

CHAPTER III

MENTIONING FRIED DISHES, DRY DISHES AND THEIR KINDS

SOME fried dishes have sourness in them, some have saltiness and some have sweetness. This chapter will mention all of those.

Al-^cAnbariyya.¹ The way to make it is to cut up meat into strips and pound them with the cleaver (sc. on a chopping board), then pound them again finely in the mortar. Then boil sumac with water, salt and a piece of the crumb of *samīd* bread, then macerate it by hand. Press out its juice out and strain it, and boil the pounded meat in it. Take one part (of the meat; viz. without boiling) and make it into meatballs with the spices. When it (the boiled meat and meatballs) is done and has absorbed its moisture, dry it on a tray. Sprinkle it with the spices coriander, cumin, pepper, mastic and cinnamon, all pounded fine, with a little dry mint, and mix everything. Then melt fresh tail fat in a soapstone frying pan and throw away its cracklings. Take that meat and throw it in the frying pan to fry in the fat, and stir it continuously until it is done, lest it become dry and parched. Then garnish it with whole raw eggs and leave it until it becomes quiet on a gentle fire. Sprinkle a little rose-water on it, wipe the sides of the pan with a clean cloth, and take it up.

1. From *‘anbar* ‘ambergris’, which was used as a flavouring; with this recipe, the name appears merely fanciful.

Mishmishiyya.¹ The way to make it is to melt [tail] fat² and throw away its cracklings. Cut up fat meat small, then leave it on that melted tail fat and stir it until it browns. Then put on water to cover, a little salt and a stick of cinnamon. Then take lean meat, pound it fine and make it into meatballs shaped like apricots, with a peeled sweet almond in the middle of each of them. When the meat boils in the water and you have removed its scum, throw those meatballs (sc. in the pot). Throw on dry coriander, cumin, mastic, cinnamon and ginger, all pounded fine. When its liquid has dried up and the fat remains, sprinkle a little vinegar on it so that it will have a little sauce. Then pound sweet almonds finely, mix them with water and colour them with saffron. Throw them in the pot and adjust its flavour according to desire; some people sweeten it with a little sugar. Then sprinkle rose-water on the surface of the pot, wipe its sides with a clean cloth and leave it on the fire to grow quiet awhile, and take it up.

Safarjaliyya.³ The way to make it is to cut up fat meat small in thin strips. Then melt fresh tail fat, throw its cracklings away and throw the meat in it. Throw on a *dirham* of salt, two *dirhams* of finely ground dry coriander, a stick of cinnamon and a bit of mastic. Then put on water to cover, and when it is nearly done, throw in red meat pounded with the spices as meatballs. When the meat is done in boiling, take big ripe sour quinces, then peel them, remove their seeds, cut them into middle-sized pieces and throw them on the meat, to cook with it until they are done. Also take one part of those quinces, pound it and squeeze out its juice well by hand in a stone mortar.⁴ Then strain it and throw it in the pot. Sprinkle the amount of five *dirhams* of wine vinegar on it.

1. From *mishmish* ‘apricot’.
2. The text has *al-duhn* (the fat), with *alya* (tail fat) written in the margin to bring the wording into line with other recipes.
3. From *safarjal* ‘quince’
4. Logically speaking, ‘in a stone mortar’ should appear before ‘and squeeze out their juice’.

Take the amount of ten dirhams of sweet almonds, which have been pounded fine and beaten to a liquid consistency with water, and add them to it. Then colour it with a little saffron, sprinkle a little rose-water on the pot and wipe its sides with a clean cloth. Then leave it on a quiet fire awhile so that it grows quiet, and take it up.

Nāranjiyya.¹ The way to make it is to cut up fat meat small, then melt tail fat and throw the pieces of meat in the pot. Throw on one *dirham* of salt and (of) dry coriander and stir it until it browns. Then throw on water to cover, boil it and remove its scum. Throw on pepper, mastic, a stick of cinnamon and finely pounded ginger. Chop onions and peeled carrots small and throw them in the pot. Then pound lean meat fine, put in a bit of fresh tail fat and the mentioned spices and make it into meatballs the size of oranges. Then throw them in the pot, and when they are set firm, take egg yolks and beat them well [with a little saffron]. Then remove the meatballs while they are hot and immerse them in those egg yolks so that they coat them, then return them to the pot for awhile. Then take them out and return them to the mentioned egg yolks three times. When they are nearly done, take a small quantity of (sour) orange juice and lemon juice and sprinkle it on the meat which is in the pot. Then take ten dirhams' weight of peeled sweet almonds and beat it to a liquid consistency with water, and throw it in the pot. Rub bunches of dry mint over the pot, wipe its sides with a clean cloth and leave it on a quiet fire for awhile, to grow quiet. Sprinkle a little [rose-water] on it. [Take it up.]

1. From *nāranj* 'sour orange'.

Fākhitiyya.¹ The way to make it is to cut lean fat meat² in small strips and stew it in tail fat as described before. Then cover it with water until it boils, and take its scum away. Make finely pounded lean meat into middle-sized meatballs and put (spices) in them,³ then throw them in the pot. Put in small pieces of onions and throw in a little salt, cumin, coriander, pepper, mastic and cinnamon, all ground fine. When it is nearly done, take Persian yogurt and strained sumac juice, mix them together and then throw them in the pot. Take peeled walnuts, pound them fine and beat them to a liquid consistency with the sumac juice. Throw them in the pot. Then crumble bunches of dry mint into the pot and leave it to grow quiet on the fire awhile. Then sprinkle a little rose-water on it, wipe its sides with a clean cloth and take it up.

Mudaqqaqāt Hāmiḍa.⁴ The way to make it is to cut lean meat into thin strips, then pound them finely and throw in the spices, namely coriander, pepper, cinnamon and mastic, [and chickpeas and a little onion], then make it into meatballs which are smaller than oranges. Melt fresh tail fat, throw in the meatballs and stir them until they brown, then cover them with water. Chop two or three onions and throw them in the pot. When it is done and casts

1. From *fākhita*, ‘the wood dove’, because the purplish colour resembles its throat patch.
2. In every other recipe in this book, a distinction is made between fat meat, *laḥm samīn*, and ‘red’ meat, *laḥm aḥmar*, which is lean meat. Only in this recipe is meat described as fat and ‘red’ at the same time. This was a scribal error, or at least it was felt as such, to judge from the fact that the manuscripts derived from this book have chosen one description or the other. The London manuscript of *Kitāb al-Ṭabīkh* calls for *laḥm aḥmar*, and *Kitāb Waṣf al-Aṭ‘ima al-Mu‘tāda* calls for *laḥm samīn*.
3. The word ‘spices’ has been omitted here, and as a result this passage might be read ‘put them (the meatballs) in it (the pot), then throw them in the pot’. The London *Kitāb al-Ṭabīkh* repeats this absurd wording, but *Kitāb Waṣf* says to put spices in the meatballs, as described in all other meatball recipes, and then to put them in the pot.
4. ‘Sour pounded (meat)’.

off its fat, sprinkle it with a little lemon juice or sour grape juice – or both of them mixed together – or sumac juice or pomegranate juice. Crumble bunches of dry mint onto the pot and throw in a little mastic, pepper and cinnamon. If you like, sprinkle a little wine vinegar on it and colour it with saffron. Then sprinkle the surface of the pot with a little rose-water, wipe its sides with a clean cloth, leave it on the fire awhile to grow quiet, and take it up.

Būrān.¹ The way to make it is to take eggplant and boil it lightly in water and salt, then take it out and let it dry awhile, then fry it in fresh sesame oil until it is done. Peel it and leave it in a plate (*ṣahn*) or large bowl (*qadah*), and fill them well with a ladle until it becomes like a pudding. Throw in a little salt and dry coriander. Then take Persian yogurt, mix garlic with it, throw it on that eggplant and mix it well with it. Then take lean meat and beat it well [and make it into small meatballs], and take fresh tail fat (sc. and melt it), and throw the meatballs into it² and stir them until they are browned. Then cover them with water and boil them until the water dries up and they return to their fat (i.e. begin to fry in the fat). Put them on the surface of the eggplant, sprinkle with cumin and finely pounded cinnamon and use it.

Shīrāziyya.³ The way to make it is to cut meat small and stew it in melted tail fat in the usual way, then cover it with water and boil it until it is done. When it is done, sprinkle it with cumin, coriander, cinnamon and salt. When its liquid has dried up and it casts off its fat, throw the necessary amount of *shīrāz* on it, stir it lightly and leave it to grow quiet on the fire. Sprinkle cumin and finely ground coriander on it, and take it up.

1. From Būrān, the wife of the caliph al-Mamun, whose wedding was the medieval byword for lavishness. Many dishes based on fried eggplant are named for her.
2. The text reads *yusharraḥ al-laḥm fīhi*, '(the) meat is sliced into it'. This must be a scribal error for *yūṭraḥ al-kubab fīhi*, 'the meatballs are thrown into it'.
3. From *shīrāz*, name of a thickened yogurt product.

SECTION ON PLAIN AND SWEET DISHES
OF THIS CHAPTER

Among them are:

Būrāniyya.¹ The way to make it is cut fat meat small. Melt tail fat and remove its cracklings, then throw (the meat) on it, along with a little salt and pounded dry coriander. Then stew it until it browns and its aroma spreads. Throw on water to cover, green coriander leaves [and a stick of cinnamon]. When it boils, remove the scum from it. The liquid decreases from it. Throw on a small amount of halved onions, a *dirham* of salt and two *dirhams* (total) of dry coriander, cumin, cinnamon, pepper and mastic, all pounded fine. Then pound lean meat as mentioned before, and make it into [dainty] meatballs, and throw them in the pot. Take eggplant, cut off its calyxes and pierce it with a knife, then fry it in fresh sesame oil or melted fresh tail fat, along with whole onions. When the meat is done, leave a little soy sauce on it if you like, and colour it with a *dānaq* of saffron. Arrange the fried eggplant [and the onions] on the meat in the pot, and sprinkle it with dry coriander and finely pounded cinnamon, and sprinkle a little rose-water on it. Wipe its sides with a clean cloth, leave it on the fire awhile to grow quiet, and take it up.

Baṣaliyya.² The way to make it is to cut fat meat into small thin slices. Melt fresh tail fat and throw away its cracklings, and throw the meat on the fat and stir it until it browns. Put water to cover on it, along with a little salt, green coriander leaves and a stick of cinnamon, and boil it and throw its scum away. When the water decreases from it, take fresh white onions, peel them, quarter them lengthwise and throw them in the pot, after washing them with water and salt. Let there be half as much onions as meat. Throw on cumin, coriander, pepper, mastic and cinnamon, all pounded fine.

1. See **Būrān** above.
2. From *baṣal* 'onion'.

Some people colour it with a little saffron. If you want it made sour, throw about ten *dirhams* of lemon juice or vinegar (on it). Leave it to grow quiet on the fire awhile. Wipe its sides and take it up.

Raiḥāniyya.¹ The way to make it is to cut lean meat into thin slices and stew it in melted tail fat until it browns. Then put water to cover on it, and when it boils, throw away its scum. Then throw on a little salt, dry coriander, cumin, pepper, mastic and cinnamon, all finely ground. Pound lean meat with the (usual) spices, make it into dainty meatballs and throw them in the pot. Then take two bunches of fresh spinach and cut their roots off, then cut it small with a knife and pound it a little in a stone mortar, then throw it in the pot. When it is done and its water has dried up, throw in a little pounded peeled garlic with a little salt and cumin. Then stir it and leave it to grow quiet on the fire awhile. Sprinkle finely ground dry coriander and cinnamon on it [and take it up].

Nujūmiyya.² It is meat fried in its fat with the known spices. Add a handful of peeled chickpeas to it.³ When it is done, arrange whole raw eggs on it, sprinkle the spices – finely ground cumin and cinnamon – on it, and leave it on the fire to grow quiet awhile, then take it up.

Narjisiyya.⁴ The way to make it is to cut up fat meat small, melt fresh tail fat and throw the meat in the fat. Throw on a little salt and finely ground coriander and stir it. When it browns, throw on water to cover and a handful of peeled chickpeas, then bring it to the boil and throw away its scum. Then take fresh onions

1. Apparently from *raiḥān* ‘sweet basil’, perhaps because the dish is greenish.
2. From *nujūm* ‘stars’.
3. Since the recipe does not state that the chickpeas are cooked, we should presume that water has been added to the fried meat, as in the other recipes.
4. From *narjis* ‘poet’s narcissus’, because of a fancied resemblance to the flower.

and cut them up small with green coriander leaves and carrots which are hewn (*yunḥat*) until they are peeled; remove their wood from inside them and cut them up into thin small hewn (pieces). Pound lean meat [with the spices], make it into small meatballs and throw them in the pot. Then throw the cut-up carrots and onions (sc. and green coriander) after that, and stir it. Throw in the spices: two *dirhams* (total) of coriander, cumin, mastic and finely scraped cinnamon. If you like, sprinkle a little soy sauce on it. Then arrange whole raw eggs on its surface – I mean (on) the dish – and sprinkle finely ground cinnamon on it. Wipe the sides of the pot with a clean cloth, leave it on the fire to grow quiet awhile, and take it up.

Manbūsha.¹ The way to make it is to take lean meat, pound it fine and remove the tendons and cartilage from it. Then boil it in water with a little salt until half boiled, and dry it off. Then melt fresh tail fat, and throw that meat in the fat and stir it until it browns. Put water to cover on it, and throw in a little salt, dry coriander and green coriander leaves. Then take a handful of peeled split chickpeas and throw them on the meat. Kindle the fire under it until it is done, and the water dries up and it returns to its fat (i.e. begins to fry in its fat). Throw cumin, [pepper], cinnamon and ground mastic in it. Arrange whole raw eggs on its surface and sprinkle finely ground cinnamon on it. Sprinkle a little rose-water on it, wipe the sides of the pot with a clean cloth and leave it on the fire to grow quiet awhile, then take it up.

Madfūna.² The way to make it is to cut up fat meat small, melt tail fat and stew it in it. Then cover it with water, and throw on a *dirham* of salt, a *dirham* of finely ground dry coriander and a stick of cinnamon. When it comes to the boil, take its scum and throw it away. Take lean meat, pound it fine and boil it in water and

1. From *manbūsh* ‘disinterred’.
2. From *madfūn* ‘buried’. This dish and the preceding recipe may have been linked in some way. Perhaps they were habitually served together.

salt. Throw on it a handful of coarsely pounded peeled chickpeas which have been soaked in water awhile. Then take large eggplant, cut off its calyxes and remove all that fills its interior, taking care not to pierce (the sides). Then stuff it with that meat (sc. and ground chickpeas), and put in the known spices. Then arrange (the eggplants) in the pot, after cutting up some onions for them, which you will have thrown into the pot before them. Then colour the broth of the pot with a little saffron and sprinkle a *dirham* of dry coriander and (of) finely ground cinnamon on it. Sprinkle the surface of the pot with a little rose-water, wipe its sides with a clean cloth, and leave it until it grows quiet on a gentle fire awhile. Then take it up.

Būrāniyyat al-Qar^c.¹ The way to make it is to cut up fat meat small, melt fresh tail fat and throw away its cracklings, and throw the meat in the fat and stew it until it browns. Then throw on warm water to cover, a *dirham* of salt, green coriander leaves and a stick of cinnamon. When it boils, remove its scum. Then take onions in proportion to the meat, wash them in warm salted water and throw it in the pot. Then take gourd, remove its flesh and seeds, cut it up small, remove its outer skin and throw it in the pot. Make lean meat, which has been pounded with the spices, into meatballs and throw them in the pot. Colour the sauce in the pot with saffron. Throw in the necessary amount of salt, cumin, dry coriander, pepper, mastic and ginger, all finely ground. Sprinkle the top of the pot with a little finely ground cinnamon. Sprinkle a little rose-water on it, wipe its sides with a clean cloth, leave it on a quiet fire awhile to grow quiet, and take it up. If you want it made sour, do not colour it with saffron, and sprinkle about ten *dirhams* of lemon juice on it.

Khudairiyya.² The way to make it is to cut fat meat into small pieces, melt tail fat, throw its cracking away and throw the meat

1. See **Būrān** above; *qar^c* ‘gourd’.

2. From *khudair* ‘little green one’.

in the fat. Throw on a *dirham* of salt and (of) finely ground dry coriander and stew the meat until it browns. Then put on water to cover, thin sticks of cinnamon and green coriander leaves, boil it awhile, then throw its scum away. Take green broad beans, remove their husks and throw them in hot water for awhile, until their stickiness goes away. Wash them by hand and leave them awhile until they dry. Make finely pounded lean meat into dainty meatballs and throw them in the pot. Then throw the broad beans (into it) awhile later, and stir it. And when it is done, put on cumin, pepper, ginger and mastic, all finely ground, and stir. Then arrange whole raw eggs on the surface of the dish and sprinkle a little finely ground cinnamon on the surface of the pot, with a little rose-water. Wipe its sides with a clean cloth, leave it to become quiet on a gentle fire awhile, and take it up.

Rabī‘iyya.¹ The way to make it is to cut up fat meat small, melt tail fat and stew the meat in the fat with a little salt and finely ground coriander. Then, when it is browned, put on water to cover, green coriander leaves and scraped thin sticks of cinnamon. When it boils, throw its scum away. Put on meatballs made from lean meat pounded fine with the spices, a handful of split soaked chickpeas, a handful of split peeled green broad beans and half a handful of jujubes, and stir. When it is done, put on the necessary amount of salt, cumin, pepper, mastic and ginger, all pounded fine, then arrange whole raw eggs on it. Sprinkle a little rose-water on the pot, sprinkle it with finely ground cinnamon weighing a dirham and leave it to grow quiet on the fire awhile, then take it up.

Makhfiyya.² The way to make it is to slice lean meat into strips four finger-widths long. Melt tail fat, throw its cracklings away and throw the meat in the fat. Throw on a dirham of salt and finely ground dry coriander, and stew it until it browns. Then

1. From *rabī‘* ‘springtime’.
2. From *makhfiyya* ‘concealed’. Spelled *mukhfiyya*, contaminated by the synonymous word *mukhfiya*.

add water to cover, green coriander leaves, sticks of cinnamon, [a handful of peeled chickpeas and a handful of onions chopped small]. When it boils, throw its scum away. Then pound lean meat fine and make meatballs from it with the spices. Then take boiled eggs and set their whites aside. Take the yolks and put them, remaining whole, in the middle of the meatballs. Throw them in the pot. When it is nearly done, throw on cumin, pepper, mastic and ginger, all pounded fine. Then take eggs and beat them well. Take those strips (of meat) out (of the pot) and dip them in it (the eggs) while they are hot, then return them to the pot. Do that two or three times [so that] it coats the strips like a shirt. Return them to the pot. When its water has dried up from it, sprinkle a *dirham* of finely ground cinnamon on it. Sprinkle a little rose-water on the surface of the pot, leave it to grow quiet on the fire awhile, and take it up.

Dīnāriyya.¹ The way to make it is to cut fat meat into small thin pieces, melt tail fat and throw the meat in the fat so that it stews. Then throw on a *dirham* of salt and finely pounded dry coriander. Then put on water to cover, a stick of cinnamon and green coriander leaves. When it boils, remove its scum. Throw in pieces of peeled onion. Then take lean meat, pound it fine with the spices, make cakes in the shape of *dīnārs* from it, and throw them in the pot. Take big carrots, scrape their skin off and cut them into *dīnārs*, and throw them in the pot. Then take boiled eggs and cut them also in the shape of *dīnārs* and throw them in the pot. When they have cut the eggs, some people fry them in sesame oil before throwing them into the pot. When it is done, throw on mastic, pepper and finely pounded cumin. Sprinkle it with ten *dirhams* of aged soy sauce, to which about three *dirhams* of vinegar has been added. Sprinkle half a *dirham* of cinnamon on it. Wipe the sides of the pot with a clean cloth, leave it to grow quiet on the fire awhile, and take it up.

1. From *dīnār* 'name of a gold coin'.

Ruṭabiyya.¹ The way to make it is to cut lean meat into thin, small, elongated pieces, then melt fresh tail fat, throw away its cracklings and throw the meat in the fat. Throw on half a *dirham* of salt and a similar quantity of finely ground dry coriander, and stir it until it browns. Then put on warm water to cover it, and when it boils, remove its scum. Then put on a handful of peeled almonds and pistachios, coarsely pounded. Colour it with a little saffron and throw on cumin, coriander, cinnamon and finely pounded mastic, about two and a half *dirhams* in all. Take the necessary amount of finely pounded lean meat and make it into long meatballs, with a peeled sweet almond in the centre of each. Put them in the pot. Then take sugar-candy or other *ruṭab* dates: the necessary amount, (being) drowned.² Remove pits from the bottom of the dates with a packing needle and replace them with a peeled sweet almond. When (the stew) is done and its water has dried up and it returns to (i.e., fries in) its fat, arrange those dates on it, and sprinkle it with about ten *dirhams* of sugar spiced with the weight of a *dānaq* of camphor. Sprinkle a little rose-water on it, wipe the sides of the pot with a clean cloth, leave it to grow quiet on the fire awhile, and take it up.

Mudaqqaqāt Sādhija.³ The way to make it is to cut up the fat meat small and throw it in the pot. Then take lean meat, cut it into thin strips and pound it fine, along with a little tail fat, a handful of crushed peeled chickpeas and a handful of washed rice. Then throw water to cover on the meat which is in the pot, then bring it to the boil. Throw large meatballs which you have made from that pounded meat (sc. into the pot). When they stiffen, remove them from the pot, and the meat also. Melt fresh tail fat and take out its cracklings, then throw the meat and the meatballs in the pot

1. From *ruṭab* 'dates at the sweetest stage of ripeness' (related to *raṭb* 'moist').
2. Or 'being suitable for immersing in syrup'.
3. 'Plain pounded (meat)'.

and stir them in the fat until they brown. Throw on a little salt, and coriander, cumin, pepper and finely ground cinnamon, weighing two *dirhams* (in all), and cover it with water. Throw on a stick of cinnamon and a ring of dry dill (leaves). When it comes to the boil, discard the dill and throw on a handful of washed rice and half a handful of peeled chickpeas. When it is done, cut the fire from it and leave it on a quiet fire awhile to become quiet. Throw half a *dirham*'s weight of finely ground cinnamon on it, wipe the sides of the pot with a clean cloth, then take it up.

Khashkhāshīyya.¹ The way to make it is to cut lean meat into small slices. Melt fresh tail fat and throw them in it to stew. Sprinkle it with half a *dirham* of salt and a like quantity of ground dry coriander, then cover it with warm water. When it boils, remove its scum, then put in a finely scraped stick of cinnamon and a little finely pounded ginger. Then make sauce with a pound and a half of hot water, and throw a hundred and fifty *dirhams* of sugar or honey on it. When the sugar has dissolved, sprinkle a handful of poppy seed meal on it and stir it well until it is done and thickened. Then throw thirty *dirhams* of fresh poppy seeds on it,² and stir it until it is mixed. Then colour it with saffron, sprinkle a little rose-water on the surface of the pot, wipe its sides with a clean cloth, leave it to grow quiet on a gentle fire awhile, and take it up.

[And when it is ladled out, the nut oil (*duhn*) of *fālūdhaj* is put on it. *Minhāj*.]

°Unnābiyya.³ The way to make it is to slice lean meat into small thin pieces, melt fresh tail fat and remove its cracklings, and throw the meat in the fat so that it stews. Throw on half a *dirham* of salt and a like amount of finely ground dry coriander,

1. From *khashkhāsh* 'poppy'.
2. 'and if it is impractical, then dry poppy seeds pounded after boiling. *Minhāj*'.
3. From *°unnāb* 'the jujube fruit'.

then cover it with warm water. Then take lean meat and pound it fine, clean it of tendons and gristle and throw a little of the known spices on it. Then make it into meatballs the size of jujubes, with a peeled pistachio inside each one. Then throw them into the pot. Then, when it is half boiled, dissolve saffron in rose-water thickly.¹ Take those meatballs out and put them in it, and when they are coloured, return them to the pot. When it is nearly done, sprinkle it with a *dirham* of cinnamon and finely ground ginger. Sprinkle ten *dirhams* of good vinegar on it, and scatter fifty *dirhams* of sugar on it. Then throw on a handful of fresh jujubes and half a handful of peeled sweet almonds, and colour it with saffron. Sprinkle a little rose-water on the surface of the pot, wipe its sides with a clean cloth, and leave it to grow quiet on the fire awhile, and take it up.

Fālūdhajjiyya.² The way to make it is to cut lean meat in small elongated pieces, then melt tail fat and throw it in it, and stew it with a quantity of salt weighing a *dirham*, along with (sc. a like quantity of) dry coriander. Put water to cover on it and a piece of cinnamon,³ and cook it until it is done and (only) the meat remains, browned, not parched. Then throw on the necessary amount of pounded sugar and honey and colour it with saffron. Put a handful of peeled sweet almonds in it. Then stir it continuously until it thickens, and leave it to grow quiet on the fire awhile.⁴ Arrange fried white *sanbūsaj* on it, stuffed with almonds and sugar. Wipe its sides with a clean cloth, then take it up.

1. The meaning seems to be that you use so much saffron that the mixture is thick. The saffron water must indeed be strong, because it is being used to colour the meatballs so that they resemble jujubes.
2. From *fālūdhaj* 'a sweet based on ground almonds'.
3. 'the two mixed: *Minhāj*'.
4. 'If you want it to be very thick, throw an ounce or less of starch, macerated in water, on two pounds of sugar or honey, and it will thicken. When it is ladled out, it is garnished with white *sanbūsaj mukallal*. From the *Minhāj*'.

Bunduqiyya.¹ The way to make it is to slice lean meat into small pieces, melt tail fat and throw the lean meat in the fat. Throw on half a *dirham* of salt and a like amount of finely ground dry coriander and stir it until stews, then put on hot water to cover. Throw on green coriander leaves and a handful of crushed peeled chickpeas. Then take a handful of boiled chickpeas and crush it in the mortar. Pound lean meat fine with the spices and make meatballs from it, with some of those ground chickpeas in the middle of each one; make them into meatballs resembling hazelnuts. Throw them in the pot, and when it is nearly done, throw on an amount of coriander, cumin, pepper and finely ground cinnamon weighing two *dirhams* (sc. in all). Then separate the yolks of eggs from their whites and arrange them on the surface of the pot. Sprinkle a little rose-water on it, wipe its sides with a clean cloth, leave it to grow quiet on the fire awhile, and take it up.

Muqarraṣa.² The way to make it is to take lean meat and cut it into strips, then pound it fine with the known spices [and a little garlic]. Melt fresh tail and throw away its cracklings. Make that meat into cakes and throw them in the fat until they brown. Then leave water to cover on them, and when it boils and they are done, and the water dries away from them and they return to their fat (i.e. begin to fry in their fat), sprinkle it with a little cumin, coriander and finely pounded cinnamon. Then leave it to grow quiet on the fire awhile, and take it up.

Fustuqiyya.³ The way to make it is that to take the breasts of chickens and [half] boil them in water and a little salt. Then dry them off and take the meat from upon the bones, and pluck it into fibres like threads. Return it to the pot and pour water to cover on it. Then take the necessary amount of peeled pistachios and crush

1. From *bunduq* 'hazelnuts'.
2. From *muqarraṣ* 'made into cakes (*qurṣa*)'.
3. From *fustuq* 'pistachio'.

them in the mortar and throw them in the pot. Stir it, then bring it to the boil. When it is done, throw on an amount of sugar weighing twice as much as the pistachios, then stir it until it thickens, and take it up.

Kurdiyya.¹ The way to make it is to take a suckling lamb which has been scalded (of its fleece) and washed clean. Then cut it into joints and boil it in water with a little salt and a stick of cinnamon. And then take from the pot and dry it off. Then take a quantity of fresh sesame oil and leave it in a pan of soapstone or tinned copper. When the sesame oil boils, throw on a ladle of the water in which the lamb was boiled.² Then take that meat and remove it from the bones and shred it,³ then leave it in the pan and stir it continuously so until it stews. Then sprinkle it with dry coriander, cumin, pepper and finely ground cinnamon. Leave it with its top covered on a quiet fire to grow quiet awhile, and take it up.

Qaliyyat al-Shiwā.⁴ The way to make it is to take cold roasted meat from last night and cut it up small. Take fresh sesame oil and throw it in the pan to boil, then throw the roasted meat on it and stir it. When its fat melts, throw on coriander, cumin and finely ground cinnamon. If you want it made sour, sprinkle it with a little vinegar coloured with saffron and arrange whole raw eggs on its surface. If you prefer, put lemon juice instead of the vinegar and do not leave the eggs on it. Leave it on the fire when it is gentle awhile, until it grows quiet, then take it up.

1. Apparently from *kurdi* 'Kurdish'.
2. This dangerous-sounding instruction is missing in *Wasf*.
3. *yushazzā*, literally 'splinter it'.
4. 'Fried dish of roast meat'.

SECTION

As for dishes of chicken, when (the chicken) has been boiled, joint it and stew it in fresh sesame oil with dry coriander, mastic and cinnamon.

If it is one of the sour dishes (*ḥawāmiḍ*), after the stewing, make a sauce with sumac water (viz. to make *summāqiyya*), or pomegranate seeds (*rummāniyya*); or lemon juice (*līmūniyya*) or sour grape juice (*ḥiṣrimiyya*), or both of them compounded; or in *zīrbāj*, (use) vinegar and sugar. Then pound peeled sweet almonds fine and beat them to a liquid consistency with water and throw them in the pot. Sprinkle rose-water on it and crumble bunches of dry mint on its surface – except for *zīrbāj*, for mint is not left in it.

If it is *maṣūṣ*, stew it in sesame oil after boiling it, and throw on celery leaves and vinegar coloured with saffron. Some people put whole raw eggs on it.

If it is *mamqūr*, after the stewing, throw on two equal parts vinegar and soy sauce [with a little bit of the boiling water].

If it is *muṭajjan*, throw in a little bit of the boiling water and a bit of aged soy sauce, and when it is taken from the fire, squeeze fresh lemon juice on it. Before that, you will have fried it until brown in sesame oil.

If it is fried (chicken, (*dajāj*) *maqlū*), fry it in sesame oil and throw a little of the boiling water on it, and put whole raw eggs on it.

If it is *isfīdhabāj*, when the chicken is boiled with mastic, cinnamon and salt, pound sweet almonds fine and beat them to a liquid consistency with water. Throw them on it [with] a handful of soaked peeled chickpeas and a ring of dill, and put whole raw eggs on it.

If it is *khashkhāshiyya* or *fālūdhajiyya*, stew it in sesame oil.

Then throw¹ the boiling water onto it, and follow the procedure mentioned for making *fālūdhajīyya* or *khashkhāshīyya*.

If it is *ḥulwiyya*, stew it in sesame oil as we described. Then return its boiling water to it and throw the ingredients of *ḥulwiyya* on it, and follow the procedure explained in it.

Do not leave chicken dishes without dry coriander, and let there be no onion or garlic at all. This is the most important thing in making chicken dishes, so recognize that.²

1. Written over the line: *yu‘ād*, ‘return’.
2. *fa-‘rif dhalika*; possibly *fa-‘zif* (sc. ‘*an*) *dhālīka*, ‘so avoid that’.