rosewater and pour it in the pot and let it boil. Then leave it on the embers [low heat] until the fat rises. [The almonds and sugar thicken the liquid.]

It is the most nutritious of dishes and good for all temperaments. This dish is made with hens or pigeons or doves, or with the meat of a young lamb.

Chapter 14: Beef, Mutton, Kid, Rabbit Dishes

Royal *Sanhâji* [Beef casserole]

Take a large, deep *tajine* [clay casserole with a lid] and put some red beef in it, cut up without fat, from the leg, the shoulder, and the hip of the cow. Add a very large quantity of oil, vinegar, a little *murri naqî'* [use soy sauce], pepper, saffron, cumin, and garlic.

Cook it until it's half done, and then add some red sheep's meat and cook.

Then add to this cleaned chickens, cut into pieces; partridges, young pigeons or wild doves, and other small birds, *mirkâs* [sausages] and meatballs.

Sprinkle it with split almonds, and salt it to taste. Cover it with a lot of oil, put it in the oven, and leave in until it is done, and take it out.

This is a simple *sanhâji* [casserole], used by the renowned; as for the common people, their *sanhâji* [casserole] will be dealt with in its own proper time, God willing.

[The name of these type of dishes comes from the name of a famous Berber confederation, the Sanhaja, which included the Tuareg and played an important part in the Almoravid Empire, that included Al-Andalus.]

The Dish *Misri* [Egyptian Beef or Mutton oven dish]

Take fat meat from the fatty parts of it [calf or sheep], cut it up and put it in a pot with pepper, coriander, saffron, a little thyme, two or three citron leaves and a few chunks of fennel with its flowers, garlic, plenty of oil, and sufficient of *murri naqî'* [use soy sauce].

Put it in the oven until it is cooked and the broth evaporates, and take it out.

A Dish Praised in Springtime for Those with Fullness and Those with Burning Blood [chicken, partridge, quail, veal]

Take a chicken or *taihûj* partridge or quail or black partridge or rump of veal, whichever of these is possible, and joint [quarter it]. Put in a pot and put with it cilantro juice, cover it with concentrated vinegar, and put in sour apples, peeled and seeded, their seeds moderately cut up [the seeds release pectin, a thickening agent], and some Chinese cinnamon [cassia], cloves, ginger, and white pepper. [Cook it.]

Then take as much as you like of egg yolk, and beat enough to coat the cooked chicken, and cover the contents of the pot with it [let the topping set]. Ladle it out. Sprinkle it with some spices and present it, God willing.

Safarjaliyya, a Dish Made With Quinces [lamb, veal]

This is a good food for the feverish. It excites the appetite, strengthens the stomach and prevents stomach vapors from rising to the head [indigestion].

Take the flesh of a young fat lamb or calf and cut in small pieces. Put it in a pot with salt, pepper, coriander seed, saffron, oil and a little water. Put it on a low fire until the meat is done.

Then take as much as you need of cleaned peeled quince, cut in fourths, and sharp vinegar, juice of unripe grapes [verjuice] or of pressed quince and cook this with the meat for a while and use.

If you wish, cover with eggs [beaten eggs cooked to set over the top of the dish] and it comes out like *muthallath*.

Tuffâhiyya, a Dish Made With Apples [lamb, veal, chicken, squab]

Take meat as mentioned in the recipe for *safarjaliyya* and prepare the same way. [Take the flesh of a young fat lamb or calf and cut in small pieces. Put it in a pot with salt, pepper, coriander seed, saffron, oil and a little water. Put it on a low fire until the meat is done.]

Then add tart apples, peeled and cleaned, as many as needed, cut in fourths. Cook this with the meat. And when you take it to the hearthstone [when it is done], put in a little sugar, and cut with musk and camphor dissolved in good rose water.

The acidity is most efficacious in lightening and strengthening the heart and it can be made with the flesh of birds, such as fat hens or young squabs of the domestic dove or stock-dove and then it will be finer and better.

The Dish *Jimli* [Beef or Mutton]

Take the meat of a plump calf, or a sheep, and cut it in small bits. Put it in a pot and add to it pepper, coriander and a little cumin, saffron and whatever oil is necessary, strong vinegar and *murri naqî'* [use soy sauce], less of the *murri* than of the vinegar, and meatballs already made [See the Chapter: Meatballs...], citron leaves and peeled and split almonds.

Put this on a moderate fire, and when the meat is cooked, cover it with two eggs, a little beaten with cinnamon and saffron, and leave it on the hearthstone [a lower heat] until it binds and the fat rises and the broth evaporates.

The Dish *Mukhallal* [Beef or Mutton, a vinegar dish]

Take the meat of a plump cow or sheep, cut it small, and put it in a new pot with salt, pepper, coriander, cumin, plenty of saffron, garlic peeled and diced, almonds peeled and split, and plenty of oil. Cover it with strong, very pure vinegar, without the slightest bit of water. Put it on a moderate charcoal fire and stir it, then boil it.

When it cooks and the meat softens and it reduces, then put it on the hearthstone [remove from heat] and coat it with much egg [beaten with] cinnamon and lavender. Color it with plenty of saffron, as desired, and put in it whole egg yolks and leave it on the hearthstone until it thickens and the broth evaporates and the fat appears.

This dish lasts many days without changing or spoiling. It is called "wedding food" in the West [the Algarve], and it is one of the seven dishes cited as used among us at banquets in Cordoba and Seville.

Preparing *Râhibi* [Meatloaf], the Monk's Dish

This dish [meatloaf] is made in various ways and it is necessary that its taste be improved with the smell of onions, which is sweetened with a syrup of sugared roses. Also it is made with syrups of fruits such as pomegranates, apples or grapes, and at times it is moistened with vinegar and preserved prunes. And there are some who are accustomed to make it with the flesh of animals very fat and the same as in the *murri* dish. The cooking of these two dishes is not good and not tasty unless cooked in the bread oven. These recipes mentioned have sweetness and acidity. They make fragrant scents and give color and make saffron unnecessary [for coloring it yellow].

How to Make *Râhibi* [Meatloaf, mutton, veal]

Take very fat young meat from the good, fat parts and from the neck of its paunch [of a sheep or calf] and put, cleaned and cut up, in the pot with salt, pepper, coriander seed and a lot of oil. Put on a moderate fire, and when it is nearly done, take it off and leave it.

Then cut up as much onion as you need and put in another pot with water to cover and cook till done. Then remove its water [strain it] and put it on a platter and rub with a spoon or pound in a wooden or stone mortar until disintegrated.

Then add it to the meat in its pot. Add what you need of oil and more, pepper, ginger, saffron, spikenard, cinnamon and rose preserve or some of the syrups. Cook with a lid on and put in the bread oven and leave a while until the sauce dries, it is brown on top and most of the grease rises.

Take it out and leave a while to cool and use.

Another *Râhibi* [Meatloaf] Recipe

Take fat meat, as told earlier, and prepare as in the previous recipe. And when the meat is done, squeeze over it the juice of a grated onion and add the aforementioned concentrate of pomegranates, rose preserve and put in the bread oven, with admirable results.

Another *Râhibi* [Meatloaf] Dish of the Same With [Onion] Drippings

Take the meat as I have indicated [in the previous two recipes], and when it is almost done, take a cut up onion and put in a pierced couscous pot [the colander that forms the upper part of a couscousiere]. Put the meat in a pot and put over it the onion in the colander, covered with a lid. Leave this while the juice from the onion drips into the pan of meat.

When the liquid is all gone and it is dry [the onion], throw [out] the remains [of the onion] and finish cooking [the meat], either in the house or in the [community] bread oven, after adding the things [syrups and spices] we have mentioned.

Râhibi [Meatloaf] in a Tajine [round clay casserole, mutton, veal]

Take the fattest parts of sheep or calf, as I have told you [cleaned and cut up, see previous recipe], and put in the pot with salt, spices and oil. Cook until almost done and take down [from the fire]. Then take an onion of great size and cook it alone [in water] and whole in its own pot, without cutting it. And when it is done, pour off the water it was cooked in, pierce the

sides of the onion and put it with the cooked meat in the *tajine.* Add what has been mentioned of spices and pomegranate concentrate. Cover it with a lot of oil and put in the bread oven, and leave it there until it is done [cook until the liquid is gone and it browns]. Then leave it until dry and brown on its upper part and take it out.

Honey [Mutton] Recipe [with sweet dumplings]

Take flesh from [a sheep's] tail, rump, belly and brisket or a fattened hen, whichever you have, after washing it, and put it in a new pot. Cover with water and throw in a sufficient quantity of salt, a spoon of oil and another of honey, cleaned and split almonds and sufficient saffron, some two *dirham* [1 *dirham*=3.9g/3/4tsps] or thereabouts. Then put the pot on a coal fire [and cook].

When it is done, take out the meat and strain the broth. Then take six *ratls* [1 *ratl*=468g/1lb] of white honey, skimmed, and pour it on the sauce. Put it on the fire and do not stop stirring for any reason [as it cooks].

And when the honey is cooked, take a *ratl* [1 *ratl*=468g/1lb] of starch less a fourth -- this is for six *ratls* [1 *ratl*=468g/1lb] [of honey]; and if it is less or more, use equivalent amounts. Add water [to the starch in a bowl. Take [the honey] off the fire and leave for its heat to break [to cool]. Then throw in [diluted] starch and stir well until it is all mixed. Then pour over all this four *ratls* [1 *ratl*=468g/1lb] of fresh oil and put on a very low fire. Do not stop stirring it with the greatest care, as this will make it good or bad [the starch thickens the dish]. And when it reaches the state of *fâlûdhaj* [when it thickens like a pudding] take the pot off this fire to the hot embers [lower the heat]. Pour in the rest of the oil and return the meat to it.

Take white flour and make it into a dough [with water] and from this make very small *sanbûsak* [palm-sized skins]. Stuff them with sugar and pounded almonds, spiced with cinnamon, spikenard, Chinese cinnamon [cassia] and pepper, and knead all this with rosewater [for the filling of the half-moon dumplings]. Fry in the skillet.

Then ladle the dish of honey [and meat] in an earthenware dish and put these *sanbûsak* on it and add some shelled pine nuts, then sprinkle with ground sugar and cinnamon, God willing.

Preparing *Saqlabiyya* [Dish of the *Saqaliba*] [Mutton]

Take mutton, preferably from the front legs, feet and chest, wash and put in the pot with two spoons of oil and one of *murri* [use soy sauce], good bread [crumbs], coriander seed, caraway, ground pepper, sprigs of thyme, citron leaves, two heads of garlic, whole, and about enough water to cover the meat, with sufficient salt. Then take ten onions, chop them finely, wash and throw in the pot. [Cook.]

Make meatballs, like those for *tafâyâ* [stew] [See Chapter: Meatballs...], stuff with this meat the lower intestine [sausage] and sprinkle [the meat] with [chopped] boiled egg. Cook all [the sausages and meatballs] with the meat and when it is all done, take it to the embers [lower the heat].

To decorate it, take the meatballs and egg yolks. [Dish up the mutton.] Cut the sausages with the egg which is inside, and arrange between the meatballs and sprinkle with fine spices and serve, God willing.

Qar'iyya, a Dish of Gourd [Mutton]

Know that a condition of the dish known as *qar'iyya* is that for meat it should have fresh, fat, tender mutton, newly killed. Immediately after slaughter, while still twitching, cut it into pieces and put it in the pot with salt, a little onion juice, pepper, coriander seed, thyme and a lot of oil. Put it on a moderate fire.

When the meat is done, put in a sufficient amount of young, tender gourd, cut into big pieces. When it is done and has finished cooking, throw in cilantro juice. Put it on the hearthstone a little while and use it.

This gourd dish is a feminine one according to cooks' doctrine.

The Dish *Sinâbi* [Mustard Mutton]

Take the meat of a plump sheep and cut it up small. Put it in a clean pot with salt, onion juice, pepper, coriander, a little rue-leaf, oil and a spoonful of strong vinegar. Put it on a moderate fire and cook until it is done.

Then get a little grated heart of leavened white bread, and mix with two eggs and two spoonfuls of well-made prepared mustard [*sinab*]. Cover the contents of the pot with it [the bread-mustard-egg mixture] and put it on the hearthstone [lower the heat], leaving it until it thickens and the fat rises.

It might be covered with blanched, pounded almonds, in place of breadcrumbs.

Stuffed and Roast Mutton; Called "The Complete" [or "The Inclusive"]

Take a plump skinned ram. Make a narrow opening in the belly between the thighs and take out what is inside it and clean.

Then take as many plump chickens, pigeons, doves and small birds as you can. Take out their entrails and clean them. Split the breasts and cook them [boil], each part by itself. Then fry them with plenty of oil and set them aside.

Then take what remains of their broth and add grated wheat breadcrumbs and break over them sufficient of eggs, pepper, ginger, split and pounded almonds and plenty of oil. Beat all this and stuff it inside the fried birds. Put them inside the ram, one after another. Add to it the rest of the stuffing and cooked meatballs, fried *mirkâs* [sausages] [See Chapter: Meatballs...] and whole egg yolks.

When it is stuffed, sew up the cut place and sprinkle the ram inside and out with a sauce made of *murri naqî'* [use soy sauce], oil and thyme. Put it, as it is, in a heated *tannur* [clay oven] and leave it a while [to cook].

Then take it out and sprinkle again with the sauce, return to the oven and leave it until it is completely done and browned. Then take it out and present it.

Recipe for the Dish Known as *Maghmûm* [Veiled] [Mutton]

Take shoulder of a sheep, or the base of the neck, or the membrane of its kidney, and if shoulder or membrane, cut it in pieces not too large. Wash them and put them in a pot and throw in a spoonful of good *murri* [use soy sauce] and two of fresh oil, stalks of fennel and

citron leaves. Take five onions, cut them and put them in the pot with some salt and a little water. Carry it to the fire [and cook it].

And when it is done, break four eggs or more over it [beaten], and throw in pepper [and cook this on a low heat]. If you send it to the bread oven and do not cook it at home, fine. But if you cook it at home, after it has finished cooking well, fill a potsherd with live coals and put it on the mouth of the pot so that they brown what is in the pot. [Brown the top.]

When what has been described has been finished, put it on a platter, sprinkle it with fine spices, and serve it, if God wills.

Recipe for Small Birds Made of Sheep's Meat [Mutton]

Cut up a piece of meat in small bits in the shape of small birds, and place them on a skewer, roast them or fry them with plenty of oil until they are done, and leave them aside.

Then take a pot and put in three spoonfuls of vinegar and one spoonful of *murri* naqî ' [use soy sauce], two spoonfuls of fresh oil, pepper, cumin and some saffron. Put the pot on the fire. When it boils, put in it those mentioned fried small birds, and leave a while until it boils.

Then take it out [from the fire] and present it [serve it].

These imitation birds may also made with pounded meat after adding spices to it, and you shape them like small birds, starlings and other kinds of birds, and fry as has been said.

Complete *Jimliyya* [Mutton]

Take meat of a sheep and its liver, heart and kidneys. Cut in round pieces and wash. Put in the pot with a spoon of vinegar and another of good *murri* [use soy sauce], fresh oil, coriander seed, caraway and pepper. Cook adding some water until done. Serve.

Making *Baqliyya* with Eggplants [Mutton, layered casserole]

Take the breast of a sheep and its ribs. Cut small, to the size of three fingers. Cut onion in round slices and then take cilantro and pound coriander seed, caraway, and Chinese cinnamon [cassia]. Cut up eggplants in round pieces and the same with gourds.

Then take a pot and put a little oil in its bottom then arrange a layer of meat and eggplant and a layer of gourd and put some spices between each layer and the next. Then put the pot on the fire, after putting in it an adequate quantity of meat. Do not add water. Cook until done God willing.

Mu'allak and *Maqlû* [Mutton]

The shepherds in the Cordoba area used to prepare these two dishes. They are strong and heavy dishes, slow to digest and very nutritious.

Recipe for *Mu'allak* [Mutton, milk and cheese]

Take fat young mutton, clean it and cut the meat into big pieces. Put it in the earthenware pot and add pepper, onion, oil and coriander [and water]. Cook until the meat is done. Then remove it and set it aside.

Strain the bones from the broth and return it to a low fire. When it has boiled, put in crumbs made from thin bread which was made from wheat dough and add soft, grated cheese, as much as the crumbs. Blend with a spoon until it makes one mass. And when its broth has dried up, pour on fresh milk and leave it until its foam is dispersed.

Then return the meat that was removed and when it has formed a mass [soaks up the liquid], take it off the fire, leave it a little and use it.

Recipe for *Maqlû* [Mutton, cooked in milk]

Take fat, tender mutton, cut it and put it in an earthenware pot. Cook it a little and then pour in fresh milk and leave it until it is done. Then put with it mild cow's or sheep's milk cheese and a lot of butter. Cook it until it sticks together and fry it until its fat spreads.

The Preparation of *Bilâja* [Mutton, boil, fry and roast]

Take the meat of young, plump sheep, without bones or tendons -- rather, pieces of its meat and its fat, waist, intestines, liver, heart and belly. Cut all this in very small pieces and put them in a pot with salt, a piece of onion, coriander, oil and a little *murri naqî'* [use soy sauce]. Put it on a moderate fire and cook it until it is done.

Remove it from the fire, strain off the sauce, and fry [the meat] in a *tajine* with plenty of oil until it is browned.

Then put it in another pan and pour over it as much as necessary of the fat and broth in which it cooked. Break over it enough eggs [beaten] and add pepper, coriander, and lavender, and sprinkle it with peeled, split almonds, color it with saffron to taste, and beat it until it is mixed. Pour on plenty of oil and bury inside it as many egg yolks as possible.

Put it in the oven and leave it there until the broth is dried and the top is browned, and take it out. This recipe for *bilâja* is the one that used to be made in the West, such as Cordoba and Marrakesh and the lands between them.

Muthallath with Heads of Lettuce [Mutton]

Take meat from a young, fat sheep and cut it in small pieces and put it in a pot with salt, a piece of onion, pepper, coriander seed, clove, saffron and oil.

Put it on a moderate fire and when it is almost done, take heads of lettuce and their shoots without leaves, peel and cut up and add to the meat in the pot.

When the lettuce is done, add good vinegar and finish cooking it. Cover it with beaten egg, saffron and spikenard and take it to the hearthstone [to keep it warm].

Preparation of *Burâniyya* [Mutton with Eggplant, boil, fry, bake]

Attributed to Buran, daughter of al-Hassan b. Sahl [wife of the Abbasid Caliph, al-Ma'mun] who they say first invented the dish.

Take fat sheep flesh [diced] and put in a pot with salt, onion, pepper, coriander seed, a little cumin, saffron and oil. Put on a moderate fire and add a spoon of *murri naqî'* [use soy sauce] and two spoons of vinegar.

Cook until half done, then take it off [the fire] and add fried eggplants, which will be described later [See the Chapter: Non-Meat Dishes]. Put on a layer of meat and another of fried eggplants [and continue the layers] until used up.

Add prepared meatballs and the chopped almonds and color with a lot of saffron. Then cover with eggs beaten with spikenard or cinnamon and saffron and crown with egg yolks.

Then put in the bread oven and leave until the sauce is dry and it holds together and the grease remains. Take it to the hearthstone [lower the heat] and leave for a while, then serve.

Preparing The Complete *Burâniyya* [Mutton with lamb and eggplant]

Take the red meat of sheep, wash and pound as though making meatballs, mix with pounded boiled eggplants and beat until mixed with whatever you need of the said spices, such as pepper, coriander, spikenard, some *murri naqî'* [use soy sauce], cumin, cinnamon and chopped almond.

Make with this patties the width of your fist and throw in the pan with fresh oil. [Cook then] set to one side. Then throw in eggplants prepared as is customary [sliced, and fried, then] set aside

Then take the flesh of fat lambs and cut up and cook with pepper, coriander, saffron, cinnamon, cumin, spikenard, *murri naqî'* [use soy sauce], vinegar and a little garlic, until it is nearly ready.

Then throw in the pot a layer of the partly-cooked meat, one of the fried eggplants and another of the patties prepared with the pounded meat and eggplants, and a layer of the cooked meat, and so on till finished. And add to it meatballs [See Chapter: Meatballs...], chopped almonds, egg yolks and cover with a lot of oil.

Put in the oven and leave until firm, dried and browned on top. Cover with a little [chopped] egg, as mentioned before.

A Dish of Eggplants Without Vinegar [Mutton and Eggplant]

Take fat young flesh of sheep, cut up and put in the pot with salt, a little onion, pepper, coriander seed and a lot of oil. Put on a moderate coal fire.

When the meat is done, put in it some eggplants cut in halves or quarters, after boiling and pouring off the water.

Then throw in with the meat and squeeze over it the juice of tender coriander in great quantity and less than this of ground squeezed mint.

Finish cooking and then take it to the hearthstone for a while and use.

Preparing *Tabâhaja* of *Burâniyya* [Eggplant Mutton dish]

Take fifteen small eggplants, and boil them gently with the skin on, whole, without peeling or splitting. Then take them out of the pot and put in another pot. Throw in as much salt and oil as are needed and cook on a slow fire until it is entirely done [soft mush].

Take a *ratl* [1 *ratl*=468g/1lb] of mutton and slice it up, as told earlier [diced]. Put it in a pot with one quarter *ratl* [1 *ratl*=468g/1lb] of oil and some water, boil until the water disappears and then fry in the oil until the meat is browned and is done.

Put in this the fried eggplants and throw in one quarter *ratl* [1 *ratl*=468g/1lb] of good vinegar and fry, until the vinegar is done. Then throw over it a third of a *ratl* [1 *ratl*=468g/1lb] of *murri* [use soy sauce] and improve it with three *dirhams* [1 *dirham*=3.9g/3/4tsp] weight of caraway, the same amount of coriander seed and a *dirham* and a half of pepper.

Then fry until done and leave it to rest for a while, dish up and serve.

Dish of Eggplant [Mutton and eggplant]

Cut up mutton and put in the pot with salt, pepper, coriander, cumin, thyme, two spoons of *murri naqî'* [use soy sauce] and three of oil. Take to the fire and cook.

When the meat is done, add eggplants cut in quarters and boiled separately. When it has boiled, grind up white bread crumbs, beaten with the right quantity of eggs in coriander juice.

Cover the pot with this and then take it to the hearthstone [lower the heat].

Jûdhâba Beneficial for the Cold and It Strengthens Coitus [mincemeat quiche]

Take walnut kernels and hulled almonds, hazelnuts, kernels of pine nuts and pistachios, a quarter of a *ratl [1 ratl=468g/1lb]* of each. Grind them in a wooden or stone mortar until it is like fine flour.

Add two-thirds of a *ratl [1 ratl=468g/1lb]* of bread crumbs made from semolina and two *ratls [1 ratl=468g/1lb]* of ground meat from the shoulder of a sheep, cleaned of its tendons. Break in fifteen eggs and beat it all together. Add ginger, galingale, pepper, cloves and Chinese cinnamon [cassia], one part of each; a *dirham [1 dirham=3.9g/3/4tsp]* of mastic and of saffron, of each one half a *dirham [1 dirham=3.9g/3/4tsp]* and of oil a good half *ûqiya [1 ûqiya=39g/7tsp]*.

Put it all in a new pot and throw in a *ratl [1 ratl=468g/1lb]* and a half of fresh milk. Lower it into the *tannur* [clay oven]. Seal the oven and leave it until it is done, solid, and is ready. Take it out, scatter ground sugar on it and serve it.

Roast in a *Tajine* [Kid]

Take an entire side of a young, plump kid and place it in a large *tajine* big enough to hold it. Put it in the oven and leave it there until the top is browned.

Then take it out, turn it and put it in the oven a second time until it is done and browned on both sides.

Then take it out and sprinkle it with salt ground with pepper and cinnamon.

This is extremely good and is the most notable roast that exists, because the fat and moisture stay in the bottom of the pan and nothing is lost in the fire, as in the roast on a spit and the roast in a *tannur* [clay oven].

Tabâhaja, Which is Fried Meat [Kid]

Take three *ratls* [1 *ratl*=468g/1lb] of strips of meat taken from kid and put it in a pot. And put with it five *ûqiyas* [1 *ûqiya*=39g/7tsp] of fresh oil, a quarter of a *ratl* [1 *ratl*=468g/1lb] of water and enough salt. Put on the fire and leave it there until the heat has dried the water.

Then pour in a third of a *ratl* [1 *ratl*=468g/1lb] of water and sprinkle with ginger and pepper, a *mithqâl's-worth* [1 *mithqâl*=5.7g/1tsp] of each. Take out about a third of it. And indeed a notable *tabâhaja* is eaten of it.

Pour this third in the pot after ladling an *ûqiya* [1 *ûqiya*=39g/7tsp] of vinegar and leave it until what you have added has been evaporated. Then separate half of what is left in the pan and sprinkle with chopped rue, in order to present an extraordinary dish of the best sort.

And sprinkle what is in the pan with some asafoetida and break over it five beaten eggs. Then dish this up and serve it, a very fine *anjudhâniyya* [a dish flavored with asafoetida].

[*Tabahajiya* is the Persian name. Al-Bagdadi also gives this recipe. You divide the dish at each phase ending up with three unique dishes.]

Another *Tabâhajiyya* [Kid]

Slice the meat and sprinkle over it salt and pepper. Fry with fresh oil until it is browned and its juices have dried into the oil. [Remove the meat.]

Take a handful of almonds, which have been well ground and moistened with vinegar and cook in the pan [with the oil and juices] and sprinkle minced celery leaf on it and cinnamon. [Arrange the meat on top.]

Another *Tabâhajiyya* [Kid]

Cut the meat up small and fry in oil and salt. Throw in some pepper, cumin, salt and a little vinegar and leave for a while then add fresh oil [and cook] until browned.

Take an egg [raw] and throw over it a spoon of vinegar and another of *murri* [use soy sauce] and the same of cilantro. Stir it all and throw over the meat in the pan, leave until it is good and serve it sprinkled with pepper, rue and cinnamon.

Another *Tabâhajiyya* [Kid with nuts and pomegranate]

Cut the meat up small and fry with oil and salt. And when it is brown, cook it until done with vinegar.

Pound a handful of almonds or walnuts and throw them on and boil a while. Add pomegranate juice and dissolve in it a lump of sugar, to get rid of its tartness, and sprinkle with cinnamon.

Another with Pistachios and Sugar [Kid]

Slice the meat, fry it, and cook with cilantro juice. Pound pistachios moistened with some water, *murri* [use soy sauce] and sugar. Pour this over the meat in the pan and sprinkle with cinnamon and rue and serve it.

The Making of *Qâdûs* [meatloaf, kid]

Take the meat of a goat kid, from its side and its stomach, a piece from the navel, from the liver, and from the tender parts of the meat in the amount of a quarter *ratl* [1 *ratl*=468g/1lb]. Cut it in small pieces and put them in a pot in which you have thrown everything that is in *jimliyya*, to the letter [salt, cut-up onions, a little vinegar and good *murri* [use soy sauce], pepper, lavender, cinnamon, almonds and oil], and let there not be much sauce. Cook it until the meat is done.

When it is done, take it to a cutting-board and cut it up fine as for *sanbûsak* and finer. Put it in a dish and ladle some of the fat in which you cooked it before, and throw it on top. Then season it with spices, such as pepper, Chinese cinnamon [cassia], galingale, lavender and the like. Break three eggs over it, beat it well, and salt to taste.

Then take the *qâdûs* [a special cooking pot] and throw in oil, and turn it until it coats all. Get all the yolk [whole] of a raw egg and put it in the bottom of the *qâdûs*. Take the stuffing, as it is, and put it into the *qâdûs* over the egg yolk, gently so as not to break the yolk. Then [cover it and] cook it until you think the stuffing has bound and browned well on all sides; and keep taking care that it not burn and ruin its flavor and become hard to separate from the *qâdûs*.

Then take off the lid and pour over the *qâdûs* the amount of one spoonful of strong vinegar, and boil it little by little until its boiling settles down.

Then put it in water [the pot] until it cools. And turn it over onto a clay dish on its mouth, and shake it until it comes away from the *qâdûs* and remains stiff in the middle of the dish, with the yolk on top of it [the yolk is a decorative "nipple"], and present it, God willing

A Dish of Hare

Cut up the hare into small pieces and wash them with boiling water. Put them in a pot and add salt, pepper, cilantro, plenty of cumin, three spoonfuls of oil and the same amount of strong vinegar, and one spoonful of *murri naqî'* [use soy sauce].

Then take three or four onions and pound them well in a wooden mortar, extract their juice and place it in the pot with the rest.

Put it on the fire and when the meat is cooked and falling apart, take it out to the hearthstone [lower the heat] and cover it with four or five [beaten] eggs. When it is set, take it out and leave it a little to cool and serve it.

Recipe for Roast Hare

Take a skinned, cleaned hare. Boil it lightly with water and salt. Drain off the water and thread it on a skewer. Turn it over a moderate charcoal fire. Grease it with fresh butter once.

And when the meat is done, remove from its joints and cut it up in a serving dish. Pour on it a sauce of vinegar and a little *murri naqî'* [use soy sauce], ginger, thyme, cumin, oil and a little pounded garlic. Boil all this and pour it on it.

Greasing it with fresh butter at the time of roasting is to moderated the dryness of its nature. If coated with oil of sweet almonds it is very good, too.

Stuffed Rabbit

Wash the rabbit well. Take the meat of another rabbit, pound it with water, onion, a little cilantro juice, *murri* [use soy sauce], spices and flavorings, and beat it with three eggs with a suitable amount of salt. Stuff the inside of the rabbit with this [retain some]. Sew it up and roast it on a spit, for those who wish it roasted.

Or cook it in a pot without roasting, that is, put into a pot two spoonfuls of vinegar, the same of oil, one spoon of bread *murri* [use soy sauce], another of fish *murri* [Asian fermented fish concentrate liquid], a whole onion, a clove of garlic, whole almonds, pine-nuts, citron leaves, stalks of fennel, and a spoonful of stuffing meat.

Make meatballs with the rest of the meat. If you roast the rabbit, roast the meatballs. And if you do not roast the rabbit, but rather boil it in the sauce, fry it after it is done, and fry the meatballs, and return all this to the pot.

Then pound almonds and walnuts and add sour leaven, three eggs, and cut rue. Stir this with a little of the sauce from the pot, and cover the contents of the pot with this, and put it down on the euphorbia embers until it is done and its surface shows [until the bread sets and the oil rises].

Then take it out and put it in a dish and untie the sewing that you did, and dot with the eggs you prepared, and with the meatballs, and sprinkle it with spices.

Qanûra of Rabbit in a Frying-Pan, which is Notable

Cut the rabbit in small pieces and boil them in water and salt, then fry them in oil. Pound walnuts and garlic well. Dissolve them with vinegar and water, and pour them over the rabbit with water. Cook until it is ready and serve it.

An Extraordinary Stuffed Rabbit

Separate it at the joints, then take the meat from its legs and back, called the *lunbâl* [loin], and add the meat of another rabbit and pound it well in a mortar. Add to this onion juice, *murri* [use soy sauce], clove, spices, and all that is put in meatballs [See Chapter: Meatballs...].

Take the bones and other parts and put them in a pot. Pour over them two spoonfuls of vinegar, the same of oil, one spoon of *murri* [use soy sauce], peeled almonds, pine-nuts, citron leaves, fennel stalks, an onion, a clove of peeled garlic, sprigs of thyme, rue, and a *dirham*'s weight [1 dirham=3.9g/3/4tsp] of saffron. Cook it with sufficient water until it is done, and then take out everything from the pot.

Take the bones [retain some] of the thighs and the *lunbâl*, cover them with the ground meat, and make meatballs. Throw all this carefully into the pot. Take two egg yolks, after boiling, and cover them with the meat mixture as well [retain some], and throw them into the pot.

When all is done and the greater part of the broth has evaporated, crumble cold bread and a little flour of fine wheat. Mix that with one spoonful of the rest of the stuffing together with eight or ten eggs, and sprinkle on it sufficient salt and spices.

Fry the parts [the covered bones] removed from the pot until they are browned. Then return them to the pot. And fry the meatballs and the eggs covered with meat likewise.

Then cover all the contents of the pot with [the mixture of] eggs and throw in the rest of the oil that was in the frying pan. Rebuild a moderate fire, and stir from the sides of the pot carefully until the stuffing is done and the liquid evaporates.

Then take all the bits and arrange them on a dish in which citron leaves have been arranged, and sprinkle the topping over it. Then put the rest of the bits in the dish with the rest of the topping. Then garnish the dish with the fried meatballs, and split the meat-clad yolks and put them among the meatballs and sprinkle the rest with almonds, pine-nuts, and minced cloves of garlic. Cut rue over it, sprinkle it with fine spices, and present it.

If you omit the saffron and garlic, add a spoonful of cilantro juice and increase the *murri* [use soy sauce] a little, another dish will result.

Chapter 15: Generic Meat Dishes

Information About *Baqliyyat* [Vegetable Dishes] and *Mukhaddarat* [Greened Dishes]

All dishes which one cooks with meat, saffron, vinegar, garden produce, such as turnips, eggplants, gourds, carrots, or heads of lettuce without their leaves, are called *muthallath*.

How You Make It

Take tender meat and cut it in small pieces. Put it in a pot with salt, pepper, coriander seed, cumin, saffron, garlic and oil. Cook it until the meat is done.

Then cut up whatever of those vegetables mentioned that you have on hand and boil them and cook them separately in a pot. Throw away their water.

Then put them with the meat in the pot and when it comes to a boil, add strong vinegar in enough quantity to note its taste.

When everything has finished cooking, put it on the hearthstone [lower the heat] until the fat rises and serve it.

Some prepare this with eggplant and gourd together. This is the real *muthallath*. According to this recipe, *muthallath* is also made with carrot and turnip, and with turnip alone, and thus with the remaining vegetables mentioned.

Sweetened *Mukhallal* [a vinegar dish]

Take two *ratls* [1 *ratl*=468g/1lb] or more of good meat without bones, and cut it up small. Put it in a clean pot with salt, onion, pepper and a little cumin, cinnamon and saffron. Choose as much strong vinegar as is necessary and enough good oil to cover it.

Put it on a moderate fire and then add to it a spoonful of peeled, split almonds and a little peeled, split garlic and two or three citron leaves.

Cook it and stir it, and when the meat is dry [the liquid evaporates], then add to it strong vinegar, instead of water, and two *ûqiyas* [1 *ûqiya*=39g/7tsp] or more of rose petal jam.

When the meat is done, take ten eggs, broken into a dish, and add to them pepper, cinnamon, lavender, cloves, and plenty of saffron, until it has the desired color. Beat them with a spoon. Cover the contents of the pot with this and add to it whole egg yolks and leave it over the hearthstone [lower the heat] until it sets, and serve, God willing.

Note on the Kinds of Roast

Although roasts are easy dishes, it is fitting that what has already been explained be followed, except that concerning the "covering" [sauce, marinade].

Take meat of a young, plump animal and cut it with a knife in thin fillets, so that the meat is mixed with fat, without bones, from the tender parts, meat from the shoulder or hip or similar things.

Place it in a dish and pour on it whatever is needed of *murri naqî* [use soy sauce], vinegar, thyme, pepper, pounded garlic and a little oil. Beat everything and coat the fillets with this [marinade].

Then order them on a spit, so they do not touch, so that the fire reaches them, and turn them on the spit over a charcoal fire, turning continuously, until they are cooked and browned. Baste with the sauce, being careful until done. Then sprinkle with the sauce [cook the remaining sauce first] or mustard, already prepared, and serve.

This [dish] strengthens and increases the blood, but is difficult to digest and slow to go down.

Stuffed *Burâniyya* [eggplant]

Take meat and chop it small. Put, after washing, in a closed or sealed pot [a pot with a lid] and cover with water, throw in enough oil, vinegar, *murri naqî* [use soy sauce], salt, fennel sprigs, citron leaves, a head of garlic and a whole onion. Then put on a moderate fire.

Take the flesh of a leg, pound it very well and clean it with great care. Throw in some white flour, cinnamon and what spices you can, egg white and enough of the meat. Beat very well and make meatballs of the right size [retain some]. Throw in the pot to cook and when it is done, take them out and fry them. And also boil an egg, take off its shell and roll it up in some of this meat [mixture, retain some] in the mortar and fry it also until it is browned.

Then take a handful of eggplants, which have been washed and boiled and take out what they have inside, beat in the mortar with the rest of the meat from the meatballs and stuff the eggplants with this. Cloak them also on the outsides [with the meat mixture] and fry in the skillet until brown.

Then, when you have fried that, throw it all in the pot after throwing in the first meat, and pour in the pot the rest of the oil in which the things were fried. And when that is done, take the pot to the embers [lower the heat] until its surface cools and cover with crumbs of cold bread mixed with the whites of four eggs and cook the yolks in the pot. [Let the mixture set.]

Then spoon [it] out on a platter and garnish with its meatballs. Slice those eggs wrapped with meat into quarters and garnish the platter with them along with the yolks which remained in that [crumb-and-egg white] covering.

Also cook an egg, peel it and chop it very small with some tender rue leaves and sprinkle [it together] with fine spices [over the dish]. If you wish to serve this dish with saffron, do so, God willing.

Another Type of *Mahshi* [stuffed eggplant]

Take nicely-shaped sweet eggplants and take out their seedy flesh carefully so that they keep their shape. [Hollow them out, reserving the tops for later.]

Then boil what you took out from inside in salted water until it is done. Drain the water and mash it [the boiled flesh] to pieces, as mentioned earlier. Combine with white bread crumbs, egg and cooked pounded meat.

Fill the empty skins with this [retaining some] and replace the seedy flesh as it was. Throw them into and arrange them in the *tajine* and pour in the rest of the stuffing and some oil.

Put in the oven and leave until thickened and completely done. Take out the eggplants and put them as they are on a platter, whole, as if nothing had been done to them [stuff the eggplants, replacing the tips].

Another Recipe for the Same [eggplant]

Take large [eggplants] and cut in half without peeling them. Boil them in a pot with water and salt. Then take them out of the water and empty each half separately [of the insides] and let the half [skin] remain, conserving its shape.

Then take its insides and squish to bits in a platter with cooked pounded meat, as told earlier. Beat with eggs and spices, as told for *Mahsh* [previous recipe], and fill the empty halves with this.

Sprinkle [the eggplants] with white flour and fry in a pan with oil until they are until brown. Take out and use with sauce or without it.

Can be made also in a *tajine* with a coating [of oil, or] in the oven like *Buraniyya* [casserole].

A Remarkable Stuffed *Mutajjan* [meat omelette]

Cut the meat up small and place in [a] pot, and throw in spices and a little cumin, onion pounded with cilantro, salt, a spoon of vinegar and a little *murri* [use soy sauce]. Cook until done.

Then remove the meat from the sauce and fry it in the pan with oil until it is brown. Then take the necessary quantity of eggs, throw them in on it, after beating them very well in a platter, and leave them until they set and thicken. Then add the sauce to the pan and lift the egg and meat with a knife around all its edges so that the sauce runs underneath and all is absorbed, and simmer until it thickens and stays rather smooth.

Turn it onto the platter and sprinkle with rue and present it, if God wills. And if you make it with meatballs, it is good.

Sanhâji [stew of everything]

Take a large deep *tinjir* [a deep pot for boiling this large stew], put in three parts sharp vinegar and one part *murri naqî'* [use soy sauce] and the required amounts of pepper, caraway, cumin and saffron.

Put it on a moderate coal fire and have prepared beforehand what is needed, such as beef cut in small pieces. [Add the beef.] When it has boiled one or two times, put in the same amount of ewe meat.

Then some cut up hens, cut up partridges and domestic squabs and stock doves cut up in the same way and whatever birds you can get.

And add some soaked peeled garbanzos, peeled chopped almonds and chestnuts peeled of their skins, garlic and citron leaves.

Cover with a lot of oil and when it is almost done, add whatever you have of vegetables cooked separately and finish cooking them, such as turnips, carrots, eggplants, gourds, cabbage without their leaves and heads of lettuce without the outer leaves. Use whatever

vegetables are available, according to the season and the present time. Cook in a separate pot with salt, their spices and onion until done. Pour off the water and then add to the aforementioned meats in the said *tajine.*

You need to have meatballs and *mirkâs* [sausages] made only from these ingredients, because if not, they will be an excessive and disapproved [of] mixture. [See Chapter: Meatballs...]

It is the property of this dish to be good for all states and temperaments, for it unites all the meats and the classes of vegetable and because you put in it vinegar and *murri naqî*, spices and so on.

A Roast of Meat

Chop meat of a young animal small [chunks] and throw in enough salt, spices, a little cumin and the same amount of thyme, chopped garlic and vinegar.

Leave a little while [marinate], then roast [on a spit], basting with oil and *murri* [use soy sauce], and eat.

And if you wish to sprinkle it with chopped rue, it will be good, God willing.

Another Roast of Meat

Roast salted, well-marbled meat [cut up] like fingertips. [Set aside.]

Put in a pot [with water] spices, onion, salt, oil and soaked garbanzos. Cook until done. Then add the roast meat.

Cover the contents of the pot with cilantro and sprinkle with pepper and cinnamon. And if you add whole pine nuts or walnuts in place of garbanzos, it will be good.

Recipe for a Pot-Roast, Good for the Old, the Moist of Body and Moist Stomachs

Take young, fat meat, cut it small in a clean pot with a little salt, pepper, thyme, a little *murri naqî'* [use soy sauce], two cloves of garlic, and enough oil. Place it on a moderate fire and keep stirring it until it is done, and serve it.

A Dish Made with *Khabîs* [starch]

Take good, fat meat and put it in a pot with a whole onion and pepper. Dissolve some honey in water and cover the meat with it until it is excessively cooked.

Break the *khabîs* and throw it in the pot [can use corn starch] and throw it in with some saffron.

When it is done, carry the pot from the fire and leave it until the fat departs [separates], and do not make a dough [a covering] for it.

A Dish of *Sikbâj*, Praised for its Nutritive Value [vinegar dish]

Take meat of a young animal, cut it and put it in a pot and put in enough vinegar to cover it. Put in raisins depending on how sour you want it to be and boil it with them. Then throw in

the necessary amount of pepper and coriander, an onion pounded with cilantro, salt, and a clove of garlic. Cook this until it is done.

Then take boiled egg yolks and grind them with the heart of clean, soaked bread, and cover the contents of the pot with this, leave it until it is set, empty it out [dish it up] and present it [serve it].

Recipe for *Khubaiz* with Meat [starch, honey-saffron]

Cut meat from the chest, the kidneys, the ribs, and the like, Put it, after washing it, into a pot and cover it with water. Throw in two spoonfuls of oil and a *ratl* [1 *ratl*=468g/1lb] of honey. Then put it on the fire and grind a *dirham* [1 *dirham*=3.9g/3/4tsp] of saffron and mix it in.

When the meat is done, take it out to the euphorbia embers [lower the heat], then take starch, pound it and put it in the pot. Stir it little by little and when the starch is done [has thickened it], take it down to a clay dish [a serving dish], sprinkle it with fine spices, and present it, God willing.

A Sicilian Dish [onion-meat dish]

Take fat meat from the chest, the shoulder, the ribs, and the other parts, in the amount of a *ratl* [1 *ratl*=468g/1lb] and a half. Put it in a pot with a little water and salt and some three *ratl*s [1 *ratl*=468g/1lb] of onions.

Then put it on a moderate fire, and when the onion is done and the meat has "returned" [is partly cooked], throw in four spoonfuls of oil, pepper, cinnamon, Chinese cinnamon [cassia], spikenard, and meatballs. Finish cooking it.

When the meat is done, cover it with eggs beaten with saffron, or you might leave it without a covering, as you wish, [and cook it either] in the [public bread] oven or at home.

Preparation known as *Hashîshiyya*, a Grassy Dish [bird in dough]

Take some dough [see the Chapter: Breads for a recipe] and put it in the lowest part of the pot, and put a small bird [dead and cleaned] in it and put the rest of the dough on it, and let it rise a while, and send it to the oven.

And when it is cooked, break the pot, after shaking it several times so that the dough is freed from the pot, and put it in a plate, whole, as it is.

And boil clarified butter and honey and pour it on it, and decorate with toasted pine nuts and sprinkle with sugar and present, God willing.

And It Might Be Made Another Way

Which is that the small bird is disjointed [dead and cleaned first] and put in a pot with salt and grated onion and oil, and cooked until done.

Then take it out and put it in a frying pan with juice of cilantro pounded with a piece of onion and spices and pepper, cinnamon, lavender, Chinese cinnamon [cassia], cloves and galingale and a little musk and rosewater. Pound [the bird] with eight eggs and boil until thickened and browned. Put in best *murri* [use soy sauce], then take from the fire.

Take peeled almonds, pistachios and sugar and pound, and spice it, and mix with rosewater and musk.

Put some of [the dough] in the bottom of a pot and put in it half the first stuffing [the bird stuffing], then put on it a little dough, then put the sugar and almond stuffing, and put a little of the dough on it too. Put on it the rest of the first stuffing and fill the pot with the rest of the dough.

Preparation of Chestnut *Qaliyya*

Take a piece of meat and cut it. Put it in the pot and add in salt, pepper, coriander seed, pounded onion and clarified butter. Fry it gently and put in the same amount each of vinegar and *murri* [use soy sauce] and some pepper and saffron.

Take chestnuts and clean them, pound them well and stir them with water. Put enough of the broth of it to cover the meat.

When it has cooked, beat for it three eggs with pepper and chopped cilantro [to cook over the dish as a covering]. Put it on the coals and when it has settled [when the eggs are cooked], pour it out, present it and eat it, if God wills.

Preparing Covered *Tabâhajiyya* [*Tabahajiyya Maghmuma,* meat-onion dish]

Take a *ratl* [1 *ratl*=468g/1lb] and a half of meat and cut in slices as told earlier. Pound a *ratl* [1 *ratl*=468g/1lb] of onion and take for this three *dirham* [1 *dirham*=3.9g/3/4tsp] weight of caraway and one of pepper.

Put in the pot a layer of meat and another of onion [and alternate] until it is all used up and sprinkle flavorings between all the layers. Then pour on a third of a *ratl* [1 *ratl*=468g/1lb] of vinegar and a quarter *ratl* [1 *ratl*=468g/1lb] of oil. Put a lid on the pot and seal its top with paste [dough] and cook over a slow fire until done.

Then take from the fire and leave for a while, skim off the fat and serve.

Dish of Meat With Pistachio

Cut the meat up very small and put in a pot with spices. Cut up onion, salt, oil and cilantro juice [add this to the meat]. Boil and cover with water. [Cook.]

When it is done, cover with pistachio paste and spikenard similarly prepared, God willing.

Preparing the Servants' Dish [baked meat omelette]

Cut up the liver, kidneys, heart and spleen in small pieces. Chop two onions very finely, after boiling them. Cut up a lot of fat and a lot of onion, up to a third of the whole. Put in all the spices and add pepper. Put in the best *murri* [use soy sauce], pine nuts and thyme with your hand. Beat about five or six eggs and mix it all with a little water and good oil. Put it all in a pan and set in the oven until it is cooked and rippled, and serve, God willing.

Eggplant Dish Known as the Arabic [egg and meat]

Take pieces of meat and cut up, and put them in the pot. Throw in it three spoons of vinegar, a spoon of *murri* [use soy sauce] and two spoons of oil, pepper, cumin and coriander seed,

two *dirhams* [1 *dirham*=3.9g/3/4tsp] of each one, cilantro, rue and almond kernels. Throw in water to cover by two fingers, and take the pot to the fire.

When it is done, remove it from the coals and cover the contents of the pot with much cilantro. Beat into it three eggs and some white flour. Then throw in the pot a peeled, boiled eggplant, chopped up, which completes it.

A Dish of Eggs with Meat

[Chop meat and put in pot.] Take a quarter *ratl* [1 *ratl*=468g/1lb] of vinegar and the same amount of *murri* [use soy sauce] and of water, and put all together in the *tajine*. Grind an onion and throw in thyme leaves and enough salt. Put on the fire until it is done.

Then break ten eggs [beat and pour over the dish to cook] or as many as you want, season with a *dirham* [1 *dirham*=3.9g/3/4tsp] and a half of pepper, God willing, may He be exalted.

Another *Badî'l* [meat omelette]

[Cook the meat as in the previous recipe.] Grate cheese in a dish, with the hand or in the palm, until it is like crumbs, and beat it with eggs, saffron and the aforementioned spices, sauce and grease from cooked meat.

Then put it in a pot or a *tajine* and add [the] cooked meat and drown it with oil and milk and put it in the oven, and leave it until it is dry and browned on top, and take it out and leave it a while [before serving].

A Remarkable Tajine [meat omelette]

Beat eggs with the [cooked, finely chopped] meat, coriander, dried pepper, caraway, coriander juice and onion juice.

Pour into a pan and fry until browned and sprinkle with pepper and rue, God willing.

Dish Prepared With Fried Eggplant

Take meat and cut it up small, then put it in the pot and throw in half a spoon of vinegar, one of *murri* [use soy sauce] and another of fresh oil, and pepper, coriander and cilantro, both pounded fine, and salt. Bring the pot to a full boil until the meat and the spices are cooked, and don't throw in water [let the meat brown as the liquid dries].

When the meat has browned and is done, remove it, stir it and throw in enough water, but do not let it cover the meat, and boil again.

Then boil eggplant separately, after salting it and removing its water [salt the eggplant slices and let sit a while to remove excess water from them, which is better when frying them], and then cut in thirds and quarters and remove the peel. Sprinkle with good white flour and fry in the pan with some fresh oil.

Then throw it [the meat] in the pot and cover the contents of the pot with two eggs and [mixed with the] crumbs of leavened bread and grease. Cook moderately, take off the fire for a while and serve.

Dish with Truffles and Meat

Cut the meat in small pieces and put in the pot. Throw in water and salt, a spoon of *murri* [use soy sauce] and another of oil, pepper, coriander seed and caraway. Put on the fire and cook with all this. Peel the truffles, then cut them up and throw in the pan with salt.

When they are done, cover the contents of the pot with egg whites and [mixed with] bread crumbs and throw in the yolks. [Cook as an egg covering for the dish.]

And when you put it on the platter, sprinkle with pepper and chopped rue, God willing, may He be praised, there is no Lord but He.

Preparing *Liftiyya* [a Dish of Turnips] with Walnuts and Sugar

Take fat meat and cut it middling size. Wash and put it in a pot. Pour in oil, salt, and enough water to cover the meat and put on the fire until the water is absorbed.

When it has been absorbed, throw [it] in the pot three spoons of vinegar, two of *murri* [use soy sauce], pepper, coriander seed and some sugar, and take walnuts, peel and chop and throw in the pot.

Boil until cooked, and when it is cooked, pound pepper and shelled walnuts and throw in, and take off the fire and serve.

Meat Soup with Cabbage

Take meat and cut up as fine as possible, and take old cheese, the best you can obtain, and cut it up, and throw on it an onion pounded with cilantro.

Take tender pieces of cabbage, and boil. And pound with all of this [everything mentioned earlier] in a wooden mortar, and then throw in a pot. Boil once or twice.

Add some *murri* [use soy sauce], a little vinegar and some pepper and caraway, and cover the contents of the pot with dough and brush with eggs.

Persian *Muthallath*

Take meat remainders and cut them up and throw in a pot. Pour over it four spoons of vinegar and some pepper, caraway and coriander seed, to the weight of one *dirham* [1 *dirham*=3.9g/3/4tsp] of each, and two spoons of fresh oil, some rue, almonds and enough water to cover the meat. Throw in the pot six cloves of garlic and then put the pot on the fire.

When the meat is well cooked, cover the contents of the pot with four [beaten] eggs and throw in [with the eggs] sourdough and cut-up rue with some flour.

And use as a substitute for the dough, after throwing it [the egg] in, two branches of citron and some mint. Then take an eggplant which has been peeled and boiled, throw in cold water and sprinkle with vinegar, and put this eggplant in the pot with its coating [cover the pot] and leave for a while on the coals, until the grease comes out [rises], God willing.

Preparing a Dish With Cardoon [artichoke]

Take meat and cut it up. Wash and put in the pot and pour over enough water to cover. Put in the pot one spoon of oil, two of *murri* [use soy sauce] and one of clarified butter, and soaked garbanzos, chopped onion and coriander seed. [Put on the fire.]

Peel the cardoons, boil [with the rest] and [then] cut up. Throw pepper in the pot with them.

When they are cooked, take two eggs and bread crumbs [beat together and] cover the contents of the pot well [with the egg mixture] and leave over the coals until the grease comes out [until the eggs set and the grease rises], God willing.

Preparing a Dish of Cardoons with Meat [artichokes]

Take meat and cut it up. Put [it] in a pot with water, salt, two spoons of *murri* [use soy sauce], one of vinegar and another of oil, pepper, caraway and coriander seed. Put on the fire.

When it is cooked, wash the cardoons, boil, cut up small and throw [them] over the meat. Boil a little, and cover the contents of the pot with two [raw] eggs and bread crumbs [mixed together and cooked until set], and sprinkle pepper on it in the platter, God willing.

Preparation of *Baqliyya* of Asparagus

Take meat and cut it to the width of three fingers. Wash it and put it in a pot. Add one spoon of oil, a spoon and a half of *murri* [use soy sauce], coriander seed, a fistful of soaked garbanzos and a chopped onion. Put it on the fire.

Take the asparagus and cut in small pieces. Boil them and throw them in the pot with the meat. When the meat with the asparagus is done, take bread crumbs, two eggs [beaten] and pepper and cover the contents of the pot with it. Leave it on the embers a while [lower the heat to cook the egg topping], if God wills.

Preparing Asparagus with Meat Coating

Take asparagus, the largest you have, clean and boil it. Take tender meat and pound fine. Throw in pepper, caraway, coriander seed, cilantro juice, some oil and egg white.

Take the boiled asparagus, one after another, and dress with this ground meat [shape the meat around the asparagus like a wrapper], and do so carefully. [Retain some of the meat to make meatballs.]

Put an earthenware pot on the fire, and put in it water, salt, a spoon of *murri* [use soy sauce] and another of oil, cilantro juice, pepper, caraway and coriander seed. Little by little, while the pot boils, throw in it the asparagus wrapped in meat. Boil it in the pot and throw in it meatballs of this ground meat.

And when it is all evenly cooked, [put on a platter and] cover with egg [chopped, boiled eggs], breadcrumbs and some of the stuffed meat already mentioned [made into meatballs and cooked] and decorate with egg, God willing.

Making *Baqliyya* of Asparagus

Cut the meat in round pieces and throw in a pot with a large onion and water, pepper, salt, coriander seed, caraway, two spoons of *murri* [use soy sauce] and the same amount of fresh oil. Put on the fire.

When the meat is done, cut the asparagus fine, after boiling, and throw [the pieces] over the meat. Cover with chopped, boiled eggs.

Preparing Mallow With Jerked Meat

Take jerked [dried] meat, and let it be tender [soak it first]. Then cut it up, wash it, put it on the spit and roast it. Then put it in a pot and cover it with water. Throw in soaked garbanzos, a chopped onion, coriander seed, pepper, a spoon of oil and salt. Put the pot on the fire.

When it is cooked, take mallow leaf. Wash and shake the soil off and chop it finely. Then throw on some salt and mix with the hand. Then put it in a sieve of esparto grass and pour water through until no dirt or anything else remains. Then throw it in the pot with the meat.

When the garbanzos are cooked, take the pot from the fire. Take some flour and mix with two eggs and put over the dish. Let it cook on a low fire until the grease bubbles out, God willing.

Preparing the Dish Dictated by Abu Ishaq

Take meat and pound smooth until it is like marrow.

Put it in a pot and pour over it oil and salt. Clean onions and chop them. Then boil and stir and then throw them in the pot with some coriander seed and pepper in the amount needed, soaked garbanzos and a handful of peeled almonds pounded like salt.

When it is cooked, pour over it egg white and leave until the grease runs out [the whites form a top on the dish and it is ready when the oil from the dish rises through it], God willing.

Making *'Umâniyya* [or possibly *'Ammâniyya*]

Cut up the meat and throw it in a pot with pepper, cinnamon, spikenard, four and a half *dirhams* [1 *dirham*=3.9g/3/4tsp] of each, and one *thumn* [a portion] of honey, one fourth of a *thumn [a portion]* of saffron, half a *ratl* [1 *ratl*=468g/1lb] of walnuts and three spoons of oil.

When it is cooked, take a *ratl* [1 *ratl*=468g/1lb] of white flour, dissolve it in a dish with water, throw it in the pot and boil with everything [to thicken it into a sauce]. Take care to stir it [continually]. Put it on a platter and sprinkle with sugar, God willing.

Meat Roasted Over Coals

Cut the meat however you wish and throw on a spoon of oil and another of *murri* [use soy sauce], salt, coriander seed, pepper and thyme. Leave it for a while until it has absorbed the spices [marinate]. Prepare it without smoke and roast on a spit watching it closely.

Preparing *Maslûq al-Saqâliba*, Boiled Dish of the *Saqaliba* [tripe]

Take meat and cut it up, wash and put in a pot. Add fat intestines and clean tripe cut in round slices. Throw in the pot a whole onion, fennel, a handful of rue, citron leaf, some pounded dried coriander, salt and a spoon of good oil. Then pour enough water into the pot to cover

the meat. Put on the fire and cook until the meat falls apart. Take a head of garlic and peel it and throw it whole into the pot. Add pepper and boil. Then take it to the embers for an hour [lower the heat], God willing.

Al-Ghassani's *Tharîda*

Take fat meat and cut it up. Arrange it in a large pot and throw in coriander seed, chopped onion, cilantro, caraway, pepper, soaked garbanzos, three whole eggs, enough water to cover the meat, and salt.

When the meat is done, reduce the fire below it and throw in two *dirhams* [1 *dirham* = 3.9g/3/4tsp] of saffron. When you see that it is colored, remove part of the sauce, leaving enough to cover the meat. Boil the meat with the saffron and then take off the fire.

Strain the sauce and put in a pot. Take one *kail* of sauce and three of honey [1 to 3 ratio of sauce to honey to make a sweet sauce]. Then take the pot to the fire and bring it to the boil three times, the honey with the sauce.

Then take good white bread, crumble it and sieve the crumbs. Add them to the pot and add in it fat and pepper. [Shape the resulting bread pudding on a platter in a ring.]

Pour [the meat and garbanzo dish] onto the platter over [the] bread ring and serve [with the boiled eggs chopped over the whole dish], God willing.

Sa'tariyya, a Thyme-flavored Dish

Cut meat small and put it in a pot with three whole onions, a spoonful of *murri* [use soy sauce], a *dirham* [1 *dirham*=3.9g/3/4tsp] and a half of pepper, and some juice from fennel-stalks, and almonds, peeled pine-nuts, sprigs of thyme and sufficient salt.

Put it on a moderate fire and when you see that the pot has become dry [the liquid has cooked away], throw in a spoonful of vinegar and dot it with four egg yolks.

When it is done cooking, ladle it out and cut tender rue over it very finely, and sprinkle it with half a dirham [1 *dirham*=3.9g/3/4tsp] of cloves ground with pepper, and present it.

Rashîdiyya

Take pieces of meat without bones and cut them as for shishkebab [in cubes]. Put them in a pot and mix with them a spoonful of good vinegar, another of *murri* [use soy sauce], a handful of pine-nuts and all the usual spices and flavorings [and some water].

When it has cooked, take out the meat and fry it in a frying pan until it is browned. Then return it to the pot.

Cut some rue very finely and cover the contents of the pot with this and add four eggs [whole eggs to boil them]. Make small *sanbûsak* [samosas] and very small meatballs for this dish, and fry them also. [See the Chapter: Meatballs...]

Ladle out the dish and garnish it with the *sanbûsak*, the meatballs, and the cooked eggs cut it up small and scatter fine spices over the dish and present it, God willing.

[This dish seems to be named for Hârûn al-Rashîd, the famous Caliph who appears in some of the stories of *The Thousand and One Nights*.]

A Good Dish

Divide meat into medium-sized morsels, like mouthfuls, and put them in a pot with salt, crushed onion, coriander, two *dirhams* [1 *dirham*=3.9g/3/4tsp] of pepper and as much of cinnamon, a *dirham* [1 *dirham*=3.9g/3/4tsp] of Chinese cinnamon [cassia], two spoonfuls of fresh oil, one of good *murri* [use soy sauce] and two of fragrant rose water, a spoonful and a half of strong vinegar, a handful of blanched pine-nuts and almonds and enough water. Put the pot on a moderate fire.

Make meatballs and *sanbûsak* [somosas] and cooked eggs. [See the Chapter: Meatballs...]

When the meat is cooked, fry the meat and the meatballs. Then return them to the pot and empty into it the rest of the oil. Put it on the euphorbia embers [lower the heat] and cover the contents with four eggs beaten with a little white flour and grated breadcrumbs [to make a topping, and let it cook until] the coating wrinkles.

Then grind half a *dirham* [1 *dirham*=3.9g/3/4tsp] of galingale and a little musk. Ladle out the dish and garnish it with *sanbûsak* [somosas], and split the cooked eggs and put them over the dish, sprinkle the galingale and musk on it and present it, God willing.

A Roast of Stuffed *Shimâs* [oven omelette]

Cut fat meat and put it in a pot with whole, small onions, some eight or ten. Throw in four spoonfuls of oil and two of *murri* [use soy sauce], cilantro juice, and some eight beaten eggs. Stir it gently to evenly mix the stuffing [omelette] in the pot, and season it. Send it to the oven until it is cooked and lightly browned.

Pound more meat and make good meatballs from it with pepper and cinnamon. [See the Chapter: Meatballs...] Decorate it with these meatballs. Sprinkle it with pepper and cinnamon and garnish it with mint and present it, God willing.

Preparation of Plain *Liftiyya* Also [turnip stew]

Take tender, fat meat and cut it. Put it in a pot with salt, onion, pepper, coriander seed and a little cumin. Cook it.

When it is almost done, take a turnip and peel it and cut it into big pieces. If you boil it by itself, it will be better and the same for the other vegetables. Add them to the meat and leave them until they finish cooking.

Then put it on the hearthstone [lower the heat] and if you squeeze over it cilantro juice, it will be much better.

Recipe for White *Karanbiyya*

Take young, fat meat and cut it into a pot with salt, onion, pepper, coriander seed, caraway and oil. Put it on a moderate fire.

When it is nearly done, take a cauliflower and throw away the outside leaves and take the heart and surrounding parts, and clean it of its leaves. Cut between the flowers and throw away the leaves until it remains white like the turnip. Cut it in regular pieces and throw them into the pot, after pre-boiling them.

When it is done, put it on the hearthstone [lower the heat] and squeeze over it some coriander juice. He who wants this dish as a *muthallath*, let him add vinegar and saffron.

Recipe for Clarified [or Repeated] *Liftiyya*

Take fat meat and put in what was said in the previous recipe [salt, onion, pepper, coriander seed, caraway and oil, and put it on a moderate fire].

When it is nearly done, take a closed head of cauliflower. Throw away the outside leaves, break apart its sections and cut them and boil them. Take the tender leaves near the stalks and cut them very small and soak them in a dish with water and salt. Press and cook [boil] separately and when done, take out of the water and pound in a wooden or stone mortar and throw over the meat [with the cooked cauliflower]. Then squeeze some cilantro juice and when it is done, take it to the hearthstone [lower the heat] and serve it.

You can make it according to another recipe, taking the previously mentioned leaves and pounding them instead of cutting them, with some cilantro. Squeeze the juice over the stalks [and meat]. It is very acceptable in all of its kinds.

Basbâsiyya [a dish of fennel]

Take young fat meat and cut up. Place in a pot with salt, onion, pepper, coriander seed and oil. Cook.

When the meat is done, take tender stalks of fennel and chop finely. Macerate with the hand and then throw on the meat. And squeeze juice of tender coriander over it. Finish cooking and then take it to the hearthstone [lower the heat] a while and use.

There are those who chop their tender sprigs and squeeze over them water from pounded roses with some coriander juice. And there are those who cook the meat as *tafâyâ* [stew] meatballs and squeeze over them the juice of crushed fennel, squeezing only the juice, mixed with coriander juice and some mint [not spikenard] juice, as if they were making fennel *tafâyâ* [stew]. And you might make a covering layer [*yukhammar,* of beaten eggs cooked to set over the top of the dish].

Safarjaliyya, a Dish Made With Quinces [lamb, veal]

This is a good food for the feverish. It excites the appetite, strengthens the stomach and prevents stomach vapors from rising to the head [indigestion].

Take the flesh of a young fat lamb or calf and cut in small pieces. Put it in a pot with salt, pepper, coriander seed, saffron, oil and a little water. Put it on a low fire until the meat is done.

Then take as much as you need of cleaned peeled quince, cut in fourths, and sharp vinegar, juice of unripe grapes [verjuice] or of pressed quince and cook this with the meat for a while and use.

If you wish, cover with eggs [beaten eggs cooked to set over the top of the dish] and it comes out like *muthallath*.

Tuffâhiyya, a Dish Made With Apples [lamb, veal, chicken, squab]

Take meat as mentioned in the recipe for *safarjaliyya* and prepare the same way. [Take the flesh of a young fat lamb or calf and cut in small pieces. Put it in a pot with salt, pepper, coriander seed, saffron, oil and a little water. Put it on a low fire until the meat is done.]

Then add tart apples, peeled and cleaned, as many as needed, cut in fourths. Cook this with the meat. And when you take it to the hearthstone [when it is done], put in a little sugar, and cut with musk and camphor dissolved in good rose water.

The acidity is most efficacious in lightening and strengthening the heart and it can be made with the flesh of birds, such as fat hens or young squabs of the domestic dove or stock-dove and then it will be finer and better.

Preparing Narjisiyya [Narcissus-stew] With Carrots

Take tender fat meat and cut into the pot with salt, pepper, coriander seed and oil. Cook till half done and then cut several peeled carrots into stalks smaller than a finger, and throw in with the meat with a little water and a little vinegar and saffron. Then sprinkle with a little washed rice. [Cook all.]

When it is all done, pour in enough eggs beaten with saffron to bind [like an omelet]. Take down [from the fire] and when it has cooled, cut with a knife, as if it were a narcissus flower. [It will be the color of a daffodil so you cut it in the shape of one for effect.]

Preparation of *Sanbûsak* [stuffed, fried dumplings, samosas]

Take meat of the innards or any meat you wish and pound fine, and pick out its tendons. And put cut-up fat with it, about a third the amount of the meat. Throw upon it many spices, and increase the pepper, onion juice, cilantro, rue and salt. Mix well. Mix in oil and a little water until it binds.

Take semolina [flour] and knead well with clarified butter and a little pepper. Take an amount of the dough the size of a walnut, and roll it out as large as half a hand-span. Take a piece of stuffing as large as a walnut and put it in the middle of the dough, and wrap up the edges over it. Fry it in fresh oil, and dispose of it as you wish, God willing.

[These are often used in other recipes to garnish dishes.]

Tafâyâ [green stew]

Put meat in a pot and put with it spices, cut-up onion, oil and fennel stalks. Cover it with water and cook half way.

Pound a big handful of cilantro and squeeze out its juice and throw it into the pot. Stir continuously, and do not neglect the stirring lest it be interrupted.

When nearly done, throw in the usual meatballs and *sanbûsak* [samosas]. [See Chapter: Meatballs...] Ladle it out and sprinkle on it pepper, God willing.

Covered *Tafâyâ* [green stew]

Put meat in a pot and put with it spices and onions pounded and oil and fennel stalks and enough cilantro juice to cover the meat. Cook until it is half done.

Throw in meatballs and break into it eggs and cover with their whites along with cilantro juice, and leave on the hearthstone [a lower heat] until it is cooked. [See Chapter: Meatballs...]

Make stuffed gut [sausages] from the meatball forcemeat and put in them whole almonds, and pine nuts. [Fry it and] cut it up and garnish the *tafâyâ* [stew] with it along with the usual meatballs. Ladle it out and sprinkle with pepper and cinnamon.

Stuffed *Tafâyâ* [green stew]

Peel meat from its bones and make with it meatball meat. [See Chapter: Meatballs...]

Put the bones in a pot with some meat, pounded onions, fennel stalks and enough cilantro juice to cover the bones, and cook until done.

Then take the bones out and dress them with the meatball meat [cover the bones with the meat], and throw them into the pot, and boil carefully, and leave until it stiffens.

Dot eggs over the meat dish. And put with it meatballs, made as before with almonds and pine nuts. [Crack eggs over it and let them set with the meatballs and nuts in it.]

Ladle it out and garnish with stuffed gut [sausages] and *farthalât* [the dressed bones] and [chopped] eggs, and sprinkle with pepper, cinnamon and lavender.

Tafâyâ [stew] *Saqlabiyya* [Slav stew, white]

Take fat meat, soft small intestine and breast [and put it in a pot]. For every *ratl* [1 *ratl*=468g/1lb] of meat, eight [boiled] eggs which have been cleaned and split into quarters. Cover with water and cook. Skim [off scum] until it is clear.

When it is clear, throw on it an onion, pepper and dry coriander, and put it on a charcoal fire and stir continuously until the onion and meat are done.

When done, pound four garlic cloves and throw them in the pot with a sprig of rue. Ladle out and sprinkle with pepper, cinnamon and lavender.

A Dish of *Murri* from Any Meat You Wish

Put meat in a pot and throw on it spices, an onion pounded with cilantro and salt, and throw on it three spoonfuls of *murri* [use soy sauce] and one spoonful of vinegar, and the same of oil. Fry and then cover with oil and cook until done and browned.

Ladle out and sprinkle with pepper and cinnamon.

If you omit the vinegar, it is good, and if you throw in soaked garbanzos and a little rue, it is good, God willing.

Burâniyya [stuffed eggplant]

Cut up meat and put in a pot. Pound [together] and put with it a spoonful of vinegar and the like of oil, and rue leaves. Fry and then cover with water and boil.

When it is nearly done, throw in meatballs, and complete its cooking. [See Chapter: Meatballs...]

Then take boiled eggplants and remove their interior [the seeds], and add to the seeds the same amount of the usual meatball forcemeat, and pound it with an egg. Stuff the eggplants with it [the stuffing].

Sprinkle [the stuffed eggplants] with flour and fry them until brown. Turn in the pot until you know that the forcemeat has bound, and ladle it out and sprinkle with pepper. [And serve it with the meat and meatball stew.]

A Remarkable Dish in Which is *Safîriyya* of Eggs

Cut up any kind of meat you wish and put in a pot, and throw on it three spoonfuls of vinegar, one spoonful of *murri* [use soy sauce], as much spice as you need, two onions pounded with salt, the juice of a large handful of cilantro, what pounded meat you want, and likewise pounded walnuts, and a handful of whole pine nuts and water to cover all until it cooks.

Cover [the contents of the pot] with eggs: peel however many [hardboiled] eggs you want and brown them well in a fine *tajine*, turning them into the frying pan until they brown on all sides, cut up like *isfîriyya* [chopped very fine].

Ladle it out [the meat dish covered in eggs] and sprinkle with pepper and cut up rue, and serve, God willing. And if the meat is coarse, fry in oil and throw [it] after that into the pot.

A Dish With Eggplants

Cut up meat small and throw into a pot, and put with it half a spoonful of vinegar, a spoonful of *murri* [use soy sauce], a like amount of fresh oil, spices and an onion pounded with cilantro and fry. Then cover with oil and cook until done. Then boil the eggplants separately, and cut up into thirds and quarters and sprinkle with flour and fry in oil. Throw them in the pot, and cover [its contents with an egg and breadcrumb mixture and leave it to set] and ladle out and sprinkle with cinnamon, lavender and pepper, and serve.

Jimliyya

Cut up meat from the innards or elsewhere small. Put in a pot and put with it salt, cut-up onions, a little vinegar and good *murri* [use soy sauce], pepper, lavender, cinnamon, almonds and oil, and cook until done. Break eggs into it and cover it [to let the eggs set], and sprinkle with pepper and cinnamon, and serve.

Green Dish

Cut the meat up small, put it in a pot with two spoons of vinegar, one of oil and one and a half spoons of *murri* [use soy sauce], salt, spices and chopped onion. Fry it.

Then cover it with the juice of cilantro and cook until nearly done and put in it meatballs. [See Chapter: Meatballs...]

Cover the contents of the pan with ground meat mixed with bread-crumbs, a little rue, two eggs. [Let this form a crust.]

Then boil an egg, cut it into four pieces and add it, God willing.

Dish of Meat with Walnuts and Mastic

Cut up the meat, after boiling it, and put with it [in a pot] half a *dirham* [1 *dirham*=3.9g/3/4tsp] of mastic, pepper, cinnamon, lavender, garlic, rue, a little vinegar, oil, salt, whole onions, onion stalks and a little water. [Put it on the fire.]

When you have done this, pound walnuts smoothly and pulverize them until they are white and thickened and throw into the pot. Stir until they give out their oil.

Cover the contents of the pot with an egg [and let it cook]. Then pour it out, sprinkle with pepper and spices and serve it, God willing.

Dish of Meat with Cauliflower

Cut up well marbled meat and put with it the white part of scallions, salt and oil. Fry it. Then pour over it a little water [and boil]. Then throw in it cauliflower cut to the size of fingertips, after they have been par-boiled [and cook].

Then break eggs in it and cook it until done[, after mixing them] with vinegar and *murri* [use soy sauce] to cover the contents of the pot. [Let it cook.] Sprinkle chopped cilantro on it, God willing.

Safarjaliyya, a Quince Dish

Take meat and cut it in pieces which you then throw in a pot. Put on it two spoons of vinegar and oil, a *dirham* [1 *dirham*=3.9g/3/4tsp] and a half of pepper, caraway, coriander seed and pounded onion. Cover it with water and put it on the fire.

Clean three or four or five quinces and chop them up with a knife, as small as you can. Cook them in water. When they are cooked, take them out of the water. When the meat is done throw in it this boiled quince and bring it to the boil two or three times.

Then cover the contents of the pot with two or three [beaten] eggs and take it off the fire, leave it for a little while [so the eggs set]. When you put it on the platter, sprinkle it with some pepper, throw on a little saffron and serve it.

Dish Known as *Mulahwaj* [the Hasty Dish]

Cut young meat in round pieces and place in a pot.

Take four or five onions per *ratl* [1 *ratl*=468g/1lb] of meat and roast them in quarters, then throw in the pot. Peel eggplants and cut each in eight pieces, boil lightly and wash with fresh water, then throw in the pot. Add pepper, coriander seed, cumin, caraway, two stalks of fennel and citron leaves, a clove of garlic, four spoons of vinegar, three of oil, two of *murri* [use soy sauce] and enough water and salt.

Boil until the meat is nearly ready. Then take half a *dirham* [1 *dirham*=3.9g/3/4tsp] of saffron, grind and pound in the brass mortar with some water until it is liquefied, then throw it in the pot. Finish cooking, and see to it that the sauce is of a small quantity [that it reduces].

Then take four eggs and break on the edge of the pot, and pour them over the meat and stir with the spoon until it mixes. Leave it until it thickens [the eggs thicken the sauce] and take from the fire. It is a good dish.

Himmasiyya [a garbanzo dish, hummus with meat]

Cut the meat in proportionate pieces [dice] and put in the pot, with water to cover and enough oil. Do not throw in salt at first, for that would spoil it. Put in all the spices. And let the amount of water in this dish be small as you will substitute vinegar [later]. Then put the pot on the fire.

Then grind the garbanzos, sieve them, clean them and throw them on the meat. When it is all done [cooked], grind up a head of garlic and mix with good vinegar and put in the pot. Then put in the salt and stir so that all parts are mixed together.

And when the pot is done [cooking], take it off the fire and leave it to cool and settle. Then sprinkle with fine spices and serve.

It is best, when preparing the garbanzos for this dish, to begin by soaking them in fresh water overnight. Then peel them and throw them in the pot. When they have cooked, take them out of the pot and grind them in the mortar. Then return them to the pot and finish cooking, God willing.

[This recipe is noted as being from Ibrahim ibn al-Mahdi, brother of Harun al-Rashid, the anti-caliphate. Ibrahim was a famous poet and singer and a renowned gourmand. It may be that other recipes in this collection are from Ibrahim too, but it is not certain. Many, however, are certainly from Al-Baghdadi's famous cookbook.

Stuffed Asparagus [meat wrapped asparagus dish]

Boil the eggs and shell them. Cook large asparagus and chop tender meat fine and add in [the chopped eggs and] whatever you add to the meat of meatballs [See Chapter: Meatballs...], and cloak the asparagus, one after the other, with the meat, and go with care until they cling together. {Reserve some of the meat mix.]

Put a large clay pot on the fire, in which you have put water, salt, a spoon of *murri* [use soy sauce] and another of oil, cilantro juice, onion juice, pepper, caraway and coriander seed. Cook gently, then put in the asparagus and handle them carefully. Cook until done.

Throw in meatballs of that meat, and when it is all cooked, cover the contents of the pot with [beaten] eggs and bread crumbs and some ground meat and decorate with egg yolks, God willing.

Another Good Dish

Cut the meat small and place in a pot and add two spoonfuls of oil and two more of *murri* [use soy sauce], some coriander seed, thyme, pepper and onion chopped with cilantro. Boil the pot and continue stirring until there is only oil in it [the liquid has evaporated]. Then pour in water to cover the meat and finish cooking.

Take ground meat and [mix with] crumbs of grated bread, pepper and [raw] egg. Mix this together and cover the contents of the pot with it and set aside [on a lower heat] until its grease is properly cooked. [The meat crust cooks.] Ladle it out, if God wills, may He be glorified and exalted.

Recipe for a Good Dish Covered With Pine-nuts

Cut the meat in proportionate pieces [dice] and place in a pot [on a low fire]. Stir with a spoon with a continuous movement without water or oil and do not stop stirring until the meat is delicately browned.

Then put in grated onion and the necessary amount of salt, three spoons of vinegar and two of *murri* [use soy sauce], one of coriander juice, citron leaves, stalks of fennel and all the spices, pepper, cinnamon, coriander seed and cumin, which will be the least of all, some caraway and sprigs of rue, peeled almonds, pine-nuts and enough water. Cook until it is ready.

Make meatballs for this dish and fry until brown. [Reserve some of the meatball mixture.] [See Chapter: Meatballs...] Dot egg yolks on the contents of the pot [4] and chop half a handful of pine-nuts. Then take some of the meat of the meatballs and beat with some cilantro juice and grated bread-crumbs and the whites of four eggs. Beat all this together and cover the contents of the pot with it. Take it to the embers [lower the heat] until the grease comes forth [until the topping sets and the grease rises around it], pour it out and serve, God willing.

To Make the Dish *Asfar* [The Yellow Dish]

Cut the meat in the estimated quantity [,put in a pot] and throw on top of it half an onion pounded with salt, a spoon of vinegar, half a spoon of *murri* [use soy sauce] and the same amount of cilantro juice. And there is no need to increase the *murri* [use soy sauce] nor the coriander juice, because you are not making broth. And add two spoons of fresh oil and all the previous spices, and go easy on the cumin, and enough water, but not too much.

Then take about fifteen walnuts per *ratl* [1 *ratl*=468g/1lb] of meat, shell them and cut in halves and quarters. Boil them and peel them and put in the pot about two thirds and reserve a third to cover the pot, and also throw in peeled almonds and pine-nuts.

You may make small meatballs and not fry them, but if you prefer them fried, do it. [See Chapter: Meatballs...] Take saffron according to the quantity of meat, a *dirham* [1 *dirham*=3.9g/3/4tsp] and a half [per *ratl* [1 *ratl*=468g/1lb] of meat], grind half with water in the brass mortar until it is finely ground, and pour it into the pot as you begin to cook it. When the meat is done, cover [with] four egg yolks.

Take the [4] whites and beat with some white flour. Pound the rest of the walnuts until smooth and dissolve in the rest of the saffron. Mix it all together [with the whites] and cover the contents of the pot with it. Agitate carefully by the sides [of the pot] until the crust is cooked. Take it for a while to the embers until it settles and the grease comes out. [Lower the heat until the topping sets.]

Ladle it out and garnish the platter with the walnuts, the meatballs and the yolks, and serve it. And if you make for this dish some very small *sanbûsak* [stuffed dumplings, See Chapter: Meatballs...] and garnish the platter with it, it will be good, God willing.

On the Making of Marrow

What is wanted in this recipe is to make that of which the taste and flavor resemble the taste of marrow, because many kings and rulers like to eat it and consider it of very good nutrition. If a man limits himself to gathering what marrow he has in his kitchen, he will not lose what he has gained by it, since he attains what he desires and satisfies the appetite.

Marrow is a much desired food, and the correct way to eat them is that he who comes first and takes them out to the table should not try them until the lord of the table begins to taste them, and should not try any until he gives it to the taste of his friend and him who eats at his side.

I have heard that a king gave one of his retinue an important duty and that this man came in to take leave of the king and [share a meal with him before he had to] go away. The table was dressed and prepared and when the first course was done, another course was presented in which there was a portion of marrow; that man seized it and took it. The king was amazed at his conduct and did not doubt that it would be offered to him [the king], but when he [the man] took it, he put it on a bite of bread, sprinkled it with salt and ate it himself.

The king kept the matter to himself and when the table was taken away and the king washed his hands, the man rose to take his leave of the king and go away, but the king said to him: "There is between us something I need to tell you afterward." The man went home and did not go out to his job. The king was informed of this and said: "Isn't it enough for him, on a job at five thousand *dirham*s a year, to eat marrows?"

The Making of Marrow Without Marrow, Which No One Will Suspect

Take fresh kidney meat and remove its veins, and peel off the spleen, its under-skin. Take one part of the spleen, and five parts of clean kidney fat and pound all this until it is like brains. Stuff this into tripe or large intestines or cane tubes or the like, and boil it in a pot of *tafâyâ* [broth]. Take it out and empty it into a serving dish and serve it hot.

The Making of a Good Marrow, Which Will Not Be Doubted

Take three *ûqiyas* [1 *ûqiya*=39g/7tsp] of new walnuts, clean of their shells, and boil them in hot water. Then take the fine skin from them [peel them] and pound them very hard. Then take a quarter *ratl* [1 *ratl*=468g/1lb] of pounded fat and as much again of spleen and combine everything.

Pour first into the glass marrow container the oil of fresh almonds, or chicken fat, or fresh butter. Then fill it with the stuffing and cover its top with dough and boil it [set the marrow dish in the water] in water and salt, until it is done. Then coat it with butter and present it.

Chapter 16: Chicken Dishes

Making a Green Hen [cilantro chicken]

Cut up the [dead] hen, joint by joint, clean it and put in a pot. Throw in two spoons of vinegar and the same amount of cilantro juice, three spoons of oil, cilantro pounded with half an onion, coriander seed, cumin, pepper, cinnamon, stalks of fennel, citron leaves, almonds, shelled pine-nuts and enough water. Cook over moderate coals.

Take lamb's meat, pound this and place in it everything that goes into meatballs. [See Chapter: Meatballs...] Make with this mixture little meatballs [reserve some of the mixture] and cook them with the hen. Reserve some of this meat to cover the contents of the pot with. And if you wish to fry some meatballs, fry them.

Then break as many eggs as you like [put the yolks in the pot first] and beat them with the meat from the meatballs, which you reserved, and with a little white flour, a spoon of cilantro juice and some pepper. Cover the contents of the pot with it. [Cook it.]

Then arrange the hen with almonds in a platter with the meatballs and egg yolks and serve, God willing.

A Dish of Chicken [spicy, nut chicken]

Clean a plump, tender [dead] hen. Divide it and put it in a pot with two spoonfuls of oil, the same of vinegar and as much of *murri* [use soy sauce], a handful of almonds and pine-nuts and all the spices and flavorings, three spoonfuls of cilantro juice, pepper and vinegar in the amount of two spoonfuls, and two spoonfuls of fresh oil, a handful of cleaned almonds and sufficient water and salt. [Cook it, reducing the broth.]

When it is done, cover it with breadcrumbs mixed with a little flour and three or four eggs. [Let this topping cook.]

Then ladle it out, sprinkle it with pepper, cinnamon, and lavender, and present it, God willing.

Farrûj Maghlûq, a Closed Dish of Chicken

Joint the chicken, after cleaning it, and put it in a pot with salt pounded with cilantro and all the spices except cumin, and two spoonfuls of *murri* [use soy sauce] and another two of oil. When it is done [browned], cut in rue and add "eyes" of thyme, and let its broth be made in advance [add some chicken broth and cook]. When this is done, cover the contents with a layer of crumbs of cold bread and four eggs and put the yolks on top. [Let the topping cook.] Then ladle it out and present it; garnish it with egg yolks and cut in some rue and a boiled egg and sprinkle it with fine spices and present it.

A Chicken Pie

Clean and joint a chicken and put it in a pot with pepper, Chinese cinnamon [cassia], lavender, coriander, onion juice and cilantro juice, a spoonful, and a half a spoonful of *murri* [use soy sauce], and sufficient water and salt. Cook it until it is done.

Then throw in peeled almonds and pine-nuts. Then pound its innards and add white flour and crumbs of risen bread, and four onions if there are two chickens, or two if there is one. Beat all this and cover the contents of the pot with it. Boil eggs and split them in halves and quarters [and decorate the top with them].

Chicken Breasts [with almonds]

Slice the breast of the [dead and plucked] chicken, after cleaning it [like a flat filet], and fry in the frying pan with fresh oil until it browns. Then place it in an earthenware pot with salt and onion juice, a spoon of *murri* [use soy sauce], two of oil and four of water, pepper, rue, thyme, chopped cilantro, pine-nuts and cut almonds. Boil this on the fire.

Make meatballs with lamb meat, and cook [them] with it too. [See the Chapter: Meatballs...] [Retain some of the meatball mixture.] Cover the contents of the pot with some of the meatball mixture mixed with eggs [and let it cook.]. Then boil eggs separately and cut in quarters. Arrange the chicken with almonds on a platter [and with the eggs and the meatballs] and sprinkle a little chopped rue on top and serve, God willing.

A Jointed Hen, Veiled [oven roasted] and this dish with partridge is also extraordinary [chicken, partridge]

Cut up the [dead and cleaned] chicken and place in a pot, throw in a lot of onions, some five or six, cut in quarters, and all the spices, *murri* [use soy sauce], good oil, stalks of fennel, citron leaves, some rosewater, sprigs of thyme, pine-nuts, skinned garlic and almond. [Cook it.]

Beat eggs either alone or with the seasonings of the pot. Spread it over the chicken and put egg-yolks in. Put a lid on the pot and seal the lid with dough [make a tight seal] and place it in the bread oven until done. Then serve it, God willing.

Another Dish Like That with Saffron [chicken, partridge]

Clean a [dead] pullet [or partridge] and put it in a pot, removing the breasts, and throw in two spoonfuls of strong vinegar, and two of fresh oil and a quarter spoonful of good *murri* [use soy sauce], half a *dirham* [1 *dirham*=3.9g/3/4tsp] of saffron, cleaned almonds and a whole onion, salt as may be needed, and water to cover the meat, with leaves of citron and fennel stalks. Then put it on a moderate charcoal fire until it is nearly cooked.

Then put in meatballs made from the breast meat [See the Chapter: Meatballs...], finish their cooking and take it down to the euphorbia embers [lower the heat]. And you put in its covering layer as before, letter for letter. [Beat eggs either alone or with the seasonings of the pot. Spread it over the chicken and put egg-yolks in. Put a lid on the pot and seal the lid with dough [make a tight seal] and place it in the bread oven until done. Then serve it, God willing.]

Another Like Dish [chicken, partridge]

Clean a chicken or a partridge and put in all that spoken of above, except the saffron is omitted.

[Two spoonfuls of strong vinegar, and two of fresh oil and a quarter spoonful of good *murri* [use soy sauce], half a *dirham* [1 *dirham*=3.9g/3/4tsp], cleaned almonds and a whole onion, salt as may be needed, and water to cover the meat, with leaves of citron and fennel stalks.]

Put garbanzos [soaked overnight] and a head of garlic into the pot. Boil meatballs with the meat [See the Chapter: Meatballs...] and cover the contents of the pot in the previous manner.

[Beat eggs either alone or with the seasonings of the pot. Spread it over the chicken and put egg-yolks in. Put a lid on the pot and seal the lid with dough [make a tight seal] and place it in the bread oven until done. Then serve it, God willing.]

Spit Roasted Chicken with Stuffed Eggplants

Boil eggplants and take out the insides. Mix [the insides] with eggs, ground meat and all the flavorings, *murri* [use soy sauce], onion juice, salt and chopped rue. Stuff the eggplants with this and fry them in fresh oil until brown and the stuffing is cooked.

Roast a chicken on a spit and baste it constantly with oil and *murri* [use soy sauce] mixed together until it is brown and take care that is does not touch the fire and burn.

Then place it on a platter and put around it citron leaves and the stuffed eggplants and decorate with sliced eggs, and chop some rue and serve.

Recipe for a Dish of Chicken or Partridge with Quince or Apple

Leave overnight whichever of the two [birds] you have, its throat slit, in its feathers.

Then clean it [of feathers and guts] and put it into a pot and throw in two spoonfuls of rosewater and half a spoonful of good *murri* [use soy sauce], two spoonfuls of oil, salt, a fennel stalk, a whole onion, and a quarter *dirham* [1 *dirham*=3.9g/3/4tsp] of saffron, and water to cover the meat.

Then take quince or apple, skin the outside and clean the inside and cut it up in appropriate-sized pieces [quartered], and throw them into the pot. Put it on a moderate fire [and cook it].

When it is done, take it away with a lid over it. Cover it with breadcrumbs mixed with a little sifted flour and five eggs, after removing some of the yolks. Cook it in the pot [over the chicken].

When the coating has cooked, sprinkle it with rosewater and leave it until the surface is clear and stands out apart. Ladle it out, sprinkle it with fine spices and present it.

Tajine of Birds' Giblets [giblet omelet]

Clean the giblets and stew them with oil and water and two cloves of garlic crushed with a little cilantro.

When the giblets are cooked, crush them with a little of the heart of an onion, and season with fine spices and flavorings, a spoonful of *murri* [use soy sauce], a little white flour, and cut-up rue. Break six eggs over it and beat this all with the rest of the sauce from the pot.

Fry it in a frying pan with oil until it takes the consistency of a *tajine*, and present it. Cut rue over it, sprinkle with a little *murri* [use soy sauce] and garnish it with mint.

A Dish of Fried Chicken [with omelet]

Leave a plump hen overnight in its feathers [dead]. Then clean it well [of feathers and guts], put it in a pot and pour in a good deal of both water and salt, two spoonfuls of oil, half a spoonful of vinegar, a whole onion, fennel stalks, citron leaves, cleaned almonds, pepper, cinnamon, a little cumin, caraway, and coriander, well ground. Then put it on a moderate fire [and cook it].

When the hen is cooked, take it out and fry it with fresh oil until it is browned. Then take it out of the frying pan.

Take the sauce in which the hen boiled and beat it well in a dish with six or eight eggs, [reserving] four whole egg yolks, and pour all this into a frying pan [and cook] until it is rippled and well browned.

Then put the chicken on a dish covered with citron leaves and put this omelet around it and over it. Garnish it with the egg yolks after they too are fried and sprinkled with spices.

Lamtûniyya [spit roasted fowl, with garlic nut sauce]

It is made in the country of Al-Andalus and in the Maghrib. It is made with all kinds of birds, such as chickens, geese and capons, that are fattened, as well as young pigeons and so on.

Take what you have on hand of them, cleaned and with the breast split [so it cooks evenly], and partly cook them as white *tafâyâ* [stew] [par-boil them before roasting in almond milk].

Then take to the oven and raise on the spit and baste with a sauce for roasts [oil and murri (soya sauce)]. Turn the spit over a moderate charcoal fire, little by little, carefully, until it is done and browned. Then set it aside.

There are some who make it fried and cover it after frying in a coating of garlic pounded with almonds and walnuts. [This is how you make the sauce.]

Make well-made thin breads of white flour. [See the Chapter: Breads] When done, break them into crumbs the size of a *dinar* [a coin]. Strain [the bones] from a chicken broth and return [the broth in] the pot to a moderate fire and add a quantity of oil, pepper and cumin. When the pot boils, take it off and put in garlic pounded with walnuts, almonds and grated cheese. Add the crumbs.

Then take the roasted chicken and put it on top of the platter after rubbing and rolling it in the coating. Top it with [chopped boiled] eggs, olives and split almonds. Sprinkle it with grated cheese and cinnamon and cover it with a sheet of *isfîriyya* [crepe] made with egg [a thin omelet].

[The Lamtuna were the main Almoravid tribe. More exactly, they were the dominant tribe of the Sanhaja confederacy, the nomadic Berbers of southern Morocco who were the basis of the Almoravid power, and constituted the aristocracy of the Almoravid state in Al-Andalus.]

A Coral Dish of Chicken

Roast the chicken, according to the recipe for roasting in the recipe previous to this one.

[Take what you have on hand of them, cleaned and with the breast split [so it cooks evenly], and partly cook them as white *tafâyâ* [stew] [par-boil them before roasting in almond milk].

Then take to the oven and raise on the spit and baste with a sauce for roasts [oil and murri (soya sauce)]. Turn the spit over a moderate charcoal fire, little by little, carefully, until it is done and browned. Then set it aside.]

Take a new pan and place in it two spoons of vinegar, one of *murri* [use soy sauce], three of water and two of fresh oil, citron leaves, two fennel stalks, an onion pounded with salt, cilantro, a sprig of rue, another of thyme and skinned almonds and put the pot on a low fire.

If you make lamb meatballs and fry and put in it [the sauce], it is good. [See the Chapter: Meatballs...]

When the onion is done and the pot has boiled several times, dot with the yolks of eight eggs, cover the contents of the pot with the whites mixed together with some white flour and pepper. Put the roast chicken in it until the chicken absorbs the sauce and sprinkle with some *murri* [use soy sauce]. Put on a platter and pour the sauce over, chop rue over it and serve, God willing.

Recipe for "Hunchbacked" Chicken

Take a big, plump hen, the biggest and plumpest there is, [kill and then] clean it well, and break it in the middle of its back until a hump protrudes.

Then peel three heads of garlic and pound them well with salt, and throw on pepper, cinnamon, lavender, Chinese cinnamon [cassia], and some *murri* [use soy sauce]. Break over that four eggs and beat well with it.

Loosen the skin of the chicken. Clean a head of garlic, peel it and put part of the egg mixture and part of the garlic on the chicken's back between the skin and the meat, and do this carefully so as not to break the skin. Then finish the egg mixture and garlic [repeating the filling process] and enlarge the chicken's hump. Then sew up any place where the filling tries to escape.

Then put the chicken in a pot of its own size and put on it a little water, two spoonfuls of oil, one of *murri* [use soy sauce], and a little hand-shredded thyme. Break two eggs over the pot and send it to the oven.

When it is cooked and browned, spread a dish with citron leaves and put the chicken on top of the leaves after removing the stitching, and its back appears on top so that the hunchback is evident. Garnish it with cut-up egg yolks, cut rue over it, sprinkle it with fine spices, and use it.

A Pie of Pullets or Starlings

Knead dough on the pattern of the cheese pie dough. If you want it flaky [*muwarraqa*], [good,] and if you want it "abridged" [*mukhtasara*], [good]. Make a loaf as we have described for the cheesecake. [See the Chapter: Breads]

Take chicken or whatever you want [starlings], clean it and cook it in a pot with water and salt, and do not overcook it.

Pound an onion with cilantro and coriander and pepper. Put all this in a ceramic frying pan on the fire with some oil, a spoonful of *murri* [use soy sauce] and stir until it is well done. Take

two eggs and crack them into the frying pan on the fire and stir it until the seasoning is cooked.

Then take it from the fire, and when it is cool, take the pullets and cut in half. Put them in the crust already made. Take egg yolks and put them in, cover it with [the seasoning mixture, and then] a top crust made for it. Brush it with egg yolks, and put it in the oven on a pan [to cook], God willing.

Recipe for a Dish of Pullet or Partridge

Clean whichever you have of them [pullet or partridge], after letting it hang [dead] overnight in its feathers. [Remove one breast.] Put it in a pot with [water,] dried, ground coriander, caraway, pounded onion, sufficient salt for the pot and two spoonfuls of fresh oil. [Cook it.]

Take the breast of whichever fowl, before it touches the water, pound it and make well-shaped meatballs, and throw them in the pot.

When it is almost done and it is just ready, take it to the coals [lower the heat]. Take some mint juice and beat it with cold breadcrumbs and some flour with five or six eggs, after taking out some yolks. [Spread this as a crust over the bird, inserting the reserved egg yolks under the crust along the center line. Let it set, and the egg yolks cook, from the reserve heat of the bird.]

When the crust has congealed, make a *tharîda* [a savory bread pudding] out of thin flatbreads of fine flour [usually shredded first] and moisten it with the sauce until it is soaked evenly [then shape it into a firm layer on the serving dish and allow it to set].

Put the bird on top [of the *tharîda*], after first cutting it down the middle so that the eggs are sliced which you inserted in the center of it, the interior of it [under the crust]. Pile it up with the meatballs and garnish the *tharîda* with them and with almonds and pine-nuts, and present it, God willing.

A Reddish-Brown Dish of Chicken

Sacrifice a fat hen and leave it overnight in its feathers. Then pluck it [and clean and gut it] and boil lightly whole. Then roast it moderately over coals.

Cut up its gizzards and liver before boiling the hen. Cut in very small pieces [and put it] with some salt, a whole onion, a sprig of thyme, four stalks of fennel, four citron leaves, a *ratl [*1 *ratl*=468g/1lb*]* and a half of scented sweet syrup, two *ûqiyas* [1 *ûqiya*=39g/7tsp] of *murri* [use soy sauce], two more of fresh oil, a *dirham* [1 *dirham*=3.9g/3/4tsp] of Chinese cinnamon [cassia] and another of cinnamon, four *dirhams* [1 *dirham*=3.9g/3/4tsp] of pepper and a head of garlic for those who like it.

When you have cooked this sauce, cut up the chicken and put it in the pot and cover the contents of the pot with the cooked yolks of four eggs [and the whites] beaten with some sauce from the pot. Then serve it, after letting it sit for a while [to let the topping cook], God willing.

Palace Chicken with Mustard

Cut up a chicken and place it in a pot with [some water and] salt and onion pounded with cilantro, oil, coriander seed, pepper and caraway. Put it on the fire until it boils, and when it has boiled gently, add cilantro juice, vinegar, and *murri* [use soy sauce], and let the vinegar be more than the *murri* [use soy sauce].

When it has cooked, pound peeled almonds fine and stir with egg and some green pepper and dried ground coriander and a spoon of prepared mustard. Pour all this into the pan and add three cracked eggs and take it to the hearthstone to rest for a while [to let the topping cook and the sauce thicken], and serve, God willing.

Farrûj Mubarrad, Ginger and Lavender Chicken

Wash a [dead and plucked] chicken, clean it [of the guts, and quarter it] and season it with salt and pepper and put it in a pot. Pound a handful of almonds and throw it on. Break over it six eggs, whole pine-nuts, pepper, cinnamon, Chinese cinnamon [cassia], ginger, lavender, and a spoonful of *murri* [use soy sauce]. Stir all this with three spoonfuls of fresh oil and a little water. Put the pot on a moderately hot hearthstone and stir it carefully.

When it has cooked, put it in a dish and sprinkle it with pepper and cinnamon, cut rue over it, garnish it with egg yolks, and present it.

A Dish of Chicken with Mild Wine

Clean the chicken and put it in a pot [quartered]. Throw in two spoonfuls of oil and onion juice, one spoonful of cilantro juice, ten peeled and pounded almonds, a clove of garlic and sufficient salt and water. [Put it on the fire.]

When it boils gently, throw in strong vinegar, *murri* [use soy sauce] and basil *nabidh* [a low-alcohol wine licit for Muslims], a spoonful of each. Put in citron leaf, a whole clove [*habaq qaranfuli*], bee balm and a bunch of green rue. Place it in the pot [and cook it].

When it is done, take a *dirham* [1 *dirham*=3.9g/3/4tsp] each of Chinese cinnamon [cassia], pepper, and cinnamon, and another *dirham* [1 *dirham*=3.9g/3/4tsp] of cloves and lavender. Pulverize these and beat with eggs and cover the contents of the pot with them and dot with egg yolks. [Let the topping cook.] Ladle it out and serve it, God willing.

Recipe for a Stuffed Hen Without Bones [stuffed chicken skin]

Slit the throat of a hen, as large and plump as possible, and inflate it well while still warm after tying up the neck. Then pluck it gently so as not to burst it. As soon as you are done plucking it, separate it along the back from neck to tail, and skin it little by little with all possible care until it is all skinned except the tips of the wings, for these are left with their skin.

Then take all the meat from the breast and pound it strongly in a mortar. Then pound it with peeled almond, nuts, and cold breadcrumbs steeped in cilantro juice.

Then take what is inside it [liver and giblets] and boil it with water and salt until it is cooked. Cut it in small pieces on a wooden board, and add this to the pounded meat.

Put all this to fry and add cilantro juice and *murri* [use soy sauce] in the necessary amounts, with whole peppercorns, cinnamon, Chinese cinnamon [cassia], lavender, and galingale.

Cook eggs, shell them, and keep the yolk aside. Cut the white finely and add it to the stuffing.

Break over this eight or ten eggs. Put it on a moderate fire and stir with a spoon until cooked. Then knead the stuffing in such manner that it will not fall apart.

Then stuff the skin that was peeled off with this stuffing, after sewing it up on all sides, but leave a hole where the stuffing can go in. Place cooked egg yolks under the wings, thighs, and legs until it takes the form that the hen had before. Then sew up the hole where the stuffing was put in.

Let there be as much water as necessary to cover it [in a pot, to boil it].

And when the stuffing [the stuffed skin] is on the point of being done, take it out of the water and put it in a pot or a *tajine* and sprinkle it with *murri* [use soy sauce] and oil. Clean the mortar in which the meat of the chicken was pounded, put a little thyme with it, and rub it [the chicken] with the thyme, and send [the chicken] to the bread oven until the sides are browned, and watch that it does not burn.

Then spread a dish with citron leaves. Take the chicken out and split the chicken in half from above to below and leave it as you prepare some clove, pepper, Chinese cinnamon [cassia] and cinnamon. Sprinkle them over it and over both pieces, garnish it with toasted almonds, and present it.

An Extraordinary Dish of Chicken [coal roasted, with sauce, meatballs and sausages]

Clean a [dead] young, plump hen and roast it over coals, and watch that it not burn. Baste it with oil and *murri* [use soy sauce] continuously until it is browned.

Then take its innards, cut fine and put them in an earthenware pot, and throw in two spoonfuls of oil, two of vinegar, one of *murri* [use soy sauce], and thyme, rue, four cloves of garlic, pine-nuts, almond, coriander, a little cumin, pepper, cinnamon and Chinese cinnamon [cassia], lavender, onion ground with salt and some cilantro. Boil all this over a moderate fire.

Make meatballs of mutton [See the Chapter: Meatballs...] and throw them in the sauce until they are cooked. Then take them out and roast them until they are browned.

Cut sausages made for this purpose, cut into rounds in the form of earrings, and throw them in the pot and let it boil. [Put the hen in the sauce and leave it] until the hen absorbs the sauce.

Put the hen in a dish and garnish it with its meatballs and its [sausage slices and some] egg yolks, and scatter fine spices over it and present it, God willing.

Recipe for Making *Jûdhâba* [aromatic roast chicken]

Called Umm Al-Faraj: It is an Eastern Dish [Mother of Joy]

Get kidney fat from a sheep or a fat goat and clean it of its membranes and veins. Pound it in a stone or wood mortar until it takes the consistency of brains. Then take a new pot; knead

the fat with your hand and smear it over the whole inside of the pot, from the bottom up the sides so that it has the thickness of a finger.

Then take thin bread [crepes] made in an Indian pan, in whole pieces, not torn. Its preparation consists in kneading wheat dough well according to the recipe of *mushahhada* [pancakes, see the Bread section for the full recipe], so that it is *ghurâb* [runny], and doesn't form into a ball. Dilute it with water little by little until it becomes as thin as *hasu* [mush]. Heat the Indian pan on a moderate charcoal fire, and when it has heated, take the dough with a ladle [*muballila*] and pour [batter] on it until it spreads out. Return the ladle to the bowl. The dough has attached to the pan as a fine tissue. That is a *ruqâq*, and it is [also] *kunafa* [both crepes] Shake out onto a cloth, and it will come out round, in the shape of the pan. Then [continue] pouring out the dough, as was done the first time, until you make the necessary amount of crepes.

Then take fat, tender chickens, [kill and] clean them, cut their breasts [a slice to help them cook evenly] and put them into the pot, whole, as they are; add salt, oil, pepper, cinnamon and spikenard. Put it on the fire and cook it until done. When the juice has dried up, take two *ruqâqs [crepes]* and put them in the bottom of the earthenware pot which has been prepared and smeared with grease. Stick them to the sides and sprinkle the thin bread with crushed sugar, peeled almonds, spikenard, Chinese cinnamon [cassia] and cloves, a handful [in all]. Dribble on a good amount of fresh oil and sprinkle it all with rose water in which some musk and camphor have been dissolved, enough to dampen the sugar. Then lay over this two thin breads and sprinkle them, as was done earlier, with sugar, almonds, spices and oil. Sprinkle with rose water. Then lay on another thin bread and do the same with it until you reach the middle of the pot.

Then take those cooked and prepared chickens, which have been rubbed with saffron dissolved in rose water, and lay them in the center of the pot over the bread. Then cover with a thin bread also, and sprinkle with sugar, almonds and flavorings as was done before. Don't stop doing this until the pot is full and the chicken remains buried in the middle. When you have finished, sprinkle it with a lot of sugar, throw on oil and rose water and cover with the bread fastened to the sides. Cover the pot with a fitted lid, sealed with dough. Then put it in the oven at moderate heat and leave it there as long as you would leave a pot with meat [viz. a stew].

Then take it out and break the seal. It gives off a perfumed odor. Remove the thin bread that covered it, if the fire has gotten it [if it is burned], and also that which has been stuck to the sides of the pot. Then invert it, such as it is, on a big platter and serve it. It is extremely good tasting with a penetrating aroma. It is an extraordinary dish, superior in its preparation to the royal victuals, praised for its nutrition and beautiful composition.

Dish of Chicken When it is Roasted

Roast a fat [dead and cleaned] hen and anoint it with salt, oil and thyme until it is browned and done.

Then cut it up and put in a pot and throw in two spoons of *murri* [use soy sauce] and the same of vinegar, a spoon of oil, onion chopped with cilantro, salt, spices, leaves of thyme and chopped rue. Put it all on the fire until it comes to a full boil and cook with the flavorings.

Then grind up walnuts, almonds and pine nuts, leaving to the side some whole ones and beat [with] three eggs. Cover the contents of the pot with them, and dot with egg yolks and leave over the coals until they bind together and are good. Sprinkle it with pepper and cinnamon, God willing.

Dish of Chicken or Whatever Meat You Please [sausage of chicken, partridge]

If it is tender, take the flesh of the breast of the hen or partridge or the flesh of the thighs and pound very vigorously, and remove the tendons. And pound with the meat almonds, walnuts and pine nuts until completely mixed. Throw in pepper, caraway, cinnamon, spikenard, in the required quantity, and a little honey and eggs. Beat all together until it becomes one substance.

Then make with this what looks like the dish made of lamb innards [sausage], and put it in a lamb skin [intestine] or sheep skin [intestine]. Put it on a heated skewer and cook slowly over a fire of hot coals until it is browned.

Then remove it and eat it, if you wish with *murri* [use soy sauce] and if you wish with mustard, God willing.

Bedouin Chicken [simple dish]

Cook a chicken [quartered,] with water and salt, pepper, chopped onion and lots of oil. Cover the contents of the pot with eggs, sprinkle [with spices] and serve, God willing. If you add a little vinegar, it is good, and the same with cilantro.

Dish of Stuffed Chicken [or Pullet]

Take two [dead and cleaned] chickens and make with one of them the stuffing for the other, according to the earlier directions on making stuffing.

[From the recipe: Stuffed Hen Without Bones. Then take all the meat from the breast and pound it strongly in a mortar. Then pound it with peeled almond, nuts, and cold breadcrumbs steeped in cilantro juice.

Then take what is inside it [liver and giblets] and boil it with water and salt until it is cooked. Cut it in small pieces on a wooden board, and add this to the pounded meat.

Put all this to fry and add cilantro juice and *murri* [use soy sauce] in the necessary amounts, with whole peppercorns, cinnamon, Chinese cinnamon [cassia], lavender, and galingale.

Cook eggs, shell them, and keep the yolk aside. Cut the white finely and add it to the stuffing.

Break over this eight or ten eggs. Put it on a moderate fire and stir with a spoon until cooked. Then knead the stuffing in such manner that it will not fall apart.]

When you have finished making it [and stuffing the chicken with it], put [the chicken] in a pot or an earthenware pot and throw in a spoon of oil and another of *murri* [use soy sauce], and onion chopped with cilantro and salt. Put on the fire until brown, then moisten with water [add water] and finish cooking. [Brown the chicken, then steam or boil it.]

Make meatballs of lamb flesh with enough water to bind it. [See the Chapter: Meatballs] Then put [the meatballs] on the spit and cook. Baste them with egg-yolk, with a sprig of thyme, little by little, until they yellow and glow.

Then put them in the pan with the chicken and cover the contents of the pot with four eggs, [beaten with] bread crumbs and a little rose-water. Top with egg yolks. [Let the topping cook.] Take it out and sprinkle with spikenard, cinnamon and pepper, God willing.

Recipe for Roast Chickens [and other fowl]

Take young, fat [dead] chickens, clean and boil in a pot with water, salt and spices, as is done with *tafâyâ* [stew].

Then take it out of the pot and pour the broth with the fat in a dish and [then] add to it [the chicken] what has been said for the roast over coals [salt, oil, thyme]. Rub this into the boiled hen and then arrange it on a spit and turn it over a moderate fire with a continuous movement and baste it constantly, until it is ready and browned.

Then sprinkle it with what remains of the sauce and use. Its nutrition is nicer than that of livestock meat, and more uniform. In this way one also roasts the other birds.

Hen Roasted in a Pot in the Oven [the bread oven]

Take a young, plump, [dead and] cleaned hen, and put it on a wooden spit like a lance. Place it in a new pot of its size, not touching the sides or the bottom, and seal on it with dough a lid pierced in the middle, so that the end of the lance sticks out through the hole, so that it stays upright. [An upside-down, "T" shaped, wooden spike.] The lid is made to seal with the dough.

Put the pot in a moderate oven and leave it until it is ready. Then take it out and prepare for it salt ground with pepper and cinnamon, and sprinkle salt over it [the chicken] upon opening the pot. Then cover it a little, after rubbing it until the salt penetrates it.

Hen Roasted in a Pot at Home

Take a young, plump, [dead and] cleaned hen. Slice it on all sides [to help it cook evenly] and then make for it a sauce of oil, *murri naqî'* [use soy sauce], a little vinegar, crushed garlic, pepper and a little thyme. Grease all parts of the hen with this, inside and out. Then put it in a pot and pour over it whatever remains of the sauce, and cook it [over a low fire]. Then remove the fire from beneath it and return the cover to it and leave it until it smells good and is done [it steams a bit]. Then take it out and use it.

Chicken Called *Madhûna*, Greased [roast, spicy]

Take a cleaned [dead] hen, still whole. Slice the breast and pierce with wood [skewers] on all sides [to aide cooking and absorption of the seasonings], grease with oil, *murri naqî'* [use soy sauce], pepper, saffron, cinnamon, cloves, lavender, and ginger. Grease inside and out with this. Then put it in a pot and pour on what remains of the oil and *murri* [use soy sauce]. Cover the pot with a sealed lid and place it in the oven, leaving it there until the hen is done. Take it out and use. It is extraordinarily good.

Cooked Fried Chicken

Cut up a [dead, cleaned] chicken, making two pieces from each side [quarter it]. Fry it with plenty of fresh oil. Then take a pot and throw in four spoonfuls of vinegar and two of *murri naqî'* [use soy sauce] and the same amount of oil, pepper, cilantro, cumin, a little garlic and saffron. Put the pot on the fire and when it has boiled, put in the fried chicken spoken of before [and cook]. And when it is done, then empty it out and present it.

The Green Dish Which Umm Hakima Taught [with cilantro]

Boil a tender [dead and cleaned] hen. Then cut it up and fry in fresh oil until it is browned and crisp. Leave in the skillet.

Then take a bowl and put in it cilantro chopped with onion and rue cut in small pieces, a spoon of *murri* [use soy sauce], pepper, caraway and two spoonfuls of cilantro juice, cloves of peeled garlic and thyme crushed in the hand and four spoons of water. Mix it all and pour over the hen and do not stop stirring continuously until the dressing is ready and cooked.

Then take four eggs and break them over the dish and stir it all until the egg is cooked and the greater part of the sauce is evaporated. Then serve it, God willing.

A Dish of Pullet [with coriander]

Cut a [dead] chicken, after cleaning it, into three pieces and place in a clean pot. Add a proportionate amount of salt, pepper, a good quantity of coriander seed, a spoon of *murri* [use soy sauce] and another of oil. Put it on the fire until it boils once, and prepare onion juice for it and put on enough to cover, and boil until done.

Boil eggs, clean them and pound with them a proportionate amount of cilantro and break upon them fresh eggs, and beat with them, and cover the contents of the pot with them, and taste [and adjust the ingredients] until the proportions are good and equal. [Let the egg mixture cook, then serve.]

Chicken Covered With Walnuts and Saffron

Cut a [dead and cleaned] chicken in two and put in a pot. Throw in onion pounded with cilantro, salt, spices, a spoon of vinegar and half a spoon of *murri* [use soy sauce]. Fry it until it smells good. Then cover it with water and cook it till almost done.

Make meatballs from a chicken breast [See the Chapter: Meatballs...], and throw them in the pot. Dot with egg yolks and cover with the whites mixed with pounded walnuts and saffron. [Cook this topping.]

Then ladle out and sprinkle with pepper and cinnamon and serve, God willing.

Another Dish Covered with Ground Almonds

Joint a [dead and cleaned] hen and put in a pot. Throw in with it a pounded onion, cilantro, salt, spices, a spoon of oil, whole almonds, spikenard, Chinese cinnamon [cassia], cinnamon, a spoon of vinegar and half a spoon of *murri* [use soy sauce]. Boil submerged in water and cook until it is about done.

Throw in the meatballs [made from a chicken breast, see Chapter: Meatballs...,] but do not dot with egg yolks. Cover with eggs beaten with pounded almonds and sprinkle with spices. [Let the topping cook.]

Another Dish, Which Is Covered with Cilantro Juice

Put chicken meat in a pot [a quartered chicken] with chopped onions, cilantro and salt, a spoon of oil and a fourth of a spoon of *murri* [use soy sauce], the same amount of vinegar, and spices. Cook until done. Then throw in meatballs [made from a chicken breast, see Chapter: Meatballs...,] and cover with cilantro juice and eggs [beaten and cook on the top] and sprinkle with spices.

Dish with Pine Nuts

Put the chicken meat [a quartered chicken] in a pan and throw in with it the same as before, meatballs, spices and so on. Cover it with ground pine nuts and [beaten] eggs. Put in whole pine nuts and sprinkle with spices and pepper.

Another Dish, Covered with Pistachio

Put the chicken meat [a quartered chicken] in a pot and put with it all you did before, spices, meatballs, and eggs. Cover with rosewater, Chinese cinnamon [cassia] [cassis], spikenard and ground pistachio, egg beaten with fine breadcrumbs. [Cook the topping.] Then dish up and serve.

Jaldiyya of Chicken [sweet]

Take a fat [dead and cleaned] hen and remove its wings and the ends of its thighs. Wash the chicken and put it in a new pot with a third of a *thumn* [a portion] of honey, salt, four *dirhams* [1 *dirham* = 3.9g/3/4tsp] of pepper and the same of cinnamon, a *dirham* [1 *dirham* = 3.9g/3/4tsp] of spikenard, a *dirham* [1 *dirham* = 3.9g/3/4tsp] of galingale and three of saffron, half a *ratl* [1 *ratl* = 468g/1lb] of almond and a fourth of a *ratl* [1 *ratl* = 468g/1lb] of pine nuts. Take the pot to a gentle fire and let it come to a boil four times and it is done.

Leave it over the coals [lower the heat] and take three cooked eggs and dot it with the yolks in the pot and cover with the whites [diced], throw in the pot a round sponge [cake or bread crumbs], beaten with honey [and let it cook]. Dish up and sprinkle with spices and sugar.

Chicken Dish With Wine [or honey, steeped in spiced]

Take a fat [dead] hen and clean it, put in a pot and along with it ten [hardboiled] eggs, which have been sliced like eggplants [halved], a *ratl [1 ratl=468g/1lb]* of wine or in its place a *ratl [1 ratl=468g/1lb]* of honey, which is better and sweeter, a fourth of a *ratl [1 ratl=468g/1lb]* of *murri* [use soy sauce], the same of vinegar and of oil, two *dirhams [1 dirham=3.9g/3/4tsp]* of pepper, one of cumin, several sprigs of thyme and enough salt. Break into it many eggs. Put a lid on the pot and seal the edges with dough, leaving an air-hole, and cook until done on a slow coal fire.

Dish up and sprinkle with pepper and serve. And he who covers it with egg white mixed with flour [a meringue], it is very good.

Another Chicken Dish

Joint a [dead and cleaned] chicken and put in a pot with two spoons of oil, one of vinegar, another of fresh water, spices and juice of pounded onion. Fry [to brown] and then cover with cilantro juice and cook till done.

Cover with a spoon of white flour two eggs cut in half, chessboard-fashion [cut in the middle], after garnishing them with saffron [to make them yellow].

Ladle out the dish and garnish with the cut-up eggs, and pepper and spices.

Tharîda of Chicken [boiled chicken on bread]

Put a [dead] chicken, after plucking it, into a pot, whole. Throw on it a spoonful of oil, the same of honey, enough of spices, a little chopped-up onion and enough water to cover the chicken, and cook.

Then make thin flatbreads and throw onto them much oil and put them whole into a dish. Empty the broth upon them, and the chicken, and do it well. [The bread absorbs the liquid.]

Mukhallal of Chicken and So Forth [a vinegar dish]

Put [chicken] meat in a pot and throw on it spices, onions pounded with cilantro, salt, a spoonful of oil, three spoonfuls of vinegar, a little *murri* [use soy sauce] and two heads of garlic. Throw on it water to cover and cook until done.

Cover [the contents of the pot with eggs beaten with breadcrumbs] and sprinkle with pepper and cinnamon and [let it cook, then] serve.

And if you leave out the *murri* [use soy sauce], it is also good. And when it is made as a *mukhallal* of fat meat, throw in it boiled eggplants.

Preparation of Meatballs from Chicken Breasts

Pound the [chicken] meat until it becomes like brains, and pick out its tendons. Throw on it *murri* [use soy sauce] and oil and some eggs, salt, lavender, clove, almond and pistachio. Pound all that until mixed with much or little of the meat. Make the meatballs round and throw in boiling water and leave until done, and use them.

Recipe for *Zîrbâja* [sweet and sour soup, chicken, pigeon, dove, lamb]

It is a dish that regulates the humors. Its nutritive power is praised. It is good for the stomach and liver. It combines the advantages of the meat and vinegar stew *sikbâja* and of that of sour milk *salîqa*.

Among its virtues is what was told of it to the sheikhs of Baghdad by he who followed Hanin ibn Ishaq. He said "I was accompanying Hanin one day when he met a man of the people, to whom he said, 'Oh! You came to me and you described the case of a sick woman in your house; then I didn't see you [anymore]. What has been the cause of your delay, since I have not ceased to worry about you?'

He replied, 'I came to you, my lord, and I described to you my mother's sickness. You advised me that she should eat *zîrbâja*. I got it and she was cured of her illness, and I didn't want to return and worry you. May God reward you.'

Hanin said, 'This is a neutral dish [one that does not stimulate any of the four humors in particular] and it is the *sikanjabîn* [name of a sweet-sour drink] of dishes.' Others say, 'It is the apple of the kitchen, there is no harm in it at all.'"

[This recipe appears in all medieval Arabic cookbooks. It is a sweet, nutritious chicken soup.]

Its Recipe

Take a young, cleaned [dead] hen and put it in a pot with [some water and] a little salt, pepper, coriander, cinnamon, saffron and sufficient of vinegar and fresh oil [and cook it on the stove].

And when the meat is cooked, take peeled, crushed almonds and good white sugar, four *ûqiyas* [1 *ûqiya*=39g/7tsp] of each. Dissolve them in rosewater and pour it in the pot and let it boil. Then leave it on the embers [low heat] until the fat rises. [The almonds and sugar thicken the liquid.]

It is the most nutritious of dishes and good for all temperaments. This dish is made with hens or pigeons or doves, or with the meat of a young lamb.

Recipe for *Kâfûriyya*, a dish made with Camphor and Lemons [chicken, pigeon, dove]

Get a young hen or young pigeons or doves. [Kill and] clean as many of these as you have. Split their breasts [slice them so them cook evenly] and put them in a pot with salt, a little onion, pepper, coriander and fresh oil. Cook until it is seasoned and then thicken it [so it is] like dough, with almonds, peeled and ground, dissolved in rosewater.

Then leave it over the hearthstone [a lower heat] and squeeze into it the juice of two or three lemons, depending on the degree of acidity desired, and dissolve with it some camphor dissolved in rosewater. Do not squeeze the lemons at cooking-time, for this will make it bitter, but rather after putting it on the hearthstone. And leave it a while.

Maghmûm, The Veiled [oven roasted] Dish [lemon chicken, pigeon, goose]

Make it with a chicken or meat of a goose or young pigeons. Take what you have of this, cleaned, and place it whole in a pot, as it is, the breast split [slice so the cook evenly], with [water and] salt, oil, a little onion, pepper and coriander. Cook it halfway, take it out.

Put it in another pot and pour into it the clear part of the broth [strain it], *murri naqî'* [use soy sauce], saffron, lavender, some citron leaves and thyme. Put inside the fowl two or three peeled lemons and sprinkle them [the fowl] with peeled, split almonds. Cover the mouth of the pot with dough [seal it with a lid] and place it in the oven.

Leave until it is ready, and serve it. It is very nutritious and proper for moist stomachs.

The Making of *Mu'affara* which is also Called *Munashshiya* [false chicken]

Take a [dead and] cleaned, cut-up hen and put it in a pot with [some water and] salt, a little onion, pepper and coriander and cook it halfway.

Then take it out and remove the meat of the breast and the thighs and pound it gently, like for meatballs. Add to it lavender, Chinese cinnamon [cassia] and pepper. Beat it with some egg and cover the breast and legs [the bones] with this, and cover with it all the parts of the chicken.

Then fry it in a frying pan with fresh oil until it is browned.

Then return it to the pot and add vinegar, oil, and a very little bit of *murri* [use soy sauce], saffron, pepper and lavender, and sprinkle it with split almonds. [Cook it.]

Then cover the pot with plenty of beaten egg, as much as is proper. Put on it whole egg yolks and take it down to the hearthstone [lower the heat to let the topping cook], leave it there a while, and use it. It is also made in a frying pan, and it comes out supremely excellent.

Recipe for *Murûziyya* [sweet and sour chicken]

It is one of the dishes of Africa and the country of Egypt.

Take a cleaned [dead] hen, cut it up with what is mentioned for *zîrabâja*, [some water, a little salt, pepper, coriander, cinnamon, saffron and sufficient of vinegar and fresh oil.]

And when it is done, add "cow's eyes" [prunes] infused in vinegar and oil, and also jujubes and split almonds, and you might make it thickened with peeled, pounded almonds.

[In al-Andalus it is called "*al-`asami*," the color of dark amber. In Marrakesh it is the dish for *`Id al-kabir*.]

Recipe for *Ja'fariyya* [gold colored dish]

Take a fat, cleaned [dead] hen. Cut it up and put it in a pot with [some water and] salt, an onion, dry coriander, pepper, saffron, vinegar and some *murri naqî'* [use soy sauce] and split peeled almonds. Cook it until it is done.

Then cover it with beaten egg mixed with much saffron, lavender and Chinese cinnamon [cassia]. Then remove the fire from under it and put on the pot lid and build a fire [there] until its upper part browns, and keep the bottom from the heat. [You brown the top.]

It is called *ja'fariyya* because of the quantity of saffron it has. It looks like *ja'fari* gold [the purest grade of gold]. It is also said that a certain *Ja'far* invented it and called it by his name.

Recipe for *Jullâbiyya*, a Dish with Julep [candied chicken]

Take a cleaned [dead] chicken and remove the neck [gut it], leaving it whole and not cutting it up. Cook it in white *tafâyâ* [almond milk] and when it is done, take it out of the pot and leave it aside until it is dry.

Then take three *ratls* [1 *ratl*=468g/1lb] of white sugar and dissolve it in rosewater and cook syrup of julep [*sharâb al-jullâb*] in it, in a kettle, and perfume it with lavender, Chinese

cinnamon [cassia], cloves, and ginger. When it is thick, cut it with some musk and camphor dissolved in good rosewater.

Then put in the chicken already spoken of and cover it so the julep fills it and thickens on it. Then remove the kettle [from the heat] and leave it until the syrup of julep thickens on the sides of the chicken and becomes thoroughly cooked, as if it were a [candied] citron.

When it is completed in this way, put it on a damascene dish and present it with a complete range of garnishes.

The Making of *Rafî'*, a Fine Dish [chicken and meatballs]

Take a very plump [dead and cleaned] hen and put it in a pot with [some water and] pepper, coriander, cinnamon, lavender, vinegar, a little *murri naqî'* [use soy sauce], plenty of oil, and five spoonfuls of rose syrup. Put it on a moderate charcoal fire and cook it until the chicken is done and its broth comes out; then remove it and set it aside.

Then take tender, pounded meat, pounded peeled almonds, ten eggs, cilantro juice, juice of a pounded onion, lavender, ginger, cinnamon, saffron, oil, rose petal jam and split almonds. Mix this all together and make some meatballs with it [retaining some of the meat mixture], add to the pot, and cover the pot with what remains [of the mixture].

Dot this with ten or more whole egg yolks and then put the pot in the oven and leave it until it is cooked. Take it out and let it cool a little and use it. And if you wish you may make it in a *tajine* [on the stovetop].

The Recipe of ibn al-Mahdi's *Maghmûm* [roast chicken]

Take a plump [dead and cleaned] hen, dismember it [quarter it] and put it in a pot. Add coriander of one *dirham* [1 *dirham*=3.9g/3/4tsp] weight, half a *dirham* [1 *dirham*=3.9g/3/4tsp] of pepper and the same of cinnamon, and of ginger, galingale, lavender and cloves a quarter *dirham* each, three *ûqiyas* [1 *ûqiya*=39g/7tsp] of vinegar, two *ûqiyas* of pressed onion juice, an *ûqiya* of cilantro juice, an *ûqiya* of *murri naqî'* [use soy sauce], and four *ûqiyas* of fresh oil.

Mix all this in a pot with some rosewater, cover it with a flatbread [to protect the top from burning] and put a carefully made lid over the mouth of the pot [they use dough to seal the top of the pot]. Place this in the oven of a moderate fire and leave it until it is cooked.

Then take it out and leave it a little. Let it cool and invert it onto a clean dish and present it. It is remarkable.

[Ibrahim ibn al-Mahdi, an Abbasid prince, who was anti-Caliph for some months, and whose hospitality and culinary expertise made him famous. Al-Bagdadi gives his name to this dish and calls it *Ibrahimiya*.]

Abbasid Chicken [stuffed chicken]

Take a clean [dead] hen and stuff it between the skin and the meat and the in interior. Then roast it on a spit until it is browned on all sides.

[From the recipe: Stuffed Hen Without Bones. Then take all the meat from the breast and pound it strongly in a mortar. Then pound it with peeled almond, nuts, and cold breadcrumbs steeped in cilantro juice.

Then take what is inside it [liver and giblets] and boil it with water and salt until it is cooked. Cut it in small pieces on a wooden board, and add this to the pounded meat.

Put all this to fry and add cilantro juice and *murri* [use soy sauce] in the necessary amounts, with whole peppercorns, cinnamon, Chinese cinnamon [cassia], lavender, and galingale.

Cook eggs, shell them, and keep the yolk aside. Cut the white finely and add it to the stuffing.

Break over this eight or ten eggs. Put it on a moderate fire and stir with a spoon until cooked. Then knead the stuffing in such manner that it will not fall apart.]

Then take a pot in which are placed [some water and] three spoonfuls of vinegar, one of *murri naqiʾ* [use soy sauce], two of oil, and pepper, coriander, saffron, cinnamon, thyme, rue, ginger, four cloves of garlic, almonds and walnuts. Put the pot on the fire and when the broth boils, add the chicken so the fat of the broth enters it.

And when it is done cooking, dot it with five eggs and take it out to the hearthstone until it cools [and the eggs cook]. Then empty it out and serve it. This can also be made in a *tajine* with this sauce in the oven, and either way it is notable.

The Preparation of *Jaldiyya* [Leathery fowl, raison sauce, goose, hen, capon]

Make this dish with a goose, hen or capon. Take what you have of it, clean it and put it in a pot. Then take two *ratls* [1 *ratl*=468g/1lb] of raisins and pound them fine and steep them in water until their sweetness comes out. Strain them and put the strained part in the pot. Add three spoonfuls of strong vinegar and two of oil, as well as pepper, coriander and half a chopped onion. Balance it with salt. Cook it [the fowl] until it is done and the sauce thickens.

Then take peeled, pounded almonds, the same of walnuts, and grated breadcrumbs, pepper and six eggs [mix this together] and cover the contents of the pot with them after cooking [when cooked]. And dot it with egg yolks and leave it on the hearthstone until its fat rises [the topping sets, the grease rises].

Recipe for *Thûmiyya*, a Garlicky Dish

Take a plump [dead and cleaned] hen and take out what is inside it, clean that and leave aside. Then take four *ûqiyas* [1 *ûqiya*=39g/7tsp] of peeled garlic and pound them until they are like brains. Then mix it with what came out of the interior of the chicken. Fry it in enough oil to cover, until the smell of garlic comes out.

Add this to the chicken in a clean pot with salt, pepper, cinnamon, lavender, ginger, cloves, saffron, peeled whole almonds, both pounded and whole, and a little *murri naqiʾ* [use soy sauce]. Seal the pot with dough, place it in the oven and leave it until it is done.

Then take it out and open the pot. Pour its contents in a clean dish and an aromatic scent will come forth from it and perfume the area. This chicken was made for the Sayyid Abu al-Hasan [an Almohad prince, nephew of 'Abd al-Mu'min and governor of Marrakesh] and much appreciated.

[Four ounces of garlic [1/3 of a pound, of course, since there were 12 ounces to a pound] works out pretty close to the 40 cloves called for in a famous classical Provencal dish. Leave out the spices and the almonds, and you'd about have *poulet à 40 gousses d'ail*.]

A Chicken called *Ibrâhîmiyya* [sweet and sour saffron chicken]

Take a cleaned [dead] hen and make two pieces from each limb [quarter it]. Place it in a pot with salt, onion, pepper, cilantro, saffron and split almonds. Pour over it two spoonfuls of oil and two more of vinegar and five of sugared rose syrup, put it over a moderate fire and leave it until it is cooked.

Then take four eggs and beat them with some fine flour in rosewater, saffron, lavender and cloves, cut them with some camphor and cover the contents of the pot with it. Leave it on the hearthstone a while [until the topping sets] and use it.

[A recipe from Ibrahim b. al-Mahdi.]

Mahshi, a Stuffed Dish [chicken, pigeon, dove, small birds, lamb]

It is made with a roast hen, or with young pigeons or doves, or small birds, or with the meat of a young lamb. Take what you have of this, clean it, cut it up and put it in a pot with salt, a piece of onion, pepper, coriander, cinnamon, saffron, some *murri naqî'* [use soy sauce] and plenty of oil. Put this on the fire.

When it is done and the broth has formed, take out the meat from the pot and leave it aside. Take as much as necessary of grated white breadcrumbs and stir them in a *tajine* with the remaining chicken fat and sauce. Tint it with plenty of saffron and add lavender, pepper and cinnamon. When the breadcrumbs have mixed in, break over it enough eggs to cover it. Then sprinkle it with peeled, split almonds. Beat all this until it is mixed, then bury the pieces of chicken in this so that the chicken is hidden in the stuffing and add whole egg yolks, and cover this all with plenty of oil.

Then place in the oven and leave it until it is dry, thickened and browned and the top of the *tajine* is firm. Then take it out and leave it until its heat passes and it cools, and use it.

A Chicken Dish [stuffed chicken skin and meat dish]

Slit a chicken's throat, and skin it after inflating, as described earlier.

[From the recipe for Stuffed Chicken without Bones: Slit the throat of a hen, as large and plump as possible, and inflate it well while still warm after tying up the neck. Then pluck it gently so as not to burst it. As soon as you are done plucking it, separate it along the back from neck to tail, and skin it little by little with all possible care until it is all skinned except the tips of the wings, for these are left with their skin.]

Then take its breast and entrails and pound them with a quarter pound of almonds, spice it and put in almonds, pine-nuts, pistachios, not pounded, and two spoonfuls of rosewater, and twenty eggs, two spoonfuls of oil, one of *murri* [use soy sauce] and cilantro juice. Beat all this. [This is the stuffing.]

Fill the skin with the stuffing [retain some] and insert among the filling boiled egg yolks. Sew it up and put it in a pot with seven spoonfuls of oil [to brown it]. Then throw it in the oven, after sealing it with dough [this makes a roasting pan of dough].

When the top [of the chicken dough] is browned, take the rest of the meat and put it in a pot with half a spoonful of vinegar, as much of *murri* naqî ', a third of a spoonful of oil, pepper,

cinnamon, lavender, Chinese cinnamon [cassia], cilantro juice, onion juice, citron [leaves], fennel stalks, and sufficient salt and water. Put it on the fire until it is cooked.

When it is done, cover the contents with an *ûqiya* [1 *ûqiya*=39g/7tsp] of pounded almonds mixed with breadcrumbs, flour and four eggs. Make a covering in it, and dot with two egg yolks.

When this covering has wrinkled [cooked], ladle the dish onto a serving plate and garnish it with cut-up egg yolks, and sprinkle it with spices and rue.

Put the stuffed skin on another dish and garnish it after cutting it in half with [sliced sausages or meatballs] and sprinkle with the spices and sprinkle it with rosewater and present it.

The stuffing can be made in another manner, that is, pound the breast meat and the stuffing and season it as before, and throw on twenty eggs, without their whites. Take a small pot and put cilantro juice in it, boil and remove the foam, and throw the stuffing on it and mix with it. Stuff the skin with this, sew it up, and arrange its cooking. The second dish of meat is as done earlier, to the letter.

The Making of Stuffed Chicken [stuffed, roasted chicken]

Clean a [dead] chicken, take out its entrails, and put them in a pot with two spoonfuls of oil, two of water, and the juice of one onion ground with coriander, green [cilantro], and spices and flavorings, and a little *murri* [use soy sauce]. [Cook them.] Then pound the entrails with almonds, breadcrumbs and flour. Beat in four eggs. [This is the stuffing mixture.]

Stuff the chicken with two hard boiled eggs: insert one in its body interior and the other in its neck. [Then stuff the chicken with the entrails stuffing mixture. Sew the bird up.] Then put [it in] a pot on a moderate fire. [Cook in the oven.]

When it is dried and cooked, put the chicken in a dish. Boil two eggs and cut them over it with rue. Pour out the remains in the pot over it [the grease], sprinkle it with fine spices, and present it, God willing.

Recipe for *Farrûj Mubarrad*, Omelet Chicken [boiled chicken with omelette]

Clean a [dead] chicken and put it in a pot [and retain the entrails]. Throw on top spices, pepper, cinnamon, and all the flavorings, two spoonfuls of oil, water and salt and cook it carefully.

Wash two eggs and put them in the pot [to boil]. When all is done, take the giblets and the liver, shell the eggs and cut everything with a knife on a board into very small pieces. Fry it in a frying pan. Beat two eggs and throw in *murri naqî'* [use soy sauce], and turn it over in the frying pan until it is browned [omelet].

Then put the chicken in a dish, put the omelet on it [cut up] and around it and moisten it with the rest of the grease remaining in the pot.

Cut up a boiled egg with rue and sprinkle it on the surface of the dish and sprinkle fine spices over all this and present it.

A Stuffed Dish of Chicken [Cooked] in the Oven

Clean a [dead and plucked] plump chicken and pound its giblets, its liver, and its heart well. Add to these ten eggs and spice it and adjust the salt. Stuff the chicken with this [minus 1 spoonful] and sew it up. Put it in a pot and throw on top spices, pepper, salt, and three spoonfuls of oil.

Take one spoonful from the stuffing with which you filled the chicken and beat it with three eggs and cover the pot with it. Dot it with egg yolks and send it to the oven until it is browned and the stuffing is wrinkled [cooked].

Take out the chicken onto a dish and put around it the stuffing. Garnish it with egg yolks, cut rue over it, sprinkle it with fine spices and present it, God willing, praise be to Him, there is no Lord but He.

Chicken In the Oven [roast chicken]

Take a cleaned, plump chicken and put it in a pot. Throw in a spoonful of fresh oil and half [a spoonful] of *murri naqî'* [use soy sauce], pepper, a piece of Chinese cinnamon [cassia] [cassis], and egg yolks, whole, as if they had been found in the chicken. Then you put the lid on the pot and place it in the oven. When it is known to be cooked and done, take off the lid and empty it out for serving.

Recipe for an Extraordinary Chicken Dish [honey chicken with almond stuffing, with meatballs and sausages]

Slit the throat of a plump chicken, clean it and take out the entrails.

Separate the guts and pound the liver and giblets, not too hard. Put in a quarter *ratl* [1 *ratl*=468g/1lb] of almonds and pine-nuts, cilantro juice, a little *murri* [use soy sauce], spices, flavorings and pistachio juice and mix with six eggs. [This is the stuffing mixture.] Boil four eggs.

Stuff the chicken with [the stuffing mixture] and insert the boiled eggs in it and sew it up. Put water, and a spoonful of oil into a pot, and place the chicken in and cook it, without overdoing the cooking.

Then put into another pot six spoonfuls of oil, half a spoon of vinegar, half a *ratl* [1 *ratl*=468g/1lb] of water, and a *ratl* [1 *ratl*=468g/1lb] and a half of honey. When it boils, place the chicken in it [to cook in the sauce]. When it is done cooking, cover it with five *ûqiyas* [1 *ûqiya*=39g/7tsp] of starch, the weight of two *dirhams* [1 *dirham*=3.9g/3/4tsp] of *'akar* [lees, vinegar sediment] and rosewater. Stir this carefully until it is thick. Then take it off the fire.

Take the intestines, turn them inside out and clean them. Pound a piece of breast meat and beat it with two eggs. Make an *isfîriyâ* [small meat patty, and cook it]. And pound a piece of lamb and put in all that you would put into a *mirqâs* [sausage, see the Chapter: Meatballs...], as well as a clove of garlic, a little *murri* [use soy sauce] and cilantro, and an egg. Beat this and stuff the gut with it and a stalk of fennel and make of it *mirqâs* [sausages], and cook them.

Then ladle out the almond stuffing and garnish the chicken with the *isfîriyâ* [small meat patty] and the *mirqâs* [sausages], pine-nuts and pistachios, and present it, God willing.

Tharîda of *Khabîs* [wheat starch] with Two Chickens [in honey]

Slit the throat of two chickens and take out the entrails. Pound them [the entrails] and put spices with them and season them with all the flavorings and *murri naqî'* [use soy sauce]. Pound them with bread crumbs, almonds, pine-nuts, and pistachios. Beat all this with fifteen eggs, and boiled egg yolks. [This is the stuffing.]

Stuff a chicken with this filling [retain some of the stuffing] and sew it up and put it in the pot with a *ratl* [1 *ratl*=468g/1lb] and a half of water and half a *ratl* [1 *ratl*=468g/1lb] of oil. Boil it over a moderate fire and when it is almost cooked, throw in two *ratls* [1 *ratl*=468g/1lb] of honey and four dirhams [1 dirham=3.9g/3/4tsp] of saffron. When the chicken is colored [yellow], take it out.

Put *khabis* [wheat starch] on top of the honey mixture, and cook it until it is very thick.

Then take the breast of the second chicken [pound it fine] and make *isfîriyya* [crepes, in this case, actually omelettes] with it, with pepper, cinnamon, and two eggs or however many are needed.

Pound the thigh meat [of the second chicken] and add to it all that is needed for *mirqâs* [sausage], as in a previous recipe.

[Knead it in a bowl, mixing in some oil and some *murri naqî'* [use soy sauce], pepper, coriander seed, lavender, and cinnamon. Then add three quarters as much of fat, which should not be pounded, as it would melt while frying, but chopped up with a knife or beaten on a cutting board. Using the instrument made for stuffing, stuff it in the washed gut, tied with thread to make sausages, small or large.]

Clean guts [use animal intestines as a sack] and fill them with this [mixture], and make *mirqâs* [sausage]. [Fry them.]

Then put the *khabis* [and honey mixture] on a dish and set the chicken in the middle. Garnish it with the *isfîriyya* [crepes omelettes] and *mirqâs* [sausages]. Sprinkle pepper, cinnamon, and sugar over it. Place pine-nuts and pistachios on top and present it.

A Hen Roasted in the Oven [simple, garlic and coriander]

Clean a plump, young, tender [dead] hen, salt it with salt and thyme, peel four or five cloves of garlic and place them between the thighs and in the interior. Pound pepper and coriander, sprinkle them over the hen, rub with *murri* [use soy sauce] and oil and a little water, and send it to the oven, God willing.

Egyptian Chicken

Clean a [dead] chicken, joint it [quarter it] and put it in a pot. Throw in spices, pepper, cinnamon, Chinese cinnamon [cassia], lavender, three spoonfuls of oil and half a spoonful of *murri* [use soy sauce], one of vinegar, some juice of both cilantro and onion, three spoonfuls of water and pine-nuts and almonds. Put it on the fire until it is done. [The chicken cooks in the sauce.]

Then fry it [the chicken pieces] in a frying pan until it is lightly browned.

Place it [the chicken] on a dish and pour on the sauce, and cut egg yolks and rue over it, sprinkle it with spices, and present it, God willing.

A Chicken Known as *Zukaira* [stuffed chicken skin and meat dish]

Slit the throat of a chicken and skin it, as before, gently.

[From the recipe for Stuffed Chicken without Bones: Slit the throat of a hen, as large and plump as possible, and inflate it well while still warm after tying up the neck. Then pluck it gently so as not to burst it. As soon as you are done plucking it, separate it along the back from neck to tail, and skin it little by little with all possible care until it is all skinned except the tips of the wings, for these are left with their skin.]

Pound its breast and entrails with cold breadcrumbs, almonds and walnuts, break fifteen eggs over this and throw on top a spoonful of *murri* [use soy sauce], another of cilantro juice, all the spices and sufficient salt.

Stuff the chicken skin with this [mixture and retain some], and place it [the chicken] in hot water [and cook] until it becomes solid.

Take the rest of the meat [mixture] and put it in a pot with three spoonfuls of oil, five of water, half a spoon of *murri* [use soy sauce], one of vinegar, two of rosewater, and one of cilantro water. Cook this until it is ready, and cover the contents of the pot with four eggs, breadcrumbs and ground almonds. When it has thickened, take it out.

Heat the spit red-hot, and insert the [boiled] chicken onto it to roast over a moderate fire until browned.

Then put it [the chicken] on a dish, empty the almonds [the meat and almond dish] over it, garnish it with egg yolks and toasted pine-nuts, sprinkle it with spices and present it.

Recipe for the Chicken Dish known as *Sabâhi* [of morning]

[Pluck, clean and] Wash a [dead] hen after keeping it overnight in its feathers. Then place it whole in a pot and throw in four spoons of strong vinegar and one of seasoned *murri* [use soy sauce], and if you do not have any seasoned, two spoons and the same amount of water as vinegar, [and add] a spoon of oil and an adequate amount of salt, fennel stalk, citron leaf and whole peppercorns. Put it on the fire until done and leave on the coals. [The water evaporates and makes a sauce.]

Take out the hen and cut the breast through its two sides and break its back. Then fry it in the pan with fresh oil. And fry excessively so that it browns. It is best not to put it in the pan until the oil is good and hot.

When the chicken has browned, return it to the pot [with the sauce] and pour in the rest of the oil [in] which you have fried [it]. Then put it [all] in a dish and sprinkle it with fine spices.

Recipe for *Barmakiyya* [calzone or empanada, chicken, pigeons, small birds, lamb]

It is made with a hen, pigeons, doves, small birds or lamb. Take what you have of them, after cleaning, and cut up and put in a pot with [some water and] salt, an onion, pepper, coriander

and lavender or cinnamon, some *murri naqî'* [use soy sauce], and oil. Put it on a gentle fire until it is nearly done and the sauce is dried. Take it out and fry it in fresh oil without overdoing it, and set it aside.

Then take fine flour and semolina, make a well-made dough with leaven, and if it has some oil it will be more flavorful.

Then roll out from the dough [two flatbreads. Take one] flatbread and put on it the fried and cooked meat of these birds. Cover it with another flatbread and seal the edges together. Put it in the oven.

When the bread [calzone, empanada] is done, take it out. It is very good on journeys. You might make it with fish and that can be used for journeying too.

[The Barmakis [Barmecides] were a family of Persian viziers who served some of the early Umayyad Caliphs, in particular Haroun al-Rashid, and were famed for their generosity.]

A Dish Praised in Springtime for Those with Fullness and Those with Burning Blood [chicken, partridge, quail, veal]

Take a chicken or *taihûj* partridge or quail or black partridge or rump of veal, whichever of these is possible, and joint [quarter it]. Put in a pot and put with it cilantro juice, cover it with concentrated vinegar, and put in sour apples, peeled and seeded, their seeds moderately cut up [the seeds release pectin, a thickening agent], and some Chinese cinnamon [cassia], cloves, ginger, and white pepper. [Cook it.]

Then take as much as you like of egg yolk, and beat enough to coat the cooked chicken, and cover the contents of the pot with it [let the topping set]. Ladle it out. Sprinkle it with some spices and present it, God willing.

Tuffâhiyya, a Dish Made With Apples [lamb, veal, chicken, squab]

Take meat as mentioned in the recipe for *safarjaliyya* and prepare the same way. [Take the flesh of a young fat lamb or calf and cut in small pieces. Put it in a pot with salt, pepper, coriander seed, saffron, oil and a little water. Put it on a low fire until the meat is done.]

Then add tart apples, peeled and cleaned, as many as needed, cut in fourths. Cook this with the meat. And when you take it to the hearthstone [when it is done], put in a little sugar, and cut with musk and camphor dissolved in good rose water.

The acidity is most efficacious in lightening and strengthening the heart and it can be made with the flesh of birds, such as fat hens or young squabs of the domestic dove or stock-dove and then it will be finer and better.

Recipe for a Dish of Goose and Stuffing [stuffed skin, chicken, goose]

Slit the throat of a goose and inflate it. Then pluck it carefully and skin it, as has been explained earlier for chicken.

[Slit the throat of a hen, as large and plump as possible, and inflate it well while still warm after tying up the neck. Then pluck it gently so as not to burst it. As soon as you are done plucking it, separate it along the back from neck to tail, and skin it little by little with all

possible care until it is all skinned except the tips of the wings, for these are left with their skin.]

Take its entrails and intestines, after cleaning them well and pounding them well and add spices and all the fine flavorings, *murri naqî* ' [use soy sauce], cilantro juice, crushed almonds, onion juice, and 25 eggs, whole pine-nuts, enough salt, pounded mint, cut-up fennel, pistachios, and two spoonfuls of oil. Mix all this and stuff the goose's skin with it.

Take the meat of the breast, pound it to make a coating [for the breast bone] and [mix with] the whites of five eggs, pepper, cinnamon, and salt.

Mix all this and cloak the breast bone with it. Then throw it in boiling water until it stiffens [cooks]. Then return it to its place in the skin, in the middle of the stuffing, and sew up all parts in the skin after inserting boiled egg yolks in the middle of the stuffing.

Put it in a large *tajine* or a pot, and put on it half a *ratl* [1 *ratl*=468g/1lb] of oil, a little water and *murri* [use soy sauce], and send it to the oven. Watch its cooking until it is browned.

Then take the rest of the meat of the goose and put it in a pot and top it with spices and all the flavorings, two spoonfuls of vinegar and four of oil, two of cilantro juice, one of *murri* [use soy sauce], branches of rue and onion juice. Cook it until it is done.

When it is cooked, pound lamb meat, spice it and add egg whites. Make suitable meatballs of this. Throw them in the pot.

When all the goose meat is cooked, beat four eggs, grated breadcrumbs, and fine flour. Cover the contents of the pot with this and take it down to the hearthstone [remove it from the heat] until the dough wrinkles well [until it cooks, sets].

Ladle it into a dish and dot it with cut-up egg yolks, and sprinkle it with fine spices. Put the stuffed goose on a second dish and garnish it with toasted almonds and pine-nuts. Cut it in half, sprinkle it with fine spices, sprinkle it with rosewater, and present it.

Thus it is made with chicken except in the part which is made with entrails and intestines. For this, upon cooking it, take the amount of half a *ratl* [1 *ratl*=468g/1lb] of cilantro juice, boil it in a little pot. Clean off its foam, and dissolve in it the yolks of five eggs. Beat it with grated breadcrumbs and a little vinegar and cover the contents of the pot with this. Leave it until it wrinkles, and ladle it out, as before, over the chicken, God willing.

A Jewish Dish of Chicken

Clean the chicken and take out its entrails. Cut off the extremities of its thighs and wings and the neck, and salt the chicken and leave it.

Take these extremities and the neck and the entrails, and put them in a pot with fine spices and all the flavorings and cilantro juice, onion juice, whole pine-nuts, a little vinegar and a little *murri* [use soy sauce], good oil, citron leaves, and stalks of fennel. Put this over a moderate fire. When it is done and the greater part of the sauce has gone, cover the contents of the pot with three eggs, grated breadcrumbs and fine flour. Crush the liver, add it to this crust and cook carefully until the liver and the crust are cooked.

Then take the chicken and roast it carefully, and baste it with two eggs, oil and *murri* [use soy sauce], and do not stop greasing [basting] the chicken inside and out with this until it is browned and roasted.

Then take a second little pot and put in two spoonfuls of oil and half a spoonful of *murri* [use soy sauce], half a spoonful of vinegar and two spoons of aromatic rosewater, onion juice, spices and flavorings. Put this on the fire so that it cooks gently.

And when it has cooked, [cut up the roasted chicken and put it in the sauce] and leave it until it is absorbed. Then ladle it into a dish and pour the rest of the sauce on it, and cut up a boiled egg and sprinkle with spices, and ladle the preceding [pine-nut and entrails dish] into another dish, and garnish it too with egg yolks; sprinkle it with fine spices and present both dishes, God willing.

A Jewish Dish of Chicken [with a stuffing]

Clean the chicken and pound its entrails with almonds, breadcrumbs, a little flour, salt, and cut-up fennel and cilantro. Beat it with six eggs and the amount of a quarter *ratl* [1 *ratl*=468g/1lb] of water. [This is the stuffing.]

Then expose the chicken over the fire a little [this could be to burn off the remains of the feathers]. Then place it in a clean pot with five spoonfuls of fresh oil, and do not stop turning it on the fire in the oil until it is well browned.

Then cover the contents of the pot with stuffing prepared earlier and leave it until it is bound together and cooked.

Ladle it out and put the stuffing around it, garnish with cut rue and fennel, mint, and toasted almonds, and present it, God willing.

Chapter 17: Other Fowl Dishes

Tajine with Cheese [small birds, pigeon]

Take soft cheese, not fresh that day but that has passed three or four days, and shred it in the hand. To two *ratls* [1 *ratl*=468g/1lb] of this add two *ûqiyas* [1 *ûqiya*=39g/7tsp] of white flour. Put it in fresh milk and break in ten eggs and sprinkle with pepper, saffron, cinnamon, lavender, and coriander. Mix all this together in a *tajine* and when it is thick, moisten it with fresh milk and cover it all with plenty of oil.

Bury in it fried small birds or cut-up pigeons [dead and cleaned], egg yolks, and split almonds.

Put in a moderately hot oven and leave until it is dry and thickened and browned on top. Take it out so it can cool, and use it.

This dish may be made green with water of coriander seed and of cilantro and mint water in place of saffron [makes it yellow], and another dish will result.

And he who wishes to make this *tajine* with cheese alone, without fowl or meat, shall do so in the same way, and in each of these ways it is good.

Recipe for *Kâfûriyya*, a dish made with Camphor and Lemons [chicken, pigeon, dove]

Get a young hen or young pigeons or doves. [Kill and] clean as many of these as you have. Split their breasts [slice them so them cook evenly] and put them in a pot with salt, a little onion, pepper, coriander and fresh oil. Cook until it is seasoned and then thicken it [so it is] like dough, with almonds, peeled and ground, dissolved in rosewater.

Then leave it over the hearthstone [a lower heat] and squeeze into it the juice of two or three lemons, depending on the degree of acidity desired, and dissolve with it some camphor dissolved in rosewater. Do not squeeze the lemons at cooking-time, for this will make it bitter, but rather after putting it on the hearthstone. And leave it a while.

Maghmûm, The Veiled [oven roasted] Dish [lemon chicken, pigeon, goose]

Make it with a chicken or meat of a goose or young pigeons. Take what you have of this, cleaned, and place it whole in a pot, as it is, the breast split [slice so the cook evenly], with [water and] salt, oil, a little onion, pepper and coriander. Cook it halfway, take it out.

Put it in another pot and pour into it the clear part of the broth [strain it], *murri naqî'* [use soy sauce], saffron, lavender, some citron leaves and thyme. Put inside the fowl two or three peeled lemons and sprinkle them [the fowl] with peeled, split almonds. Cover the mouth of the pot with dough [seal it with a lid] and place it in the oven.

Leave until it is ready, and serve it. It is very nutritious and proper for moist stomachs.

Stuffed Monkey-Head [layered dish, pigeon]

Take a *ratl* [1 *ratl*=468g/1lb] of wheat flour and knead it until it is a little soft [with some water]. Then mash it with half a *ratl* [1 *ratl*=468g/1lb] of clarified butter, [some] water and ten eggs,

and beat all this together gently until it softens [makes a dough]. [Make two dish-sized, round flatbreads of this dough, *raghîfa*.]

Then take a young pigeon and [kill and] clean it. Take its innards and pound with a little onion, breadcrumbs and peeled almonds. Beat together five eggs, pepper, cinnamon, Chinese cinnamon [cassia], lavender, and some cilantro juice.

Fill the young bird with this. Insert a boiled egg in the stuffing and sew it up. Put it in a pot with water, salt and oil [and cook].

And when it is cooked, take a second pot and put oil and rosewater in it. Make meatballs of mutton or of chicken breast and cook with the necessary salt, water, crushed onion, citron leaves, and fennel stalks. [See the Chapter: Meatballs...] [Boil them in the oil and rosewater.]

When it is done, cover the contents of the pot with six eggs beaten with cold breadcrumbs and wheat flour. Make four stuffed eggs [and put in the topping] and dot yolks over it.

When the cooking is done and the covering is wrinkled [cooked], take a frying pan to a weak fire with some oil. Beat an egg with some pepper and salt, and spread it over the frying pan, which should be low of heat, until it fries and becomes very thin [a thin egg pancake]. Loosen it and put it in the bottom of a dish and make another egg according to the same recipe [and put it in the dish].

Then scoop out the almond stuffing [and the pigeon meat and put some of it on the omelette] and put a *raghîfa* [into the dish] and garnish with the meatballs and stuffed eggs, after cutting the latter in fourths. Put the stuffing between these and cover with another *raghîfa* so that none of the almond [stuffing or meat] shows, and plant [a sprig of] mint in it, and [cover with] toasted almonds and pistachios, and present it, God willing.

The Making of a Dish of Small Birds [simple dish]

Take as many plump small birds as you will. [Kill and] clean them, sprinkle them with ground salt, and fry them in a frying pan with fresh oil until they are browned.

Then put them in a pot with pepper, cumin, vinegar, and some *murri naqî'* [use soy sauce] and cilantro juice [and cook] until they are done.

Then cover them with egg beaten with saffron and cinnamon [and leave to set].

The Making of a Dish of Pigeons, Doves, or White Starlings [fowl in meatloaf, pigeon, dove, starling]

Take what you have of these [pigeons, doves, white starlings] and [kill, clean then] fry them in a frying pan with plenty of oil until they are browned.

Then pound tender meat and peeled almonds very well and put them in a dish. Add coriander, pepper, cinnamon, lavender and sufficient oil and egg. Mix all this until the meat and almonds blend, and moisten it with a spoonful of cilantro juice and a little mint juice.

Put all this in a pot and place the fried pigeons into it. Put the lid on the pot and place it in the oven. When it is thickened and has reached readiness, take it out and present it.

He who wants this dish *mudhakkar* [vinegary] may add vinegar and *murri* [use soy sauce], as may be, and cumin, garlic, and saffron, and another dish will result.

A Dish of Young Pigeons [sweet fowl, pigeon]

Take plump, active pigeons, [kill and] clean them and put them in a pot. Add a little salt, pepper, coriander, and oil. Fry a little and then pour over it water to cover, throw in a quarter *ratl* [1 *ratl*=468g/1lb] of sugar and finish cooking it until it is done.

Then cover the contents of the pot with four eggs beaten with saffron and cinnamon. Dot it with egg yolk and leave it on the hearthstone a while [to set the eggs]

Then empty it into a plate and sprinkle it with sugar, lavender and cinnamon and use it.

Recipe for *Zîrbâja* [sweet and sour soup, chicken, pigeon, dove, lamb]

It is a dish that regulates the humors. Its nutritive power is praised. It is good for the stomach and liver. It combines the advantages of the meat and vinegar stew *sikbâja* and of that of sour milk *salîqa*.

Among its virtues is what was told of it to the sheikhs of Baghdad by he who followed Hanin ibn Ishaq. He said "I was accompanying Hanin one day when he met a man of the people, to whom he said, 'Oh! You came to me and you described the case of a sick woman in your house; then I didn't see you [anymore]. What has been the cause of your delay, since I have not ceased to worry about you?'

He replied, 'I came to you, my lord, and I described to you my mother's sickness. You advised me that she should eat *zîrbâja*. I got it and she was cured of her illness, and I didn't want to return and worry you. May God reward you.'

Hanin said, 'This is a neutral dish [one that does not stimulate any of the four humors in particular] and it is the *sikanjabîn* [name of a sweet-sour drink] of dishes.' Others say, 'It is the apple of the kitchen, there is no harm in it at all.'"

[This recipe appears in all medieval Arabic cookbooks. It is a sweet, nutritious chicken soup.]

Its Recipe

Take a young, cleaned [dead] hen and put it in a pot with [some water and] a little salt, pepper, coriander, cinnamon, saffron and sufficient of vinegar and fresh oil [and cook it on the stove].

And when the meat is cooked, take peeled, crushed almonds and good white sugar, four *ûqiyas* [1 *ûqiya*=39g/7tsp] of each. Dissolve them in rosewater and pour it in the pot and let it boil. Then leave it on the embers [low heat] until the fat rises. [The almonds and sugar thicken the liquid.]

It is the most nutritious of dishes and good for all temperaments. This dish is made with hens or pigeons or doves, or with the meat of a young lamb.

A Preparation of Remarkable Pigeons [*Bûjûn*, stuffing covered pigeons]]

Take plump pigeons fattened indoors. [Kill,] clean and grease with *murri naqî'* [use soy sauce], thyme and plenty of oil. Place them in the oven in a hantam [earthenware pot].

Then cut up the entrails, pound them and put them in a pot. Add walnuts and almonds, both pounded and whole, and a quarter *ûqiya* [1 *ûqiya*=39g/7tsp] of [a mix of] pepper, thyme, cumin, cloves, lavender, saffron, and coriander. Pour two spoonfuls of oil, as much strong vinegar, and one spoonful of *murri naqî'* [use soy sauce] over this all, and put it over a moderate fire.

When this stuffing is cooked, dot it with ten egg yolks [and let the yolks set]. Then pour the stuffing over the pigeons in their *tajine*, when it comes from the oven and is done cooking. Then leave it a little until it is cool, and serve it.

[In Spanish, *buchones*, a type of pigeon or dove well known in the Levant. The word used in the Arabic text is taken from medieval Spanish: *bûjûn*.]

'Ujja [frittata] of Pigeons

Take two [dead and] clean, active [fat] pigeons, and fry them in a pan with fresh oil. Then place them in a pot and add to them some *murri naqî* ' [use soy sauce], vinegar, oil, cilantro, Chinese cinnamon [cassia] and thyme. [Cook it.] When it is cooked, break eight [beaten] eggs with it [let them set] and pour out [serve it up]. It is finished.

Recipe for a Dish of Olives [partridge]

[Kill and] clean a partridge and put it in a pot with salt, coriander, pepper, [pre-soaked] garbanzos, Chinese cinnamon [cassia], and all the spices, two spoonfuls of oil, a little water, citron leaves and fennel stalks [and cook].

Make small meatballs from its breast and cook them in the pot ["pound the breast meat and beat it with egg and a bit of powdered white flour and suitable spices".] When it has boiled some three times, take it out to the hearthstone [remove it from the heat].

Take stalks of Swiss chard, or French spinach and cut them in quarters. Make a bundle of them, tie them with a string, and place them in the pot with ten olives [and let them cook in the still hot pot].

Skin cheese, cut it in small pieces and boil it in oil until it is browned, and throw it in the pot [too].

Take out two or three meatballs and pound them in a mortar, and break three eggs [whites only] over them [separated]. Cook their yolks in the pot, and beat the egg whites with a little white flour [and the three meatballs]. Cover the contents of the pot with this and stir it at the sides until the topping is cooked and the surface of the pot stands out [the grease rises].

Then put it in a dish, garnish it with its meatballs, egg yolks, pieces of cheese and olives, sprinkle it with fine spices, and present it, God willing.

Recipe for a Dish of Partridge

Cut up the [dead] partridges, after skinning and cleaning, into a pot with salt, [some water,] onion juice, pepper, cilantro, vinegar, oil, a little *murri naqî'* [use soy sauce], cumin, and meatballs made from the breast of the partridges ["pound the breast meat and beat it with egg and a bit of powdered white flour and suitable spices"] Put over a moderate fire [and cook].

When it is cooked, cover it with [beaten] egg, [let it set and cook, and then] empty it out.

Know that the breast of the partridge is only good for meatballs, for the meat is dry and not delicious. And if you pound the breast meat and beat it with egg and a bit of powdered white flour and suitable spices and make meatballs or *ahrash* [small meat patties], it will come to be mild and agreeable.

Jewish Partridge [stuffed]

Clean the partridge and season it with salt. Then [for the stuffing] crush its entrails with almonds and pine-nuts and add *murri naqî'* [use soy sauce], oil, a little cilantro juice, pepper, cinnamon, Chinese cinnamon [cassia], lavender, five eggs and sufficient salt.

Boil two eggs, stuff the partridge with the stuffing and insert the boiled eggs [shelled] and put some stuffing between the skin and the meat, and some of it in the interior of the partridge.

Then take a new pot and put in four spoonfuls of oil, half a spoonful of *murri naqî'* [use soy sauce] and two of salt. Put the partridge in it and put it on the fire, after attaching the cover with dough [seal it tightly], and agitate it continuously so it will be thoroughly done. And when the sauce has dried, remove the lid and throw in half a spoonful of vinegar, throw in citron and mint, and break two or three eggs into it. Then put a potsherd or copper pot full of burning coals on it until it is browned, and then turn [the contents] around so that the other side browns, and roast it all. [After the bird has cooked, steamed, brown it.]

Then put it in a dish and put the stuffing around it, and garnish it with the egg yolks with which you dotted the pot, or with roast pistachios, almonds and pine nuts, and sprinkle it with pepper and cinnamon after moistening with sugar, and present it, God willing.

A Jewish Dish of Partridge

Clean it, joint it and put it in the pot with all the spices and flavorings and cilantro juice, onion juice, *murri* [use soy sauce], half a spoonful of vinegar, three of oil, and sufficient water, mint, citron and whole pine-nuts.

When it is cooked and the greater part of the sauce is gone, pound the giblets and the liver well and beat them with three eggs and leaven. Cover the contents of the pot with this and loosen it at the sides until it cooks.

Dot it with egg yolks and then ladle it out and garnish it with egg yolks and mint, toasted pine-nuts and pistachios, sprinkle it with a little rosewater and present it, God willing.

Recipe for a Dish of Partridge with Honey [with egg-white coating]

Let it [the partridge] hang overnight in its feathers after cutting its throat. Clean it in the morning and put it in a pot with half a spoonful of vinegar and three *ûqiyas* [1 *ûqiya*=39g/7tsp] of good honey, peeled almonds and sufficient water [to cover] and salt, three spoonfuls of oil, and half a *dirham* [1 *dirham*=3.9g/3/4tsp] of saffron. Put it on the fire.

When it is all done, take it down [from the fire] and arrange the bird on a large clay dish. Then cover it with cold breadcrumbs mixed with two egg whites without flour. Throw the two yolks in the pot to cook. Then leave the bird until the surface [the egg white coating] is clear and shiny.

Chop up the two egg yolks and garnish the dish with them. Then sprinkle it with fine spices and present it.

Recipe for a Dish of Pullet or Partridge

Clean whichever you have of them [pullet or partridge], after letting it hang [dead] overnight in its feathers. [Remove one breast.] Put it in a pot with [water,] dried, ground coriander, caraway, pounded onion, sufficient salt for the pot and two spoonfuls of fresh oil. [Cook it.]

Take the breast of whichever fowl, before it touches the water, pound it and make well-shaped meatballs, and throw them in the pot.

When it is almost done and it is just ready, take it to the coals [lower the heat]. Take some mint juice and beat it with cold breadcrumbs and some flour with five or six eggs, after taking out some yolks. [Spread this as a crust over the bird, inserting the reserved egg yolks under the crust along the center line. Let it set, and the egg yolks cook, from the reserve heat of the bird.]

When the crust has congealed, make a *tharîda* [a savory bread pudding] out of thin flatbreads of fine flour [usually shredded first] and moisten it with the sauce until it is soaked evenly [then shape it into a firm layer on the serving dish and allow it to set].

Put the bird on top [of the *tharîda*], after first cutting it down the middle so that the eggs are sliced which you inserted in the center of it, the interior of it [under the crust]. Pile it up with the meatballs and garnish the *tharîda* with them and with almonds and pine-nuts, and present it, God willing.

A Recipe for Roast Partridge

Clean it [a dead, cleaned partridge] and place it on a spit.

Pound its entrails and beat them with two eggs, pepper, cinnamon, Chinese cinnamon [cassia], lavender, two spoonfuls of oil and one of *murri* [use soy sauce]. [This is the filling.]

Roast it [the partridge] over a moderate fire. Baste the inside and outside with the filling continuously until it absorbs it and is lightly browned [until it is done].

Put it [the cooked partridge] in a dish and cut rue over it and sprinkle it with pepper and cinnamon and present it, God willing.

Partridge

Cut the [dead and plucked] partridge through all its joints [quarter it], clean it and place in an earthenware pot. Throw in salt, chopped onion, a spoon of *murri* [use soy sauce] and two of oil, chopped cilantro, pepper, some caraway and enough water. Cook it till done.

Then take a handful of coriander seed, ground as fine as kohl [ash], break over it four eggs [mix this] and cover the contents of the pot with it [and let it set] and then throw some whole pine-nuts on it and serve, God willing.

Another Partridge Dish

Cut up the [dead and plucked] partridge, clean it and put it in the pot. Pour in fresh water, fresh oil, vinegar, *murri* [use soy sauce], a spoon of each. Throw in rue, thyme leaves and an onion chopped finely, two heads of garlic pounded with walnuts and a *dirham* [1 *dirham*=3.9g/3/4tsp] and a half of pepper. Cook it until done.

Break eggs [beat them] and cover the contents of the pot with them [and let them set, then serve], God willing.

Another Partridge Dish [roasted, with a sauce]

Put an earthen pan [*qaswila*/cazuela] on the fire and put in it a spoon of *murri* [use soy sauce], another of oil and another of vinegar, spices, a whole onion cut in halves, sprigs of thyme and two eggs in their shells after being washed. Cook it all until done. [This is the sauce.]

Roast a [dead and cleaned] partridge [on a spit], cut it up and put it in the sauce, after dissolving in the sauce the yolks of the two eggs.

Then cut up the whites and sprinkle over the meat in the platter with pepper and cinnamon and serve, God willing.

A Dish of Partridge

Joint the [dead] partridge after cleaning it, and put it in a pot [of water]. Throw in half a spoonful of vinegar, a spoon of oil, an eighth of a *dirham* [1 *dirham*=3.9g/3/4tsp] [each] of saffron, pine-nuts, crushed onion, spices, pepper and a dirham of Chinese cinnamon [cassia].

Cook meatballs made from another partridge in sufficient salt and water. ["pound the breast meat and beat it with egg and a bit of powdered white flour and suitable spices"]

Put the partridge pot on a moderate fire [and cook]. And when it is done, cover the contents of the pot with four eggs [mixed with] a little white flour [and let it set], and take it out to the hearthstone [remove from the heat] so that the dough wrinkles [the topping sets]. Hard-boil two eggs.

Ladle it out, and garnish it with the meatballs and [the two] yolks. Cut up two eggs [the whites] fine and sprinkle them on the surface of the dish. Sprinkle it with fine spices and present it, God willing.

A Jointed Hen, Veiled [oven roasted] and this dish with partridge is also extraordinary [chicken, partridge]

Cut up the [dead and cleaned] chicken and place in a pot, throw in a lot of onions, some five or six, cut in quarters, and all the spices, *murri* [use soy sauce], good oil, stalks of fennel, citron leaves, some rosewater, sprigs of thyme, pine-nuts, skinned garlic and almond. [Cook it.]

Beat eggs either alone or with the seasonings of the pot. Spread it over the chicken and put egg-yolks in. Put a lid on the pot and seal the lid with dough [make a tight seal] and place it in the bread oven until done. Then serve it, God willing.

Another Dish Like That with Saffron [chicken, partridge]

Clean a [dead] pullet [or partridge] and put it in a pot, removing the breasts, and throw in two spoonfuls of strong vinegar, and two of fresh oil and a quarter spoonful of good *murri* [use soy sauce], half a *dirham* [1 *dirham*=3.9g/3/4tsp] of saffron, cleaned almonds and a whole onion, salt as may be needed, and water to cover the meat, with leaves of citron and fennel stalks. Then put it on a moderate charcoal fire until it is nearly cooked.

Then put in meatballs made from the breast meat [See the Chapter: Meatballs...], finish their cooking and take it down to the euphorbia embers [lower the heat]. And you put in its covering layer as before, letter for letter. [Beat eggs either alone or with the seasonings of the pot. Spread it over the chicken and put egg-yolks in. Put a lid on the pot and seal the lid with dough [make a tight seal] and place it in the bread oven until done. Then serve it, God willing.]

Another Like Dish [chicken, partridge]

Clean a chicken or a partridge and put in all that spoken of above, except the saffron is omitted.

[Two spoonfuls of strong vinegar, and two of fresh oil and a quarter spoonful of good *murri* [use soy sauce], half a *dirham* [1 *dirham*=3.9g/3/4tsp], cleaned almonds and a whole onion, salt as may be needed, and water to cover the meat, with leaves of citron and fennel stalks.]

Put garbanzos [soaked overnight] and a head of garlic into the pot. Boil meatballs with the meat [See the Chapter: Meatballs...] and cover the contents of the pot in the previous manner.

[Beat eggs either alone or with the seasonings of the pot. Spread it over the chicken and put egg-yolks in. Put a lid on the pot and seal the lid with dough [make a tight seal] and place it in the bread oven until done. Then serve it, God willing.]

Recipe for a Dish of Chicken or Partridge with Quince or Apple

Leave overnight whichever of the two [birds] you have, its throat slit, in its feathers.

Then clean it [of feathers and guts] and put it into a pot and throw in two spoonfuls of rosewater and half a spoonful of good *murri* [use soy sauce], two spoonfuls of oil, salt, a fennel stalk, a whole onion, and a quarter *dirham* [1 *dirham*=3.9g/3/4tsp] of saffron, and water to cover the meat.

Then take quince or apple, skin the outside and clean the inside and cut it up in appropriate-sized pieces [quartered], and throw them into the pot. Put it on a moderate fire [and cook it].

When it is done, take it away with a lid over it. Cover it with breadcrumbs mixed with a little sifted flour and five eggs, after removing some of the yolks. Cook it in the pot [over the chicken].

When the coating has cooked, sprinkle it with rosewater and leave it until the surface is clear and stands out apart. Ladle it out, sprinkle it with fine spices and present it.

Dish of Chicken or Whatever Meat You Please [sausage of chicken, partridge]

If it is tender, take the flesh of the breast of the hen or partridge or the flesh of the thighs and pound very vigorously, and remove the tendons. And pound with the meat almonds, walnuts and pine nuts until completely mixed. Throw in pepper, caraway, cinnamon, spikenard, in the required quantity, and a little honey and eggs. Beat all together until it becomes one substance.

Then make with this what looks like the dish made of lamb innards [sausage], and put it in a lamb skin [intestine] or sheep skin [intestine]. Put it on a heated skewer and cook slowly over a fire of hot coals until it is browned.

Then remove it and eat it, if you wish with *murri* [use soy sauce] and if you wish with mustard, God willing.

Recipe for Roast Chickens [and other fowl]

Take young, fat [dead] chickens, clean and boil in a pot with water, salt and spices, as is done with *tafâyâ* [stew].

Then take it out of the pot and pour the broth with the fat in a dish and [then] add to it [the chicken] what has been said for the roast over coals [salt, oil, thyme]. Rub this into the boiled hen and then arrange it on a spit and turn it over a moderate fire with a continuous movement and baste it constantly, until it is ready and browned.

Then sprinkle it with what remains of the sauce and use. Its nutrition is nicer than that of livestock meat, and more uniform. In this way one also roasts the other birds.

Tajine of Birds' Giblets [giblet omelet]

Clean the giblets and stew them with oil and water and two cloves of garlic crushed with a little cilantro.

When the giblets are cooked, crush them with a little of the heart of an onion, and season with fine spices and flavorings, a spoonful of *murri* [use soy sauce], a little white flour, and cut-up rue. Break six eggs over it and beat this all with the rest of the sauce from the pot.

Fry it in a frying pan with oil until it takes the consistency of a *tajine*, and present it. Cut rue over it, sprinkle with a little *murri* [use soy sauce] and garnish it with mint.

Mahshi, a Stuffed Dish [chicken, pigeon, dove, small birds, lamb]

It is made with a roast hen, or with young pigeons or doves, or small birds, or with the meat of a young lamb. Take what you have of this, clean it, cut it up and put it in a pot with salt, a piece of onion, pepper, coriander, cinnamon, saffron, some *murri naqî'* [use soy sauce] and plenty of oil. Put this on the fire.

When it is done and the broth has formed, take out the meat from the pot and leave it aside. Take as much as necessary of grated white breadcrumbs and stir them in a *tajine* with the remaining chicken fat and sauce. Tint it with plenty of saffron and add lavender, pepper and cinnamon. When the breadcrumbs have mixed in, break over it enough eggs to cover it. Then sprinkle it with peeled, split almonds. Beat all this until it is mixed, then bury the pieces

of chicken in this so that the chicken is hidden in the stuffing and add whole egg yolks, and cover this all with plenty of oil.

Then place in the oven and leave it until it is dry, thickened and browned and the top of the *tajine* is firm. Then take it out and leave it until its heat passes and it cools, and use it.

Lamtûniyya [spit roasted fowl, with garlic nut sauce]

It is made in the country of Al-Andalus and in the Maghrib. It is made with all kinds of birds, such as chickens, geese and capons, that are fattened, as well as young pigeons and so on.

Take what you have on hand of them, cleaned and with the breast split [so it cooks evenly], and partly cook them as white *tafâyâ* [stew] [par-boil them before roasting in almond milk].

Then take to the oven and raise on the spit and baste with a sauce for roasts [oil and murri (soy sauce)]. Turn the spit over a moderate charcoal fire, little by little, carefully, until it is done and browned. Then set it aside.

There are some who make it fried and cover it after frying in a coating of garlic pounded with almonds and walnuts. [This is how you make the sauce.]

Make well-made thin breads of white flour. [See the Chapter: Breads] When done, break them into crumbs the size of a *dinar* [a coin]. Strain [the bones] from a chicken broth and return [the broth in] the pot to a moderate fire and add a quantity of oil, pepper and cumin. When the pot boils, take it off and put in garlic pounded with walnuts, almonds and grated cheese. Add the crumbs.

Then take the roasted chicken and put it on top of the platter after rubbing and rolling it in the coating. Top it with [chopped boiled] eggs, olives and split almonds. Sprinkle it with grated cheese and cinnamon and cover it with a sheet of *isfîriyya* [crepe] made with egg [a thin omelet].

[The Lamtuna were the main Almoravid tribe. More exactly, they were the dominant tribe of the Sanhaja confederacy, the nomadic Berbers of southern Morocco who were the basis of the Almoravid power, and constituted the aristocracy of the Almoravid state in Al-Andalus.]

A Dish Praised in Springtime for Those with Fullness and Those with Burning Blood [chicken, partridge, quail, veal]

Take a chicken or *taihûj* partridge or quail or black partridge or rump of veal, whichever of these is possible, and joint [quarter it]. Put in a pot and put with it cilantro juice, cover it with concentrated vinegar, and put in sour apples, peeled and seeded, their seeds moderately cut up [the seeds release pectin, a thickening agent], and some Chinese cinnamon [cassia], cloves, ginger, and white pepper. [Cook it.]

Then take as much as you like of egg yolk, and beat enough to coat the cooked chicken, and cover the contents of the pot with it [let the topping set]. Ladle it out. Sprinkle it with some spices and present it, God willing.

Tuffâhiyya, a Dish Made With Apples [lamb, veal, chicken, squab]

Take meat as mentioned in the recipe for *safarjaliyya* and prepare the same way. [Take the flesh of a young fat lamb or calf and cut in small pieces. Put it in a pot with salt, pepper, coriander seed, saffron, oil and a little water. Put it on a low fire until the meat is done.]

Then add tart apples, peeled and cleaned, as many as needed, cut in fourths. Cook this with the meat. And when you take it to the hearthstone [when it is done], put in a little sugar, and cut with musk and camphor dissolved in good rose water.

The acidity is most efficacious in lightening and strengthening the heart and it can be made with the flesh of birds, such as fat hens or young squabs of the domestic dove or stock-dove and then it will be finer and better.

The Preparation of *Jaldiyya* [Leathery fowl, raison sauce, goose, hen, capon]

Make this dish with a goose, hen or capon. Take what you have of it, clean it and put it in a pot. Then take two *ratls* [1 *ratl*=468g/1lb] of raisins and pound them fine and steep them in water until their sweetness comes out. Strain them and put the strained part in the pot. Add three spoonfuls of strong vinegar and two of oil, as well as pepper, coriander and half a chopped onion. Balance it with salt. Cook it [the fowl] until it is done and the sauce thickens.

Then take peeled, pounded almonds, the same of walnuts, and grated breadcrumbs, pepper and six eggs [mix this together] and cover the contents of the pot with them after cooking [when cooked]. And dot it with egg yolks and leave it on the hearthstone until its fat rises [the topping sets, the grease rises].

Recipe for Making *Qaliyya* With a Covering [crane]

Cut up an adult crane [dead and cleaned], [put in a pot] and throw in spices, pepper, cinnamon, onion scraped with salt, citron leaves, stalks of fennel, vinegar according to its strength, and likewise *murri* [use soy sauce] according to the degree of its blackness, enough oil and water, and thyme and sprigs of rue. Cook until done.

Take out the meat and fry it in oil until it is browned, then return it to a pot and cook it until the water disappears.

Then cover the contents of the pot with white flour mixed with grated breadcrumbs and eggs. Dot it with egg yolks [and let it all set].

And when you ladle it out, cut rue over it, boil egg yolks, garnish it, and present it, God willing.

Recipe for a Dish of Goose and Stuffing [stuffed skin, chicken, goose]

Slit the throat of a goose and inflate it. Then pluck it carefully and skin it, as has been explained earlier for chicken.

[Slit the throat of a hen, as large and plump as possible, and inflate it well while still warm after tying up the neck. Then pluck it gently so as not to burst it. As soon as you are done plucking it, separate it along the back from neck to tail, and skin it little by little with all possible care until it is all skinned except the tips of the wings, for these are left with their skin.]

Take its entrails and intestines, after cleaning them well and pounding them well and add spices and all the fine flavorings, *murri naqî '* [use soy sauce], cilantro juice, crushed almonds, onion juice, and 25 eggs, whole pine-nuts, enough salt, pounded mint, cut-up fennel, pistachios, and two spoonfuls of oil. Mix all this and stuff the goose's skin with it.

Take the meat of the breast, pound it to make a coating [for the breast bone] and [mix with] the whites of five eggs, pepper, cinnamon, and salt.

Mix all this and cloak the breast bone with it. Then throw it in boiling water until it stiffens [cooks]. Then return it to its place in the skin, in the middle of the stuffing, and sew up all parts in the skin after inserting boiled egg yolks in the middle of the stuffing.

Put it in a large *tajine* or a pot, and put on it half a *ratl* [1 *ratl*=468g/1lb] of oil, a little water and *murri* [use soy sauce], and send it to the oven. Watch its cooking until it is browned.

Then take the rest of the meat of the goose and put it in a pot and top it with spices and all the flavorings, two spoonfuls of vinegar and four of oil, two of cilantro juice, one of *murri* [use soy sauce], branches of rue and onion juice. Cook it until it is done.

When it is cooked, pound lamb meat, spice it and add egg whites. Make suitable meatballs of this. Throw them in the pot.

When all the goose meat is cooked, beat four eggs, grated breadcrumbs, and fine flour. Cover the contents of the pot with this and take it down to the hearthstone [remove it from the heat] until the dough wrinkles well [until it cooks, sets].

Ladle it into a dish and dot it with cut-up egg yolks, and sprinkle it with fine spices. Put the stuffed goose on a second dish and garnish it with toasted almonds and pine-nuts. Cut it in half, sprinkle it with fine spices, sprinkle it with rosewater, and present it.

Thus it is made with chicken except in the part which is made with entrails and intestines. For this, upon cooking it, take the amount of half a *ratl* [1 *ratl*=468g/1lb] of cilantro juice, boil it in a little pot. Clean off its foam, and dissolve in it the yolks of five eggs. Beat it with grated breadcrumbs and a little vinegar and cover the contents of the pot with this. Leave it until it wrinkles, and ladle it out, as before, over the chicken, God willing.

Stuffed Goose

Clean a [dead, plucked,] tender goose and do not cut it up.

Boil its gizzard and chop as small as possible, with its liver and chicken livers and gizzards also. Mix with pepper, cinnamon, coriander and cilantro, ground thyme, a little vinegar, *murri* [use soy sauce], eggs, salt and chopped onion. Cook some of it and taste it [adjust the seasoning accordingly]. Then stuff the goose with it, sew it up and put it [the goose] in a clean pot.

Add a little water, oil, and *murri* [use soy sauce] and place it in the oven. When the top is browned, turn it over to brown the other side and let it finish cooking.

Then take it out of the pan [and onto a platter] and put around it tender citron leaves and cut them [the goose], pour its grease on top and serve it, God willing.

Goose [mallard duck]

The best of the aquatic birds is that called the *qutr* goose. It is a waterfowl with a large bill, blackish in color, that fattens very quickly and is only good roasted [a mallard duck, most likely].

Recipe for Roasting It

After killing it [the duck], hang the fowl overnight by the feet. On the following morning clean it and leave it aside. Get salt pounded with thyme, pepper, oil and coriander until like thin honey, and with this coat its body, inside and out. Place it in the earthen oven [and cook it]. And when you take it out, improve it with sauce, if desired.

Recipe for Roasting Other Dishes of the Same [Another from Abu Salih al-Rahbani in His Kitchen]

Extract juice of pressed onions and juice of tender garlic and cilantro juice and *murri naqî'* [use soy sauce], one *ûqiya* [1 *ûqiya*=39g/7tsp] of each; half a *ratl* [1 *ratl*=468g/1lb] of strong vinegar and sufficient oil, coriander, Chinese cinnamon [cassia], ginger, thyme and cumin, three *dirham*s [1 *dirham*=3.9g/3/4tsp] of each. Grind all this and dissolve it in the liquids with vinegar.

Then get the aforementioned bird, called the qutr-goose, which is the duck. Scald this fowl [in boiling water] and take out what entrails there are and hang them up. Then perforate its body with the point of a knife and place in each hole peeled garlic and a bit of almond paste, and in some holes a piece of peeled walnut meat, and in other holes a piece of ginger. Then leave it overnight in the aforementioned liquids with vinegar. [Marinate it.]

On the following morning take it out and roast it in the *tannur* [clay oven]. When it is ready, take it out, cut it up, and present it in its juice.

Know that every roast is slow to digest, but it is very nutritious, restores the strength, is not chilling to the chyme, if well-digested; it is one of the simples [a medicinal dish, but not a compound].

Widgeon, Known as the Sparrow Hawk

Cut the [dead and cleaned] widgeon through all its joints into two pieces and put it in a pot.

Take gizzards of chicken and widgeon and clean them and cut them as fine as you can. Throw them in a second pot with a spoon of *murri* [use soy sauce], a head of garlic and two spoons of fresh oil, a stalk of rue, another of thyme, pepper, caraway, coriander both green and dried, a little onion and the whites of four eggs. Beat well and throw a spoon of it in the first pot. Then with the rest make meatballs but reserve some of it for the covering [of the pot]. Cook the meatballs in the first pot [and cook the egg yolks too, then remove them and set them aside for a later garnish] and stir the pot on all sides until the grease is properly cooked.

Then take the whites of four eggs and beat them with the rest of the filling [the bit you reserved], a bit of sifted flour and some pepper and cover the contents of the [first] pot with it. [Let it cook.] You will have cooked the yolks of the eggs before this.

Then arrange it [the cooked widgeon and topping] on the platter, decorate with the meatballs and the yolks, and serve it, God willing.

Jimliyya of Legs and Breast of Squab

Take the legs of squab [dead, plucked, cleaned] and the breast, and place them in a pot and add two spoons of oil, another of best *murri* [use soy sauce] and an adequate amount of vinegar, onion pounded with salt, coriander seed, caraway, pepper, sprigs of thyme and enough water. Cook it until the sauce equals its grease and the meat is cooked.

Dot with four egg yolks and cover the contents of the pot with two beaten eggs [let them set].

Put it in a platter and sprinkle with pepper, decorate with the yolks and serve it.

A Dish of Whole Turtledoves

Open up their bellies, [turtledoves, dead, plucked, and] clean and arrange in a pan. Add salt, half a spoon of vinegar, one of *murri* [use soy sauce] and three of oil, a little chopped cilantro, pepper, coriander seed, caraway and a suitable amount of water. Cook until done.

Then pound a piece of meat [chicken breast] finely with two or three walnuts and cover the contents of the pot with them mixed with egg white [and let it set] and serve it, God willing.

Roast Starling

Wash the [dead and plucked] starlings. Sprinkle with some white flour. Roast over a gentle fire on a spit and baste continually with a sprig of thyme dipped in some oil and good *murri* [use soy sauce]. When you have finished roasting them, throw on it some good *murri* [use soy sauce].

A Pie of Pullets or Starlings

Knead dough on the pattern of the cheese pie dough. If you want it flaky [*muwarraqa*], [good,] and if you want it "abridged" [*mukhtasara*], [good]. Make a loaf as we have described for the cheesecake. [See the Chapter: Breads]

Take chicken or whatever you want [starlings], clean it and cook it in a pot with water and salt, and do not overcook it.

Pound an onion with cilantro and coriander and pepper. Put all this in a ceramic frying pan on the fire with some oil, a spoonful of *murri* [use soy sauce] and stir until it is well done. Take two eggs and crack them into the frying pan on the fire and stir it until the seasoning is cooked.

Then take it from the fire, and when it is cool, take the pullets and cut in half. Put them in the crust already made. Take egg yolks and put them in, cover it with [the seasoning mixture, and then] a top crust made for it. Brush it with egg yolks, and put it in the oven on a pan [to cook], God willing.

A Dish With Sparrows

Take clean walnuts [or almonds], boil in water until overdone and strain the water from them. [Remove the nuts. Retain the liquid in the pot.] Clean sparrows [small birds] and put them in

a pot with the nut water, and throw on them oil, honey, onion juice, pepper and salt. Cook until done. Season with ground ginger and galingale, and cut with musk, and use, God willing.

Recipe for *Barmakiyya* [calzone or empanada, chicken, pigeons, small birds, lamb]

It is made with a hen, pigeons, doves, small birds or lamb. Take what you have of them, after cleaning, and cut up and put in a pot with [some water and] salt, an onion, pepper, coriander and lavender or cinnamon, some *murri naqî'* [use soy sauce], and oil. Put it on a gentle fire until it is nearly done and the sauce is dried. Take it out and fry it in fresh oil without overdoing it, and set it aside.

Then take fine flour and semolina, make a well-made dough with leaven, and if it has some oil it will be more flavorful.

Then roll out from the dough [two flatbreads. Take one] flatbread and put on it the fried and cooked meat of these birds. Cover it with another flatbread and seal the edges together. Put it in the oven.

When the bread [calzone, empanada] is done, take it out. It is very good on journeys. You might make it with fish and that can be used for journeying too.

[The Barmakis [Barmecides] were a family of Persian viziers who served some of the early Umayyad Caliphs, in particular Haroun al-Rashid, and were famed for their generosity.]

Chapter 18: Pastries

Preparation of *Muwarraqa Musammana* [buttery, flaky, puff pastry dough]

Take pure semolina or wheat flour and knead a stiff dough [with water but] without yeast. Moisten it little by little [with water] and don't stop kneading it until it relaxes and is ready and is softened so that you can stretch a piece without tearing it.

While a [frying] pan is heating, take a piece of the dough and roll it out thin on marble or a board. Smear it with melted clarified butter or fresh butter melted over water. Then roll it up like a cloth until it becomes like a reed. Then twist it and beat it down with your palm until it becomes like a round thin bread, and if you want, fold it over again [first putting the butter on again]. Then roll it out and beat it down with your palm a second time until it becomes round and thin. [This process mixes the butter into the dough.]

Then put the dough round in a heated frying pan after you have greased the frying pan with clarified butter, and whenever the clarified butter dries out, moisten [with more butter] little by little. Turn the dough over until it cooks, and then take it away and cook more [rounds of dough] until you finish [cooking] the amount you need.

[This makes puff pastry rounds, like flaky crackers. You can sprinkle them with sesame seeds or poppy seeds or serve them with jam and butter. In Morocco they are called *Meloui*, and when they are folded into squares and cooked in a pan they are called *Msemen*.]

Recipe of Necessity [classic or standard recipe] for Bread and Confection

Take a *ratl* [1 *ratl*=468g/1lb] of wheat flour and knead it with twenty egg yolks, a little water and oil. Then make small, very thin round flatbreads of it, and as soon as they are made, fry them in plenty of oil until they are close to browning. Put them in a dish [to drain on paper, then on a serving dish].

Then boil honey a little and clean it of its foam. Cut almonds and walnuts into the honey. Pour this onto the dish [with the pastries], sprinkle with sugar, set whole pine-nuts about, and present it.

Preparation of *Zulâbiyya* [light, fried pastry, *churro*]

Knead fine flour and add water little by little until the dough is slack. Let it be lighter than the dough for *musahhada* [pancakes, which means it should be like a crepe batter]. Leave it in a pot near the fire until it rises. You will know it is done when you tap on the side of the pot with your finger. If you hear a thick, dense sound, it has risen.

And he who wishes it tinted and colored may add to some of the batter the juice of brazilwood or gum-lac [red], or juice of madder or saffron [yellow], or juice of tender green fennel [green], or juice of fox grape [a wild grape berry, purple].

Then put a frying-pan on the fire with plenty of oil, and when the oil boils, take this runny batter and put it in a vessel with a pierced bottom [a funnel]. Put your finger over the hole; then raise your hand and the vessel over the frying pan and quickly remove your finger. The batter will run out through the hole into the frying-pan while you are turning your hand in

circles, forming rings, lattices and so on, according to the custom of making it. [A *churro* is a stick as long as a hand. Lattices and rings are beautiful, but are more difficult to make.] Be careful that the oil is not too little or too cool, or the batter will stick to the pan, but let it be abundant and boiling.

When it is done, take it out carefully and throw it in skimmed spiced honey [heat the honey and remove the scum to skim it, spice it with cinnamon and rose water, for example]. When the honey has covered it, remove the pastry to a platter to drain [10 seconds or so in the honey is enough to coat the pastry]. And serve up the *zulâbiyya* [*churro*]. [Today, the *churro* is usually served plain, or with sugar, or cinnamon sugar, or dipped in chocolate.]

Recipe for *Mujabbana* [cheese puffs]

Know that *mujabbana* is not prepared with only one cheese, but of two; that is, of cow's and sheep's milk cheese. Because if you make it with only sheep cheese, it falls apart and the cheese leaves it and it runs. And if you make it with cow's cheese, it binds, and lets the water run and becomes one solid mass. The principle in making it is that the two cheeses bind together.

Use one-fourth part cow's milk and three-quarters of sheep's [grated]. Knead all until some binds and becomes equal and holds together and doesn't run in the frying pan, but without hardening or congealing. If you need to soften it, soften it with fresh milk, recently milked from the cow. And let the cheese not be very fresh, but strong without too dry that all the moisture has gone out of it. Thus do the people of our land make it in the west of *al-Andalus*, as in Cordoba and Seville and Jerez, and elsewhere in the land of the *al-Maghrib*.

Manner of Making it

Knead wheat or semolina flour with some yeast into a well-made dough and moisten it with water little by little until it loosens [forms a dough]. If you moisten it with fresh milk instead of water it is better, and easy, inasmuch as you make it with your palm [rather than a kneading tool].

Roll it out [to a low loaf] and let it not have the consistency of *mushahhada* [pancakes] but firmer than that, and lighter than *musammana* [puff pastry] dough. When the leaven begins to enter it [when it rises], put a frying pan on the fire with a lot of oil, so that it drenches what you fry it with [deep fat fry].

Then wet your hand in water and tear off a piece of the dough. Bury inside it the same amount of grated cheese. But first squeeze the cheese with your hand, and the extra liquid leaves and drains from the hand.

Put it [the cheese filled dough ball] in the frying pan while the oil boils. When it has browned, remove it with an iron dipper and put it in a dripper similar to a sieve held above the frying pan, until its oil drips out.

As a sweet

Then put it on a big platter and sprinkle it with a lot of sugar and ground cinnamon. There are those who eat it with honey or rose syrup and it is the best you can eat.

Recipe for Eggs *Mujabbana* [cheese puffs with egg pastry]

Break eggs over the aforementioned dough [Knead wheat or semolina flour with some yeast into a well-made dough and moisten it with water little by little until it loosens [forms a dough].] and knead with them [the eggs] instead of water, until the dough becomes slack and is done, as has been said.

Then knead the previously mentioned cheese [Use one-fourth part cow's milk and three-quarters of sheep's [grated]. Knead all until some binds and becomes equal and holds together and doesn't run in the frying pan, but without hardening or congealing.] and also break over it as many eggs as it will bear. Beat them with some anise and fennel.

Flatten the dough on the platter and then wet your hand in water and take some of the filling and make a *mujabbana* [ball] as was indicated in an earlier recipe [Bury inside it the same amount of grated cheese. But first squeeze the cheese with your hand, and the extra liquid leaves and drains from the hand.] and fry it like the preceding recipe.

[Put a frying pan on the fire with a lot of oil, so that it drenches what you fry it with [deep fat fry]. Put it [the cheese filled dough ball] in the frying pan while the oil boils. When it has browned, remove it with an iron dipper and put it in a dripper similar to a sieve held above the frying pan, until its oil drips out.]

It turns out remarkable and delicious. This is what Ibn Sa'id b. Jami [Almohad Vizier] used to make and his companions and everyone found good. It is an invention of Musa b. al-Hajj Ya'ish, [architect in the times of Abd al-Mu'min and his son Yusuf I.] the *muhtasib* [market inspector] of Marrakesh.

Recipe for the Three-Part *Mujabbana* [cheese puffs]

Take some wheat or semolina dough, some fresh cheese and butter, one part of each.

Grate the cheese and knead everything with fresh milk instead of water, until it is mixed [the cheese, butter, milk and dough], no remnants of cheese remain, and it takes the consistency of *isfunj* dough [a semolina leavened egg bread].

Then make with it a *mujabbana* [cheese ball] and fry it with fresh oil, as in the preceding recipe, and use it as you wish.

Recipe for a Semolina *Mujabbana* [cheese puffs with almonds]

Take semolina dough, pounded peeled almonds, butter, soft cheese and eggs, the amount of each needed to knead it all together. Moisten it with fresh milk until it binds together and make with it a *mujabbana* [cheese puffs, deep fat fry the balls].

Mujabbana [Cheese Pastry] of *Raghîfs* [flat breads]

Knead flour with a little water, then complete the kneading with oil. Then make little *raghîfs* [flatbreads] from pieces of it, rolled out with a cane. Make some fifteen *raghîfs* [flat bread rounds] which are put in the *mujabbana* [cheese pastry] when it is made. Then fold them and seal them and puff them up [sealing air inside].

Then make a second batch [of 15] and leave them open like leaves. When the cheese is put in the dish, put a layer of it and one *raghîf*, and then a layer and a *raghîf*, putting inside it

about three of the raghîfs [3 puffed ones in the cheese, so the pastry is inside the pie as well as between the layers, and top and bottom].

Put two or three beaten eggs over the [last layer of] cheese. Then cover it [a top crust of *raghîf*] and coat it all with egg wash. Send it to the bread oven in a large clay dish in which it is cooked. [Cook it.]

And if you cook fresh and clarified butter and put it over it, and cover it a while until it is absorbed, may it do you much good [you'll like it].

Recipe for Oven Cheese Pastry, Which We Call *Toledan*

Make dough as for *musammana* [buttery puff pastry dough, see Breads or Pastry Section] and make a small flaky round loaf of it.

Then roll it out and put sufficient grated cheese in the middle. Fold over the ends of the loaf and join them over the cheese on all sides [seal it]. Leave a small hole the size of a *dinar* [coin] on top, so the cheese can be seen, and sprinkle it with some anise.

Then place it in the oven on a slab [pan], and leave it until it is cooked. Take it out and use it, as you wish.

[This dish seems best when made as small cheese pastries, rather than one big loaf. There are in effect, cheese danish, and they make something like it in Naples which people eat for breakfast.]

Recipe for *Qaijâta* [layered cheese pastry]

Which is Made in al-Andalus, and it is called "Seven Bellies."

Take moist, fresh cheese and knead it in the hands. Then take a deep, wide-bellied clay *tajine* [*tâjin min hantam*] and in the bottom of it put a thin flatbread, made like *kunafa* [crepe, See the Chapter: Breads]. Put the cheese over this, and then another crepe, and repeat this until there remains a third to a quarter of the pan.

Pour fresh oil over it, place it in the oven, and leave it a little; then take it out, moisten it with a little fresh milk, and return it to the oven, and take it out and moisten with fresh milk and return to the oven thus until the milk and the oil disappear.

Leave it until its surface is browned to the color of musk; then take it out and pour skimmed honey cleaned of its foam, or rose syrup, over it. There are those who sprinkle it with ground sugar and spices, and others who leave it be.

Little Sweet Cheese Breads Recipe [fried cheese rounds with honey and nuts]

Take white flour and five egg yolks and half a *ratl* [1 *ratl*=468g/1lb] of fresh bread, and take some cheese, and mix everything until the cheese is not visible in it [mixed in completely].

Then knead the dough with the whites of the eggs and a little water and make good thin qursas [flat, round cakes] and fry in much oil so that they come out white.

Then boil pounded walnuts in honey, and pour it with pistachios and pine nuts on the cakes and sprinkle with sugar and serve.

Jûdhâba with *Qatâif* [layered custard, sugar/almond pastry]

Take a new *qaswila* [a cazuela or earthenware casserole] and wash it and pour in it fresh oil. Then put a *qatâif* [pancake] or a *ruqâq* [crepe, See the Chapter: Breads], according to the size of the mold [the earthenware casserole] into the dish.

Then put over it four beaten eggs with a handful of ground sugar or honey, then add another *qatîfa* [pancake], or two *ruqâqs* [crepes] and put over them four beaten eggs and a handful of sugar, and do all this the same as you would chicken [meaning you make layers of the bread, eggs and sugar like for a meat casserole].

Then proceed to cover it all up with fresh milk and a little fresh oil.

Arrange it in the *tannur* [clay oven] or in the bread oven and put on it a chicken or a fat rib or whatever fat meat you wish and leave it until it is done [the fat from the meat seeps into the layered food below, when it is done, you remove the meat].

Then arrange it on the dish, sprinkle with sugar and serve, God willing.

And if you want to use sugar or almonds in place of eggs, it is very excellent.

Recipe for Simple *Jûdhâba* [layered custard, almond pastry]

Take equal parts of almonds and sugar. Chop them and add spikenard, cinnamon, cloves, galingale, and some saffron, all ground. [This is the filling for the pastry.]

Then take a new pot and smear the bottom and sides with fresh, melted grease. Then lay in the bottom of the pot some *kunafa* [crepes, See the Chapter: Breads] and make them go up the sides of the pot. Then sprinkle it with a spoon of the filling. Sprinkle it with some rose water in which some camphor has been dissolved. [Put some beaten eggs.] Then put another crepe on top of it and sprinkle it with another spoonful of filling [and some more beaten eggs], then a crepe and a spoonful of filling [and eggs] and so on, until a quarter or less of the pot remains. Break over it each time enough eggs. Then cover with oil until it rises above the top layer. Then cover it with another crepe.

Put it in the oven at moderate heat, leaving it until it is finished.

Turn it over onto a big platter and serve it. When it is on the platter, sprinkle with some rose and julep syrup. In any case, it will be good and delicious.

Tharîda with Flat Breads in a Tajine [custard pie]

Knead two *ratls* [1 *ratl*=468g/1lb] of white flour [with water] and make very thin flatbreads, then cook in the bread oven a little.

Take a *qadah* [~1 lit.] and a half of milk and stir in it eight beaten eggs and some flour, and cook on the fire [makes a thin egg custard].

Take a new *tajine* and a *ratl* [1 *ratl*=468g/1lb] of fresh butter and put some of it [the butter] in the bottom of the *tajine*, and some of the milk [custard], and put on it a flatbread made according to this recipe, until the flatbreads and the butter are used up [this means you continue the layers of butter, bread and custard, reserving some of the custard]. Then put in the top of the *tajine* a thick flatbread to cover everything [to protect the top from burning]. Then send it to the bread oven.

And when it is partly cooked, send for it [retrieve it] and moisten with the rest of the milk [custard], so that it is used up and all of it is absorbed. Then return it to the oven until completely cooked.

Then send for it and put it on a plate, and break the *tajine* carefully so that it comes out whole. [You must remove the bread "lid", and you can then try to invert it, rather than breaking your pot. Be careful. This is a delicate custard pie.] Then split with a knife into two separate pieces, and sprinkle with sugar, and present, God willing.

Stuffed *Muqawwara*, a Stuffed Pastry [a sweetmeat pie]

Sift a *ratl* [1 *ratl*=468g/1lb] and a half of wheat flour well, knead it with the yolks of fifteen eggs and as much fresh milk as they will bear. Put in a little leavening and let the dough be stiff, make a *qursa* [small round] like a *raghîf* [thin bread] of this, and leave it to rise.

Then fill a frying pan with fresh oil and put it on the fire, and when it has heated, put in the *raghîf* [loaf], turn it little by little, and watch that it not break apart. Then turn it over and when it has browned a little, take it out and put it in a dish and hollow it out as a *muqawwara* [this means amphitheatre, which means you should cut out the top of the loaf so that you can later put it back, and remove the bread inside, very carefully].

Take out all the crumbs that are in it and crumble it by hand until they are pounded fine. Then take sufficient peeled walnuts and almonds and sugar, pound them well and put a layer in the loaf, then a layer of crumbs, until it is full; and sprinkle sugar between every two layers and sprinkle during that with rosewater. Then boil fresh clarified butter and good honey, pour it on the loaf and when it makes a boiling sound [the air bubbles out, it is saturated], put the lid [the removed crust] back on top and seal it, and pour the rest of the honey and butter over the top, sprinkle with sugar, and present it.

[The butter in the filling hardens as it cools, and keeps the filling together so it can be sliced like a pie. The French have a peasant-loaf that is made in a similar way in a baguette loaf, and filled with meats and cheese and butter. It is then sliced.]

Recipe for *Qursa* Made with Fat [honey pastry]

Make a semolina dough as for *musammana* [see first recipe in this section] and take a piece of it, and roll it out on a board or a marble slab, layering it with melted fat, and let there be leavening in the dough.

Fold over the ends [and roll it out, repeating the process], as in the previous recipe dealing with *musammana*, and put it on the bottom of a *tajine*. Put on top of it a flaky [*muwarraq*] flatbread, and over this throw a bit of fat so the bread bakes with it and does not dry out. Place it in the oven and leave it until its upper part is browned; then take it out, [remove the top bread,] pierce it, pour skimmed honey on it and present it.

Sanbûsak of the Common People [somosas, savory pastries, empanada]

It is made in three ways.

One in which a thin bread dough is filled with crushed garlic and spices. It is folded into a triangle and fried in oil.

Another is made with dough filled with pounded meat, spices and eggs [mincemeat].

Another is made from dough in the form of objects, fried and presented.

Another is made with dough kneaded with clarified butter or melted fat. With it you make objects, and you don't fry it but leave it raw. And this is good to throw in *isfîdhbâjat* [stews] and stuffed things.

[In Morocco all hot pastries filled with meat and nuts are called *sanbûsak*.]

Recipe for *Abbasid Qatâif* [fried, stuffed crepes]

It is made from the *musahhada* [pancakes, see the Chapter: Breads].

Take peeled almonds, pound them and let them dry until they are like semolina [flour]. Add an equal amount of sugar, [and some] spikenard, cloves, and Chinese cinnamon [cassia].

Then take a *musahhada* [pancake] free of burns, and sprinkle it with lots of the almonds and ground sugar. Sprinkle it with rosewater in which some camphor is dissolved, and fold it until it is a half circle [you can also put one pancake over another, making a circle]. Seal the edges by wetting the dough with rosewater.

Put it in a frying-pan full of fresh oil. Boil it [deep fat fry it], and then take it out and set it so it drains of the oil.

Let it soak in a syrup of roses or julep or skimmed honey.

[This pastry would work best if made from small crepes, rather than pan-sized ones. Although, the pastry is usually folded over many times, forming a small triangle pastry. In Moroccan cooking, a *kataif* is a sweet stuffed pancake.]

The Preparation of *Aqrûn* [fried pastries]

Knead white flour with a little oil and roll it out with a cane, and proceed as gently as possible.

Make a small round and fold it over as for *sanbûsak* [somosas, like ravioli] and let care be taken that it be even [that the edges meet, fill it with air].

Then fry carefully in much oil so that it doesn't open, and when done frying put in a plate, Prepare some of [the dough] in square form, too, [fold and fry it] and continue thus until [the dough is] used up and the plate is full [of the fried pastries].

Beat honey as for white *mu'aqqad* [and put the honey on the pastries] and throw sugar on it and sprinkle it all on the pastries when you are arranging them, and serve, God willing.

Fritters

Take pure semolina, clean it and throw in enough water to saturate it and knead dough. Add oil and knead smoothly until it is light, adding eggs, enough water, and leaven. If you wish to add chopped almonds and pine nuts or pistachios, it will be better. Put the dough in a pot or on a platter until it rises.

Then fill a pan with oil [heat it] and throw in morsels of the dough. When they are cooked, take them out and throw in more until you have cooked all you need, God willing.

The Making of *Dafâir*, Braids [fried pastry log, balls and stuffed]

Take what you will of white flour or of semolina, which is better in these things. Moisten it with hot water after sifting, and knead well, after adding some fine flour, leavening, and salt. Moisten it again and again until it has middling consistency.

Then break into it, for each *ratl* [1 *ratl*=468g/1lb] of semolina, five eggs and a dirham [1 dirham=3.9g/3/4tsp] of saffron, and beat all this very well, and put the dough in a dish, cover it and leave it to rise, and the way to tell when this is done is what was mentioned before [it holds an indentation].

When it has risen, clean a frying pan and fill it with fresh oil, then put it on the fire. When it starts to boil, make braids of the leavened dough like hair-braids, of a hand-span or less in size. Coat them with oil and throw them in the oil and fry them until they brown.

When their cooking is done, arrange them on an earthenware plate and pour over them skimmed honey spiced with pepper, cinnamon, Chinese cinnamon [cassia], and lavender. Sprinkle it with ground sugar and present it, God willing.

This same way you make *isfunj* [balls] except that the dough for the *isfunj* [balls] will be rather light. Leave out the saffron, make it into balls and fry them in that shape, God willing.

And if you wish stuffed *dafâir* [braids] or *isfunj* [balls] stuff them with a filling of almonds and sugar, as indicated for making *qâhiriyât* [marzipan].

The Preparation of *âdhân* [Ears] [nut stuffed fried pastry]

Knead white flour with water and oil without leaven, then roll out little thin rounds, like the rounds of *aqrûn*, and let them be as big as the palm of a hand or bigger.

Fold in two, and match edge with edge, and open the mouth, and fry, after inserting thin sticks into them so that the open end does not seal. [You fry them so they remain open like little containers for the filling.]

And when they are fried, make a filling of pistachios or almonds and sugar and knead with rosewater, and stuff the "ears" with them. Whoever wishes to aromatize the stuffing [with spices] may.

Then set on a plate and sprinkle with rosewater and then moisten with stiffly thickened rosewater syrup. And sprinkle with sugar, galingale, clove and ground cinnamon and serve.

Stuffed *Qanânît*, Fried Cannoli [cannoli shells and marzipan filling]

Pound almond and walnut, pine nuts and pistachio very small. Pound [sugar] fine and mix with the almond, the walnut and the rest. Add to the paste pepper, cinnamon, Chinese cinnamon [cassia] and spikenard. Knead with the necessary amount of skimmed honey [to bind it together] and put in the dough whole pine nuts, cut pistachio and almond. Mix it all and then stuff the *qananit* [the shells] that you have made of clean wheat flour.

Its Preparation [of the shells]. Knead fine white flour with oil and make thin breads with it and fry them in oil. [Or in more detail] Knead the dough well with oil and a little saffron and roll it into thin flatbreads. Stretch them over the tubes [*qananit*] of cane [cannoli tubes], and you cut them [the cane sections] how you want them, little or big. And throw them [into a frying pan

full of [hot] oil], after wrapping them around the reed. [When cooked and cooled] Take them out from around the reed.

Stuff them [the shells] with the [nut and honey] stuffing and put in their ends whole pistachios and pine nuts, one at each end, and lay it aside. He who wants his stuffing with sugar or chopped almond, it will be better, if God wishes.

[The name comes from the plural of *"qanut"* which means canes or cylinders. These cannoli are thinner than many of today's massive cannoli. These are more bite-sized bits, probably no thicker than a finger.]

Recipe Known as the *Tharîda* of the Emir [little nut pies]

Knead white flour well with water, a little oil and leavening, make four thin *raghîfs* [loaves or patties, reserve some of the dough] and fry them in a frying pan with much fresh oil, until they brown a little, and take them out of the oil and pound them well [break them up fine].

From the rest of the dough make little hollow things [bottom crusts] on the pattern of *mujabbana* [cheese pie], and make top crusts for them. Fry them in fresh oil, watch them and take care that they be white and not turn brown, and fry the top crusts also.

Then take peeled pistachios, almonds, and pine-nuts, and sufficient sugar; pound them coarsely, spice them and knead them with sharp rosewater and mix with the ground raghîf and stir until completely mixed.

Fill the hollow shells prepared earlier with this [filling, reserving some], and put on their covers, and proceed confident that they will not be overdone. Arrange them on a dish and put between them the rest of the filling and then sprinkle them with sharp rosewater until the dish is full. Sprinkle with plenty of ground sugar and present it. And if some syrup of thickened, honeyed rosewater syrup is dripped on it, it will be good, God willing.

Recipe for *Shabât* with Fat [fried, flaky breads]

Make a dough of sifted semolina [and water] with a moderate amount of leaven.

Sprinkle it with melted grease [duck fat] freshened with oil. Knead it well until the dough absorbs it and sprinkle it with it again and continue like this until it has absorbed all it can of the grease.

Leave it for a while [to rise].

Then form it into thin flatbreads, or if you want, into *muwarraqa* [puff pastry, meaning roll balls of it out, dot the dough with butter and oil, fold it up, and repeat this several times]. Fry them in the frying pan with melted grease, until they are done. Then take them out and eat them with honey.

[This duck fat, flaky pastry is a Moroccan staple. *Shabât* is Hebrew for Sabbath.]

Recipe for *Mushahhada* [pancakes]

The *mushahhada* [pancake] is the best of the *rafis* [bread] dishes, of all of them, the lightest, the most quickly digested, and the healthiest, because yeast is in it and it is kneaded firmly.

Take good semolina and knead it with yeast.

Moisten it with water little by little until it becomes slack and like thick *hasu* [porridge], in such a manner that you throw it in the frying-pan and it spreads out over the pan [make a batter of it]. Cover it and leave it a while. Then go back and do the same thing again until you are done kneading [at it is a batter, you stir it well]. It rises and you see that bubbles rise.

Then set up a ceramic [*hantam*] frying pan over a hot fire, or an iron frying pan over a moderate fire, and when it has heated, rub it with a cloth soaked in fresh clarified butter or oil [lightly oil the pan].

Take up some of the batter in a cup and pour it in the middle, to the desired size, either great or small, and turn over it a stoneware plate until it is done [set a plate as a lid over the frying pan]. Keep on greasing the pan and pouring batter until it is used up [make all the pancakes].

Then melt fresh butter and clean honey, and pour them over the *mushahhadas* [pancakes] in a serving dish. Leave it a while until they are dry [until it soaks up the butter and honey], sprinkle it with ground sugar, and serve. There are those who add eggs as necessary to the batter.

[In Morocco this is called *Baghrir*. It is cooked only on one side and the top side looks like a honeycomb from the yeasty air bubbles. Immediately after cooking, it is immersed in hot honey with melted, clarified butter, and served warm.]

Simple *Isfîriyâ* [crepes]

Break however many eggs you like into a big plate and add some sourdough.

And add also pepper, coriander, saffron, cumin, and cinnamon.

Beat it all together, then put a frying pan with oil over a moderate fire and make thin cakes out of it, as before.

[Then set up a ceramic [*hantam*] frying pan over a hot fire, or an iron frying pan over a moderate fire, and when it has heated, rub it with a cloth soaked in fresh clarified butter or oil [lightly oil the pan].

Take up some of the batter in a cup and pour it in the middle, to the desired size, either great or small, and turn over it a stoneware plate until it is done [set a plate as a lid over the frying pan]. Keep on greasing the pan and pouring batter until it is used up [make all the pancakes].]

[With the eggs, this is comparable to a crepe and should be turned over to cook the other side. In Morocco it is called *Baghirir* and it should have lots of little holes in the crepe if it is done correctly. It is served with jam and honey.]

The Making of *Khabîs* [starch and very thin starch crepes, *warqas, phillo*]

Take coarse wheat grits and sift away its flour and leave it [the flour] to soak overnight, and in the morning knead it with the foot. Then press the milky liquid out of it, and do this several times. Then leave it until all the milky liquid can be poured off into the bottom of a container, and filter from it all the water. Do that three or four times, until it diminishes and whitens well. [This is the process for making wheat starch. The moisture evaporates and leaves the starch powder.]

When it whitens, add a little water to it [the starch] and beat by hand until it is at the point of clinging to the hand. Then put the pan on the fire to warm, then take if off the fire and spread on it a little "wheat milk" [the mushy dough], enough to spread over the bottom of the pan and pervade it all. Let the fire be abating, and when the leaf thickens, pluck it out and put it on a blanket [a cloth to keep it from getting brittle]; and make another [and so on] until all the "milk" is used up.

[In Morocco, the *warqa* is a phillo-like pastry, paper thin, used for all sorts of pastry dishes. This dough is a soft mash, that is dotted around the special pan until there are no holes in the circle. It is close to the Asian spring roll wrapper, slightly see-through. It is also called *yufka*, *ouarqa*, *warka* or brick pastry. It is best to brush the cooked leaves with oil so they don't stick together.]

Set [the "leaves"] onto a blanket and put in the sun to dry, and take care that the part that was next to the pan be on top, God willing. [Usually the warka are used immediately to wrap both sweet and savory pastries, or as layers for pastries and pies, and sealed with egg yolk. When they dry, they become brittle, but you could soak them to soften them when you wanted to use them.]

And he who wants to color it may throw ground saffron into the "milk" and fry the same way, God willing.

And he who wants to make *khabîs* [starch crepes] from rice should wash it [the rice] several times in hot water and strain the water off and sprinkle it lightly [with fresh water], then cover it until it softens, and when it softens, stir well until it [the rice] dissolves, then strain it into a washtub [*qasriyya*] and put in it what was mentioned in the first [this recipe]. [Let the liquid rise and the starch settle, then pour off the water.]

[**To make a sweet dessert with the bread**:]

And the sugar is thickened with rosewater and egg whites [to put over the fried pastry leaves], and leaves are fried in oil, and you make a sweet of it.

Preparation of *Khubaiz* [starch] that is Made in Niebla [and starch crepes]

Take good wheat, put it in a washtub, and cover it with good, fresh water. Change the water after two or three days so that the wheat softens and makes *talbina* [releases its starch into the water], as is done for starch.

Then remove the water by pressing [the wheat bran] with the feet in the bottom of a rush basket or sack, or by hand if there is only a little of it. And beat it [the water] all over so that it whitens until it forms crumbs the size of grains of wheat, or a little larger. Sieve into a bowl what [liquid] comes out of the pith. Then pour a little fresh water over the pith to wash it. Squeeze it until none of the water remains.

Put all this [liquid] in a bowl and leave it in the sun until it binds together. Strain from it the flour water that is left over, time and again, until it thickens. Then pour it in a cloth and hang it so that it drips until it dries, and expose it to the sun if you want to make starch. Leave it on the cloth in the sun until it dries. This is the recipe for starch. Do not let it get near dew or it will spoil.

When the *khubaiz* [starch] has been made, take some of it before it dries -- it will be like yogurt -- and beat it until it is smooth. If you wish, dissolve dry starch in fresh water so that it comes out according to this description. [You make a thin batter.]

Then put a frying-pan over a moderate fire, and when it has heated, smear it with a cloth soaked in oil [lightly brush with oil]. Then take some of the dissolved starch [batter] with a spoon and pour it in the frying-pan. With your hand, move it around the pan so that it [the batter] stretches out thin. When it has bound together and whitened, take it to a board or a cloth [set it aside] and grease the frying pan with oil [again, for the next one]. Pour in another large spoonful until you have a sufficient quantity. [You are making starch crepes or thin pancakes, or wrappers.]

[Instructions from another recipe for aromatic roast chicken: Then take thin bread [crepes] made in an Indian pan, in whole pieces, not torn. Its preparation consists in kneading wheat dough well according to the recipe of *mushahhada* [pancakes, see the Bread section for the full recipe], so that it is *ghurâb* [runny], and doesn't form into a ball. Dilute it with water little by little until it becomes as thin as *hasu* [mush]. Heat the Indian pan on a moderate charcoal fire, and when it has heated, take the dough with a ladle [*muballila*] and pour [batter] on it until it spreads out. Return the ladle to the bowl. The dough has attached to the pan as a fine tissue. That is a *ruqâq*, and it is [also] *kunafa* [both crepes] Shake out onto a cloth, and it will come out round, in the shape of the pan. Then [continue] pouring out the dough, as was done the first time, until you make the necessary amount of crepes.]

[This wrapper is slightly thicker than the *warqa* wrapper and in Morocco is usually called *Tride*, which can also be made from a soft dough that is divided into little balls, which are rolled by hand very thin and cooked like crepes.]

[**A honey cheese crepes recipe for these crepes:**]

Have prepared filtered skimmed honey, thickened in a pot on a weak fire. Leave it on the hearthstone so that it remains fluid.

Then put a frying pan full of fresh oil over a moderate fire. When the oil is boiling, put in fresh cheese while the oil boils. Remove it right away in a sieve so it does not burn and drain off the oil from the cheese.

Every time you take a *khubaiz* from the frying-pan [for each crepe], drain it of its oil and throw it into the melted honey [then remove it], and spoon the [cooked] cheese onto it, bit by bit, and stir it with [the back of] a spoon until they are mixed one with the other [spread the softened cheese over the crepe slowly until it cools and become firm], it hardens and forms one mass.

[I've altered the original translation slightly so that this recipe makes some sense.]

Counterfeit *Isfîriyâ* [crepe] of Garbanzos [chickpea flour]

Pound some garbanzos, take out the skins and grind them into flour [chickpea flour].

And take some of the flour and put into a bowl with a bit of sourdough and some egg, and beat with spices until it's all mixed.

Fry it as before in thin cakes [crepes], and make a sauce for them [honey, cheese...].

Chapter 19: Cookies, Biscuits

The Making of *Hadîdât* [Pieces of Iron] [*polvorone*, a Spanish cookie]

Choose good wheat and toast it until moderately browned, then grind like white flour and sift. Then skim honey [heat it over a fire and remove the scum that rises] and thicken it strongly [reduce it down], so that it's thickening almost solid and be on guard against burning.

Add fresh oil to it and let it cool a little, then throw the toasted flour on it and stir until it cools well. Then put a hand into it and knead again until it emits the oil, and let its consistency be somewhat stiff. [This is actually the instruction for forming the cookie. You grab a piece of the dough and squeeze and knead it in your hand until it stiffens. The cookie is just a soft mash of powdery ingredients, giving it the Spanish name of *polvorones* from *polvo* meaning sprinkle. The name 'pieces of iron' must be a joke.]

[Before shaping it into cookies] Mix in it as much pepper alone as it will bear; whoever wishes to aromatize it also with sweet-smelling spices may, and he will be like most ordinary men. [Spanish *polverones* are usually flavored with cinnamon or anise, or chocolate which came from the new world. They are baked, and today are made with pork lard, not oil.] And put it up in a clean place, and use, God willing.

[This is the basis of holiday cookies that are served around the world, including the later incarnation of the baked sugar cookie. The Spanish cookie *mantecado* is the same as a *polvorone*. In fact, today, *polvorones* are considered just a type of *mantecado* that is of a slightly different shape, and covered with powdered sugar.]

The Making of *Fâlûdhaj* [*al-faludhajiyya*] [saffron *polvorones*]

Heat 1 portion of honey on a temperate fire until it is melted and dissolved. Then strain it with a woolen cloth [to remove the scum], return it to the fire, and put with it 1 portion of oil.

And if the honey is from the comb, bind with a *ratl* [1 *ratl*=468g/1lb] of starch, and if not from the comb, use a *ratl* [1 *ratl*=468g/1lb] and a quarter. Stir this until it is thickened with six dirhams [1 dirham=3.9g/3/4tsp] of ground saffron.

When it is thickened, throw in half a *ratl* [1 *ratl*=468g/1lb] of [ground] almonds and take it out onto a marble [slab] until it is lukewarm. Then knead it by hand until the oil starts to come out, and shape it with the hands into thin loaves [cookie logs] and serve it, God willing.

Recipe for *Ka'k* [Biscuits, cookies]

Take a *mudd* [4 liters] by Abu Hafs's measure, of fine white wheat flour or of good semolina, and mix it with half a *ratl [1 ratl=468g/1lb]* of oil. It travels well, and does not crumble, and he who wishes may eat it immediately.

Or put a *ratl [1 ratl=468g/1lb]* of oil or more for the mentioned *mudd*, and in that manner the baked taste is like that of walnut marzipan [*jauzinaq*, walnut *turron*, almond marzipan is *lauzinaq*] and so forth.

[There must be something missing from this recipe, as flour and oil is very crumbly, and would not travel well. If you add water, like in the next recipe, and knead the dough until it is firm,

like a firm pie crust, then it would be a bit stronger, but not by much. The only flavor is coming from the oil, so perhaps a walnut oil or sesame oil would be best.]

The Preparation of *Ka'k* [marzipan filled cookies]

Moisten fine white flour or semolina, according to the aforementioned rule [4 litres of flour to half a pound of oil], with oil or clarified butter, and it is more delicious and keeps better with oil, because clarified butter, when kept long, smells and becomes bitter [becomes rancid].

Pour in hot water little by little, and knead it until it is dry, and continue kneading it until it is supple and ripe, so that when a piece of it is taken and stretched [rolled] out, the stretching does not break it; and he who wishes may put in a bit of yeast, or leave it out. [At this point, the dough is like a pastry dough, or with the yeast it is more like an oily pizza dough.]

Then take of peeled almonds and sugar, in equal parts, and the sugar could be more than the almonds. Pound this until it is like a dough [marzipan], and put it in a bowl. Add spikenard and cloves in the necessary amounts, and a little mastic, and some camphor dissolved in rosewater. Knead the filling until it is mixed.

Then grease a stone work surface [marble] with oil, and make cookies on it with the dough, and bury the filling inside it, in equal amounts [fill balls of dough with the filling]. Make various shapes from the dough, like what is called *khushkalân* in Bougie. The *khushkalân* is another kind of cookie, which will be mentioned after this. Make filled rounds, small and large, and forms of birds, gazelles and the like. [*Khushkalân* is called *"khushkanân"* in the Syrian and Iraqi cookbooks, a form closer to the original Farsi *"khoshknân,"* literally "dry bread.]

Then clear a place in the oven, far from the fire, and place the *ka'k [biscuits, cookies]* in it on a clean slab, and leave it until they are cooked and ready. Take them out.

The Making of *Qâhiriyât* [marzipan filled ring cookies]

Take sugar and pound sweet almonds well; take equal parts of each in a mortar and mix them and knead them with fragrant rosewater, and perfume them with fine spices, like cinnamon, Chinese cinnamon [cassia], lavender, pepper, galingale, and nutmeg. Add these in proportion to what the sugar and almonds can bear. Beat all this well and then kneading will make it stronger. Then make small rings of this the size of cookies.

Then take a *ratl* [1 *ratl*=468g/1lb] or half a *ratl* of fine flour or as much as the sugar and crushed almonds can bear [this is to make a coating for the cookies], knead it with starch and salt and leave it until it rises.

Then take some [of the] starch [dough] and put into that starch water [to make a thin batter]. Then take a frying pan and clean it well and put in some fresh oil, and if it is oil of sweet almonds, it is better. Put this on the fire and when the oil boils, take the rings made before, one after another, and dip them in that batter and throw them in the boiling oil, so that they cook before they are taken out, and they have begun to brown a very little. [Drain them on paper.]

Arrange and order them on a dish in an attractive manner. Then pour over them skimmed honey from the comb, or well-thickened julep syrup [rose-flavored sugar syrup], and sprinkle with ground sugar and present it, God willing.

Preparation of *Khushkalân* [marzipan cookies from Bougie]

Take coarse semolina and knead it with plenty of clarified butter and fresh oil. Add in a little water, and do not handle it too much, lest the dough be dry [a melt-in-your-mouth cookie].

Then make rounds filled with the filling described for *ka'k [biscuits, cookies]*, and diverse shapes. [Then take of peeled almonds and sugar, in equal parts, and the sugar could be more than the almonds. Pound this until it is like a dough [marzipan], and put it in a bowl. Add spikenard and cloves in the necessary amounts, and a little mastic, and some camphor dissolved in rosewater. Knead the filling until it is mixed.] Use a knife [or cookie cutters], and shape the cookies into rings and semicircles, small balls and small and large rounds. This is the true *khushkalan*.

Then fry them in fresh oil, take them out, [drain them] and sprinkle them with spikenard and ground sugar.

Preparation of *Jauzînaq* [marzipan cookies]

Take some of this dough described for *ka'k [biscuits, cookies]* and of the mentioned filling. [Moisten fine white flour or semolina, according to the aforementioned rule [4 litres of flour to half a pound of oil], with oil or clarified butter, and it is more delicious and keeps better with oil, because clarified butter, when kept long, smells and becomes bitter [rancid].

Pour in hot water little by little, and knead it until it is dry, and continue kneading it until it is supple and ripe, so that when a piece of it is taken and stretched [rolled] out, the stretching does not break it; and he who wishes may put in a bit of yeast, or leave it out. [At this point, the dough is like a pastry dough, or with the yeast it is more like an oily pizza dough.]

[Then take of peeled almonds and sugar, in equal parts, and the sugar could be more than the almonds. Pound this until it is like a dough [marzipan], and put it in a bowl. Add spikenard and cloves in the necessary amounts, and a little mastic, and some camphor dissolved in rosewater. Knead the filling until it is mixed.]

Shape the filling like hazelnuts, little walnuts, little rounds, a necklace, roses, flowers, rings, and so on. This is what is called "the Qadi's ears." All being thus filled, cover the figures with dough and prick it finely.

Then fry them in a clean frying-pan with fresh oil, and take them out immediately. Place them in a strainer to drain the oil. Then dip them in skimmed honey [heated and the scum removed], or in julep syrup or mastic syrup, then remove.

Ka'k of Sugar Also [marzipan cookies]

Take two parts sugar and another two of peeled almonds. Pound [the almonds] very well and smoothly and sieve the sugar over them. Add enough water to knead it and of fragrant spices whatever you may want, such as clove, musk or nutmeg.

Make *ka'ks [biscuits, cookies]* with this paste. Dilute starch in water in a thin solution, without salt, and leave it to leaven until it rises [or sours]. [The starch in water will take a very long time to leaven.] Then pour in honey and beat it smoothly.

Then dip the *ka'ks [biscuits, cookies]* in it, one after the other. You will have prepared hot oil or almond oil in the frying pan. Turn them into it to fry lightly and take them out hot.

You will put it in syrup of julep or of honey [dip them in the syrup to coat them]. Then you roll them, after removing [them from the syrup], in minced sugar, if God wishes.

Preparation of Cairo *Qâhiriyya* [marzipan cookies]

Take a *ratl [1 ratl=468g/1lb]* and a half of white sugar, dissolve it in a little water, put it over a gentle fire, skim off the scum. Then throw in peeled, pounded almonds in the amount of two *ratls [1 ratl=468g/1lb]*, and stir all this until it forms a single body and its is softened. Then take it out and leave it a while. Then add spikenard, cloves pounded in rosewater, and a little camphor. Knead all this until it dries [marzipan].

Give it the shape of large or small *ka'ks [biscuits, cookies]*, and leave them until they dry a little. Then place in starch that has been dissolved in a dish [with water] and a bit thickened, and leave it [the coated cookie] until it dries. [Make sure the figures are well covered.]

Then cook them in a frying-pan with fresh [hot] oil and fry them, leave them a little [too cook] and take them out so they will not dry out or spoil.

Then place them in a syrup of roses, or julep, or clarified honey. [Dip the cookies 10 seconds or so in the syrup just to coat them in sugar.]

Oven *Qâhiriyya* [marzipan cookies]

Take the filling described for making *ka'ks [biscuits, cookies].* [Take of peeled almonds and sugar, in equal parts, and the sugar could be more than the almonds. Pound this until it is like a dough [marzipan], and put it in a bowl. Add spikenard and cloves in the necessary amounts, and a little mastic, and some camphor dissolved in rosewater. Knead the filling until it is mixed.] Stiffen the filling with fine flour or starch. Knead it with spices and a little camphor dissolved in rosewater, and make as many *ka'ks [biscuits, cookies]* as desired from it.

Line them up on a slab [a tray] and place it into the oven, and leave them a little until they cook, and take them out. This is the tastiest there is among these sorts of dishes.

Sun-Dried *Qâhiriyya* [marzipan cookies]

Take one part of finely pounded almonds and one of white sugar. Pound all this in a stone or wooden mortar until they are mixed, and add cloves, ground spikenard dissolved in rosewater, and some camphor, according to the usual quantities for *ka'k [biscuits, cookies]* and as may be desired[marzipan].

[Make figures/cookies with the marzipan.] Then immerse them in starch dissolved [in water] so that it is runny. Then put them on a board or large tray and leave them in the sun until the starch dries up.

Ka'k Stuffed with [almonds and] Sugar [filled cookies]

Knead the amount that you want of fine flour and knead a long time [adding water and leaven]. Leave it until it rises.

And then pound almonds very fine until they are like brains. Grind with an equal amount of white sugar and knead the two parts together with some rosewater and perfume it with fine spices [cinnamon, clove...].

Roll the dough out thin and put on the filling and cover with dough [roll out a walnut sized piece of the dough into a circle, place some stuffing in the middle, and close the dough around it forming a ball]. Make it round and make *ka'ks [biscuits, cookies]* with it. [Do this with all the dough.]

Send it to the oven or, if you want, fry it in the frying pan with oil. Scatter sugar on top. He who wants it simple, let him omit the spices.

Recipe for *Mishâsh* [flaky pastry cookies]

Soak semolina or fine flour with fat or oil, knead it exceedingly well with some leavening and add water little by little. The dough should be dry. Knead exceedingly until it is slack, and stretch [roll out] a piece of it over a *salâya* [stone work surface, marble] greased with oil. [Separate into three pieces.]

With your hand spread on it fresh fat from a sheep or a goat, cleaned of its membranes and dissolved in some oil until it becomes like brains or butter. Spread it thin until it covers the surface of the rolled-out piece [of dough]. Then cover with another [sheet of dough], roll it out, smear it with fat like the first one, and spread the fat out. [Cover this with one more sheet of dough.]

Then cut it into triangles or circles and squares. Put a frying-pan over a moderate fire with enough oil to fry in. Fry [the pastries in hot oil] until done. Drain them of oil [on paper] and then dip them in rose syrup or clean honey [heated and scum removed]. [Soak them in a casserole dish until the sugars are absorbed. These are like the butterfly pastries of flaky pastry dough soaked in syrup. You can also just dip them in the syrup for a thin sugar coating.]

Another *Mishâsh* [flaky pastry cookies with walnuts]

Take clean semolina, or fine flour, which is better, and mix it with plenty of fat, in the amount of one *ratl [1 ratl=468g/1lb]* to each small mudd [~1 lit.]. Knead it like *ka'k [biscuits, cookies]* dough and roll out and cut small cookies of it [not too thin, so you get the flaky layers]. [Fry in hot oil.] Don't overdo the frying. [It should be a bit soft, and it can burn easily.]

Place it [the cooked and drained cookies] in hot, clean honey [heated and cleaned of its scum], in which shelled walnuts and sugar, both pounded coarsely, have been put, and leave it there until the honey enters with the sugar and the nuts in their foliation. [A casserole pan is best, like used for *baklava*, which this closely resembles.]

Remove from the pan when the honey is all absorbed. The walnuts and coarse sugar will remain [attached to the pastry]. It is a type of *mishâsh* and there should be no spices in it.

Another Variety of *Mishâsh* [flaky pastry filled with almonds]

Make a filling of almonds and coarse sugar, without putting in any spices or roots but only rosewater and camphor so that it remains white. [Knead it into a paste.]

Then make little rounds of the described dough. [Take clean semolina, or fine flour, which is better, and mix it with plenty of fat, in the amount of one *ratl [1 ratl=468g/1lb]* to each small mudd [~1 lit.]. Knead it like *ka'k [biscuits, cookies]* dough and roll out.] Put on this [a spoonful of the] filling [and then] another little round [of dough]. Fold over the edges and pinch with a *ka'k [biscuits, cookies]* press so that it sticks. [The press is used in Italy to make ravioli, which these pastries resemble. The press makes a ridged edge.]

Then fry it gently in oil, [drain in on paper] and place it in rose syrup. [Leave it until it absorbs all the rose syrup in the dish, or gently dip it for 10 seconds in the syrup just to coat it, as it is done today in Morocco.]

Chapter 20: Cakes and Sweet Breads

Preparation of *Qursas* [almond and pistachio layered cake, like baklava]

Take very white flour and knead it with milk, salt and yeast. And when you have kneaded it considerably, leave it until it rises.

Then take one egg or several, according to the quantity of the dough. Break them in a bowl and beat them. Moisten the dough with them little by little and knead it until it slackens.

Take a new pan and grease it with clarified butter or fresh oil. Take a handful of the dough and spread it in the pan [roll out a round]. Put over it a layer of almonds and pistachios, or whichever one you have. When the almonds cover the dough, put another dough on the almonds, and so on, layer on layer. In this way you fill the pan up to two fingers [thick].

Put the pan in the bread oven and [cook it]. When it is done, [remove it]. Prick it with a knife as it is [still in the pan]. Heat honey and clarified butter and pour over. [Let it soak in.] When it has soaked them up, turn it onto a platter and sprinkle over it Chinese cinnamon [cassia] and cinnamon and serve it, if God wishes.

[This dish must come from a Syrian or Iraqi book, because it's about the only place in the book where he calls white flour *"huwwari"* rather than *"darmak."* It's also one of the few recipes where the verbs are in the active imperative mood, as is usual in English cookbooks, rather than in the passive indicative.]

Elegant *Qursa* [filled panettone]

Take semolina and fine flour, in the same manner as *ka'k [biscuits, cookies]* [4 liters of flour to a half pound of oil], with clarified butter or with oil, and let its weight be about a *ratl* [1 ratl=468g/1lb]. Take ten eggs and beat them in a bowl and add them to the dough little by little. Knead it with them until it becomes like tar [thick but runny]. [Add leavening.]

Lay hold of an earthenware stew-pan [cazuela, *qaswila*] the same size above as below [this means it is a tall pan so the shape of the cake will be like today's tall panettone]. Let clarified butter and fresh oil run over it [grease the pan] and empty the dough into it. Leave it until it rises and put it in the oven.

When it is done, cause there to be in its highest part tubes like embattlements [stick toothpicks along the edge of the cake]. Cut to just below those tubes with a little of its body [the top layer of the cake] and let it be like a pot lid. [These instructions suggest the sticks help remove a top piece of the cake to allow a filling to be inserted.]

Then make a large cut in the cake with a knife [hallow out a hole in the cake interior]. Heat honey with butter and scatter in it spikenard, cinnamon, Chinese cinnamon [cassia], chopped almonds, walnuts and pine nuts and pistachios, or one of the two, however much you want of them for the filling. Let the cake absorb that [let the filling firm up], then put the lid back on [and remove the toothpicks] and serve it, if God wishes.

The Making of *Râs Maimûn*, Monkey's Head [butter-cream filled head-shaped cake]

It is made with semolina, the same as before to the letter [4 liters of flour to a half pound of oil]. Add some clarified butter, and to every *ratl* [1 *ratl*=468g/1lb] put in four or five eggs as we have said, and go on beating it continuously with water and butter until all the lumps are gone.

Take a new, glazed pot with a belly and a neck [like a vase], and grease it with oil and butter until it is soaked [inside the pot]. Then place the dough in the pot, only to the neck, and take a segment of cane, pierced at both ends, and place it in the middle of the pot, having greased it with clarified butter. [The cane ensures room inside the head for a filling, like a Bundt pan.]

Then leave the dough to rise, and the sign that it is done is making an indentation in it, as we have said. And when it rises, send it to the oven, put it far from the fire, and leave it until it is cooked and browned.

When it comes from the oven, shake the pot well and carefully to separate the head from it [from the sides of the vase]. Then break it little by little [break the vase] so that the shape comes out in its proper form, and if it resists, pour in some honey and clarified butter, and continue being careful with it until it comes out whole, for the intent in this case is that it come out in the form of a head.

Then have care also in removing the cane, and fill the hole with honey and clarified and fresh butter [stuff it with the butter-cream], and put it, just as it is, on a dish and stick peeled pine-nuts and pistachios in it [presumably to make the illusion of the head more apparent with eyes and nose]. Then pour melted clarified butter over it, sprinkle it with ground sugar and present it, God willing.

The Making of *Khabîs* [starch and very thin starch crepes, *warqas*]

Take coarse wheat grits and sift away its flour and leave it [the flour] to soak overnight, and in the morning knead it with the foot. Then press the milky liquid out of it, and do this several times. Then leave it until all the milky liquid can be poured off into the bottom of a container, and filter from it all the water. Do that three or four times, until it diminishes and whitens well. [This is the process for making wheat starch. The moisture evaporates and leaves the starch powder.]

When it whitens, add a little water to it [the starch] and beat by hand until it is at the point of clinging to the hand. Then put the pan on the fire to warm, then take if off the fire and spread on it a little "wheat milk" [the mushy dough], enough to spread over the bottom of the pan and pervade it all. Let the fire be abating, and when the leaf thickens, pluck it out and put it on a blanket [a cloth to keep it from getting brittle]; and make another [and so on] until all the "milk" is used up.

[In Morocco, the *warqa* is a phillo-like pastry, paper thin, used for all sorts of pastry dishes. This dough is a soft mash, that is dotted around the special pan until there are no holes in the circle. It is close to the Asian spring roll wrapper, slightly see-through. It is also called *yufka*, *ouarqa*, *warka* or brick pastry. It is best to brush the cooked leaves with oil so they don't stick together.]

Set [the "leaves"] onto a blanket and put in the sun to dry, and take care that the part that was next to the pan be on top, God willing. [Usually the warka are used immediately to wrap both sweet and savory pastries, or as layers for pastries and pies, and sealed with egg yolk. When they dry, they become brittle, but you could soak them to soften them when you wanted to use them.]

And he who wants to color it may throw ground saffron into the "milk" and fry the same way, God willing.

And he who wants to make *khabîs* [starch crepes] from rice should wash it [the rice] several times in hot water and strain the water off and sprinkle it lightly [with fresh water], then cover it until it softens, and when it softens, stir well until it [the rice] dissolves, then strain it into a washtub [*qasriyya*] and put in it what was mentioned in the first [this recipe]. [Let the liquid rise and the starch settle, then pour off the water.]

[**To make a sweet dessert with the bread**:]

And the sugar is thickened with rosewater and egg whites [to put over the fried pastry leaves], and leaves are fried in oil, and you make a sweet of it.

Preparation of *Khubaiz* [starch] that is Made in Niebla [and starch crepes]

Take good wheat, put it in a washtub, and cover it with good, fresh water. Change the water after two or three days so that the wheat softens and makes *talbina* [releases its starch into the water], as is done for starch.

Then remove the water by pressing [the wheat bran] with the feet in the bottom of a rush basket or sack, or by hand if there is only a little of it. And beat it [the water] all over so that it whitens until it forms crumbs the size of grains of wheat, or a little larger. Sieve into a bowl what [liquid] comes out of the pith. Then pour a little fresh water over the pith to wash it. Squeeze it until none of the water remains.

Put all this [liquid] in a bowl and leave it in the sun until it binds together. Strain from it the flour water that is left over, time and again, until it thickens. Then pour it in a cloth and hang it so that it drips until it dries, and expose it to the sun if you want to make starch. Leave it on the cloth in the sun until it dries. This is the recipe for starch. Do not let it get near dew or it will spoil.

When the *khubaiz* [starch] has been made, take some of it before it dries -- it will be like yogurt -- and beat it until it is smooth. If you wish, dissolve dry starch in fresh water so that it comes out according to this description. [You make a thin batter.]

Then put a frying-pan over a moderate fire, and when it has heated, smear it with a cloth soaked in oil [lightly brush with oil]. Then take some of the dissolved starch [batter] with a spoon and pour it in the frying-pan. With your hand, move it around the pan so that it [the batter] stretches out thin. When it has bound together and whitened, take it to a board or a cloth [set it aside] and grease the frying pan with oil [again, for the next one]. Pour in another large spoonful until you have a sufficient quantity. [You are making starch crepes or thin pancakes, or wrappers.]

[This wrapper is slightly thicker than the *warqa* wrapper and in Morocco is usually called *Tride*, which can also be made from a soft dough that is divided into little balls, which are rolled by hand very thin and cooked like crepes.]

[**A honey cheese crepes recipe for these crepes:**]

Have prepared filtered skimmed honey, thickened in a pot on a weak fire. Leave it on the hearthstone so that it remains fluid.

Then put a frying pan full of fresh oil over a moderate fire. When the oil is boiling, put in fresh cheese while the oil boils. Remove it right away in a sieve so it does not burn and drain off the oil from the cheese.

Every time you take a *khubaiz* from the frying-pan [for each crepe], drain it of its oil and throw it into the melted honey [then remove it], and spoon the [cooked] cheese onto it, bit by bit, and stir it with [the back of] a spoon until they are mixed one with the other [spread the softened cheese over the crepe slowly until it cools and become firm], it hardens and forms one mass.

[I've altered the original translation slightly so that this recipe makes some sense.]

Counterfeit *Isfîriyâ* [crepe] of Garbanzos [chickpea flour]

Pound some garbanzos, take out the skins and grind them into flour [chickpea flour].

And take some of the flour and put into a bowl with a bit of sourdough and some egg, and beat with spices until it's all mixed.

Fry it as before in thin cakes [crepes], and make a sauce for them [honey, cheese...].

Loaf Fried in Honey and Butter [honey, saffron loaf]

Sift white flour three times, take the choicest part, mingle it with butter and knead it with egg yolk and put into the dough some saffron and salt. [Form a round loaf.]

Put clarified butter into an earthenware frying pan, boil it and take one part of honey to one part dough [an equal portion of honey to the loaf] and put them into the melted butter until it [the loaf] is cooked. Before it is fully cooked, put on blanched almonds and pine-nuts. [Finish cooking.]

Sprinkle it with pepper and present it.

[This unleavened dough is like the Moroccan *Tride* dough. That dough is divided into little balls, and each ball is rolled into a circle and cooked in a pan like a pancake. In this recipe, the pancake is cooked in butter and honey.]

A Recipe for Stuffed Sweet Breads [sugar-almond rolled loaf and fried pastries]

Knead two *ratls* [1 *ratl*=468g/1lb] of white flour well with water, oil and leaven until it is as soft as dough or a little less.

Then make a stuffing of sugar and almonds as is made for stuffed *ka'k* [biscuits, cookies].

[Then take of peeled almonds and sugar, in equal parts, and the sugar could be more than the almonds. Pound this until it is like a dough [marzipan], and put it in a bowl. Add

spikenard and cloves in the necessary amounts, and a little mastic, and some camphor dissolved in rosewater. Knead the filling until it is mixed.]

And roll out half the dough with half the stuffing [spread the stuffing on the dough], and sprinkle it with oil and make a small bread loaf [*khubza*] from it [roll it up], and leave it until it rises. [Then bake.] [You can slice the loaf and lay the slices flat, let them rise, and cook them like Danish.]

Then put it in a new glazed *tajine* which has been greased with oil, and heat honey and pour it on the loaf, after piercing all of it with the fingers [or a knife], and leave until it absorbs the honey. Cut on top of it pine nuts and sprinkle with sugar and serve.

And make from the half of the dough that remains, thin qursas [small rounds] and stuff them with the remaining stuffing, and fry them in fresh oil and put them on a clay plate. Heat chopped walnuts in boiling honey and pour over the cakes and sprinkle them with sugar, and serve. [This dough-covered sweet is like the Moroccan *Haloua* pastries.]

Little Sweet Cheese Breads Recipe [fried cheese rounds with honey and nuts]

Take white flour and five egg yolks and half a *ratl* [1 *ratl*=468g/1lb] of fresh bread, and take some cheese, and mix everything until the cheese is not visible in it [mixed in completely].

Then knead the dough with the whites of the eggs and a little water and make good thin qursas [flat, round cakes] and fry in much oil so that they come out white.

Then boil pounded walnuts in honey, and pour it with pistachios and pine nuts on the cakes and sprinkle with sugar and serve.

Making Stuffed *Isfunj* [semolina leavened egg bread, fried as balls]

Take semolina and sift it, and take the flour and put it in a dish. Take water and sprinkle it lightly on the semolina. Then knead it into a dough and gather it all up and cover it with a second dish, leaving it until it sweats [this stimulates the gluten].

Then uncover it and knead it until it becomes soft. Throw oil in it, and knead it, and put in leavening and eggs, throw in about of five eggs and then knead the dough with the eggs.

Then put it in a new pot, after greasing it with oil, and leave it until it rises. [Form into loafs and let rise once more, then bake in a bread oven. Egg bread is often braided and sprinkled with sesame seeds or sugar.]

Then take almonds, walnuts, pine nuts and pistachios, all peeled, and pound in a mortar until as fine as salt. Then take pure honey and put it on the fire and boil it until it is on the point of thickening. Then take the almonds, walnuts, pistachios and pine-nuts that you have pounded, and throw all this upon the honey and stir it until it is thickened. And if you wish to throw almonds, ground sugar, and rosewater into the filling, do so and it will come out aromatic and agreeable. [This is the filling.]

Then take a piece of the semolina dough that was put in the pot, and make a thin, small flat cake of it, and fill it with a morsel of this thickened paste. The dough should be only moderately thin. Make all the dough according to this recipe, until the filling is used up.

Then take a frying pan and put oil in it, and when it starts to boil, throw in a piece of stuffed *isfunj* and fry it with a gentle fire until it is done. And if you wish to cover with sugar, do so.

Making of Elegant Isfunja [sweet, buttery bread]

You take clear and clean semolina and knead it with lukewarm water and yeast and knead again. When it has risen, turn the dough, knead fine and moisten with water, little by little, so that it becomes like tar [thick and sticky] after the second kneading, [and leave it] until it becomes leavened or is nearly risen.

Take a small new jug, wet it in water and then in clarified butter or fresh oil until it is soaked. Then take a fat reed. Cut off a length to reach to the bottom of the pot. Grease the reed with oil and [put the dough around it inside the jug, then] put the lid on the pot and seal [the lid to the pot] with clay with the reed inside, and let it be in the middle of the bread. [The reed makes a Bundt hole in the center of the bread.]

When the bread is cooked, know that it is ready. Take it out, remove the clay [sealing the jug] and take out the reed.

Take fresh or clarified butter and honey. Heat them and pour them into the pot in the place where you removed the reed and leave it until the bread soaks it up. When it has absorbed it, add butter or honey until it soaks up more.

Then break the pot away from it. Put the bread on a platter and cut it as you would cut watermelon. Chop almonds and walnuts and pine nuts and pistachios and lump white sugar and sprinkle it over it and also sprinkle with cinnamon, Chinese cinnamon [cassia] or the like, if God wishes.

Recipe for *Murakkaba Kutâmiyya* [layered sweet buttery bread]

A Dish which is Made in the Region of Constantine and is called *Kutâmiyya*. Knead a well-made dough from semolina like the *isfunj* dough with yeast. [You take clear and clean semolina and knead it with lukewarm water and yeast and knead again.]

And break in it as many eggs as you can, and knead the dough with them until it is slack [like a mash].

Then set up a frying pan of clay [*hantam*] on a hot fire, and when it has heated, grease it with clarified butter or oil. Put in a thin circle of the dough and when the bread is cooked, turn over.

Take some of the dough in the hand and smear the surface of the bread with it. Then turn the smeared surface to the pan, changing the lower part with the upper, and smear this side with dough too. Then turn it over in the pan and smear it, and keep smearing it with dough and turning it over in the *tajine*, and pile it up and raise it until it becomes a great, tall loaf. [Each time, butter the pan.]

Then turn it by the edges a few times in the *tajine* until it is done on the sides, and when it is done, as it is desired, put it in a serving dish and make large holes in it with a stick, and pour into them melted butter and plenty of honey, so that it covers the bread, and present it.

[A similar cake is made in Indonesia, with each layer alternating in color. It has a spongy consistency, and is usually flavored with pistachios. Constantine is a city in Algeria; the name *"Kutâmiyya"* refers to the Berber tribe Kutama, centered in the area around Sitif in Algeria, who were prominent during the ascendancy of the Fatimid dynasty in North Africa during the 9th and 10th centuries. One notices in the course of the recipe that the clay frying pan becomes a tajine; as a tajine is a clay casserole, it can serve for frying.]

Recipe for *Murakkaba* Layered with Dates [sweet bread layered with dates]

Take the dough described under *murakkaba kutamiyya.*

[Knead a well-made dough from semolina like the *isfunj* dough with yeast. [You take clear and clean semolina and knead it with lukewarm water and yeast and knead again.]

And break in it as many eggs as you can, and knead the dough with them until it is slack [like a mash].]

And make of it a thin flatbread in a heated *tajine*, and when it is done, turn it over, and top it with dates that have been cleaned, pounded, kneaded in the hands and moistened with oil.

Smooth them down with the palm, then put on another flatbread and turn it over, and then another bread, and repeat this until it is as high as desired. [Butter the pan for each "turn".]

When it is done on all sides, put it in a dish and pour over it hot oil and honey cleaned of its scum; this is how the people of *Ifriqiyya* [Tunisia] make it.

Chapter 21: Candies

Fried Nougat Soaked in Honey

Boil good honey on a moderate fire, and when it melts, strain it in a woolen kerchief [remove the scum from the honey, clarify it], then return to the pot and stir with a brass spoon so that it does not burn.

If the honey is from the comb, take the whites of six eggs, and if not from the comb, take the whites of ten, and beat by hand, without the yolks, until the foam rises from them. [Whip the egg whites until firm.]

Let the honey cool well and then throw onto it [add it gradually to the egg whites, stirring continually], then return to the fire and stir with the rod unceasingly until it whitens well [it makes a nougat].

Then take the pot off the fire and put a big frying pan or an appointed pot [another pot] on the fire and fill with fresh oil so that it warms well. [Heat a pan of oil for frying.]

Then throw pieces of the mixture in it, [form chunks and let them cook in the oil] then take it out quickly with a slotted spoon. And continue until it is all cooked. Put the pieces a board to cool.

And when cool, break up fine, then throw onto [warm] thickened honey [reduced over a fire] and mix with it. And the amount of what is thrown in per 1 measure of honey is 2 measures of the [nougat] mixture. Leave it until it thickens and cools and use it, God willing.

And also, you can peel sesame and toast it a little and put it in mixture. God willing.

[The traditional, white nougat candy, *torrone* in Italy, is similar to this, minus the frying part, which makes the nougat extra brittle.]

Recipe for *Mu'aqqad* of Sugar [Nougat with Pistachio and Almonds]

Dissolve a *ratl* [1 *ratl*=468g/1lb] of sugar in two *ratl*s [1 *ratl*=468g/1lb] of aromatic rosewater on a moderate fire, and when it is dissolved, strain it through a woolen cloth [to clean off the scum]. Then return it to the fire and stir it gently until it is well cooked. Then remove it from the fire so that it cools slightly.

Beat the whites of a dozen eggs in a dish until they give up their foam [whip egg whites stiff], and throw them on the melted sugar. Return it to the fire and beat it with the confectionery whip [*'asab hulwâ*] until it whitens and takes the consistency of *'asîda* [porridge].

Remove it from the fire and put in half a *ratl* [1 *ratl*=468g/1lb] of pistachios, if possible, and half a *ratl* [1 *ratl*=468g/1lb] of peeled almonds, and serve it forth, God willing.

[This is the more traditional white nougat candy, but today we use a candy thermometer to make sure we've cooked the sugar enough, to ball phase, meaning a spoonful of the dough dropped in a glass of cold water forms a ball.]

Mu'aqqad of Honey [almond nougat]

Put a portion of comb honey on a moderate fire until it dissolves, then strain it and return it to the fire [removing the scum].

Then beat [stiff] the whites of twenty-five eggs, if comb honey, and thirty if not, and throw them into the honey. Beat the mixture with a confectionery whip until it whitens and thickens [over the fire].

Then throw in a *ratl* [1 *ratl*=468g/1lb] of peeled almonds and serve it, God willing.

[This is the more traditional white nougat candy, but today we use a candy thermometer to make sure we've cooked the sugar enough, to ball phase, meaning a spoonful of the dough dropped in a glass of cold water forms a ball.]

A Preparation Known as Sweet Cane [creamy, caramel candy]

Take a portion of fresh milk and put in two *ratls* [1 *ratl*=468g/1lb] of sugar, [heat it until the sugar dissolves] and [then] strain it with a cloth [removing the scum]. Then take it to a moderate fire and reduce it while stirring it well until it is thickened [to ball stage, meaning a spoonful of the dough dropped in a glass of cold water forms a ball].

Then put [out] it on a stone work surface [oiled marble] until it is lukewarm. Then roll it out in pieces the size of four fingers each, and roll them up as though they were segments of cane [into candy logs].

Roll them in sifted wheat flour, and even [out] the ends with a knife, put them in layers [stack the logs with flour between them so they do not stick] and serve them, if it please God.

Sukkariyya, a Sugar Dish from the Dictation of Abu 'Ali al-Bagdadi

Take a *ratl* [1 *ratl*=468g/1lb] of sugar and put in two *ûqiya*s [1 *ûqiya*=39g/7tsp] of rosewater and boil it in a ceramic pot until it is on the point of thickening and sticks between the fingers [it makes a candy string].

Then take a third of a *ratl* [1 *ratl*=468g/1lb] of split almonds, fried, not burnt, and pound well and add them with the sugar and stir it over the fire until thickened [to ball stage, meaning a spoonful of the dough dropped in a glass of cold water forms a ball].

Then spread it out on a dish and sprinkle it with ground sugar.

[It hardens as it cools and is a rose flavored sugar candy with almonds in it. You can form it into sugar candy logs before it cools completely. This candy is sold in many North African and Turkish stores as a bar candy, individually wrapped, the length of a finger, and the width of two fingers. It has a yellowish, translucent outside with a nut filling, and it is rolled in grated coconut. It is important to get the sugar to the right temperature. You can use a candy thermometer.]

Qâhiriyya which is Called *Sâbûniyya* [sugar coated marzipan candies]

Pound almonds very well and add them to an equal amount of sugar, and add spikenard, cloves, some camphor, and musk dissolved in rosewater. Pound all this in a wooden mortar until it is mixed and smooth [marzipan].

Then roll out *ka'ks* [biscuits, cookies, from the mixture] and small flatbreads and pieces shaped like walnuts and hazelnuts. Leave them a while and then submerge them in sugared rose syrup and thickened julep, and take them out. [Let them dry.] Submerge them a second time, and a third, and [each time] leave them until they dry.

It is good, magnificent, and it used to be made in Marrakesh.

Sanbûsak [marzipan figures]

It used to be made in Marrakesh in the house of the Prince of the Believers, Abu Yusuf al-Mansur, God have mercy upon him.

Take white sugar and dissolve it and mix it with rosewater [in a pot over a low fire]. Then put in almonds pounded like dough, and stir it gently until it is combined and becomes like the filling of a *qahiriyya* [marzipan].

Then take it from the fire, and when it is lukewarm, put in spikenard, cloves, a little ginger, and a small amount of mastic, after first dissolving these ground spices in rosewater in which has already been dissolved some camphor, musk and cut almonds. Mix all this and knead it until one part blends with the other [until well blended].

Make rounds of the size of *ka'ks [biscuits, cookies]* and make balls in the shape of oranges and resembling apples and pears, until the marzipan is used up. It is delicious, and it is called *sanbûsak* in the East, and it is the *sanbûsak* of kings.

[This marzipan is a bit spicier and has camphor and musk in it along with chopped almonds. Today, these sorts of figures are dried and painted with food colorings to closer resemble what they mimic. In Sicily, Italy, they are called "Royal Marzipan".]

A Sweet Called *Ma'qûda* [marzipan candies]

Take good sugar and moisten it with fresh water. Put it on a moderate fire [and stir it] until it binds [to ball stage, meaning a spoonful of the dough dropped in a glass of cold water forms a ball] and [then] put in chopped [ground] almonds. [Keep cooling and stirring.]

Test it over marble [meaning see if a bit of it sets when put on greased marble. The sugar must be a certain temperature to make the candy form properly. Usually, without a candy thermometer, you do a ball test. You take a spoonful of the sugar and drop it in a cup of cold water. If it forms a ball, it is ready.] Grease the marble.

[When it is ready, put the candy on the greased marble.] And it [the candy] is shaped on it [the marble] into patties that you cut with scissors in whatever shape you want.

While it is still warm, give it the shape of dates stuffed with almonds or with a piece of *fanid* [taffy] or resembling Malaga figs or like grapes or raisins and so forth. Leave it until it cools and lay it aside.

Fruit Made of Sugar [almond sugar figurines]

Add one part of sieved sugar to one part of cleaned and pounded almonds. Knead it all with rose water and roll your hand in almond oil and make with it whatever you want of all fruits and shapes, if God wishes.

Rukhâmiyya, a Marble Dish [spicy, sugar almond candy]

Take white sugar, dissolve it in a little water and put it on a gentle fire. Remove the froth, and when it is almost bound together, throw in peeled almonds, pounded somewhat coarsely until they become like semolina, in the quantity of two thirds of the sugar.

When it is finished binding together [to ball stage, meaning a spoonful of the dough dropped in a glass of cold water forms a ball], remove it from the fire and cut it with some camphor, spikenard and clove dissolved in rose water. Knead it and turn it onto a marble slab greased with oil when it is still warm. Lay on it a smooth greased plank until the surface is smooth [to flatten it]. Then cut it with a knife in the shape of reeds or whatever shape you want, and set it aside.

Preparation of *Fânîd* [Pulled Taffy]

Take white sugar and dilute it with a moderate amount of water, neither too much nor too little. Put it on a gentle fire. Remove the scum to clean it. Continue cooking until it binds moderately [to ball stage, meaning a spoonful of the dough dropped in a glass of cold water forms a ball].

Then take it from the fire and when it has cooled a little, take it with your hand and pull it as you do with pulled honey sweet [another candy], until it whitens and you like the whiteness. If you see that it is drying out between your hands and isn't yet as white as you would like, put it near the fire until it softens and continue doing it [the pulling] and putting it near the fire until you are pleased with its whiteness.

He who wants it musky, dissolve some musk and camphor in good rose water and sprinkle the sugar with it and lubricate your hands in this rose and musk water while you pull it little by little, until the musk and camphor penetrate it. It will turn out excellently.

Then make *ka'ks [biscuits, cookies]* and *qursas [small rounds]* and shapes similar to *maftûna* and fists [*ma'asim*] and whatever shape you want. Set it on a slat in the air to cool and dry and set it aside.

[The terms mean only that you shape the taffy into various candy forms. *Maftuna* is not explained, but it means "enamored, mad with love," clearly the name of a sweet.]

Recipe of *Ma'âsim* [Wrists] [almond and sugar stuffed taffy]

In Marrakesh this used to be called "children's wrists." Pound peeled almonds with white sugar, but don't be too extreme in pounding them. They should have the coarseness of grits. Then knead it with your palm and make it into a form, either round or long, shaped like a wrist.

Then spread out a bit of fresh *fânîd* [pulled taffy, see previous recipe] before it dries, and put the "wrist" in the middle of it. Twist it and lift it on all sides until the sides stick together. Set it aside. [Stuff the taffy with the filling.]

Then put white flour in a *tajine* [pot] on a weak, gentle fire and when the flour has heated, put the wrist-in-taffy in it and turn it over and over until the flour sticks to it all over. Lay it aside and let the children play with it. [A favorite children's candy.]

[The taffy shell around the almond and sugar filling is covered with the toasted flour so it is no longer sticky. You could cover it with starch, too. This candy is sold in many North African and Turkish stores as a bar candy, individually wrapped, the length of a finger, and the width of two fingers. It has a white taffy outside with a nut filling.]

A Sweet from Syria [yellow, almond, pistachio candies]

Take three *ratls* [1 ratl=468g/1lb] of white sugar and one of clean honey. Put them together in a *tinjir* [pot] on a gentle fire and continue stirring. When it begins to thicken add 1 1/2 *ratls* [1 ratl=468g/1lb] of dissolved starch paste, colored [yellow with saffron], and white flour.

Continue stirring and when it begins to thicken, pour on oil [28 teaspoons per pound of honey], and scatter in it sweet, washed and chopped almonds and pistachios. Thicken it carefully [stirring over the fire].

When it is completed [to ball stage, meaning a spoonful of the dough dropped in a glass of cold water forms a ball], set it aside and loosen it [mix in] with rose water, camphor, spikenard and clove. Then pour it over a *salâya* [oiled, stone work surface, such as marble] and make *qursas [small rounds]* with it. Put them on a greased tray and set aside.

Fâlûdhaj [honey-almond, chewy candies]

Take good, clean honey [heated and scum removed] and put it on a moderate fire in a clean boiling kettle [*tinjir*]. For each *ratl* [1 ratl=468g/1lb] of honey add two *ûqiyas* [1 *ûqiya*=39g/7tsp] of [dissolved] starch, that dilutes and mixes with the honey, and stir it continually. If you want, color it with saffron [yellow]. Stir it with a spoon so it doesn't stick.

When it is almost thickened, add for each *ratl* of honey, four *ûqiyas* [1 *ûqiya*=39g/7tsp] of oil and continue to stir it. Add half an *ûqiya* [1 *ûqiya*=39g/7tsp] of good yellow [bees'] wax [makes it chewy] for each *ratl* and a half of honey. When the oil begins to dribble/leak through, remove that oil with a cloth, clarifying the oil. [Remove it from the heat.]

Then add to it peeled, chopped almonds in a sufficient amount. With the almonds, you might add some hulled sesame seeds, and stir.

Pour it over an oiled *salâya* [a stone chopping board or work surface, marble]. Make with it large or small rounds. Use them as they are or make with them whatever kind of shapes you may wish.

Fâlûdhaj with Sugar [chewy, almond candies]

Dilute a *ratl* [1 ratl=468g/1lb] of sugar [with a small amount of water in a pot] and put it on a gentle fire. Add four *ûqiyas* [1 *ûqiya*=39g/7tsp] of honey so the sugar retains its moistness and doesn't break apart [crystallize] while thickening. Cook it until it thickens [to ball stage, meaning a spoonful of the dough dropped in a glass of cold water forms a ball].

Then throw in three *ûqiyas* [1 *ûqiya*=39g/7tsp] of good oil, one of liquified starch and three *dirhams* [1 dirham=3.9g/3/4tsp] of gum arabic [makes it chewy] dissolved in rose water. Continue to stir it until it binds together. Add chopped almonds to it. When it thickens [remove from heat].

Form [finger thick slabs of the dough] on a *salâya* [stone work surface, marble] greased with sweet almond oil. Cut the candy into squares with scissors.

A Sweet of Dates and Honey [date, honey-nut candy]

Take *Shaddâkh* dates. Clean them of their pits and fibers and pound a *ratl* [1 ratl=468g/1lb] of them in a mortar. Then mix them with water in a *tinjir* [pot] on a gentle fire. Add an equal amount of skimmed honey [heated and the scum removed]. Stir it until it binds together.

Throw in a good amount of peeled almonds and walnuts. Put in some oil so it doesn't burn and to bind firmly.

Pour it over a greased *salâya* [stone work surface, marble]. With it you make small round or square candies. Cut it with a knife in big or little pieces.

Preparation of Sugar Candies [spicy, chewy candies]

Take good sugar and dissolve it in a little water. Put it [in a pot] on a gentle fire and leave it to boil until the water dries up [to ball stage, meaning a spoonful of the dough dropped in a glass of cold water forms a ball]. Pour it onto a greased marble slab to cool a bit.

When it has stiffened, take it from the marble and add ginger, galingale, spikenard, clove and ground, dissolved mastic. Knead it and then throw it again over the greased marble. Make it into small candy rounds and let them be until they cool and become solid.

For him who wants it musky, dissolve some musk and camphor in good rose water and cut it [mix it into the candy] with this at the end, when it is removed from the fire and cooling. It improves [or perfumes] the breath, warms the stomach and helps digest food.

Sukkariyya, a Sugar Dish [nut nougat, *turron*]

Take a *ratl* [1 ratl=468g/1lb] and a half of sugar and throw in rosewater and water to cover. Stir it and pound it. [Heat it in a pan.] Clarify it with a sieve in a ceramic [*hantam*] vessel [remove the scum].

[Remove from the heat.] Add an *ûqiya* [1 *ûqiya*=39g/7tsp] of honey for each *ratl* of sugar. Take a *ratl* [1 ratl=468g/1lb] of peeled white almonds and cut them into thirds and quarters. [Stir it in with the sugar.]

Return it to the fire. Cook it until it thickens [to ball stage, meaning a spoonful of the dough dropped in a glass of cold water forms a ball]. Put it out on a marble sheet which has been greased with almond oil and roll it out. And work it to see whether it takes them [see if the nuts attach to the nougat]. And throw it on the *salâya* [stone work surface, marble board] and roll it out and it is very good. Cut it as you will. Sprinkle it with sugar and do the same with pistachio, pine nuts and walnuts.

Then make with it what you may want. [Shape it into logs, balls, rings, bars, etc.] If you want it with camphor and aromatic spices, grind whatever of them you want and sprinkle them over it, if God wishes.

Preparation of *Juraydât*, Small Locusts [honey-spice candy balls]

Take bread from white semolina, take it outside and put it in the sun until it dries. Grind it and sieve it, soak it in oil and leave it a day and a night. Throw on thickened honey [heated, skimmed, reduced], after cleaning it, and knead it with pepper and enough spices. Make it into round hazelnuts [small balls], God willing.

Cast Figures of Sugar

Throw on the sugar an equal amount of water or rosewater and cook until its consistency is good [to ball stage, meaning a spoonful of the dough dropped in a glass of cold water forms a ball]. Empty it into the mould and make of it whatever shape is in the mold. [Oil] the places of the "eyebrow" and the "eye" of the mold [the tight spots of the mold], because it comes out of the mould in more easily.

Then decorate it with gilding and whatever you want of it. If you want to make a tree or a figure of a castle, cut it piece by piece. Then decorate it section by section and stick it together with mastic until you complete the figure you want, if God wills.

[The gilding referred to is also ambiguous in the Arabic; both gold leaf and egg-yolk to color something gold were practiced in the Islamic world.]

Preparation of What is known as *Fustuqiyya* of Sugar [pistachio candy]

Take half a *ratl* [1 ratl=468g/1lb] of sugar and three *ûqiyas* [1 *ûqiya*=39g/7tsp] of almond oil, two of fine flour and three of pounded pistachios. Cook it all together on the fire until it binds together and cut it with musk and clove, if God wishes.

[The name comes from *"fustaq"* meaning pistachio. The author has omitted the last part, which is pouring the mixture into a greased pan and letting it cool. It turns firm and is sliced up and served.]

Chapter 22: Puddings

Preparation of *Kunâfa* [sweet crepe pudding]

Take some of this thin bread [for the crepe recipe, see the Chapter: *Breads*], as was mentioned before how to do it. Cut it and trim it to the size of big rose leaves.

Then take a *tinjir* [pan], in which you put fresh oil, enough to cover the cut bread. Let it boil [and add the cut crepe] until it absorbs the oil and disintegrates.

Then throw in clean honey, free of its froth [heated and skimmed], to cover it. Then sprinkle it with rose water in which some camphor has been dissolved. Stir it gently so it doesn't stick to the bottom of the pan. Stir it and sprinkle it with spikenard, cloves, ground sugar, chopped peeled almonds and whole *fanid* [taffy]. Smooth it with a spoon while it boils and the oil disappears, as you do with *mu'assal*. Stir it and when it has become thick, take it off the fire.

The people of *Bijaya* [Bougie] and *Ifriqiyya* [Tunisia] make this *kunafa* [crepe dish] with fresh and clarified butter instead of oil, but oil is better and lasts better.

[The cut up crepes are used as a bread thickener for this pudding. It is very sweet from the sugar. The taffy gives it a chewy consistency. Depending on the portions you use, this could become like a fudge.]

A *Sukkariyya* from Dictation of Abu 'Ali al-Bagdadi [rose pudding]

Take a *ratl* [1 *ratl*=468g/1lb] of sugar, pound and sift.

Take a third of a *ratl* [1 *ratl*=468g/1lb] of fresh oil and put it in an earthenware pot, and when it is on the point of boiling, throw in a third of a *ratl* [1 *ratl*=468g/1lb] of white flour and two *ûqiya*s [1 *ûqiya*=39g/7tsp] of breadcrumbs from white wheat or semolina, and stir it two or three times.

Then throw in the sugar and two *ûqiya*s [1 *ûqiya*=39g/7tsp] of rosewater and stir it until the oil appears as a ring on top and the *fâlû dhaja* [pudding] appears combined and thickened.

Take it off the fire, remove the oil [that is on top] and present it, God willing.

Khabîsa from Dictation of Abu 'Ali al-Bagdadi [oily egg pudding]

Take half a *ratl* [1 *ratl*=468g/1lb] of sugar and one third *ratl* [1 *ratl*=468g/1lb] of the crumb of bread made of white flour. Pound the sugar and mix with the crumb and put in three eggs.

Heat in an earthenware pot half a *ratl* [1 *ratl*=468g/1lb] or less of fresh oil, and when it has boiled, throw in the sugar and breadcrumbs and eggs.

Stir it on the fire until it is cooked and thickened, then leave it and sprinkle it with ground sugar.

Khabîsa with Pomegranate [very thick pudding]

Take half a *ratl* [1 *ratl*=468g/1lb] of sugar and put it in a metal or earthenware pot and pour in three *ratls* [1 *ratl*=468g/1lb] of juice of sweet table pomegranates and half an *ûqiya* [1 *ûqiya*=39g/7tsp] of rosewater, with a penetrating smell.

Boil it gently and after two boilings, add half a mudd [2 litres] of semolina and boil it until the semolina is cooked. Throw in the weight of a quarter dirham [1 dirham=3.9g/3/4tsp] of ground and sifted saffron, and three *ûqiya*s [1 *ûqiya*=39g/7tsp] of almonds.

Put it in a dish and sprinkle over it the like of pounded sugar, and serve as balls the size of hazelnuts.

Four-Ingredient *Khabîsa* [plain pudding]

Take half a *ratl* [1 *ratl*=468g/1lb] of sugar and throw in three *ûqiya*s [1 *ûqiya*=39g/7tsp] of water, boil it on a fire and then add three *ûqiya*s [1 *ûqiya*=39g/7tsp] of starch and a third of a *ratl* [1 *ratl*=468g/1lb] of fresh oil. Boil it until the oil spits, and then strain off this oil and pour in some almond flour and it is done, if God wills. [There are actually five ingredients, but maybe water does not count.]

Recipe for Honeyed Rice [rice pudding]

Take rice and soak it in fresh water, enough to cover it, for a day or overnight.

Then wash it and put it on the fire in a pot or kettle [*tinjir*]. Cook it with water or fresh milk, then add four or five *ratls [1 ratl=468g/1lb]* of clean honey from which you have skimmed the foam. Cook it carefully on a gentle fire. Add, while cooking, fresh milk until it sticks together, thickens and becomes a paste.

Pour it onto a platter and shape it with a spoon. Make a hole in the center which you fill with fresh, melted butter and sprinkle it with ground sugar and cinnamon and serve it.

Recipe for Rice Dissolved With Sugar [sweet rice pudding]

Wash what you want of the rice and cook it as usual [covered with water plus some water, or twice the rice of water]. Then take it to the hearthstone and leave it a while [to dissolve] and when it is ready and has become mushy, mash it with a spoon until it dissolves and not a trace of the grain remains.

Then add ground white Egyptian sugar and stir it vigorously. Add sugar bit by bit until its sweetness dominates and it becomes like dissolved *fanid* [taffy, meaning until it becomes sticky].

Then turn it onto a platter and make a hole in the center that you fill with fresh butter, or with oil of fresh sweet almonds. If you cook this with fresh milk instead of water, it will be more delicious and better.

Preparation of Rice Cooked Over Water [in a double boiler]

Take rice washed with hot water and put it in the pot and add to it fresh, pure milk fresh from milking. Put this pot in a copper kettle that has water up to the halfway point or a little more [in a double boiler, bain-marie]. Arrange the copper kettle on the fire and the pot with the rice

and milk well-settled in it so that it doesn't tip and is kept from the fire. Leave it to cook without stirring.

When the milk has dried up, add more of the same kind of milk so that the rice dissolves and is ready [add milk and cook until the rice is done]. Add to it fresh butter and cook the rice with it.

When the rice is done and dissolved, take off the pot and stir it with a spoon until it loosens. Then throw it on the platter and level it [forming a round loaf]. Sprinkle it with ground sugar, cinnamon and butter and use.

With this same recipe one cooks *itriyya, fidaush* and *tharîd al-laban* [milk bread pudding].

Royal *Rafîs* [bread pudding]

Take sweet, peeled almonds, and pound them until they are like a flour, and add an equal amount of wheat flour, and knead it hard with eggs in place of water, and sprinkle with a little rosewater in which a little camphor has been dissolved.

Then make thin flatbreads and cook them in a clay pan over a gentle fire until they cook and do not overcook. [You make lots of round breads.]

Then pound [the breads] with sweet almond oil or fresh, melted, cleaned butter. Form it into a round loaf and put it in a large dish, as if it were a sugar loaf [the hard, tall, round form of sugar made from refined sugar cane].

And when you serve it, pour almond oil or fresh, melted, cleaned butter, or rose syrup, over it.

A Good Royal *Rafîs* [almond bread pudding]

Take flour of wheat or semolina, liquify it [add water] and knead it with fresh milk, eggs, and yeast.

Knead it very well until the dough becomes flexible, and make flatbreads with it, and cook them on a metal sheet [*tabiq*] and do not leave it for long, but rather take it out still moist.

Add peeled, minced almonds and ground sugar [to the cooked breads]. Knead all together according to the previous recipe [with sweet almond oil or fresh, melted, cleaned butter], shaping it like a sugar loaf.

Sprinkle it with ground sugar, and pour fresh, melted butter over it and serve it. It is moist and sweet.

Recipe for *Rafîs* with Soft Cheese [honey cheese bread pudding]

Take sieved crumbs of leavened bread fresh from the oven and pound only the crumbs without the crust. Knead it by hand with an equal amount of moist, soft, unsalted cheese and with a bit of butter. Make a small round bread of this, put it in a dish, and throw thereon melted, clarified butter and sufficient honey, cleaned of its foam.

Rafîs Cooked with Soft Cheese [honey cheese bread pudding]

Take flatbreads made with eggs. Crumble very finely the necessary amount. Grate fresh cheese after adding salt, a little more than the loaves, and put aside.

Then take a kettle [*tinjir*], put in sufficient honey, [heat it] and clean it of its scum. Add fresh oil and then add the aforementioned crumbs and cheese. Keep stirring it gently with a spoon, little by little, until the oil disappears.

Turn it onto a platter, smooth it, and sprinkle it with sugar and ground cinnamon.

Qursa with Dates [date bread pudding]

One of the Dishes of the People of *Ifriqiyya* [Tunisia]. Take good semolina, [add water, then] knead it, and make thin flatbreads of it, and cook them, but not too long so they lose their tenderness.

Then crumble them very finely and put them over a moderate fire [in a pot], and pour in fresh, odorless oil, and cover it with the oil.

Then take good *Shaddâkh* dates, as much as the crumbs, and there are those who use more *Shaddâkh* dates than crumbs. After cleaning them of their pits and fibers, pound them in a mortar until they are like rose jam [a mush], and put it in a *tinjir* [pot] with some boiling oil. Stir it with a spoon, and when it dissolves in the oil, throw in the breadcrumbs little by little, and stir until it is blended and there is no distinction between the crumbs and the dates and they are a single mass, like a paste.

Then remove it from the fire, and the oil will be absorbed. Leave it a while, then sprinkle it with sufficient cinnamon, spikenard, cloves, ginger, and galingale. Stir it with a spoon until the spices are mixed in. Then pour it into a dish.

Even out the mixture, smooth it out [into a ringed mound], make a hole in the middle, and fill the hole with clarified butter and let it absorb in. Sprinkle it with sugar, spikenard, and cloves. Insert split almonds and *fânîd* [taffy candy or candied sugar bits] and serve it. According to this recipe it lasts for the space of many days and does not spoil or change.

Tunisian Date *Qursa* According to Another Recipe [oily date pudding]

Take semolina and mix it with fresh oil, knead it like the dough for *ka'k [biscuits, cookies]*, sprinkling oil over it. Make good *qursas [small rounds]*, like sugar molds or smaller. Place in the oven, and do not overcook. Then take them out, crush in a dish, and crush in the palms until it is like semolina again, and pass it through a sieve and put it aside. [The flour and oil mixture is very crumbly, like a *polvorone* cookie.]

Then take Shaddâkh dates cleaned of their pits and fibers, and pound them into a paste. Mix in the same amount of the sifted semolina [what you prepared earlier], and add a sufficient amount of the mentioned spices [cinnamon, spikenard, cloves, ginger, and galingale]. Knead this until it is blended and forms a single body. Then smear your hand with oil and make a mound of this dough in the middle of a dish, and pour fresh oil over it.

Recipe for *Tarfist* [saffron honey bread pudding]

Dish of the People of Fez. Knead the finest white flour, or semolina, [with water] and make flatbreads. Cook them in a *tannur* [clay oven] or in the [bread] oven over a moderate fire, then crumble them small.

Take skimmed honey [heat and remove the scum] and dilute it with an equal amount of fresh water, and throw in as much saffron as will color the crumbs to the desired tint. Then throw in these crumbs and stir it until it takes body like a paste, and continue stirring. When it hardens, sprinkle it with plenty of split almonds, and stir it until it is mixed.

[Put in on a serving dish and form the dough as a ring.] Make a hole in the middle and fill it with melted aromatic [flavored or perhaps rancid] clarified butter or fresh butter. Sprinkle it with sugar, cinnamon, spikenard, cloves and taffy pieces [or candied sugar], and present it.

The Dish *Ghassâni* [mincemeat pudding]

Take a *ratl [1 ratl=468g/1lb]* of meat, without bones, from a fat sheep. Cut it and put it in a pot. Cook it in a white *tafâyâ* [an almond milk stew].

When the meat is done, throw in four *ratls* [1 ratl=468g/1lb] of clarified honey [heated, skimmed] and a *ratl* [1 ratl=468g/1lb] of peeled, pounded almonds. Color with saffron and pour on half a *ratl* [1 ratl=468g/1lb] of oil, and stir over a gentle fire until the cooking is done [it is thick and a bit dry].

Pour it into a dish and sprinkle it with minced sugar and ground Chinese cinnamon [cassia].

Recipe for *Mu'assal* of Meat [mincemeat pudding]

Take meat from a tender, fat sheep, from its shoulder and fatty extremities, without bones, and fat tail as it is, to the amount, as near as may be, of four *ratls [1 ratl=468g/1lb]*. Put it in a new pot with spices and water, six *ûqiyas [1 ûqiya=39g/7tsp]* of oil and six of clean honey.

Cook it until it is done and falling apart, and skim off the grease. Take the meat out of the pot, and to what remains of the broth add three *ratls* [1 ratl=468g/1lb] of skimmed honey, a third of a *ratl* [1 ratl=468g/1lb] of dissolved starch and minced almonds.

Keep stirring until it is almost thickened, then return the meat which had been removed, and moisten it with the strained fat little by little until it absorbs the fat, like *mu'assal* [pudding].

Remove it and leave it until it cools.

Recipe for *Mu'assal*, Used Among Us as the Last Dish [almond pudding]

Take good, strained honey and put it in a pot [*tinjîr* over a fire]. Add four *ûqiyas* [1 *ûqiya*=39g/7tsp] of starch for each *ratl* [1 ratl=468g/1lb] of honey, dissolved in rosewater, and if you wish, color it [yellow] with saffron. Keep stirring it until it is almost thickened.

Then pour in enough fresh oil that it cooks and doesn't burn. Scatter on it chopped almonds. When it is dry, it is finished cooking. Remove it and empty into a dish and remove any oil remains on it.

You might add some hulled sesame and camphor dissolved in rosewater, and it will turn out admirable.

White *Mu'assal* [almond pudding]

Take a *ratl* [1 ratl=468g/1lb] of clean, white honey, and three *ûqiyas* [1 *ûqiya*=39g/7tsp] of starch, the white of two eggs, sufficient fresh oil and minced almonds. [Put in a pot.]

Cook over a gentle, weak fire and keep stirring, without being careless about stirring, until it whitens and boils and takes the consistency of *mu'assal* [pudding].

Cut it with camphor dissolved in water and it will turn out admirable.

A *Mu'assal* Used in Tunis at Banquets [yellow pudding]

Take strained honey and pour in dissolved starch, tinted with saffron. For one *ratl* [1 ratl=468g/1lb] of honey, half a *ratl* [1 ratl=468g/1lb] of starch. And if there is no starch on hand, use dissolved [in water] fine white flour according to this recipe.

Pour in sufficient oil and keep stirring it until the oil disappears from it. Mix in pepper, cloves, and a little camphor, re-thicken it [cook it a bit more] and serve it.

White *Fâlûdhaja* With Milk; It is Eastern [sweet pudding]

Take a *ratl* [1 ratl=468g/1lb] and a half of fresh milk and put it in a *tinjir* on a gentle fire. Add one quarter *ratl* [1 ratl=468g/1lb] of diluted starch paste and one *ratl* [1 ratl=468g/1lb] of fresh oil. Stir it and then add two *ratls* [1 ratl=468g/1lb] of pounded white sugar and stir it until it is done. Put it into a clean clay dish and serve it.

Sukkariyya, A Sweet of Sugar [bread custard pudding]

Take a *ratl* [1 ratl=468g/1lb] of ground sugar and two thirds of a *ratl* [1 ratl=468g/1lb] of white bread crumbs grated until they become like semolina flour. Add eggs and beat them with the crumbs and sugar.

Then put a frying pan on a gentle fire with a *ratl* [1 ratl=468g/1lb] of fresh oil. When it boils, toss in these crumbs and the sugar beaten with eggs. Stir it on a gentle fire until it binds and cools. Sprinkle with sugar, spikenard and cinnamon.

An Eastern Sweet [sweet pudding]

This is given to feverish people as a food and takes the place of medicine.

Take sweet, peeled almonds and pound them fine. [Add some water.] Then extract their liquid with a sieve or clean cloth, until it becomes like milk [almond milk]. Add pomegranate and tart apple juice, pear juice, juice of quince and of roasted gourd, whatever may be available of these. Prepare them with the "juice" squeezed from the almonds by adding some white sugar.

Put it in a glazed earthenware *tinjir* [pot] and light a gentle fire under it. After boiling, add some dissolved starch paste. [Stir.] When it thickens, put together [add] rose oil and fresh oil and cook on a gentle fire until it thickens. Then take it off the fire and serve it.

If the stomach is weak, add rosewater mixed with camphor.

Excellent *Fâlûdhaj* [sweet almond milk pudding]

Pound sweet almonds very fine and add fresh water. Pass this through a fine sieve until it becomes like milk [almond milk].

Then take a quantity of the juice of sour and sweet pomegranate, or juice of tart apples, or pear juice, or quince juice or juice of roasted gourd-whichever of this you may have, and take an equal amount of sugar and white honey. Put it all in an earthenware pot. Light under it a gentle fire and [bring to a boil].

Throw in, after boiling, some starch. When it begins to thicken, add drops of almond oil. Light under it a weak fire until it thickens, and it becomes like thickened *khabîs* [pudding] Take it from the fire and use it, if God wishes.

Tharîda of *Isfunj* with Milk [bread pudding]

Make *isfunj* from white flour and make it well, and fry it. Add to it while kneading as many eggs as it will bear. [See the Chapter: Breads for a full recipe for this bread.] When you are finished making it and frying it, cook as much fresh milk as is needed and beat in it egg whites and fine white flour, and stir carefully until cooked [in a pot on the stove]. Then cut the bread into small pieces with scissors and moisten with the milk until saturated. Then melt butter and throw that [in] the *tharîda* [bread pudding] and sprinkle with sugar and use, God willing.

Tharîda Called *Mukallala* [Crowned] [almond pudding]

Take a *ratl* [1 *ratl*=468g/1lb] of honey, or if you want, sugar, and put it in a pot to boil. Throw on it saffron and pepper, and when it boils, sprinkle into it white flour little by little, and stir until it thickens, then moisten with fresh oil.

Throw in a *ratl* [1 *ratl*=468g/1lb] of peeled almonds and stir, and when you take it from the fire and present it, put on it almonds and sugar, and pistachios dyed with heart of safflower and indigo, God willing.

Tharîda Called *Mudhahhaba* [Gilded] [nut custard pudding]

Take a *ratl* [1 *ratl*=468g/1lb] of honey and pour into a pot, and put with it a half of clarified butter then as much saffron, pepper and cinnamon as needed. Put the pot on a fire of coals [embers], and when it boils, take eggs and break in a separate plate and throw on them [ground] almonds, walnuts and pistachios, and stir them with the eggs, and then throw them into the pot.

Stir until mixed and cooked [the eggs and nuts thicken the custard]. [It needs to cool first into a solid mass.] And when it thickens [cools], take from the fire and overturn the pot on its face [put a plate over the top of the pot and quickly turn it over, to put the pudding on the plate], and serve.

Recipe for [Sheep's] Milk *Tharîda*

Take fresh sheep's milk, because you don't prepare this except with sheep's milk still warm from milking. Put it in a clean pot on a moderate fire. Stir it gently from time to time. Add fresh butter and continue stirring it until it thickens and forms a white foam on top.

Then add crumbs of thin flatbread made with semolina or wheat flour, of middling sourness, crumbled as fine as possible, and leave it until it is all absorbed and it is cooked.

Then put it on a platter. Make in its center a hollow, and fill with fresh butter and sprinkle it with a lot of sugar and cinnamon and use it.

'Asîda Which Fortifies and Nourishes Much and Fattens [honey, almond pudding]

Take two *ratls* [1 *ratl*=468g/1lb] of clarified honey, cleaned of its scum. Add oil and fresh clarified butter, a quarter *ratl* [1 *ratl*=468g/1lb] of each, and put it on a gentle fire.

When it has boiled, put in the heart [crumbs minus the crust] of pure leavened bread, grated, as much as is needed, and peeled and pounded almonds, and the yolks of ten eggs. Stir it and do not neglect stirring it until the oil disperses and it melts and thickens.

Then take it from the fire and leave it to cool and use it like *'asida*, after sprinkling it with ground sugar and whatever you like of the different kinds of fats.

'Asîda Made with Grits that Nourishes and Fattens [sweet grits pudding]

Take the mentioned cracked wheat and pour water on to cover it. Cook it until the water dries up and then moisten it with fresh milk and stir until done.

Then add skimmed honey and grease from meat cooked with its fat. Repeat this several times until it is well mixed and seasoned. Then add fresh butter and ground sugar, *fanid* [taffy] and ground cinnamon.

Serve it and it is a good dish.

The Making of *Qatâif* [wheat, honey pudding]

Put a pot of water on the fire until it boils, and throw in coarsely ground semolina, and cook it on the fire until it becomes pudding.

Then take it out of the pot and put it in a dish. Boil honey and pour it on top, with pepper, and present it, God willing.

Making *Muhallabiyya* [mincemeat, layered *tharîda* quiche]

It is reported that a cook of Persia had his residence next to that of Muhallab b. Abi Safra and that he presented himself to prepare for him a good dish so that he could test him. He prepared it and offered it to him. He was pleased and called it *Muhallabiyya*.

Its Recipe

Take four *ratls* [1 *ratl*=468g/1lb] of fat lamb, cut it up and put it in a pot and pour in four *ûqiyas* [1 *ûqiya*=39g/7tsp] of oil, two dirhams [1 dirham=3.9g/3/4tsp] of salt, a piece of Chinese cinnamon [cassia], galingale, chopped onion and a sufficient amount of camphor. Cook it until it is almost done, then take from the fire.

Take out the meat and put it in a receptacle [set aside]. Take lamb fat and cut it with a knife as you cut vegetables. Then take a clean pot and put a layer of fat in the bottom. Then put over it a strip of cooked meat and another of thin flatbread cut up and made into *tharîda*

[bread crumbs] and don't stop doing this -- a layer of meat, a layer of fat, a layer of thin flatbread crumbs -- until you are finished.

Then pour on it enough fresh milk to cover it, and add to it enough ground sugar for its sweetness to appear in all. Then take 20 eggs and beat them until they are mixed. Put them in the pot on top of the meat and bread and keep tipping it from side to side and moisten it until all the milk has spread throughout the contents.

When the milk appears on top, put it in a hot clay oven [*tannur*] and cover it, and leave it until it is done. Then take it out and turn it onto a pretty vessel and serve it.

Appendix

Editor David Friedman's Notes

This translation has a somewhat complicated history. The original project was to retranslate into English Ambrosio Huici-Miranda's Spanish translation of the Arabic original of the Manuscrito Anonimo, a 13th century Andalusian recipe collection. During a period of several years, almost the entire collection was translated; the translators were Stephen Bloch [Joshua ibn-Eleazar ha-Shalib], Elise Fleming [Alys Katherine], Janet Hinson [Mairoli Bhan], and [Habib ibn al-Andalusi]. The names in parentheses are those used by the translators within the SCA; I unfortunately have no other name for the last translator listed.

After almost all of the translation had been completed and several preliminary versions circulated, Charles Perry offered to redo the translation from Huici-Miranda's Arabic edition of the original manuscript, with the assistance of Huici-Miranda's Spanish translation and the English retranslation. It is that translation that is given here. While he made use of suggested readings by the other translators in deciding ambiguous points, and in some places retained their phrasing, the final interpretation is his, and is based on the Arabic not on Huici-Miranda's Spanish translation.

Weights and Measures

The measures are vague, sometimes bearing a relation to measures used in Greece or Rome, or the Arab regions of North Aftrica. At times, Al-Andalus has a separate meaning for a measurement.

It is best to try out a recipe first, using your best judgment, noting the quantities you've used. Then you can adjust the recipe on it's second run according to how it turned out.

- 1 *ratl* [< the Greek litra < the Roman libra]=12 *ûqiyas* [1 *ûqiya*=39g/7tsp]; in 13th century Andalusia, 1 *ratl* =468.75 g, about a pound
- 1 *ûqiya* [< the Roman *uncia*]=10 *dirham* [1 *dirham*=3.9g/3/4tsp]; in 13th century Andalusia, 1 *ûqiya* =39 g, about 1 1/3 ounces or 7 teaspoons
- 1 *mithqâl* =10/7 *dirham* [1 *dirham*=3.9g/3/4tsp]; in Andalusia, 5.7 g
- 1 *dirham* [< the Greek *drachme*]=6 *danaq*; in 13th century Andalusia, 1 *dirham*=3.9 g, or 3/4 teaspoon
- 1 *thumn* = 1/8 *qadah* [according to Hinz. The word literally means an eighth, and its application to saffron in this cookbook suggests that it may sometimes be an eighth of a dirham [1 *dirham*=3.9g/3/4tsp]] which would make a *thumn* a pinch.
- 1 *mudd* [< *modius*, the Roman peck]; in the Maghrib=4.32 liters. Some recipes in this book refer to the "small *mudd*," which might have been 1.08 liters.
- 1 *qadah*=0.94 liters or [the "great *qadah*"] 1.88 liters, by Egyptian measurement, which might be implied in some recipes. In Andalusia, however, the *qadah* was a measurement of wine and very much larger, on the order of 32 liters.

- 1 *kail* can equal from 6.5 liters to 22 liters. The word literally means "a measure."
- *Makkûk*: Another vague unit of volume, varying from 7.5 to 18.8 liters.

From *Islamische Masse und Gewichte* by Walther Hinz, E. J. Brill, Leiden 1955

Murri

The 13th-century Islamic recipes frequently contain an ingredient called *murri* or [in some translations] *almori*. It is one of a group of condiments that were popular in early Islamic cooking and vanished sometime after the fourteenth century. Many of those condiments resembled either soy sauce, fish sauce, or today's Worchester Sauce, and were used to enhance flavors.

There are recipes in Al-Baghdadi's cookbook that require 40 days of work. But in the end, the result seems to taste much like soy sauce. So a substitute for these recipes can be soy sauce. One recipe mentions cinnamon and saffron and other herbs are added to the resulting condiment, so you can add these to your soy sauce if you'd like.

I report here the notes about recipes for the condiment *murri* for fun. I advise you to use soy sauce in its place in the recipes, not least because these recipes might actually be carcinogenic. *Murri* was a salty, liquid, flavor enhancing condiment. Sometimes it is a fish-*murri*. Soy sauce and *ketjap* are Asian salty, liquid, flavor enhancing condiments, and the Southeast Asian fish sauce condiment is a salty, liquid, flavor enhancing condiment. They can be used as substitutes for both sorts of *murri*.

According to Charles Perry, the penny-royal in the following recipes is a mistranslation and should be *budhaj* [rotted barley]. He gives the following instructions for making *budhaj*: "All the recipes concur that *budhaj* was made from barley flour [or a mixture of barley and wheat] kneaded without leaven or salt. Loaves of this dough were rotted, generally in closed containers for 40 days, and then dried and ground into flour for further rotting into the condiments."

Al-Baghdadi gives this recipe for *murri*.

Take 5 *ratls* [1 *ratl*=468g/1lb] each of penny-royal and flour. Make the flour into a good dough [with water] without leaven or salt, bake, and leave until dry. Then grind up fine with the penny-royal, knead into a log with a third the quantity of salt, and put out into the sun for 40 days in the heat of the summer, kneading every day at dawn and evening, and sprinkling with water. When black, put into conserving jars, cover with an equal quantity of water, stirring morning and evening: then strain it into the first *murri*. Add cinnamon, saffron and some aromatic herbs.

[It is a salty bread that is left to ferment in the sun, adding a yeasty taste to the liquid that is left to soak in it. I know some people who use Marmite and Vegemite in a manner similar to *murri* in these recipes, and it too has a salty, yeasty flavor, adding a nice background flavor to dishes, enhancing the flavor.]

Al-Baghdadi also gives this recipe for *murri*.

Take penny-royal and wheaten or barley flour, make into a dry dough with hot water, using no leaven or salt, and bake into a loaf with a hole in the middle. Wrap in fig leaves, stuff into a preserving-jar, and leave in the shade until fetid. Then remove and dry.

[This recipe is differs from the first mainly by storing the bread in a jar in the shade to ferment, rather than in the full sun and adding water. Also, this recipe leaves out the last part, where the liquid *murri* is actually extracted from the fermented bread by soaking it in water and straining it off.]

Fake *murri* - Byzantine *murri*

In addition to the surviving recipes for *murri*, there are also at least two surviving references to what was apparently a fake *murri*, a substitute made by a much simpler process. If one cannot have real *murri*, period fake *murri* seems like the next best thing.

Description of byzantine *murri* [made] right away: There is taken, upon the name of God the Most High, of honey scorched in a nuqrah [perhaps this word means 'a silver vessel'], three *ratls* [1 *ratl*=468g/1lb]; pounded scorched oven bread, ten loaves; starch, half a *ratl* [1 *ratl*=468g/1lb]; roasted anise, fennel and nigella, two *ûqiya*s [1 *ûqiya*=39g/7tsp] of each; byzantine saffron, an *ûqiya* [1 *ûqiya*=39g/7tsp]; celery seed, an *ûqiya* [1 *ûqiya*=39g/7tsp]; syrian carob, half a *ratl* [1 *ratl*=468g/1lb]; fifty peeled walnuts, as much as half a *ratl* [1 *ratl*=468g/1lb]; split quinces, five; salt, half a makkûk dissolved in honey; thirty *ratls* [1 *ratl*=468g/1lb] water; and the rest of the ingredients are thrown on it, and it is boiled on a slow flame until a third of the water is absorbed. Then it is strained well in a clean nosebag of hair. It is taken up in a greased glass or pottery vessel with a narrow top. A little lemon from Takranjiyya [? Sina'ah 51 has Bakr Fahr] is thrown on it, and if it suits that a little water is thrown on the dough and it is boiled upon it and strained, it would be a second [infusion]. The weights and measurements that are given are Antiochan and Zahiri [as] in Mayyafariqin.

The following quantities are for 1/32 of the above recipe.

3 T honey [2/3 t nigela] 1 1/2 oz quince

1 1/2 oz bread 1/4 t saffron 1/2 c salt in 3T honey

1 T wheat starch 1/3 t celery seed 1 pint water

2/3 t anise 1/4 oz carob lemon [1/4 of one]

2/3 t fennel 1/4 oz walnut

“I cooked the honey in a small frying pan on medium heat, bringing it to a boil then turning off the heat and repeating several times; it tasted scorched. The bread was sliced white bread, toasted in a toaster to be somewhat blackened, then mashed in a mortar. The anise and fennel were toasted in a frying pan or roasted under a broiler, then ground in a mortar with celery seed and walnuts. The quince was quartered and cored. After it was all boiled together for about 2 hours, it was put in a potato ricer, the liquid squeezed out and lemon juice added. The recipe generates about 1 1/4 to 1 1/2 c of liquid. I then add another 1/2c or water to the residue, simmered 1/2 hr -1 hr, and squeezed out that liquid for the second infusion, which yields about 1/3 c. A third infusion using 1/3 c yields another 1/4 c or so.” [Here end the original document notes.]

Sourdough Starter and Sponge, Leavening Agent

These detailed instructions are for beginners to breadmaking. There were taken from a very detailed document on the Internet writen by a bread enthusiast. For a quick sourdough starter, see the next section.

The sourdough starter is a fermented mixture of flour and water. To make your own organic sourdough starter follow these steps. Consider your sourdough starter a pet, it will become seriously ill if you do not care for it.

Select a container that your "pet" will live in.
The first thing your pet will need is a place to live. It likes a container which allows it to breathe without being contaminated by airborne debris. A large necked plastic, glass or stainless steel container is ideal. Do not use any metal other than stainless steel otherwise the starter will react with it. You can use a plastic ice cream container.

Blend a cup of warm water and a cup of flour, and pour it into the jar. Your pet is a combination of water and flour, combine one cup of flour and one cup of warm water, stir well to mix and incorporate some air (this is where the wild yeast which will do the work comes from). The flour can be unbleached bread flour or wholemeal bread flour, tap water is OK.

Every 24 Hours, Feed the Starter
Make feeding of your 'pet' a regular event to be carried out at about the same time each day. To feed your starter add half a cup of flour and half a cup of water to the container and stir vigorously, do this each day until the starter becomes active. After a day or two you will see some surface bubbles forming, this indicates that the starter is on the way to becoming active. It is not active until the bubbles are scattered throughout the mixture (this is indicated when the surface of the starter becomes frothy and the sour smell permeates the room you are working in.

Refrigerate the Starter
When the starter has activated it can be refrigerated. Put two cups of starter in a screw top jar (pickle jars are ideal) and put it in the refrigerator. Once it has been refrigerated, the starter feeding can be reduced to about once a week (when you make bread is a good time). When the starter matures somewhat it will develop a pool of hooch over the surface. The hooch is normally a dark colour and smells of alcohol (alcohol is a product of fermentation). Hooch should be stirred in when feeding the starter. By all reports hooch is not good to drink.

The Sponge
Several hours before you plan to make your dough (recipe below), you need to make a sponge. A "sponge" is just another word for a bowl of warm, fermented batter. This is how you make your sponge.

- Put your starter in a large plastic or stainless steel mixing bowl.
- Wash the starter storage jar and dry it.
- Add warm water and flour to the bowl. Add two cups of water and two cups of flour to the mixture and stir well, set it in a warm place for several hours. This allows the yeast to multiply and is called "proofing," another word for fermenting. Sourdough bakers have their own language; use it to impress your friends.

- Watch for Froth and then Sniff. When your sponge is bubbly and has a white froth, and it smells a little sour, it is ready. The longer you let the sponge sit, the more sour flavour you will get.
- Put two cups of the sponge back in the refrigerator. This is the new starter ready for next time you make bread, remember to treat it kindly and feed regularly if you do not want to use it soon.
- The proofing-time varies. Some starters can proof up to frothiness in an hour or two. Some take 6-8 hours! Just experiment and see how long yours takes. If you're going to bake in the morning, set your sponge out to proof overnight.

For Bread
2 cups starter
3 cups flour (at least 2 cups should be unbleached white bread flour, the other cup can be unbleached white, rye or wholemeal (or a mixture).
2 tablespoons fat (olive oil or softened butter)
4 teaspoons sugar
2 teaspoons salt

To the “sponge” add sugar, salt and fat, mix well and add flour ½ cup at a time mixing with a wooden spoon until the mixture will not stick to your hands. As soon as the mixture is dry enough you can begin kneading to incorporate the remaining flour. The dough will seem very dry at first but will moisten as the flour is incorporated (the moisture content of flour varies depending on the weather and how it is stored), if the flour is very dry it may be necessary to add a little water a tablespoon full at a time. If the dough is too wet when it is finished the resulting loaf will be flat rather than round. Kneading should continue from ten to fifteen minutes after the flour has been incorporated, this develops the gluten in the dough so that it will trap carbon dioxide produced by the yeast in the starter, causing the dough to rise.

To knead, press down on the dough with the heels of your hands, flattening the dough, fold the dough away from you and continue kneading, this will produce a wide flat piece of dough. Turn the mixing bowl/dough 90 degrees and continue kneading, turning as the dough shape requires. Properly kneaded dough is smooth, elastic and does not stick to the bowl or hands. If necessary rub hands together from time to time to remove dough adhering to them, incorporate the removed dough into the loaf.

Remove the dough and clean the mixing bowl, put a little olive oil in it, form the dough into a ball and roll it in the oil so that the entire surface is covered in a thin layer of oil, this will stop the dough from drying as it cures (rises) prior to making your loaf.

Cover the mixing bowl with a damp tea towel and put it in a warm place to cure (rise) until approximately doubled in size (note that sourdough rises more slowly than yeast bread). When a finger poked into the top of the dough creates a pit that doesn't"heal" (spring back), you've got a risen dough.

Punch the dough down and knead it a little more. Make a ball and place it on a baking sheet (lightly greased). Slit the top if you like, cover the loaf with a tea towel or the inverted mixing bowl and place it in a warm place to rise again, until doubled in bulk.

Preheat your oven to 200 degrees Celsius and bake the bread for approximately1 hour, turning at 15 minute intervals to ensure even cooking. Check the loaf at 45 minutes to see if it is done. The loaf is done when the crust is brown and the bottom sounds hollow when thumped with a wooden spoon. Turn the loaf out onto a cooling rack or a towel and let it cool for an hour before slicing.

Quick Sourdough Starter

1 yeast cakes or dried yeast packages
2 teaspoons of sugar (this accellerates the process)
1 cups lukewarm water (if tap water, let set for 24 hours uncovered to release the chlorine)
2 cups flour

Mix and store it in a crockery or glass container and cover.
Leave it for at least 24 hours to sour.
Stir each day.
Use each day, or store in the fridge.
For each ½ cup removed for baking, replenish it with ½ cup flour and ½ cup warm water.

Sourdough Sponge

½ cup of your starter
2 teaspoons of sugar
1 cup warm water or milk
1 cup flour

Let it proof until it bubbles. Then add flour to make a dough for bread, or to make a batter for pancakes. If you make a batter, let it rise a bit before cooking. For bread, knead and rise the dough once or twice. Then cook in a hot oven until it sounds hollow when tapped. You can also use the dough for pizzas, calzone, pizza bread and bread sticks.

Decoctions

A decoction is herbs that have been simmered in water.

It is the best method for drawing the healing elements from tough plant parts such as bark roots, stems and heavy leaves. To make a decoction use 1 ounce of dried herbs to 1 pint of water that has been brought to a boil. Keep water just below boiling for about 30 minutes and let herbs simmer. Simmering may take up to 1 hour, depending on plant used. A higher heat than infusions is necessary because of the toughness of the plant parts.

Decoctions should always be strained while hot, so that the matter that separates on cooling may be mixed again with the fluid by shaking when the remedy is used.

Use glass, ceramic or earthenware pots, or clean, unbroken enameled cast iron. Do not use plain cast iron with astringent plants.

Electuary

When powders are mixed with syrup, honey, brown sugar, or glycerin to produce a more pleasant taste or to make them easier to use internally, they are called electuarys. These are rarely prepared in advance, but are done when needed. Different substances need different proportions of syrup. Light vegetable powders usually require twice their weight, gum resins 2/3 their weight, mineral substances about half their weight.

If an electuary is made up in advance and it hardens, add more syrup. If it swells up and emits gas, merely beat it in a mortar.

Extracts

Extracts are solid substances resulting from the evaporation of the solution of vegetable principles. The extract is obtained in three ways: by expressing the juice of fresh plants, by using a solvent such as alcohol, or simmering a plant tea and reducing it to a thickened state. The last is done by simmering a plant and by repeating the process until most of the water used has evaporated, making a decoction. This gives a distillation of the most active principles in the plant. Add 1/4 teaspoon of alcohol (brandy, gin or vodka will do), glycerin, or tincture of benzoine to preserve the extract.

Fomentations

A fomentation is a strong herbal tea in which a clean cloth is dipped. The cloth can be filled with herbs. The cloth is then applied to the affected part.

Infusions

This is the origin of the idea of witches potion. It is a process of soaking herbs in water.

Hot Infusion : To make an infusion boil water. Add the boiled water to 1 teaspoon dried herb. Cover and let steep for 9-13 minutes. Strain, cool. Infusions are drunk as teas, added to bath, rubbed into furniture and floors, and to anoint body. Powdered Bark, root, seeds, resin and bruised nuts, seeds, bark and buds may be used in hot infusions.

Cold infusion : Steep in cold water or cold milk for several hours. Wet, mashed herbs can be used internally as a tea or ad poultices on body.

Oils

Aromatic oils and rectified alcohol can be combined. The oils seep into the alcohol to produce and essence. Oils may be captured by evaporation from flower petals. Vegetable, nut, or fruit oils can be used as a medium for steeping aromatic plants to extract volatile oils. Aromatic oils can also be steeped in alcohol to extract essence.

To make an oil, pick your own fresh herbs or purchase dried herbs form a reputable source. Pack a large jar with the chosen herb and pour in any favorite mono unsaturated or polyunsaturated oil. Use enough to cover the herb. Close tightly. Label the jar and place in a sunny place for several weeks. Strain out the herb by pouring through cheesecloth into a fresh jar. Hold the cheesecloth over the opening of the jar containing the herbs and secure with a rubber band. Invert the jar and pour the infused oil through the cheesecloth. Before

discarding the herbs, squeeze all the oil out of them. Repeat the entire procedure. Repack a clean jar with more of the same herb. Add the infused oil, plus enough additional oil to cover the herbs. Store again in sunlight. Strain again through cheesecloth. Pour the oil into a labeled jar and store until needed.

Syrups

Medicinal syrups are formed when sugar is incorporated with vegetable infusions, decoctions, expressed juices, fermented liquors, or simple water solutions. Sometimes tinctures are added to a simple syrup, and the alcohol is evaporated. The tincture is sometimes combined with sugar and gently heated, or exposed to the sun until the alcohol is evaporated. The syrup is then prepared with the impregnated sugar and water. Refined sugar makes a clearer and better flavored syrup. Any simple syrup can be preserved by substituting glycerin for a certain portion of the syrup. Always make syrups in small quantities.

To make an herbal syrup, add 2 ounces of dried herb with 1 quart water in a large pot. Boil down and reduce to 1 pint, then add 1-2 tablespoons of honey. If you want to use fresh fruit, leaves, or roots in syrups, you should double the amount of herbs. Store in refrigerator for up to a month. Honey-based syrups are simple and effective way to preserve healing qualities of herbs. Syrups can soothe sore throats and provide some relief from coughs.

Teas

Home-made herbal teas are much more potent than the store bought teas. Their flavor can be quite strong and sometimes unpleasant. To make a tea, boil 1 pint of water. Add 1 ounce of dried herb tops (leaves flowers, stems) steep 3 -5 minutes.

Tinctures

Tinctures are solutions of medicinal substances in alcohol or diluted alcohol.

To make a tincture, grind plant parts with mortar and pestle (or a blender). Add just enough high-quality vodka, whiskey or grain alcohol to cover herbs. Let sit for 21 days then add a small quantity of glycerin (about 2 tbs per pint) and about 10 % volume of spring water. Strain and store in airtight amber colored glass. If kept cool and dry it will last for up to 5 years. Dose is usually 20 drops in a cup of tea or warm water, 4 times a day.

For a stronger tincture place herbs in a cone-shaped piece of parchment paper. Pass alcohol repeatedly through the powdered or cut herb. Catch the slow drippings in a jar. When it has passed once, you may use it, but the more you repeat the process, the stronger the tincture will be.

It is acceptable to dilute any alcohol tincture with water. Add 4 ounces of water and 1 teaspoon of glycerin for every pint of alcohol .The glycerin is optional, it is an additional preservative.

Non Alcoholic Tincture

Alcohol is a near perfect preservative of plant attributes. If for some reason you wish to evaporate the alcohol, add the tincture dose to a cup of water then add 1/8 to 1/4 teaspoon of

boiling water. Some herbs can be steeped in milk to make a milk tincture. Strain out the herbs, and store in a labeled jar in the refrigerator.

Ointments

An ointment is a soothing, healing, slightly oily or fatty substance into which the essence of a healing plant has been dissolved. This is done by heating the fat or oil with the plant until it loses its normal color and the oil or fat has absorbed the healing chemical principles. the plant is then strained out, and beeswax is added to harden the ointment. Preservatives such as drops of tincture of benzoin, poplar bud tincture, or glycerin are optional additions. If you make ointments in small batches and keep them tightly closed with paraffin wax, they don't decompose.

The traditional folk, herbal, and pharmaceutical base for ointments is pork lard. Purify it by simmering and straining. It has healing abilities even without the addition of herbs, but so do a lot of fats and oils. It is said to have great drawing power.

Purified, liquefied anhydrous lanolin is also used as a base for ointments. Lanolin is the substance washed from the wool of sheep. It comes in many levels of purity, so the results vary depending on the product. This oil is the closest to skin oil.

Almond oil, cocoa butter, wheat germ, and vitamin E are neutral bases for ointments. If no other product is available, Vaseline may be used, but is listed here in case nothing else is available.

All ointments must contain one substance that will thicken the final product. Lanolin is a thickener, as is cocoa butter. Both are non sticky and mix well with most other oils. Other useful but sticky thickeners are glycerin, honey, or liquid lecithin. Also, various powdered resins and gum swell up and thicken when first soaked in cold water, then simmered in gently boiling water, and added to preparations. Agar-agar and Irish moss are seaweed thickeners. Green apples provide and excellent acid fruit pectin that is a good addition to creams and ointments.

While any of the above sticky and non sticky thickeners will help swell a product and keep it emulsified, you will still need some wax to harden a cold cream or ointment. Beeswax is perfect, although expensive. It may be combined with paraffin wax.

Poultices

A poultice is a raw or mashed herb applied directly to the body, or applied wet directly to the body, or encased in a clean cloth and then applied. Poultices are used to heal bruises, putrid sores, soothe abrasions, or withdraw toxins from an area. They may be applied hot or cold, depending on the health need. Cold poultices(and compresses) are used to withdraw the heat from an inflamed or congested area. Use a hot poultice or compress to relax spasms and for some pains.

To make a poultice, use fresh or dried herbs that have been soaked in boiling water until soft. Mix with enough slippery elm powder to make poultice stick together. Place on affected part then wrap body part and poultice with clean cloth.

Vinegars

Herbs that are soluble in alcohol are usually soluble in vinegar, and are useful for salad vinegars, cosmetic vinegars, some liniments and preventive sickroom "washes".

Waters

Steeped herbs, water, and alcohol and steeped herbs plus honey and other fruits are often called waters. Sometimes extracts or spirits of various herbs, such as lavender, are also called waters.

Glossary and some Translator Explanations

- *Ahrash* are flattened meatballs cooked in oil in a pan. They are flattened with the back of the spoon directly in the pan.
- Boil and Fry: The respective verbs are *ghala* and *qala*, which are devilishly similar-looking in Maghribi script. When there's a lot of oil in a pan, I allow HM to say boil, but I have not hesitated to differ from his interpretation. The Spanish translation has rendered "boil" as "boil" when it refers to heating a liquid and "scald" when it refers to cooking a solid ingredient in boiling liquid; a handy distinction, though not one either English or Arabic happens to make. Since in English "boil" means to boil lightly, I have changed nearly all scalds to boils.
- Chinese cinnamon [cassia]: [C. cassia: wooden bark] also known as cassia. For most purposes ordinary cinnamon can be substituted, but there is a slight difference of flavor. Chinese cassia is sweet with a peppery afterbite. It is always in the Sichuan 5-spice mixture. You can generally find it in Asian food stores.
- Clarified Butter is melted butter separated from its milk solids.
- Coriander is coriander seed ball or ground seed. It can vary in hotness, and is sometimes describes as having a flavor that combines lemon and sage. It is used in sweets, meat and fish dishes, and is thought to be one of the oldest spices used by man, and the first to be brought to the Americas. It is often used in curries.
- Cilantro is the name generally given to the Coriander leaves and stem.
- Cut or slice: When it comes to knifework, I distinguish between *qata'a*, "to cut, to cut off," *qatta'a*, "to cut up," and *sharaha*, "to slice."
- *Fânîd* is used to refer to candied sugar bit and pulled taffy.
- *Furn*: Bread oven. In general, we translate it as oven, and give the Arabic for *tannur* [clay oven].
- Galingale is an herb that has a hot, spicy, peppery flavor, and is a substitute for Asian ginger root. It can be purchased as a powder.
- Gourd: Not our squash or pumpkins, which are from the new world. The gourd mentioned in period recipes may be Lagenaria sicereia, the white blossomed gourd. Some of the edible gourds used in Chinese cooking are Lagenaria, and the Italian Edible Gourd is a Lagenaria.
- Gum Arabic is used in syrups mainly and syrup based soft-drinks, and soft gummy candies like taffy and gum drops.
- Hearthstone: Dishes are removed from the fire ["taken down" is the terminology; putting a pot on a fire literally means "raise it"] and set on the hearthstone [*radaf*]. Huici Miranda has translated this word as "embers," but it definitely is a stone, and some recipes make it clear that *radaf* was the word for the stone outside the *tannur* [clay oven] oven onto which ashes could be swept. Presumably the dishes are

removed to the hearthstone to be cooked at a low heat. Things are also often removed to the embers [*jamr*] or the euphorbia embers [*ghada*] to cook, though more slowly.

- *Isfîriyâ* was a small meat patty, the size of the palm of the hand.
- Julep: It was basically a rose-flavored sugar syrup. *Jullab* is the word in Arabic, but it's Persian to begin with: *gul-ab*, "rose-water."
- *Ka'k*: Hard rolls or cakes. One of the most ancient baked goods of the Near East. It's so old we don't know whether the word is Aramaic or Ancient Egyptian. Anyway, it was [and is] a biscuit in the sense of something baked or cooked twice. It is also used for small cakes and pastries.
- "Knead," "beat" or "stir.": The verb that has stumped me most often is '*araka*. According to the lexicons, this means "to be a strong fighter" [*ma'raka* means battlefield], or "to consume all the vegetation in an area" [of animals]. The context shows that in recipes it means to mix in some way, but I have often been unsure whether to translate it "knead," "beat" or "stir."
- Mastic should be available from a good spice store, or possibly an Indian grocery store. It is used for flavoring in sweets and liquores, and for the pure whiteness it gives, and for the gum properties. It is also chewed like gum. It is common in ice creams.
- *Mirkâs* are sausages
- Moist: *Ratb* means moist, fresh, succulent. I have sometimes differed from HM's interpretation, usually favoring moistness.
- *Murri*: A salty, liquid flavor enhancing condiment much like soy sauce. It can be made of fish too, like today's, Southeast Asian fish sauce. Soy sauce is an acceptable substitute. See the notes in the next section.
- *Murri naqî'* is the technical name of the variety of *murri* unique to Andalus. The name means "infused" or "macerated" *murri*. Soy sauce is an acceptable substitute.
- Mustard: *Sinab* was simply mustard as we know it, ground mustard seed made into a condiment with grape juice or honey or raisons and vinegar; it was common in Andalusian cooking but not known in the Levant, where mustard was always a spice, never a condiment.
- Pan, Frying pan: Used to translate *miqlât*, which was used only for frying. It might be either clay or iron.
- Pot: Used to translate *qidr*.
- Pound: The verb *daqqa*, one of the commonest verbs in any recipe of the mortar-happy Middle Ages, means to pound. I have always translated it that way.
- *Qursa* is a small round bread, relatively flat; like a small pita. It is also used in the text to describe a small, round cake or pastry.

- *Raghîf* means flatbread generally, but it is really a category of bread that includes pancakes. These types of bread are often folded many times with butter and fried, making them flaky.
- *Râhibi* is a meatloaf cooked in a bread oven.
- Ram: In the recipes that call for ram, I wonder whether they might be steered rams. Adult ram is pretty tough and gamy. Also, it makes good sense to castrate most of the males in a flock that are allowed to grow up.
- Roll Out: *madda* means to stretch out or roll out. I usually translate it as roll out implying a rolling pin. The Italian word for the extra long rolling pin used to roll and stretch things out is *matarello*, meaning a little *mata*, or club. Very close to madda.
- Rue is common rue which is a very bitter, medicianal tasting, evergreen herb used by the ancient Romans, Asians, North Africans and by many in Middle Aged Europe. Parsley is used in much the same way today, as a decorative, green herb, chopped up, raw, put on top of cooked dishes. Parsley has a bitter taste, too, but not as bitter as rue. Considering the amount of oil in the dishes, the bitter rue would have a good effect on the liver to help digest it all.
- *Ruqâq* means a crepe, as does *kunafa*. In Moroccan cooking, a *knaafeh* is a cheese pastry.
- *Salâya*: a stone chopping board or work surface, marble
- *Samn* means clarified butter; pure butterfat with the milk solids removed by heating and skimming off the solids, like Indian *ghee*.
- Serve, Present or Use: Some recipes say, when a dish is done, to present it [*qaddama*]; others say to use it [*ista'mala*]. European cookbooks of a slightly later period use similar terms, much as our cookbooks say to ‘Serve it hot’, or ‘Serve it immediately’. Many of the European cookbooks say ‘Serve it to your Lord’ meaning the Lord of the manner, as the cookbooks were intended for cooks working on large manor estates. Missing from the Christian European cookbooks are the invocation at the end of many of these Muslim Spain recipes ‘God willing’, or ‘In sha'a Allah’.
- Sesame Oil in Islamic recipes corresponds to modern Middle Eastern sesame oil, which is almost tasteless, not to the strongly flavored sesame oil used in Chinese cooking. Sunflower oil can be used too.
- Skimmed Honey: Honey was nearly always boiled and then skimmed of the froth or scum that would come to the top. Since "honey, cleaned of its scum" is a clumsy locution, I have rendered it as "skimmed honey." Sugar syrup was often skimmed the same way.
- Spikenard has a similar spicy, peppery flavor as galingale and they can substitute for each other. They both similar in flavor to ginger root. Sometimes, however, Mediterranean medieval cooking called Spike Lavender by the name Spikenard, so it is not really clear to which the recipes in this book refer.

- Sourdough: This refers to sourdough sponge, the medieval rising agent for breads made into a batter. The starter for sourdough is a natural rising agent made from flour and water and the yeast in air, wild yeast, left to grow 5 days. Some of the starter is mixed with flour and water and left a few hours to ferment into a batter which is used in some of these recipes. The original starter can be replenished indefinitely. See the *Sourdough* section below for a recipe and instructions for making sourdough starter and sourdough sponge.
- Spices: There is no distinguishing between *tîb* [literally, goodness; perfume], *tawâbil* [spices], *afâwîh* [aromatics] and *'aqâqîr* [drugs], because they seem to be used indiscriminately. I have translated them all as "spices."
- Sumac is a spice that has a fruity, tart flavor that is similar to lemon juice, but slightly more subtle. It is widely available in Middle Eastern food stores.
- *Tafâyâ*: stew, often colored green with cilantro or mint juice, or yellow with saffron, or white with almonds
- *Tajine*: *tâjin*, A North African earthenware cooking dish with a lid. A *couscousiere* is also called a *tajine* and has a tall, pointed lid. *Tajine* can also refer to a stew.
- *Tannur* [clay oven]: Clay oven, cousin to the Indian tandoor, often partly buried in the ground. It differs from the surface oven by having around 125 cm in length, 50 in breadth, and some 40 in height.
- Turmeric, also tumeric, is a root spice that is ground up and used to dye food yellow, and to add a pungent flavor to meat and fish. It is used together with many spices in curry mixes and even in mustard and sauces.
- *Qatifa* or *Qataif* is a pancake. In Moroccan cooking a *kataif* is a sweet stuffed pancake.
- Wheat Starch can be found in Iranian grocery stores.