

Recipes for the 11th Edition of the Miscellany

(Some of these still need more work)

A recipe for (latticed fritters) called Wathiquiyya:

Al-Warraq pp. 414-415

Make soft dough using ½ ratl good quality fine samidh flour, yeast, [and water]. Cover the dough and let it ferment overnight. In the following morning, knead ½ ratl starch with yeast dissolved in water, and mix it with the prepared batch of fermented dough. Knead them together, adding water bit by bit until the dough becomes very soft—similar to ‘ajin al qatayif (crepe batter). Add a small amount of (baking borax) that has been dissolved in some water. Let it rest for a short while.

Prepare a nut cup for the batter. It is made by cutting off the rounded end of a coconut, which leaves you with a cup-like shell. Pierce a small hole in its bottom, the width of a mil (probe or bodkin).

Choose an iron or copper frying pan with a flat base. Pour fat, enough to cover the zalabiya [while frying]. Light the fire underneath the pan. When the fat becomes hot, scoop some of the batter into the coconut shell, held with the left hand, and the hole blocked with a finger. Then hold the filled shell from its rim with the right hand—above the frying pan—and let the batter run through the hole into the hot fat, simultaneously moving your hand in circles to make the lattice form. You can make them like discs, balls, or squares. If your batter was done right, the moment the batter falls into the hot oil, it will puff and look like a bracelet with a hollow interior.

As soon as one zalabiya is done, take it out of the fat and dip it in honey, which has been boiled and skimmed of its froth and perfumed [with rose water, musk, or camphor]. Keep the pieces drenched in the honey until they absorb enough of the syrup. Then take them out and arrange them in the dessert platter.

If they turn out to be good, serve them. ...

If there was not enough yeast in the batter, wait until it ferments well. If the yeast was bad, add some more borax (būraq) to the batter. ...

1 ¼ c = ½ lb Semolina	2c = ½ lb Starch	1 ½ c more water	3 c Honey
¼ c Sourdough	¼ c More sourdough	T Buraq in 2T water	2T Rose water
3/8 c Water	+ 1 ¼ c water	½" to 1" Oil	

Combine semolina, sourdough, water, leave 9 hours to rise. Then combine starch, sourdough, water, and stir smooth. Add that to the first dough, stir smooth, adding the additional water. Stir in baking soda dissolved in water.

Bring honey to a simmer, simmer 3 minutes, skim, add rosewater. Keep honey warm thereafter.

Fill a frying pan with oil at least ½" deep—more would be better—and heat it to about 350° (high on my electric frying pan). Drill a ½" hole in the coconut half—or use a funnel. Pour batter into nut cup or funnel, distribute in patterns into the oil. When fritter is brown, turn over. Take out, drain briefly, dump into hot honey mixture for a minute or so, making sure all of it gets under. Take out.

You want a thin stream of batter going in, to produce something more like lacework than pancake. I found I could produce it by using my finger to partly cover the hole in the coconut. A smaller hole might work, provided the batter was thin enough to flow through it.

My guess for būraq, based on experiment, is potassium carbonate (potash) but baking soda should also work.



Lauzinaj
(al-Baghdadi p. 99, also in Description)

Take a pound of sugar and grind it fine. Take a third of a pound of finely ground peeled almonds, mix them with the sugar and knead it with rose-water. Then take bread made thin like sanbusaj bread – the thinner, the better – and spread out a loaf of that bread and put the kneaded almonds and sugar on it. Then roll it up like a belt and cut it into small pieces, and arrange them (sc. In a bowl). Refine the necessary amount of fresh sesame oil and put it on them. Then cover them in syrup to which rose-water has been added. Sprinkle finely pounded pistachios on them.

Half recipe

8 oz Sugar
½ c Almonds
1T Rose-water
1T water
16"x15" sheet Bread (lavash)
2T c Sesame oil
~ 1 c Julab
2T pistachios

Blanch almonds, dry, grind in a mortar or small food processor. Grind sugar fine. Mix them, add rose water and water, knead smooth. Over the surface of the lavash as evenly as you can, roll it up, slice into ~1" lengths. Arranged in a shallow dish with raised edges such as a pie plate, just big enough so you can squeeze all of them in. Drip the oil uniformly over them, then pour in the julab. Grind the pistachios fairly fine, sprinkle over the lauzinaj. Let soak for an hour or more then eat it. Tasty.

Julab may be too strongly flavored with rose water.

Judhaba by al-Mu'tamid:

Al-Warraaq p. 374

Take a whole bread made with the finest samidh flour, let its weight be 1 ratl. Cut it into morsel-size pieces, which you then soak in water in a green-glazed bowl for about an hour. When bread pieces are saturated and puffed, put them in a judhabadan. Pour on them 1 ratl honey, 2 ratls tabar zad sugar (Pure and white cane sugar), and 1 ratl water. There should be enough to cover the bread and a little bit more. Mix in aromatic spices and saffron, too.

[Put the pan in the bottom center of a hot tannur], suspend a plump chicken over the pan, [and let it roast until done.] God willing.

3 ½ lb Chicken	2c Water	(¼ t Spikenard)
1 lb Lavash (Persian thin bread)	Spices: (1 t Cinnamon)	(¼ t Nutmeg) (¼ t Cloves)
1 lb=1 5/16 c Honey	(¼ t Pepper)	
2 lb = 4c Sugar	1/16 t Saffron	

Baked at 350° under a chicken for about 1 hr 35 minutes

Very tasty, sweet, people probably wouldn't want a lot of it. Elizabeth thought there was too much cinnamon, but that may be because I wasn't careful enough about sprinkling the spice mixture evenly. The spices were a selection from al-Warraaq's list of aromatics.

A Recipe for Judhaba of Apricots from the copy of al-Wathiq

al-Warraaq pp. 374-5

Choose sweet and fully ripe apricots and remove the pits. In a clean judhabadan layer the apricots alternately with a layer of sugar until the pan is full. However, before doing this, you should have lined the bottom of the casserole with a thin round of bread (ruqaqa), and [after you finish] you need to cover the apricots with another thin round of bread (ruqaqa).

If you wish, add a little bit of saffron and drench the apricots and sugar in rose water. [Put the casserole in a hot tannur.] suspend a fine plump chicken above it, [and let it roast], God willing.

Chicken ~5 lb Bread, lavash, 7 oz Apricots, 4 ½ lb Sugar 1 ½ c Rose water 2T

The recipe does not say anything about slicing the apricots. My guess is that they were either whole or halves, since splitting in half is the easiest way of getting out the pit. I did most of them as halves, a top double layer sliced. Baked at 350° until the chicken was at about 180 degrees.

It would be fun to try something more like the banana judhaba, with layers of sliced apricot alternating with bread and sugar, but that is not what this recipe describes.

For a feast out of apricot season, use a pound of dried apricots rehydrated by dumping in boiling water, removing from the heat, and soaking for at least four hours. Spread the apricots flat when layering them.

I have also tried it replacing the lavash (from an Iranian grocery store) with ruqaq from al-Warraaq's recipe, but it did not work as well. Possibly it would work if I managed to make the ruqaq thinner.

A Recipe for exotic Khushkananaj Wathiqi by Abu Samin
Al-Warraaq

Grind 3 ratls refined sugar and sift it in a fine mesh sieve. Add 1 ½ ratls fine samidh flour. Mix them well. Att ¼ ratl sesame oil and knead mixture the way you usually do with flour dough.

Put the mixture in a mortar and pound it to crush ingredients into each other and help them bind. Take a small bowl, the smallest you have, or anything similar in shape such as wooden or brass huqqa (bowl) with a rounded base and a wide rim. Stuff the bowl tightly with some of the sugar flour mixture and turn over on to a khiwan (wide low table). Do this with the rest of the mixture.

Prepare a large level pan with low sides and arrange the moded pieces, leaving a space between them. Lower the pan into a slow burning tannur. Let cookies bake until they are golden brown. Take the pan out and take the cookies out of the pan with a thin spatula. You carefully slide the spatula underneath each cookie and transfer it to a clean platter. Arrange the pieces in one layer, God willing.

(1/3 recipe)

Sugar: 1 lb = 2 c Semolina: ½ lb = ~2 c Sesame oil: 3T (Water: ¼ c)

Combine all ingredients, pound thoroughly in a large mortar. A food processor might work. For the larger ones I used a chinese teacup 3” diameter as a mold, forcing the dough in to partly fill it; the cookies ended up 1 -1 ½” high. For the smaller ones I used a round tablespoon measure as my mold.

Bake at 350° for 40-60 minutes until they start to turn brown.

Note: The first time I did these they came out flat, which I took as evidence I was doing something wrong, given the instructions. The recipe above is my second try, and came out right. I do not yet know which of the changes between first and second made the difference. They were: Grind the sugar, use ¼ c water instead of ½ cup, bake at 350° instead of 300°.

Khushkananaj of fried qataif by Ibrahim bin al-Mahdi:
Al-Warraaq pp. 420-21

Pound 2 ratls sugar and 1 ratl skinned almonds. Bake qatayif crepes shaped like mirrors, the size is up to you. Crush some aromatics (tib such as musk and camphor) in the filling, and fill each crepe disc with some of it. Fold each crepe in half and shape it like khushkananaj (half moons) after you stick the sides together by applying some of the qatayif batter around the edges. Press around the edge with the fingernail, or do whatever you can to seal it closed.

Heat almond oil or sesame oil in a tanjir (copper cauldron with a rounded bottom) and fry qatayif in it until they are golden brown. Take them out and put them in honey, which has been boiled and skimmed and mixed with an equal amount of thick sugar syrup, and perfumed with musk and mastic.

When qatayif pieces absorb enough syrup, take them out, arrange them on a platter, and sprinkle them with white sugar. Let them cool down and serve them, God willing.

1/8 recipe

½ c sugar 2 oz blanched almonds .1 g camphor . Oil to cook in.
2/3 c Honey Sugar syrup: 2/3 c Sugar + ¼ c Water

Made pancakes ~3” in diameter; filling and syrup were more than sufficient for 1/8 recipe of the batter.

Comments: Camphor flavor too strong—next time use less, and mix more thoroughly. Did

not put in mastic—next time. Use a tiny amount.

A Recipe for making crepe batter

Al-Warraq p. 422

Take 2 Baghdadī ratls of sifted fine samidh flour. Also take ¼ Baghdadī ratl yeast made of huwwara or samidh flour. Dissolve the yeast in water and remove any lumps. Add 3 dirhams (9 g) salt, and 1 dirham (3 g) baking borax, both should be crushed and sifted.

Add the dissolved yeast along with some water to the flour, and knead the mixture well until it becomes smooth and free of any lumps. In consistency, it should be soft enough to the point if you were to pour some of it on a marble, it spreads.

Set the dough aside to ferment and put a mark for the height of the dough on kayl al-dāqiq (container for bulk measurements) [that you put next to the bowl]. The batter is done fermenting when it puffs and rises about a finger's width above [the marked line].

Heat a clean marble slab on the fire. When it is hot enough, ladle some of the fermented batter, and pour it onto the marble, the size is up to you. When it is done, take it away, and examine the back. If it looks too brown, reduce the fire.

Whenever you bake five pieces, wipe the marble with a piece of cloth. When you are done baking, cover the crepes with a clean damp cloth for about an hour and fill them with whatever you wish, God Willing.

(1/4 recipe)

½ lb Semolina = ~2 c 1 oz Sourdough 2c+Water 2 ¼ g Salt=¼ t ¾ g. ~1/4 t baking soda

Let ferment overnight.

Did not do the “cover the crepes with a clean damp cloth for about an hour,” but it was probably an average of 15 minute or more from cooking them to filling them.

Cook pretty well on a frying pan without oil.

Julab

Martin Levey, in *Early Arabic Pharmacology: An Introduction Based on Ancient and Medieval Sources*, writes:

“in a prescription of ibn Sina, the proportions given are: 1 mana of sugar and 4 ounces of water are heated on a light fire and then 2 ounces of rose-water are added. In metric weights, this amounts to 794 g of sugar, 132 g of water, and 66 g of rosewater.”

This gives a ratio of sugar/water+rose water of about 4:1 by weight. The resulting sugar solution is heavily supersaturated, with the result that much of the sugar crystalizes out. The ratio for a saturated solution is about 2:1.

A possible explanation is the ambiguity in the units. The mana/mina/mineh originates as an ancient Mesopotamian unit of weight, and has different values in different later times and places. According to some authorities, the Arabic physicians, such as Avicenna, used the Attic Mina, for which one source gives a weight of 436 grams. The uqiya, the Arabic ounce, also has a range of values. Using 37 g for the uqiya from one source, makes the ratio of sugar to liquid 1.96:1, almost precisely the ratio for a saturated solution.

Hence my current recipe is:

3c sugar, 1c water, ½ c rose water

Bring the water to a boil, add the sugar, when it is dissolved, add the rose water and remove from heat.

Another tharida
Al-Warraaq p. 338

Choose fatty meat, cut it into small pieces, and put it in a pot along with soaked chickpeas, whole onions, salt, and some water. Light the fire underneath the pot and let it cook until meat is done. This will come out as *isfidhbaj* (white stew).

Divide *khubz al-ma* (water bread) into quarters. Arrange the pieces in a *qas'a* (wide bowl big enough for 10 people), and pour some clarified butter or fresh butter all over them. Do this when the bread has just been taken out of the tannur and still piping hot.

Ladle the broth over the bread, put as much as needed [to saturate the bread]. Pound some sugar and sprinkle it on the bread before you ladle the broth. Arrange meat pieces all around the dish and serve it, God willing.

1 lb Lamb
¾ c soaked Chickpeas
6 ounce Onion
1 t Salt

2 c Water
Water bread
4 T Butter
~1 t Sugar

Simmer meat, chickpeas, etc. for about ½ hour.

Make water bread from the next recipe, timing it so that the bread comes out of the oven just before the tharida is finished. Use 2/3 my recipe, which is 1/15th of the original recipe.

Break bread (p. ??—about half to 1/3 of the recipe) into 4 pieces, put in bowl or pie dish. Pour on butter. Pour on about ¼ c of the broth—enough to saturate it. Spoon on chickpeas, meat, etc.

**A recipe for Nabatean water bread (*Khubz ai-rna' al-N abatt*)
Al Warraq**

Take 1 *makkuk* (7 1/2 pounds) good quality *samfūh* flour and sift it in a big wooden bowl *!jriřiza*.⁶ Mix with it 3 *uqiyyas* (3 ounces) yeast/ and add 30 *dirhams* (3 ounces) salt that has been dissolved in water and strained.⁸

Knead the mixture into very firm dough, as firm as stone (*~qjar*) and press it well.⁹ Continue pressing it while rubbing the bottom of the dough 120 times with water in doses of 5 *dirhams* (1 tablespoon) each until it develops a consistency which is a little firmer than that of the *zalıbıya* dough. to Cover the dough and let it ferment. With the help of some oil of hulled sesame seeds (*shayraf muqashshar*) divide dough into portions and shape them like *ftriinf*.¹¹

Light the *tannur* and wait until the fire starts to smolder gently. Wipe clean the inside of the oven [with a piece of cloth]. Rub each portion of the dough with 2 *dirhams* (1 teaspoon) sesame oil or *zqyt ar!ftiq* (olive oil extracted from unripe olives) then flatten it by hand and stick it to the inside of the smoldering oven (*tannur hııdı*). This recipe will make 15 pieces of bread.¹²

When you are done sticking all the portions in the *tannur*, cover it with its lid for a short while. As soon as the breads are set (*Uamuda*),¹³ sprinkle them lightly with water, about 12 *kuz* (12 cup), and return the lid as it was before. Wait for a short while,¹⁴ then remove the cover, and open up the bottom vent hole (*crın al-tannur*) to expose the breads to more heat. (24r) As soon as they brown (*ıbmarra*), take them out. Scrape their backs with a knife and wipe them with a small amount of water. Stack the breads, enclose them in a damp piece of cloth, and set them aside for an hour or so.

Serve this bread whenever you need it, it will be the best, God willing.
(1/5 recipe)

Semolina 1.5 lb.	Sesame oil
Sourdough: T+	More sesame oil
Salt: 1/2 ounce salt (2 t) dissolved in 1 c water	More water
Water 1 3/8 c, added a t at a time (72 t)	

Dissolve salt in water, add with sourdough to flour, making a very stiff dough. Add remaining water 1 t at a time, pressing it in with my fist for the first 30 or so, then kneading. Cover and let it rise over night.

Divide into five portions, oil with 1 t sesame oil each on the top, put on the baking stone at 450°. After about 5-10 minutes sprinkle each with 1 t of water, after about 40 minutes should be done.

A recipe for aqras fatit (crumbly crackers), Ibrahim bin al-Mahdi made

Al-Warraq pp. 124-5

Take 1 kaylaja (2 ½ lb) fine samidh flour and take for it ½ ratl tabar zad (white cane sugar) dissolved in 1 ratl water. Knead vigorously and set dough aside to ferment. After dough has risen, pour on it 5 Baghdadī uqiyyas oil of skinned almonds and knead lightly.

Cut out dough into regular even-sized discs using a mold (qalab) and sprinkle them with hulled sesame seeds. Prick the pieces with a feather and bake them in the tannur until they are golden. Take them out of the oven and set them aside in the open air for about an hour until they dry out. When eaten they will crumble in the mouth.

(1/5th recipe)

½ lb semolina (1 ¼ c)
1/10 lb sugar (3T)

7 T water
T sourdough

7/5 ounces almond oil~3T
2T+ sesame seeds

Dissolve sugar and sourdough in water, stir into semolina, knead smooth. Let rise for 10 hours. Add oil and knead it in. Roll out part way, sprinkle with sesame seeds, and roll out some more, to end up with a thickness of between 1/8" and ½"—this is so that the seeds get pressed into the oily crackers. Cut into 2 ½" diameter circles. Prick all over with a fork or a pricking gadget or a bundle of feathers if you have one. Bake at 350° for about 10-20 minutes, keeping an eye on them and taking them out when they start to brown—the thinner ones will cook faster than the thicker.

Making Bread of Abu Hamza

al-Warraq p. 123 [Revised from the Miscellany Version]

Use as much as needed of fine samidh flour (high in starch and bran free). This bread is dry.

The dough is made similar to that of barazidhaj, except that this bread is a little thinner and smaller, it is pricked a lot with feathers [before baking], and neither buraq (bakers' borax) nor any sweetening ingredients are used in making it. However, you need to knead into it (olive oil from unripe olives), the amount of which depends on how much oily you want it to be. Moreover, after you stick them to the inside wall of the tannur and they are fully baked, take them out and stack them at the top of the oven. Keep them there until they are completely dry. Store them in wicker baskets and use them as needed.

Barazidhaj: Take 1 makkūk [7½ pounds] good quality, pure flour, and mix with it 2 uqiyyas yeast, and 20 dirhams salt and (bakers' borax). Mix them into dough [by adding water] and knead vigorously. Cover it and let it ferment.

Divide dough into small portions, the weight of each should be 1 Levantine uqiya (1 ½ ounces), brush each portion with 2 dirhams (olive oil from unripe olives), and flatten it on a wooden board to medium thinness. Prick the breads with feathers, but not much, and cover them with a dry piece of cloth.

(One fifth of the recipe)

3 ⅓ c semolina
1 T sourdough

1 ½ c water
1 ½ t salt

3 T olive oil
additional ~3 T olive oil

Knead all ingredients except the oil together, let rise overnight, add the 3T oil, knead in, divide into about 30 portions. Press flat to a thickness of ¼-⅓", prick all over with a bundle of feathers (or a fork or a modern gadget for making holes). Brush with olive oil—about 4 T for the whole batch. Cover with a cloth and let rise an hour. Bake at 350° for 15-25 minutes. Take out. Turn off the oven, open the door to let it cool a good deal, then put the loaves back in on the oven rack, dry for an hour at 150-200°.

Making Ruqaaq (thin breads):

(al-Warraaq p. 122)

Two kinds of ruqaaq are made: labiq, and jarmāzaj. The first variety is small and neatly shaped into perfect rounds flattened into extreme thickness. Jarmāzaj is larger.

Ruqaaq is made, kneaded, and cut the same way barāzidhaj is done. However, labiq weights 2 Baghdadī ūqiyas (2 ounces) and karmāzaj weighs 3 to 4 ūqiyas (3 to 4 ounces). Moreover, ruqaaq breads are not priced with feathers and the tannūr is heated before flattening the breads. As soon as one piece is flattened, it is immediately stuck into the tannūr, which is to remain hot all the time.

You cannot bake more than one bread at a time [because they are thin and bake fast]. You need to flatten the ruqaaq, stick it into the tannūr, and wait until it is done. It should be wiped with water the moment it is taken out and while it is still at the top of the oven. The breads are to be stacked as they bake until the whole batch is finished, God willing.

3 ½ c flour
1/48 lb sourdough=1 T

4g Potassium Carbonate=½ t
4g salt = ½ t

1-1 ¼ c water

Combine flour, salt, and Potassium Carbonate. Dissolve sourdough in water, stir into dry ingredients, knead smooth, cover, leave to rise 8hrs+. Divide into portions of 2-4 ounces depending on which version you are making. Press very thin. Roll out to about 6" diameter for the small, 8" for the large. Put it on the baking stone in a hot° oven. Bake 3 to 6 minutes until it just starts to brown a little, take out, brush with water, stack.

It also works as a very thin flat bread cooked in a hot frying pan without oil, rolling out a 2 ounce portion to about 10".

Notes: If you roll the large ones out to 10+" diameter, you get a thinness close to Lavash. More like 7" and the result is more like pita. If very thin, bake two to three minutes. If you don't have Potassium Carbonate, my current guess at baker's borax, use baking soda.

One recipe makes about 10 of the small, 5-6 of the larger.

A recipe for ka'k made for Abu 'Ata Sahl bin Salim al-Katib Al-Warraaq p. 123-4

Take 1 kerylaja (2 1/2 pounds) or 1 makkuk (7 1/2 pounds) fine samidh flour. Make it into dough using 100 dirhams ground sesame seeds that have not been extracted of their oil (i.e. tahini), 1 ūqiyā almond oil, and 2 dirhams salt. For each makkuk add 2 ūqiyas white sugar and 3 dirhams saffron. Knead the mixture with 10 dirhams yeast [and some water].

When dough is fully fermented, rub it with a little fat and rose water beaten together. Roll it out on a board into a square and cut it out into small squares. Bake them in the tannur by sticking them [into the inner wall]. When done, take them out and leave them at the top of the tannur for a short while to dry out, God willing.

(1/5th recipe)

1.5 lb semolina = ~ 3 1/3 c
scant T sugar
T rose water

2 ounces tahini=1/4 c
1 ½ c water
.3 g saffron=1.5 t (very loosely packed--about 150 threads)

t+ almond oil
t+ sourdough
T oil

1/5t salt

(Possibly "fat" should be rendered sheep fat or something similar, but I used olive oil)

Combine all ingredients except oil and rose water, knead smooth. Leave overnight to rise. Knead in oil and rose water. Roll out about ¼" thick, cut into squares 1.5"-2", put on a baking stone in a 400 degree oven, bake about 20-30 minutes until they begin to get brown. Taste very strongly of saffron, which some like and some do not.

A [basic]recipe for mutajjana:

Al-Warraq p. 171

Disjoint plumb pullets. Using a knife, cut open—from the inside—the chest and the back all the way down to the tail to be able to flatten the pieces. Wash them and put them in a pot. Pour about 1/3 ratl olive oil, a similar amount of water, and 1 dirham (3 grams) salt. Let the pot cook until all water evaporates.

Add to the pot, 1/3 ratl (2/3 c) vinegar. Stir it continuously until meat is browned and vinegar is cooked. Pour in ¼ ratl (1/2 c) murri and sprinkle 1 mithqal (4 ½ g) black pepper. Put the pot away from heat until needed.

Chicken 5 lb
Vinegar 2/3 c

Olive oil 2/3 c
Murri ½ c

Water 2/3 c Salt 3 g = 1/2 t
Black pepper 4.5 g = ½ T

Boil vigorously for about 80 minutes, then add vinegar, boil another 15 minutes, stirring, add murri and pepper. It comes out very tasty, although some find it too peppery. Alternatively, reduce oil, water, salt, vinegar, murri and pepper in half, on the theory that “pullets” represent twice the amount of chicken of my one chicken. That shortens the cooking time somewhat, comes out noticeably blander.

A recipe for tardin (thin meat patties):

Al-Warraq p. 190

Take lean meat and meat from the shoulders. Thoroughly pound them in a stone mortar. Chop onion and pound it with the meat. Moisten the mixture with egg whites as much as needed. Throw into the mixture, ground coriander seeds, cumin, black pepper, cassia, ginger, galangal, and aniseeds. Pour in a small amount of murri and a little olive oil.

Take the meat paste out of the mortar, and spread it on a sheet of papyrus or paper. Boil water and put the sheet in it until the meat is done.

Take the sheet out of water and cut meat into triangles. Pour washed olive oil into a frying pan and fry the pieces until browned. Arrange them on a platter, put a small bowl of mustard in the middle, and serve the dish, God willing.

11 oz Lamb
3 oz minced Onion
2 Egg whites
1 t Coriander
1 t Cumin

1 t Pepper
¾ t Cassia (cinnamon)
½ t Ginger
1 t Galangal (powdered)
1 t Aniseed

2 t Murri
3 t Olive oil
More oil in pan for frying
Mustard

Pound the meat, which had been trimmed to about 85% lean, thoroughly in a mortar for about 30 minutes, onion for the last five. Spread out on cooking parchment, simmer in water for 12 minutes, then cut up in triangles, fry, drain and serve with mustard.

A recipe for white omelet by Abu Samin:

Al-Warraq p. 326

Thoroughly wash a frying pan and pour into it 1 uqiyya (2T) sweet and mellow olive oil. Now, take 10 eggs, break them in a ghadara (green glazed bowl), and pour into them 3 uqiyyas (1/3 c) milk. Add a handful of ground pistachio, almond, and walnut, all ground. Beat the mixture very well and pour it into the frying pan.

When the [bottom] side is done, flip it to the other side. Then take it away from the fire. It will taste like busr, remarkably excellent and delicious, God willing.

(half recipe)

Olive oil 1T
Eggs 4 large

Milk 1/6 c
Pistachio 1T

Almond 1T
Walnut 1T

Grind nuts, beat with eggs and milk. Fry for a couple of minutes, turn, fry a couple of minutes, covered, let set a few minutes.

Some people thought it needed salt. Might be better cooked a little less.

Sawiq made with wheat

(al-Warraq p. 126)

Pick over wheat grains, wash them briefly, and soak them overnight. The following morning, drain the grains and wash them again. Toast the seeds until they brown then put the pan away from heat. When cool enough, grind and sift them then store them away. When needed, add [water] to the ground grains. Stir in sugar as much as the drinker desire, God willing.

Whole wheat
Sugar
Water

Rinse the wheat, soak it overnight, drain, rinse again. Toast in a hot frying pan without oil until they turn brown. Cool, grind fine, sift.

Combine 3 T of the ground wheat with 1 T sugar and ¾ cup water, stir, drink.

Al-Warraq gives a number of more elaborate Sawiq recipes that I haven't tried.

Have now done a barley version—same instructions.

Used Khorasan wheat. Toasting it, once it dried out it began to pop. Like popcorn, but the grains got at most a little bigger. After about 20 minutes popping pretty much stopped, many of the grains noticeable browner.

For a drink, 1 t sugar + T sawiq + 1/2c to c water. Stir it to get more of the sawiq into suspension.

For a period instant oatmeal equivalent, 2t sugar+2T sawiq+1/4 c hot water.

Pomegranate sawiq (al-Warraq p. 127)

Two parts ground dried pomegranate seeds (by weight)
Three parts wheat sawiq as above.

2T powder + 2 t sugar to 1 c water

A recipe for muzawwara of gourd cooked for people with fevers, from the copy of Ibn Masawayh:

Take a fresh and tender gourd, peel it well, and discard the [fibrous] inside and all the seeds. Cut it into chunks, and put it in a clean pot. Add chopped white part of fresh onion, a bit of fine salt, and a piece of cassia. Pour into it a suitable amount of oil of hulled sesame. Add as well 1 uqiyya pounded chard, 2 uqiyyas (1/4 cup) fresh water, and coriander seeds and cassia, both ground.

[When the stew is cooked], thicken it with some pith of bread, and serve it, God willing.

Opo Gourd, 1.1 lb (13 oz with seeds removed.	1 1/3 ounce chard= \sim 1/4c chopped and pounded
Onion 6 oz white of leeks	1/4 c water
Salt 1/2 t	coriander 2 t
Cassia 5 g stick cinnamon	cassia 1t
Sesame oil 1/4 c	breadcrumbs 1/4 c

Combine everything, chard having been chopped then pounded in the mortar. Simmer 30 minutes, add bread crumbs, cook another minutes or two, serve.

A cold dish (*baridah*) of dressed carrots: (x 1/2)

al-warraq, p. 228

Boil the carrots, cut them [crosswise] into rings like dirhams (coins), and set them aside. Chop onions, fresh herbs, and rue. Fry them very well in olive oil and pour on them murri and vinegar. Add as well cassia, black pepper, galangal, coriander seeds, caraway seeds, ginger, spikenard, and cloves, all ground. Bring the pot to a good boil, and pour the vinegar mixture all over the carrots, which have been put on a platter. Chop rue on it and serve it, God willing.

[Poem not included].

3/4 lb = 4 carrots	1/16 t pepper	fresh herbs:
1/4 lb onion (1/2 large)	1/16 t galangale	(all measured chopped)
1/16 t rue	1/4 t coriander	1/2 t parsley
1 t olive oil	1/16 t caraway seeds	1/4 t mint,
1/2 T murri	1/16 t ginger	3/4 t basil
1/2 T vinegar	1/32 t spikenard	1/2 t cilantro,
1/8 t cassia	1/32 t cloves	+1/8 t chopped rue

Wash and peel carrots, bring water to a boil, cook carrots about 15 minutes, drain and set aside. Chop onions and fresh herbs, including first batch of rue, measure out ground spices and grind caraway seeds in a mortar. Slice carrots into circles and spread on a platter. Heat oil and fry onions and herbs about 10 minutes. Add murri, vinegar, and spices, cook briefly, stirring, and pour contents of pan over carrots. Sprinkle second batch of rue over and serve. Made enough to fill up an ordinary-sized dinner plate.

A recipe for a cold dish of beans (baridat al-lubya):

Al-Warraaq (p. 233)

Boil the beans and press out their moisture. Put them in a bowl and pour sweetened mustard and equal amounts of sweet vinegar and sweet olive oil. Sprinkle a generous amount of ground walnut on it, garnish it with chopped parsley and rue, and serve it, God willing.

1 7/8 lb Fava beans	1 T vinegar	1 t chopped parsley
1 T mustard (Dijon)	1 T olive oil	1 t chopped rue
¼ t honey or sugar	~1 ½ T walnuts, ground	

Shell beans, yielding ¾ lb = 2 ¼ c, put in boiling water (1 ½ c), cook 15 minutes. Drain and let cool. Mix mustard, honey or sugar, vinegar and oil, grind walnuts, chop herbs. Mix sauce into beans, top with walnut and herbs.

Next time: cook beans a bit longer, maybe more sauce?

Another Barida of beans:

Al-Warraaq (p. 234)

Boil the beans and press out their moisture. Put them on a platter and pour on them sumac juice, juice of unripe sour grapes, or lemon juice. You can also sprinkle ground sumac on them. Chop rue on the dish, drizzle it with olive oil, and serve it, God willing.

1 7/8 lb Fava beans	2 T lemon juice	1 t chopped rue
= ¾ lb shelled = 2 ¼ c	½ t powdered sumac	1 T olive oil

Shell beans, yielding ¾ lb = 2 ¼ c, put in boiling water (1 ½ c), cook 15 minutes. Drain and let cool. Stir in lemon juice, sprinkle on sumac and rue, drizzle with olive oil.

More sour and somewhat less interesting than the other barida of beans. Next time maybe boil beans a bit longer. Might need proportionately less lemon juice in a larger quantity.

Delicious Adasiyya (lentil dish):

Al-Warraaq (p. 293)

Wash and pick over hulled lentil and cook it until it falls apart and becomes mushy. Cook with it round onion, olive oil, and salt. Add some vinegar.

You have the option of adding to it sugar and saffron. Alternatively, if you do not like to use saffron or onion, put bruised garlic cloves and a dusting of cumin in the pot after adding the vinegar.

(First version)

Water: 1 5/8 c
Lentils: ¾ c
Onions: 6 ounces
Olive oil: 1 T
Salt ¾ t
Vinegar: 1 T
Sugar: 2 t
Saffron: 24 threads in ¼ t water
(~5,000-10,000

thds/0z?)

(Second Version)

1 5/8 c
¾ c
NA
1 ½ T
½ t
1 ½ t
Garlic: 2 large cloves
Cumin: ¼ t

For the first version, simmer the lentils in water about 1 hour, with onions, olive oil, vinegar and salt. Add sugar and saffron at the end—saffron crushed into $\frac{1}{4}$ t water.

For the second version, do it the same (minus sugar and saffron, replacing the onions with crushed garlic) and sprinkle the cumin on at the end.

Shrimp prepared as mamqur (preserved in vinegar): (p. 237)

Clean and boil the shrimp then arrange them in a wide-mouthed jar in layers alternating with a mixture of salt, coriander seeds, and chopped parsley. Pour vinegar to submerge them and store the jar away.

When needed, take some out and put them on a platter. They are tasty served like this. Alternatively, you might take them out of the vinegar, fry them in fine-tasting olive oil, and pour on them the vinegar they were soured in, God willing.

Shrimp: $\frac{1}{2}$ lb

Salt $\frac{1}{4}$ c coarse

Coriander seeds 2T

Parsley $\frac{1}{4}$ c pressed down

Vinegar $\frac{3}{4}$ c

If raw shrimp, boil about 5 minutes. This amount fills about a 12 oz jar.

A shrimp recipe for maghmuma (potpie)

Al-Warraaq p.237

Clean and boil the shrimp. Put them in a pot along with onion sliced like dirhams. If you are using carrot and eggplant, then slice them the same way.

Arrange the shrimp and vegetables in layers [in a pot], sprinkling each layer with some hot dry spices (abazir yabisa hirrifā)¹. Pour on them vinegar, olive oil, and murri. Cover them with a piece of flat bread and cook the pot until it is done then serve it, God willing.

Shrimp 2 lb
Onion ½ lb
Carrot 9 oz
Eggplant 12 oz
Vinegar ½ c
Olive oil ¼ c
Murri ¼ c
Coriander ½ t
Pepper ½ t
Cumin ½ t
ginger ½ t, 1 pita or other flat bread

Eggplants should probably be one of the small varieties, given the reference to “sliced like dirhems.”

Peel shrimp, boil 5 minutes, drain—or start with cooked shrimp. Assemble, simmer 30-40 minutes until the carrots are as soft as you like them. Serve.

¹ Dry spices and herbs such as coriander, black pepper, cumin and ginger.

Preparing the Dish Dictated by Abu Ishaq
(revised from the *Miscellany*)
Andalusian p. A-41

Take meat and pound smooth until it is like marrow; put in the pot and pour over it oil and salt, clean onions and chop them, then boil and stir and throw in the pot with this some coriander seed and pepper in the amount needed, soaked garbanzos and a handful of peeled almonds pounded like salt; pour in white of egg and leave until the grease runs out, God willing.

1 lb lamb, ground
¼ c oil
¾ t salt
1 medium onion = 6 oz
¾ t ground pepper

½ to ¾ c dry chickpeas
¼ c almonds
6 egg whites
½ t+ ground coriander

Soak chickpeas for eight hours, blanch almonds, dry them thoroughly, grind them. Chop onions. Combine meat, salt, onions and simmer for about five minutes, add spices and drained chickpeas. Simmer another five minutes, then add almonds. Cook for twenty minutes then pour egg whites on top, cook another five minutes or so until the egg whites harden. Serve.

A recipe for conserving apples

Al-Warraaq p. 486

Choose large and fragrant Lebanese apples, peel and core them, and take 10 ratls of these.

Take honey [and vinegar], boil them in a pot, and add the prepared apples to them. Let the apples cook gently on slow fire stirring constantly until apples become as mushy as khabis (thick pudding).

Add to the pot, 2 uqiyyas cassia, and 1 uqiya of each of the following: black pepper, cloves, black cardamom, and mace. Also add ½ uqiyya spikenard and 3 nutmegs with outer skins scraped. However, before adding them to the pot, you need to grind and sift each spice separately then mix them well, and add them to the pot. Besides, the amount of honey and vinegar used should be enough to cover the apples.

Finally, add 1 mithqal (4 ½ g) crushed saffron. Stir the pot until the ingredients mix well and look like khabis. Transfer the conserve into a clean vessel, God willing.

Know that pear conserve is done exactly like apples.

Apples 2lb, (1 ½ lbs
after peeling and coring)
Honey 1 c
Vinegar 1c

Cassia 2T
Pepper T
Cloves T
Black Cardamom T

Mace T
Spikenard 1 1/4t
Nutmeg 2.3 g = t-
Saffron .9g= 1.5 t loose

Mix honey and vinegar, bring to a boil, add peeled and cored apples. Bring back to a boil, simmer for about 40 minutes, until the apples are more like apple sauce in texture. Add the ground spices except the saffron, stir, add the saffron, stir, simmer another five or ten minutes, then put into jars and seal. Makes 3-4 c of conserve.

You can get black cardamom from an Indian grocery store. If it's whole cardamoms, you will want to grind and then sift to get rid of the fibrous wrapping.

Changes to existing recipes:

Add sterilization material on preserves?

Making Spinach and Cabbage Dishes al-Warraq p. 265

Isbanakhiyyat (spinach dishes) and *kurunbiyyat* (cabbage dishes) are cooked the same way. The only difference is the vegetable used. Whichever vegetable you choose, start by cleaning it of any unwanted weeds, and cutting off and discarding roots and stalks. Boil it in water until almost cooked, take it out, and put it in cold water.

Now cut medium-size pieces of meat taken from *atraf al-mulha* (from the backbone area, the first few ribs, (*awa'il al-adla*), and some fatty cuts of meat. Put them in a clean pot and add to them [chopped] white parts of fresh onion, a few drops of sweet olive oil, and galangal and cassia, a stick each. Sweat the meat [until all moisture evaporates]. Then pour water over it, enough to cover, [and let it boil.] Skim the froth and impurities as they come up.

When meat is cooked, wash for it some rice, and add it to the pot along with salt as needed, and a little black pepper. Add the vegetables, let the pot cook for a short while then serve the dish.

If you like, add to the pot [while still cooking] whole carrots. Take them out when cooking is done, slice them into rounds like *darahim* (coins), and arrange them on the ladled out dish. Serve it with murri, God willing.

1 ¼ lb cabbage	1 stick Cassia (cinnamon)
1 lb lamb	1 c Rice
1.5 oz = ½ c chopped white of leeks	½ t Salt
1 T Olive oil	¼ t Pepper
½ oz Galangal root (fresh)	3 Carrots, ~ ½ lb in total

Cut the meat into about 12 pieces. Put it in a saucepan with leeks, olive oil, cinnamon stick and galangal. Cook it covered at medium heat for about ten minutes, until the meat gives up a good deal of liquid. Remove cover and continue cooking about another 15 minutes until the liquid is essentially all boiled away. Add water to cover—about 2 ½ c.

Meanwhile, quarter the cabbage and boil it for about ten minutes, then drain it and put in cold water.

Bring the pot with the meat back to a boil, add rice and carrots, salt and pepper. Simmer covered for another 20 minutes, until the rice is mostly cooked, stirring occasionally to keep the rice from sticking. Drain the cabbage, chop it, add it, cook another five minutes or so. Remove the carrots, cut them into circles like thick coins, serve them on top of the dish.

Note: The original cooks the meat for a while after adding water and before adding rice. Given that the rice will take at least 20 minutes to cook, that seemed too long. I am using lamb, which requires less cooking than the mutton they may have used. Or they may have used larger chunks of meat, which would take longer to cook. Or the rice that was added might have been cooked rice, although I think that unlikely.

A recipe for khall wa zayt (vinegar and olive oil):

p. 239

Prepare a deep platter

In a big cup, put 3 ratls wine vinegar, a piece of ice, and water. Stir the mixture until ice dissolves. Add to the mixture, a lump of sugar, a bit of salt, and dry well leavened white ka'k. Stir the mixture with a spoon. Take the ka'k out put it on the platter, and pour the remaining liquid in the cup over it.

Pour olive oil over it, and chop in it pulp of small and smooth cucumber, fresh thyme leaves, pungent fresh basil, and a little salt.

Serve the dish, God willing, with hot [roasted] pullets.

Wine vinegar 3/8 c	Ice 4 cubes	Water 1/2 c	Sugar 1 ounce lump
Salt 1 t	Ka'k 12 ounces	Olive oil 1/2 c	Cucumber 15 oz
Thyme 2 T	Basil 3 T	salt a little 1/4 t	Chicken 1 1/2 lb

For "white Ka'k" I used al-Warraq's recipe for Ka'k with the saffron left out.

Baked the chicken at 350° for 30-45 minutes to 180°, mixed olive oil with cucumber and herbs, pour on the soaked ka'k together.

To make condomacke of quinces

Dawson, *The Good Husswife's Jewel*, p. 51

Take five quarts of running water, and a quart of french wine, put them together, then take quincies and pare them and cutte them till you come at the cores, then weigh then (ten?) pounce of the quinces, and put them into your pan of water and wine and boyle them over a quicke fire till they bee tender, keeping your panne verye close covered, then thake a peece of fine cavas & put your quinces and liquor in it, and when your sirrope is all runne through, put in so much fine suger as will make it sweete, and set it over a quicke fire againe, surring with a sticke til it be so thicke that a drop will stand upon a dish, then take it from the fire and put it in boxes.

(1/10 recipe)

1 lb quinces pint of water 1/5 pint red wine 6 T Sugar

Boil for about an hour, strain through a piece of cloth, squeezing to get as much through as possible. Add the sugar and boil for about another hour, reducing the volume to about one fourth of what you started with. As it thickens, stir it and test by putting a drop of the liquid on cold plate. When it holds its shape instead of spreading out flat, it is done. It cools to a thick red jelly.

Dawson says nothing about what to do with the solids that remain in the cloth. I added another 2T of sugar to them and cooked them for another five minutes or so, producing something rather like apple sauce.

A recipe for *khabis murmal* by Ishaq bin Ibrahim al-Mawsili: Al-Warraaq pp. 393-4

Heat 1 ratl (2 cups/1 lb) fresh sesame oil, butter, or fresh and sweet olive oil in a clean *tanjir* (copper cauldron with a rounded bottom). Add 2/1 ratl (1/2 pound) *samidh al-huwwara* (Semolina?), and cook it in the oil. Stir vigorously all the time and do not slacken to prevent the flour from burning. When flour is [evenly] toasted, add ¼ ratl (1/2 cup) water to moisten the mixture, and stir it.

Take 2 ratls (2 pounds) pounded clean and refined sugar and sprinkle it [gradually] on the mixture in the pot, stirring constantly until pudding thickens and its oil separates.

Immediately take the pot away from the heat and put it on the floor to cool down. Sprinkle a platter with *Sulaymani* sugar (crushed hard sugar candy), spread the *khabis* over it, sprinkle it surface with white pounded sugar, and serve it, God Willing.

Do a half recipe?

1c Butter
¼ lb (3/4 c) Semolina
¼ c Water

1 lb Sugar
¼ c Crushed Sugar candy
4 T More sugar

Melted butter, cooked semolina in it for ten minutes, added water, gradually added sugar, cooked ?? 5-10minutes?? sprinkled crushed sugar candy on 10" platter, spread cooked mixture over, spread sugar on that.

Another tharida Al-Warraq p. 338

Choose fatty meat, cut it into small pieces, and put it in a pot along with soaked chickpeas, whole onions, salt, and some water. Light the fire underneath the pot and let it cook until meat is done. This will come out as isfidhbaj (white stew).

Divide *khubz al-ma* (water bread) into quarters. Arrange the pieces in a *qas'a* (wide bowl big enough for 10 people), and pour some clarified butter or fresh butter all over them. Do this when the bread has just been taken out of the tannur and still piping hot.

Ladle the broth over the bread, put as much as needed [to saturate the bread]. Pound some sugar and sprinkle it on the bread before you ladle the broth. Arrange meat pieces all around the dish and serve it, God willing.

1 lb Lamb	1/15 th original recipe (2/3 mine) Water
3/4 c soaked Chickpeas	bread
5 ounce Onion + 4 tiny onions	4 T Butter
1 t Salt	~1 t Sugar
2 c Water	

Simmer meat, chickpeas, etc. for about 1/2 hour. Break bread into 4 pieces, put in bowl or pie dish. Pour on butter. Pour on about 1/4 c of the broth. Spoon on chickpeas, meat, etc.

Quince Sekanjabin

Kanz (14th c. Egyptian, *Treasure Trove of Benefits and Variety at the Table*) p. 250

Sekanjabin safarjali (quince oxymel)

It is made by taking one part, by weight, of the juice of the delicious and aromatic Asfahani or Barzi quince, a similar amount of pure white sugar, and a quarter the amount of very sour vinegar. Boil them down to thick syrup

If preferred, throw in quince, thickly sliced into crescent shaped pieces. Add these before the syrup thickens. It may also be scented with rosewater into which saffron and musk have been dissolved. Some people make it with honey [instead of sugar], in which case it will be more effective in clearing phlegm and rarefying humors. Others make it without vinegar so that it becomes better and more effective in cases of constipation

2 lbs cut up and cored quince	3 c sugar	3/4 c vinegar
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Process the quince in a food processor or (super blender). Put the mush in a bag of linen or other coarse fabric and squeeze out the liquid, giving you about 3 c of liquid. Combine with sugar and vinegar and boil down to a thick syrup—it takes over an hour and should reduce the volume to about 2/3 what it was originally.

When you want to drink it, dilute the syrup about 1:10 in cold water.
If you don't have a source for quinces, you can buy quince juice from igourmet.com.

Recipe for ka'k sukkari

Kanz (14th c. Egyptian, translated as *Treasure Trove of Benefits and Variety at the Table*) p. 81

Take 1 ratl flour and 8 uqiyyas sugar. Finely crush the sugar, blend it with the flour along with 2 uqiyyas sesame oil. Add to these 4 uqiyyas water and knead it into a stiff dough. Shape it into ka'k² and discs, and bake them on a copper tray. They will be splendid.

4 c flour 4/3 c sugar (preferably brown) 1/3 c oil 2/3 c water

To make disks, roll a ball about 1" in diameter and press it flat with your hands or roll out the dough and use a circular cookie cutter.

Bake on a greased cookie sheet at 350° for 40-45 minutes, until the ka'k turn light brown.

Recipe for sharab al-tuffah (concentrated syrup for apple drink)

Kanz p. 258

Take sugar syrup that has been clarified [by boiling it with added water and skimming its froth]. Also take fresh apples. Pound the apples, extract the juice and add it to the jullab while it is still cooking on the fire. For each ratl of jullab use 4 uqiyyas of the apple juice.

4/3 c jullab (1 lb—denser than water)

2/3 c apple juice (1/3 lb)

Sharab al-safarjal (concentrated syrup for quince drink) is made the same way. Remove it from the fire when the syrup is thick enough.

2 c sugar dissolved in 1 c boiling water makes 1 ½ lb of a saturated sugar solution. Note how deep it is in the saucepan. Add 1 c of quince juice. Boil it down to what the depth was, which gets you back to a saturated solution.

² i.e. rings, which was the traditional shape of this tpe of cookie.