Turkish cookery book: a collection of receipts dedicated to those royal and distinguished personages, the guests of His Highness the late Viceroy of Egypt, on the occasion of the banquet given at Woolwich, on board His Highness's yacht the Faiz-Jehad, the 16th July 1862 / Compiled by Turabi Efendi from the best Turkish authorities.

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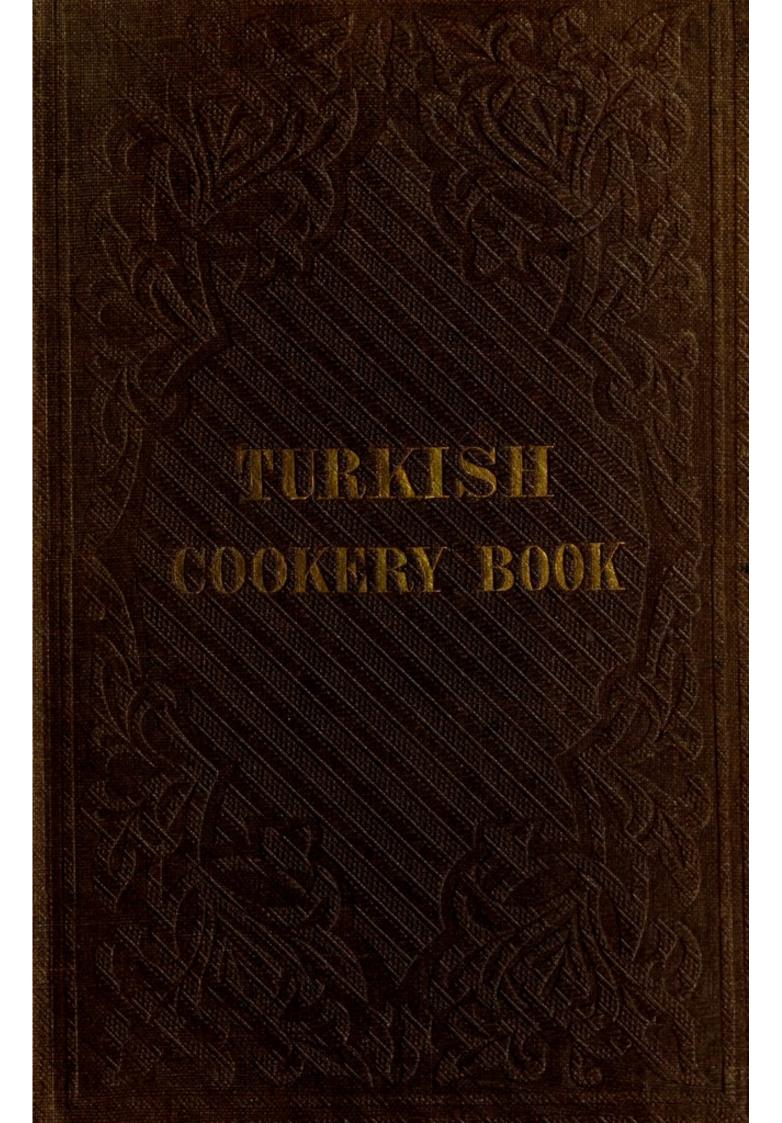
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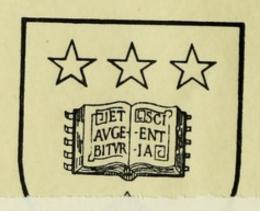
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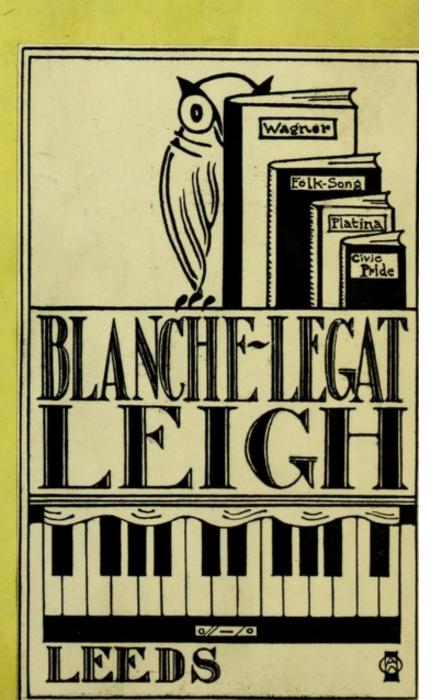
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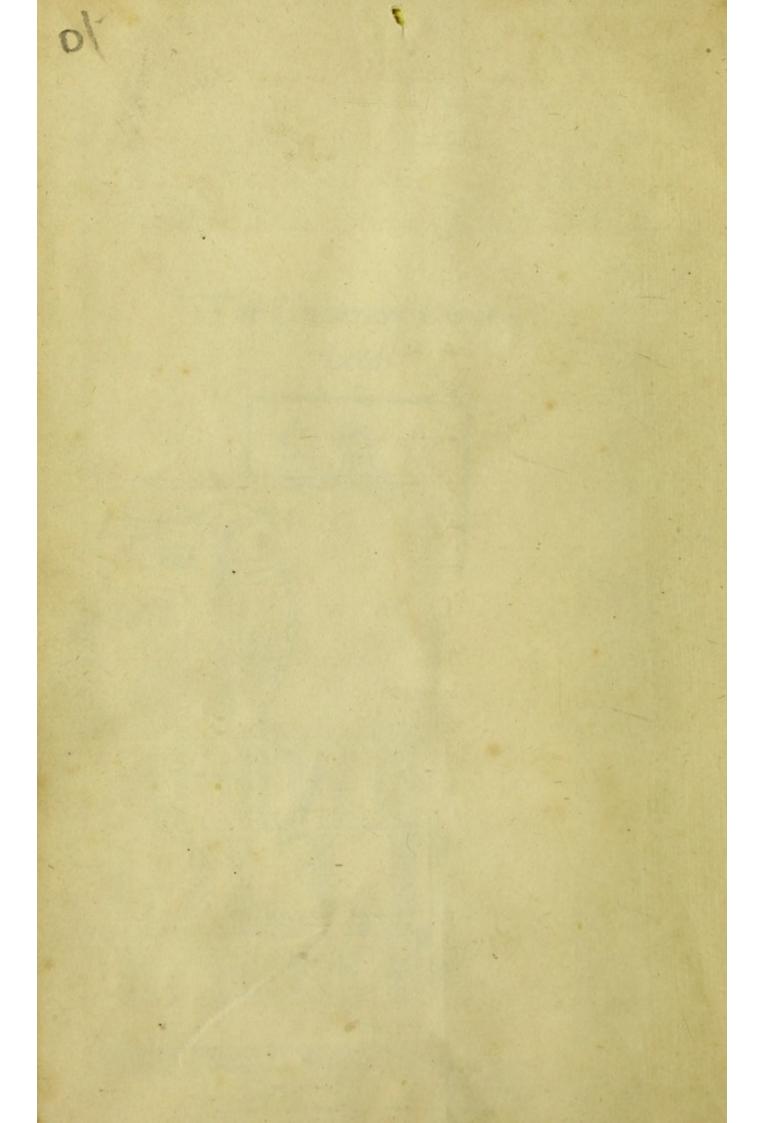
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(مجموعه اطعمه عثمانيه)

اشبو مجموعه مطبوعه ترابی افندینک معرفت عاجزانهسیله تصنیفات نفیسه ترکیه دن جمع و ترتیب اولنوب تاریخ میلادك بیك سكزیوزالهش ایكی سنهسی شهر تموزینك اون التنجی كونی سابق مصر والی والاشانی مرحوم سعید پاشا حضرتلری طرفلرندن وولیچ پیشكاهنده فیض جهاد نام واپورلرنده اعطا اولهش اولان ضیافته مدعو بولنان ذوات فخامتسمات وسائر اصلزادكان انكلیزینك نام اصیلانهلرینه اولهرق بهنه تعالی بو دفعه طبع

TURKISH COOKERY BOOK.

A COLLECTION OF RECEIPTS,

DEDICATED TO

THOSE ROYAL AND DISTINGUISHED PERSONAGES, THE GUESTS OF
HIS HIGHNESS THE LATE VICEROY OF EGYPT, ON THE
OCCASION OF THE BANQUET GIVEN AT WOOLWICH,
ON BOARD HIS HIGHNESS'S YACHT THE
FAIZ-JEHAD, THE 16TH JULY
1862.

COMPILED BY TURABI EFENDI, FROM THE BEST TURKISH AUTHORITIES.

[The Compiler of this book reserves the right of translating.]

Turkish Weights consist of Dirhèm, or Drachm, Okka, and Kàntàr.

 $8\frac{3}{4}$ drachms = 1 oz. Avoirdupois.

400 do. = 1 okka, equal to about $2\frac{3}{4}$ lbs.

44 okkas = 1 kantar, equal to 126lbs English.





PREFACE.

I have been induced, through the persuasion of numerous friends acquainted with the East, and who have a grateful recollection of its "savoury dishes," to translate the following Receipts, which I have taken the greatest pains to render accurate and concise.

During the visit of the late Viceroy of Egypt to England, he gave a banquet on board his yacht, at which some of England's fairest ladies and greatest statesmen were guests, and were unanimous in their approval of the Turkish cuisine.

Emboldened by this recollection I send my little book to the press, in the hope that my efforts to confer a benefit on the culinary art may not be entirely thrown away.

London, August 1864.

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MANUAL

OF

TURKISH COOKERY.

PART I.

The soups in Turkey are almost the same as they are in Europe: I therefore give the translations of the following few soups peculiar to Turkey. No. 1 and No. 2 are the receipts of the stock for those soups, to which particular attention should be paid, as they will frequently be referred to in many of the dishes. The translation of the names of the dishes into English will be found opposite the Turkish names in the Index.

- 1. Èt-Sùyu. (First Receipt.) Get five or six pounds of shin of beef or knuckle of veal, wash it well, and put it in a stewpan with sufficient salt, three or four onions cut in four crosswise, a small stick of celery, three or four quarts of water; set the pan on the fire. When boiling, skim it well, and let it simmer until the meat separates from the bones; then pass the broth through a sieve, and use it for the following soups, &c.
- 2. Tàwùk Sùyu. (Second Receipt.)—Put in a stewpan two or three well-cleaned fowls, sufficient salt, one or two onions cut crosswise, half a stick of celery, five or six pints of water; put the pan on the fire. As soon as boiling commences, skim it well, and let it simmer till the fowls are quite tender; then pass the broth through a sieve, and it is ready for use. The fowls may be served with rice prepared as No. 125.

SHORBĀLAR, OR, CHORBĀLAR—SOUPS.

3. Ekshili-Chorbā—Cut some nice mutton into pieces the size of small walnuts, wash and put them in a stewpan, with sufficient

salt, and as much water as the quantity of soup required; put the pan on the fire. When boiling, skim it well, and let it simmer until the pieces of meat are tender, and skim off the fat; then put in a basin sufficient flour, which mix with water to form a smooth batter, but not too thick, and add it to the broth by degrees, stirring at the same time, so as to prevent it from getting lumpy: let it simmer till the smell of flour is dispersed, and then take it off. Then beat up the yolks of a few eggs in a small saucepan with sufficient wine vinegar or lemon-juice, set it on a slow charcoal fire, and keep it stirring with a wooden spoon until a little thick; then take it off, and add it gradually to the soup, stirring it quickly at the same time, to prevent the eggs from curdling; then pour it in a tureen, sprinkle a little pepper and cinnamon over, and serve.

This soup is generally made at public rejoicings, on occasion of a marriage, &c.

- 4. Shariyè Chòrbassi Put three or four pints of broth (No. 2) in a stewpan with the hearts and the livers of several chickens, half cooked and cut into small dice, and a little salt; put it on the fire. When boiling, add five or six ounces of mixed vermicelli, and let it boil till tender; then remove the pan, and pour the contents in a tureen, sprinkle a little white pepper and cinnamon over, and serve.
- 5. Màkarna-Chòrbassi—Macaroni soup is done exactly as above, only it takes two or three times longer than the vermicelli.
- 6. Nokhud Chorbassi—Scald a sufficient quantity of chick peas, and remove the pods, or skins; then put them again into the same water, and boil them until quite soft; then drain and mash them with the back of a wooden spoon, and pass them through a sieve into a stewpan; then moisten it with as much broth (No. 1 or No. 2) as the quantity of soup wanted; set it on the fire, and let it simmer until reduced to a nice consistency; then pour it in a tureen, sprinkle a little cinnamon over, and serve with toasted or fried bread in small dice.
- 7. Tarkhana Chorbassi—Put two pounds and a half of crumbs of French rolls in a stone mortar, with three-quarters of a pound of curd,* pound them well together, and let it remain for one

^{* *} See No. 225.

night; then put it in a stewpan, and moisten it by degrees with as much broth (No. 1) as is required by bruising and beating it up smooth with a wooden spoon; set it on a moderate fire, and let it simmer for about an hour; then take it off, and pour it into a tureen, and serve it with bread cut into small dice and fried in fresh butter.

The addition of a small quantity of cream or milk will render it

still more pleasant.

- 8. Tèrbiyèli Jighèr Chòrbassi—Get a lamb's or sheep's lights and cut it into small dice, put them in a stewpan with a little salt, and a small quantity of water; put it on the fire until the lights are nearly cooked, then add three or four pints of broth (No. 1), and let it simmer till the pieces of lights are quite done. Then beat up the yolks of two or three eggs in a small saucepan, with the juice of one or two lemons, or with a little wine vinegar, and stir it on a slow fire with a wooden spoon till a little thick; then take it off and pour it gradually into the soup, stirring it quickly at the same time, to prevent the eggs from curdling; then pour the soup into a tureen, sprinkle a little cinnamon over, and serve.
- 9. Pirinj Chorbassi—Wash three or four ounces of the best rice, put it into a stewpan, with a little salt, and three or four pints of broth (No. 1 or No. 2); set the pan on the fire, and let it boil gently till the rice is soft; then add the yolk of one or two eggs prepared as above, pour the soup into a tureen, sprinkle a little cinnamon over, and serve.
- 10. Ishkènbé Chòrbassi.—Get three pounds of well-cleaned and uncooked bullock's tripe, put it into a stewpan with two pints of water, sufficient salt; put it on the fire. When boiling, skim it well, and let it simmer until tender; then take it off and skim off the fat, take out the tripe, and chop it up very fine; put it again in the pan with what liquor is left, which you have previously passed through a sieve, add one or two pints of broth (No. 1), set it again on the fire, and let it simmer for ten minutes or so; then add the yolks of two or three eggs prepared as in No. 8, and serve.

Although the sound of tripe is not enticing, yet it will be found

to make an excellent soup.

11. Bàlik Chòrbassi—Procure three pounds of very fresh grey mullet, clean it well, and sprinkle a little salt over it; then put

six ounces of the best olive oil in a stewpan, with a pound and four ounces of finely-chopped onions, and sufficient salt; put the pan on the fire till the onions are partly browned, then add a handful of washed parsley, and the same of mint, both chopped fine, and fry them a little together with the onions; then add a pint of the best wine vinegar, and two or three pints of hot or cold water, and boil it for twenty or thirty minutes; then pass the liquor through a cloth or sieve into another stewpan, and place the fish in it; put it on the fire and let it simmer till the fish is done; then take it out and extract all the bones, cut the fish in pieces and put them into the tureen; then pass the liquor again through a cloth into a stewpan; then put in a basin the yolks of three or four eggs, the juice of one or two lemons, and half a teacup of water previously coloured with about two drachms of saffron; beat up all together, and add it gradually to the liquor; set it on a moderate fire for ten or fifteen minutes, stirring it all the time with a wooden spoon, and without permitting it to boil; then pour it over the fish, sprinkle a little cinnamon and a pinch of cayenne pepper over, and serve.

Turbots, soles, and flounders may be done in the same way.

PART II.

ÈNVĀI KÈBĀBLAR—ROAST MEATS.

- 12. Shish Kèbābi—Cut five pounds of loin or leg of mutton in peices the size of an egg, then chop four middle-sized onions, and sprinkle them over the meat with sufficient salt, pepper, and cinnamon; rub them in well with the hands, and let it remain covered for two or three hours: if in season, squeeze half a dozen tomatos, and pass the juice through a sieve into a basin; if not, mix four or five tablespoonfuls of preserved tomato sauce in three quarters of a pint of water. Then pass the pieces of meat one by one on the skewers, place them in front of the fire, and gradually turn them, as soon as the meat begins to brown, baste it now and then with the tomato juice. When nicely cooked, dish it up, and serve hot.
- 13. Tàwuk Kèbābi—Clean a chicken, or as many as are required; sprinkle sufficient salt, pepper, and cinnamon over, and let it

remain for one or two hours; then put it on the spit, and place it before the fire. When the gravy begins to drop, sprinkle a little flour over, and continue the same till the chicken is just upon being done; then wrap it up with some thin paper, and place it again before the fire for twenty minutes or so; then take the paper off, and serve hot.

- 14. Kirmà Tàwuk Kèbābi—Clean two or three chickens; then split each one with a sharp knife, and remove the whole of the bones; then cut the flesh in small pieces, but without separating one piece from another; sprinkle them with sufficient salt, pepper, and cinnamon; then rub them in with half a teacup of raw onion-juice, and let them remain for an hour; then pass them on skewers, and place them before a moderate fire; turn them continually, and when the chikens begin to brown, baste them with fresh butter with a quill, until they are nicely cooked: dish up, and serve hot. The juice of the onion is not at all offensive, but improves the flavour, and the smell disperses in cooking.
- 15. Sùt Kebābi—Cut a sufficient quantity of a leg or loin of mutton or lamb in pieces the size of a small egg; sprinkle with your fingers sufficient salt, pepper, and cinnamon over, and let them remain for an hour or two; then place them in a stewpan, and cover them with milk: set it on the fire until the milk begins to boil, then take it off the fire, skim it well, and take the pieces of meat out. When cold, pass them on skewers one by one, put them before a moderate fire, and turn them gently; at the same time, get ready some fresh milk, and keep it hot by the side of the fire. As soon as the meat commences to brown, baste it now and then with the hot milk, with a quill; and when the gravy drops freely, sprinkle a small quantity of flour over the meat: continue the same till it is nicely cooked; then dish it up tastefully, sprinkle a little cinnamon over, and serve hot. This is a light and pleasant Kèbāb.
- 16. Kùsh Kèbābi—Cut as much as is wanted of mutton or lamb in pieces the size of walnuts; then pour a small teacup of raw onion-juice over, mixed with sufficient salt and pepper; rub it well in, and let them remain for about two hours; then pass them on the skewers one by one, place them in front of a moderate fire, and turn them continually. As soon as the meat begins to get brown, and the

gravy drops, sprinkle a little flour over. When the meat is thoroughly done, sprinkle a little cinnamon and cummin over, and serve hot.

- 17. Mùhzir Kèbābi—Cut as much as is required of the best part of mutton in pieces the size of an egg; then sprinkle one or two chopped onions over, with sufficient salt, pepper, and cinnamon; mix well together, and let them remain for one or two hours; then pass the pieces of meat on the skewers, and wrap them up with some thin caul-fat; place them before the fire, and turn them gently. As soon as the meat begins to brown, baste it with the gravy that drops from it. When done, dish it up tastefully, and serve hot.
- 18. Hāji Ossmān Kèbābi—Cut sufficient quantity of a loin of mutton or lamb in pieces the size of walnuts, and rinse them with water; then sprinkle one or two chopped onions over, with sufficient salt, pepper, and cinnamon; mix well together, put them in a stewpan without any water, and cover it air tight; set it on a moderate charcoal fire for nearly four hours, and stir it now and then. Be careful, for if the fire is too slow the meat will not brown nicely. When the pieces of meat are a nice colour and tender, dish them up, and serve hot.
- 19. Tàwshān Kèbābi-Procure a nice hare, clean it well, cut it into pieces, each about the size of a kidney; put them in cold water, and let them remain for two or three hours; then take them out, and dry them in a cloth, season with sufficient salt and pepper, and let them remain for twenty minutes or so; then pass them on the skewers one by one, put them before a moderate fire. While they are turning, peel five or six cloves of garlic, and well pound them in a mortar with a little salt; add a small teacup of wine vinegar, stir it well, pour it in a small saucepan, add a quarter of a pound of fresh butter; place the saucepan on a moderate charcoal fire, and stir well with a wooden spoon until the butter is melted; then take off, and keep it hot. As soon as the gravy begins to drop from the hare, baste it with the above mixture with a quill or a paste brush, and when you have basted it three or four times, remove the skewers from the fire, and beat the pieces of hare all over lengthways with a very thin cane; put the skewers again before the fire, beat them two or three times, as before; and when, nicely cooked, dish up tastefully, pour the remaining sauce from

the basting over them; then place the dish, covered, on a hot stove, or on a slow charcoal fire, until the sauce or gravy is nearly absorbed by the pieces of hare, and serve while hot.

- 20. Nèvi Dighèr—Cut a hare into pieces as above, and mix with as many pieces of loin of mutton as there are of hare, all of equal size; then sprinkle three chopped onions over, with a handful of parsley chopped fine, sufficient salt and pepper: rub the hare and mutton with these, and let them remain covered with a cloth for one or two hours; then pass them on skewers, first mutton, then hare, and so on until the whole of them are on skewers: if handy, wrap them up with some thin caul-fat: put them before the fire, and turn them gently. As soon as the gravy begins to drop, sprinkle a little flour over. When the meat is nicely cooked, dish it up, pour the gravy over, and serve.
- 21. Kiymàdàn Firin Kèbābi—Mince three or four pounds of a leg of mutton, or any other part of raw mutton; then put three chopped onions in a stewpan with some fresh butter, and partly fry them; add the minced mutton with half a handful of skinned pistachios, the same of currants, a little salt, pepper, and cinnamon; stir round with a spoon until the minced meat is also partly fried; then cut a caul-fat in pieces about the size of vine leaves, divide the minced meat in each piece, and wrap it up to the shape of a small cup, or any shape you may fancy; lay them on a baking tin, place it in a hot oven until nicely browned; dish up tastefully, and serve.
- 22. Tàss Kèbābi—Cut sufficient quantity of a leg or loin of mutton in pieces the size of small walnuts, wash them with cold water, and dry them in a cloth; then sprinkle two or three finely-chopped onions over, with sufficient salt, pepper, and mixed spice, rub them well in the meat, and let it remain covered for about two hours; then put the pieces of meat in a convenient basin, and place it upside downwards in the centre of a clean baking-tin an inch and a half deep, and the bottom of which must be strong enough to bear the heat of the fire; then place a trevet on a charcoal fire, and over which set the baking-tin for about an hour and a half. When the gravy has run out and is absorbed, pour in the baking-tin a pint and a half of broth No. 1. or No. 2., and add three-quarters of a pound of the best rice, well washed;

spread it even around the basin. When the broth is absorbed, and the rice is hard, sprinkle some more broth over. Each grain should be soft, and well separated. When done, take the bakingtin off the fire, and, just at the time it is wanted, remove the basin from the centre of it, and serve as it is, with a napkin pinned round the baking-tin.

This is a celebrated and an exquisite dish, and it is pleasing to the eye. In Turkey the baking-tins are made of copper, and the insides are plated: they are circular, and from one or two feet in

diameter.

- 23. Jighèr Kèbābi—Cut, as much as is wanted, sheep's or lamb's liver in dice, an inch and a half square; pass them on skewers, and wrap each one with a thin piece of caul-fat; place them before a moderate fire, and turn them slowly until the liver is nicely roasted. When done, dish it up; then well pound two or three skinned cloves of garlic in a mortar, add half a teacup of wine vinegar, two of broth, and a little salt and pepper, stir it well with a wooden spoon, and pour it over the liver; put the cover on the dish, and place it in the oven, or on a charcoal fire covered with ash for five minutes or so, and then serve.
- 24. İchi Dolmush Kuzu Kèbābi—Get the whole of a small lamb with the liver and the heart, place it in a large saucepan or iron pot without the liver and the heart, cover it with water, set it on the fire, and let it boil for ten or fifteen minutes; then chop up the liver very fine together with the heart, put three-quarters of a pound of fresh butter in a stewpan with three or four chopped onions, put it on the fire, and let them stew till nearly brown; add the liver and the heart, with a handful of skinned pistachios, and the same of currants well cleaned; stir till the liver begins to cook, then add two or three pounds of the best rice, well washed, sufficient salt, pepper, and cinnamon; keep stirring, and add now and then a little of the liquor in which the lamb is boiled, until the rice is rather soft; then stuff the lamb with this preparation, and sew it up; then rub the lamb all over with some onion-juice, place it in a baking tin, and bake it a nice brown on both sides in a very hot oven. When done, dish up, and serve.

This is the most famous way of cooking a lamb in Turkey. It can also be stuffed before boiling it, and roasted instead of

baked.

- 25. Biryān, or, Ormān Kèbābi—Get a whole sheep or a lamb, already cleaned, rub it all over with onion-juice, sufficient salt and pepper, pass it on a pole sufficiently long, and wrap the sheep up in sheets of paper; then make a large wood or charcoal fire, thrust in the ground at each end of the fire, half a yard distant, a stake, with fangs sufficiently large and strong for the pole to rest on with the sheep; then place the pole on them, and keep turning it gently; put under the sheep a dripping-pan to catch the gravy, and baste the sheep with a bunch of feathers, or a piece of clean linen tied at the top of a stick. When half done, remove the papers and turn it quickly. When nicely browned all over, take out the pole, dish it up, sprinkle some cinnamon over, and serve.
- 26. Sòmùn Bālighi Kèbābi—Get sufficient quantity of salmon in one piece, remove the bones, and cut it in pieces the size of an egg; sprinkle sufficient salt and pepper over, with a handful or two of parsley chopped fine, and let them remain for about an hour; then pass them on skewers with a bay-leaf between each piece; put them before a moderate fire, and turn them until the fish is nicely browned; dish it up tastefully, with some parsley and one or two lemons cut in quarters round it, and serve hot.

Turbot, sword-fish, cod-fish, halibut, or sturgeon, may be cooked

in the same way.

27. Ùsskùmrú Bālighi Kèbābi—Get, as many as are required, fresh mackerel, cut off the point of the head: if large, divide each one in three pieces; if small, in two pieces; wash and dry them in a cloth; sprinkle them with sufficient salt and pepper, and a handful or two of chopped parsley mixed with fennel, and let them remain for an hour; then put them on skewers, with a bay-leaf between each piece, and cook them as above.

Eels and grey mullets may be done in the same way.

PART III.

ENVĀI KYUL-BĀSTILAR—BROILED MEATS, &c., IN VARIOUS WAYS.

- 28. Tàwuk Kyùl-Bàsstissi—Split one or two nice fowls lengthways, and remove the whole of the bones with a sharp knife; cut the flesh in four or five pieces as you fancy, and beat the thicker parts even with a rolling pin; sprinkle them with sufficient salt and pepper, and a little cinnamon, and let them remain for one or two hours; then place them on a gridiron, set it on a moderate charcoal fire, and constantly turn them with a pair of tongs. When nicely browned, lay them in a stewpan, and cover them with broth (No. 1. or No. 2); put the pan on a moderate charcoal fire, and let simmer until tender. Dish up, and serve hot.
- 29. Kòyùn vè Kùzu Kyùl-Bāsstissi—Cut from the neck of mutton or lamb as many cutlets as are required, remove the bone at the thick end, and beat them out with a rolling pin or a small chopper; sprinkle with your fingers sufficient salt and pepper, and a small quantity of sweet marjoram; rub them well in the chops; place them on a gridiron, set it on a moderate charcoal fire, turn them frequently with a pair of tongs. When nicely cooked, serve whilst hot. If a handful or two of parsley together with an onion, chopped fine, be placed over the cutlets, it will make an improvement.
- 30. Tenjere Kyùlbasstissi—Cut as much as is wanted of rump steak or veal in slices the size of a hand, and about half an inch thick, sprinkle a little salt and pepper over, place them on a gridiron, set it on a moderate charcoal fire, and frequently turn them as above. When nicely browned, place them in a stewpan with a few cloves of garlic peeled, and a half or a tea-cup of wine vinegar, a little cinnamon and cummin; then cover them with broth (No. 1.), put the pan with the cover over on a moderate charcoal fire, and let it simmer till tender, and serve.

If garlic is not fancied, place over the meat one or two onions, sliced fine and fried in fresh butter, but without the vinegar, cinnamon, and cummin.

31. Hàshlamà Bàlik Kyùlbasstissi-Get some grey mullet, or

any other fish you fancy, clean it well, then scald it; rub a gridiron with a little olive-oil, and place the fish over; set it on a moderate charcoal fire, and turn it now and then until both sides are nearly browned: take it off; then lay one or two handfuls of chopped parsley on the bottom of a baking dish or tin, and lay the fish over with a little salt and pepper; add half a teacup of wine vinegar, and two of broth (No. 1); put it on a charcoal fire until the broth is absorbed, then dish it up, and serve hot.

Scalding the fish before broiling, &c., renders it pleasant.

32. Sòmùn-Bàlighi Kyùlbasstissi—Cut from the tail end of a small salmon as many thin slices as are wanted, and rub them with a little salt; then cover a gridiron with some bay-leaves, lay the slices of fish over, set it on a moderate charcoal fire. When nicely browned on both sides, dish it up, and squeeze a lemon over, or crack four or five dozen of nuts or almonds, skin them, then pound them well in a mortar with one or two cloves of garlic peeled; then add a piece of bread-crumb the size of a large egg, previously soaked in water, a little salt, two or three teaspoonfuls of olive oil; pound them altogether till they form a paste, then moisten it with some lemon-juice or wine vinegar, and some water, to form a smooth sauce, but not too thick, pour it over the fish instead of lemon, and serve hot.

This sauce may be used with any kind of fried or broiled fish, if fancied.

- 33. Mùrina-Bàlighi Kyùlbasstissi—Cut from a small cod-fish as many slices as are required, rub them with a little salt, and dip them in flour; then rub a gridiron with olive oil, lay the fish over, set it on a moderate charcoal fire, and turn the fish often. When nicely browned on both sides, take it off, then cover the bottom of a dish with some finely-chopped parsley and onions, place the fish over, with one or two lemons cut in quarters round the dish, and serve hot.
- 34. Ùsskùmru-Bàlighi Kyùlbasstissi—Clean three or four mackerel, cut off the points of the heads, sprinkle them with sufficient salt, and let them remain for about an hour; then rub a gridiron with some olive oil, lay the mackerel over, and broil gently on a charcoal fire. When done, dish it up, place some chopped parsley mixed with finely-sliced onions over, and serve hot. A lemon squeezed over the fish will improve the flavour.

35. Istridiyè Kyùlbasstissi—Open as many oysters as are wanted, lay them on a gridiron, sprinkle with your fingers a little salt and pepper over each one, with a few drops of olive oil; set the gridiron on a charcoal fire. When the oysters are nicely broiled and begin to stick to the shells, dish them up in their shells, and serve with lemon.

Scallops are broiled in the same way, only with a pinch or two of finely-chopped fennel in each one.

PART IV.

YÀHNILÈR VÈ PÙLÀKILÈRING ÈNVĀYI—FRICASEED OR STEWED MEATS, &c.

- 36. Bèyāz Yàhni—Cut as much as is wanted of a leg or any other part of mutton in pieces the size of walnuts or eggs, wash and place them in a stewpan with a little salt and pepper, cover them with water; put it on a charcoal fire, and let it boil for about twenty minutes; skim it well, then add half a pint of chick-peas previously scalded in water, and two or three onions sliced, and let it simmer until it forms a nice thick gravy at the bottom of the pan and the meat and peas are tender; then dish it up with two or three slices of toasted bread on the bottom of the dish, and serve whilst hot.
- 37. Kirmizi Yàhni—Cut as much as is required of a leg of lamb or mutton in pieces, and boil as above; then add three or four finely-sliced onions, fried in fresh butter, and half or three-quarters of a pint of chick-peas previously scalded in water: cook and serve as No. 36.
- 38. Dànà Ètindèn Pāpās Yàhnissi—Cut five or six pounds of a loin of veal in pieces the size of eggs, place them in rather deep earthen stewpan, with three or four sliced onions, five or six heads of garlic, salt and pepper, a little cummin, and a teacup of wine vinegar, without water; put the cover over the pan air tight, or paste it round with paper, so that no steam shall escape; put it in an oven, or simmer it on a moderate fire for about three or four hours. When done, dish it up tastefully, and serve. Be particular in pasting

round the cover, and the fire must not be fierce, or the meat may burn.

39. Kizārtmà—Cut as much as is required of a leg or sirloin of mutton in pieces the size of large eggs, place them in a saucepan with sufficient salt, and cover them with water; set it on the fire, and let it boil for twenty or thirty minutes; skim it well, then take out the pieces of meat, and rub them all over with curd;* then fry them a nice brown in fresh butter, and place them in a saucepan with sufficient onions, sliced thin and fried a nice brown in fresh butter; add the liquor in which the pieces of mutton were boiled, put the cover over the pan, set it on a moderate charcoal fire until it forms a nice thick gravy at the bottom, and the meat is tender, then dish it up, and serve.

This dish is generally made at public rejoicings on occasion of

a marriage, &c.

- 40. Màydànosslú Yàhni—Cut sufficient mutton in pieces the size of small kidneys, boil and skim it as above, then add a few onions sliced thin and partly fried in fresh butter, and let it simmer until the meat is nearly cooked; then add two or three handfuls of picked parsley, and let it simmer for ten or fifteen minutes longer; then beat up the yolks of three or four eggs in a basin with the juice of one or two lemons, pour it into a small saucepan, set it on a slow fire, and stir it with a wooden spoon till it begins to thicken, without permitting it to boil; then dish the stew up tastefully, pour this sauce over, and serve.
- 41. Sàrimsàkli Yàhni—Cut some mutton into pieces the size of walnuts, peel a sufficient quantity of garlic, mix two teaspoonfuls of salt, one of pepper, and one of cummin; then lay seven or eight cloves of garlic on the bottom of a stewpan, sprinkle a pinch of the seasoning, then add some pieces of mutton; season again, then garlic, then mutton, and so forth, until the whole is laid; then add two or three sliced onions, fried in fresh butter, a teacup and a half of wine vinegar, and three of water, set it on a charcoal fire, and let it simmer until the meat is nicely browned and tender, dish up, and serve.
 - 42. Kùzu Kizàrtmassi-Cut as much as is wanted of a leg or any

^{*} See preparation of curd, No. 225.

other part of lamb in pieces the size of kidneys, then dip each piece in curd,* and fry them a nice brown in fresh butter; place them in a stewpan with two or three sliced onions fried in butter, sufficient salt and pepper, cover them with hot or cold water, set it on a charcoal fire, and let it simmer gently until it forms a nice thick gravy at the bottom of the stewpan. While the meat is cooking, chop up the liver and the heart of a lamb together, then fry it in fresh butter with a little salt. When nicely done, add a handful of pistachios skinned, a tablespoonful of currants, and a little mixed spice; stir it with a wooden spoon for five minutes or so; then place it in a saucepan, with some of the gravy of the lamb, and two pints of broth (No. 2); set it on a charcoal fire with the cover over: when boiling, add a pound of rice well washed, stir it, put the cover over, and let it boil until each grain is rather soft, but separate; then take it off, wrap round the lid a wet cloth, to prevent the steam from escaping, and put it by the side of the fire for twenty minutes or so; each grain will then swell up and be well separated, and no moisture be left; then dish it up in the form of a dome, arrange the pieces of lamb over tastefully, and serve hot.

This is an excellent dish, and the pilaw, or the rice, gives it a

pleasing appearance.

- 43. Tàwshàn Yàhnissi—Cut a hare in pieces about the size of kidneys, wash them well, and let them remain for one or two hours, or until thoroughly cleansed from blood; then place them in a stewpan with five or six onions sliced thin, and sufficient salt and pepper, cover them with water, set it on a charcoal fire till the hare is half cooked; then strain the liquor into a basin, and take out the onions; put the liquor in a stewpan with a teacup and a half of wine vinegar, and eight or ten cloves of garlic peeled, put it on the fire, and let it boil until the liquor is reduced to half; then fry the onions in fresh butter, and put them over the hare with the liquor; set it on the fire, and let it simmer until a nice thick gravy is formed at the bottom; then dish it up, and serve. Although the hare is stewed in various ways, this is considered to be one of the best.
- 44. Dòmātizli Kizārtmà Yàhni—Cut five or six pounds of the best part of mutton into pieces about the size of kidneys, wash and dry them in a cloth; then fry them a nice colour in fresh butter,

place them in a stewpan with three or four sliced onions fried in fresh butter, eight or ten green tomatoes each cut in four, and sufficient salt and pepper; then squeeze two or three pounds of ripe tomatoes in a basin, pass the juice through a cloth or sieve, and then pour it in the stewpan with sufficient water to cover the meat; set it on a charcoal fire with the cover over, and let it simmer until the liquor is reduced to a nice thick gravy; then dish it up tastefully, and serve.

- 45. Sighir-èti Yàhnissi—Cut five or six pounds of rump-steak into rather long slices, half or three-quarters of an inch thick, then tie them together one over the other with a piece of string, as if one piece of meat; then, with the point of a knife, make about fifteen holes here and there, and stick in each a clove of garlic peeled, place it in a stewpan with about three-quarters of a pound of fresh butter, set it on a moderate charcoal fire with the cover over for about three hours, turning the meat every half hour; then add two or three pounds of sliced potatoes partly fried in butter, and the juice of two or three pounds of ripe tomatoes with a little water, and sufficient salt and pepper; put the cover over the pan and let it simmer until the meat and the potatoes are well done; then cut the string off the meat, dish up tastefully, and serve.
- 46. Nèvi Dighèr—Get in one piece five or six pounds of the leg or rump of beef, cover it with vinegar, and let it remain four and twenty hours; then wash it, and make deep holes all over; fill the holes with pepper-corns, orange-peel, and cloves of garlic peeled; place it in a stewpan with three-quarters of a pound of fresh butter; set it on a moderate charcoal fire for three or four hours, turning it now and then. When nicely browned, add the juice of two or three pounds of tomatoes with two or three pints of water, and sufficient salt and pepper, and let it simmer till the meat is nicely cooked; then take it out, and keep it hot; put in the stewpan about two pounds and a half of the best macaroni: if the liquor is not enough, add some of the broth (No. 1), and boil till the macaroni is tender: let it be rather firm to the touch. Dish it up, sprinkle some finely-grated cheese over, then place the beef in the centre of the macaroni, and serve.
- 47. Tàwuk Yàhnissi—Cut a well-cleaned fowl in two lengthways, place it in a stewpan with two or three pounds of the middle of a

neck of mutton, cover them with water, put in a little salt, set it on the fire, and let it boil till the fowl is half cooked, and skim it well; then take the fowl out and fry it a nice colour in fresh butter, then place it in a stewpan with six or eight sliced onions fried in butter, a pint and a quarter of chick-peas, previously boiled a little soft and skinned, two or three tablespoonfuls of wine vinegar, and the liquor in which the fowl is boiled, add sufficient salt and pepper, put it on a slow charcoal fire, and let it simmer until it forms a nice thick gravy at the bottom of the pan, and the peas are tender; then dish it up tastefully, and serve.

The mutton can be served with parsley and butter over as a

dish, if approved of.

48. Ghyùghèj Bālighi—Get any fish you fancy, scale and clean it well: if a large one, cut it in three or four pieces, sprinkle some salt over, and let them remain for a little while; then put a teacupful of olive oil in a frying-pan with four or five sliced onions, and a handful or two of chopped parsley; put it on the fire and stew it rather brown; then lay half of it on the bottom of a rather deep baking-dish, and place the fish over; then the other half of the onions and parsley on the top, with the oil that is left in the frying-pan; add half a teacupful of wine vinegar and one of water, three or four tomatoes cut in four crossways: if the tomato is not in season, one or two tablespoonfuls of preserved tomato sauce will do instead: put it in the oven for twenty minutes or so. When nicely baked, dish it up, and serve.

All kinds of fish may be done in the same way.

49. Usskumru Balighindan Pāpāss Yahnissi—Take out the inside of half a dozen mackerel, and wash them; then boil them in water for one or two minutes; when cold, remove the bones; then cut three or four onions in slices, and fry them partly brown in olive oil; lay the half on the bottom of a stewpan, with a handful of picked parsley mixed with a little fennel, and pour in what oil is left in the fryingpan; then place the pieces of mackerel over, and then the other half of the onions, with the same quantity of parsley and fennel on the top; add half a teacup of wine vinegar, two or three teacups of the water in which the fish is boiled, sufficient salt and pepper; put the pan on a moderate charcoal fire with the lid on, and let it simmer gently until the fish is nicely done, which will take about fifteen or twenty minutes; dish it up, sprinkle a little cinnamon over, and serve.

The addition of one or two tomatoes cut in four makes an improvement in the above: if not in season, a table spoonful of preserved tomato sauce will do instead.

- 50. Nèvi Dighèr—Get any fish you fancy, and clean it well; then cut three or four onions in thin slices, and mix them with a plate of picked parsley; lay the half on the bottom of a stewpan; then place the fish over, and the other half of the onions and parsley on the top; add sufficient salt and pepper, one or two tablespoonfuls of tomato sauce, half a teacup of wine vinegar, the same quantity of olive oil, and one of water; set the pan on a charcoal fire, and let it simmer gently until the fish is cooked, dish it up, and serve.
- 51. Kìlij Bàlighi Yàhnissi—Procure four or five pounds of swordfish in one piece, cut it in slices, wash them, and sprinkle a little salt over; then dip them in flour, and then in egg, and partly fry them in olive oil; then spread one or two handfuls of picked parsley on the bottom of a stewpan with five or six cloves of garlic, lay the slices of fish over, and spread the same quantity of parsley and garlic on the top; then add sufficient salt, two or three pinches of Cayenne pepper, the juice of two or three lemons, and two teacups of water: put the pan over a charcoal fire with the lid on, and let it simmer gently for twenty minutes, or until the liquor is nearly absorbed; dish it up, and serve.

Salmon and sturgeon may be done in the same way.

52. Yàghsiz Bàlik Yàhnissi—Get six or seven red mullets, take out the insides, well clean them, and sprinkle some salt over; then put three pints of water in a saucepan, with three or four onions cut in four crossways, and three or four heads of garlic, only the outer skins peeled: put it on the fire, and let boil until the water is reduced to about one pint; then take the onions and the garlic out, throw the onions away, but squeeze the garlic, and add the pulp to the liquor, then peel two or three onions, and chop them very fine with two or three handfuls of parsely, sprinkle a little salt and pepper over, and well rub them; then stuff the fish with it and lay it carefully in a stewpan, pour the liquor over, set it on a charcoal fire, let it simmer till the fish is nicely cooked, then dish it up, squeeze half a lemon over, and serve hot.

Mackarel may be done in the same way.

- 53. Kèfal-Bàlighi Pùlākissi—Take out the gills and the insides of half a dozen very fresh grey mullets, and cut them in two crossways; wash and sprinkle them with a little salt, and let them remain for an hour; then put in a stewpan an ounce of fresh butter, half a teacup of olive oil, a little salt, and three-quarters of a pound of sliced onions; put it on the fire, and let the onions stew, but not brown; then lay the fish over, cover it with water, and let simmer for twenty or thirty minutes. When nearly done, add a handful of chopped parsley, a pinch or two of cayenne pepper, and the juice of one or two lemons, and let it simmer for four or five minutes longer, then dish it up, and serve hot.
- 54. Yàghsiz Ùsskumru Pulàkissi—Take out the insides and the gills of seven or eight mackerel, wash them, and cut off the points of the heads and the tails; then lay some picked parsley on the bottom of a stewpan, place half of the fish over, then sprinkle a little powdered gum-mastic over, some parsley again; then lay the other half of the fish over, gum-mastic again, then parsley on the top; add sufficient salt and pepper, and three-quarters of a pint of water; put the pan on a charcoal fire, and let simmer gently for twenty minutes or so; dish it up, squeeze half or the whole of a lemon over, and serve.
- 55. Tèkir-Bàlighi Pùlàkissi—Take out the gills and the insides of seven or eight red mullets, and wash them; then peel two or three onions, and well pound them in a mortar; then add a little mixed spice, salt, and pepper, the juice of one or two lemons, the yolks of two or three eggs, and a little water, and beat them up well together with a wooden spoon; then pour it over the mullets, and let them remain for about two hours; then put a quarter of a pint of olive oil in a flat stewpan, with a plate of chopped parsley; put it on the fire, and just scald it; then add half a pint of water, half a teaspoonful of salt. When it boils, lay the mullets in with the ingredients, and let it simmer for fifteen or twenty minutes, dish up tastefully, and serve hot.
- 56. Istridiyè Pulàkissi—Open as many oysters as are wanted, take them out of the shells, and put them in a basin; then put three or four table spoonfuls of olive oil in a saucepan, set it on the fire; when hot, place three or four spoonfuls of chopped parsley, and the oysters over; add one or two cups of water, and let it boil for ten

minutes or so; then beat up the yolks of two or three eggs in a saucepan, with three or four tablespoonfuls of the liquor of the oysters and the juice of a lemon; put it on a slow fire, and keep stirring with a wooden spoon until the egg begins to thicken; then dish the oysters up, and pour this sauce over, and serve.

57. Dàna-Èti Pulàkissi—Cut as much as is wanted of a neck or loin of veal in pieces the size of kidneys; wash and place them in a stewpan, with a little salt, and cover them with water; set it on the fire. When boiling, skim and simmer until the meat is nearly cooked, then add a handful or two of picked parsley, and let it simmer for a few minutes longer. Two minutes before taking it off the fire, add the juice of one lemon; dish it up, and serve.

PART V.

ENVĀI KYUFTELER-BALLS OF POUNDED OR MINCED MEATS, &c.

- 58. Kèbāb Kyùftè—Put on a chopping board two or three pounds of either a raw leg of mutton, or beef, or veal, half a handful of parsley cleaned, two or three onions peeled, and the crumb of a French penny roll, sprinkle a little salt, pepper, and cinnamon over, and mince them very fine together until like a paste; then make it up in shapes of small buns, or any shape you may fancy, and fry them a nice colour in fresh butter; then put two or three teacups of brown gravy in a saucepan, with two or three teaspoonfuls of flour, the juice of a lemon, and a little salt; set it on a slow fire, and keep stirring until it is a nice consistency; then dish the meat up tastefully, and pour the gravy over, and serve hot: or serve it with finely sliced onions and chopped parsley over, instead of gravy, if approved of.
- 59. Sùssuz Kyùftè—Mince very fine as much as is required of the best part of raw mutton, sprinkle a little salt, pepper, and cinnamon over; then knead well with a little onion juice, and make it into balls the size of walnuts; then put in a bowl or basin a teacup of water, and a quarter of a pound of fresh butter; arrange the balls of meat in the bowl, and place it into an iron

pot, put the cover over and paste it round, or wrap a wet cloth round it, so as to prevent the steam from escaping; set it on a moderate fire, and let it simmer for about two hours; dish it up tastefully, and serve hot.

- 60. Màydanòsslu Kyùftè—Mince very fine a sufficient quantity of raw mutton with a little salt and pepper; then make it into balls the size of nectarines, and fry them a nice brown in fresh butter; then partly fry in the same butter two of three onions, sliced thin, to which add one or two handfuls of chopped parsley, and keep stirring for two or three minutes; then lay them on the bottom of a saucepan, and place the balls of meat over, add two or three teacups of broth (No. 1.) and three or four tablespoonfuls of wine vinegar; set it on a slow charcoal fire, and let it simmer for twenty minutes or so, and serve.
- 61. Tèrbiyyèli Kyùftè—Mince very fine two or three pounds of the best part of raw mutton, with two or three onions peeled, and a little salt and pepper; then make it in balls the size of nuts, put them in a saucepan half full of water, set it on the fire until done; then beat up the yolks of three or four eggs, with the juice of a lemon or two, and a little salt; pour it in a saucepan, put it on a slow fire, and keep stirring until it begins to thicken; then add three or four tablespoonfuls (one at a time) of the liquor in which the balls of meat have been boiling; stir it for two or three minutes longer, then dish the meat up, pour this sauce over, and serve hot.
- 62. Ghìmyònlù Kyùftè—Mince very fine as much as is wanted of either raw mutton or beef, with two or three onions peeled; sprinkle sufficient salt, pepper, and cummin; then knead well and make it up in the shape of small buns, and fry them in fresh butter, or broil them on a gridiron a nice brown. When done, arrange them in a dish, and serve hot, with chopped parsley mixed with thinly sliced onions round the dish.
- 63. Màydanòsslu Sikmà-Kyùftè—Mince very fine as much as is wanted of a raw leg of mutton; then pound three or four onions in a mortar, and squeeze the juice over the meat; then knead it well with a handful of rice flour, sufficient salt and pepper, and make it into balls the size of small peaches; then roll them

in parsley chopped very fine, till they are well covered, arrange them in a saucepan, add the juice of one or two lemons, with a teacup of broth (No. 1.), set it on a moderate charcoal fire, with the cover over. When the liquor is nearly absorbed, add some more broth, and let it simmer till nicely cooked. Dish it up tastefully, and serve hot.

This is a light and exquisite dish.

- 64. Mùjmèr—Mince two or three pounds of either raw mutton or veal, place it in a stewpan with one or two ounces of fresh butter, half a teacup of water, and a little salt; set it on the fire. When boiling, stir round with a wooden spoon until nicely browned and the moisture is dispersed; then take it off, and put the meat in a basin, add two or three onions chopped very fine, one or two handfuls of picked parsley, the crumb of a French roll previously soaked in water, three or four eggs, and a little salt and pepper, and mix them well together; then put a sufficient quantity of fresh butter in a convenient fryingpan, place it on a charcoal fire. When boiling, pour in the preparation. When set, and one side is nicely browned, turn it on the side, when nicely browned, dish up, and serve quite hot.
- 65. Nèvi Dighèr—Mince a sufficient quantity of raw beef or mutton together with two or three onions; then pound it well in a mortar with an equal quantity of Pilaw*; break over it three or four eggs, sprinkle sufficient salt and pepper, with a handful of parsley chopped fine; then knead well all together, and let it remain covered for half an hour; then divide it in pieces the size of an egg, and fry them in boiling fresh butter. When all are nicely browned, dish up tastefully, and serve hot.
- 66. Fàssūlya Mùjmèri—Scald sufficient quantity of French beans with a little salt; when partly tender, put them on a board, and chop them up; then place them in a basin, sprinkle some flour over, and rub them smooth with your hands; then add four or five eggs, four or five tablespoonfuls of fried minced meat, a little salt and pepper, and beat them up well with a fork; put some fresh butter into the fryingpan, set it on the fire until hot; then fry the mixture a tablespoonful at a time. When

all are fried a nice colour, dish them up tastefully, and serve hot.

- 67. Kàdin-Būdù—Mince very fine as much as is required of a leg of mutton, add two or three chopped onions, with a handful or two of rice, well washed, sufficient salt and pepper; then knead well, and make it into shapes, as the fleshy part of a leg of capon; then throw them in boiling water. When nearly cooked, take them out, and let them remain till cold; then beat up four or five eggs, dip the pieces of meat in it, and fry them in hot fresh butter till a nice colour. When done, take them out, and let them drain. Dish up tastefully and serve hot.
- 68. Bàdinjān Mùjmèri—Procure six or seven egg plants, cut them in two lengthways, take out the insides, and boil them a little in water, moderately salt; then take them out, and put them in a basin, add three or four finely chopped onions, previously fried a nice brown in fresh butter, four or five tablespoonfuls of fried minced meat (prepared of raw mutton), a handful of parsley, chopped fine, sufficient salt and pepper, and two or three eggs well beaten up, and mix them well together; then butter a bakingpan, in which arrange half of the egg-plants, and stuff them with the above mixture; cover them with the remaining half, and bake them in a rather hot oven. When the egg-plants are shrunk and soft, they are cooked. Dish up, and serve.

PART VI.

TÀWÀDÀ TIBKH ÒLÙNĀN TAAMLAR-FRIED DISHES.

69. Et-Tàwāssi—Cut as much as is wanted of a leg of mutton into pieces the size of large eggs, split each piece in two or three places, and beat them out with a rolling-pin, sprinkle them with sufficient salt and pepper, cinnamon, and two or three finely-chopped onions, and let them remain for half an hour or so; then put some nice butter in the fryingpan, place it on the fire. When quite hot, lay the pieces of mutton in it, and when nicely browned on one side turn them over, and do the other side the same; take them out, drain the fat, and serve.

- 70. Bàdinjām-Tàwāssi—Procure as many egg-plants as are wanted, cut them in slices about half an inch thick, sprinkle them with salt, and let them remain about an hour. When the bitter juice is drawn from them, put two or three ounces of flour into a basin, which mix with water to form a smooth batter, not too thick; then dip the egg-plants in it, and fry them in fresh butter till a nice colour, turning them over. When done, take them out with a slice, let them drain, dish up, and serve.
- 71. Jighèr-Tàwāssi—Get a sheep's or lamb's liver, wash, and cut it into large dice, sprinkle a little salt over; then dip them in flour, and fry them a nice brown in hot butter. When done, take them out and let them drain. Dish up, sprinkle a handful or two of chopped parsley mixed with finely-sliced onions over, and serve very hot.
- 72. Kàlkàn-Bàlighi Tàwāssi—Get a turbot as large as is required, cut the fins off, wash and sprinkle it with sufficient salt; then cut in slices five or six lemons, lay half of them on the bottom of a convenient dish, place the fish over, and cover it with the other half of the lemons; then pour on it three-quarters of a pint of salt water coloured with half an ounce of saffron; place a plate or dish over, so as to press the fish slightly, and let it remain for one night; the next day fry it a nice brown either in oil or fresh butter, and serve.
- 73. Izmārid Tāwāssi Take out the insides of two or three dozens of smelts, wash and sprinkle them with a little salt; then dip them in flour, and then in egg; fry them a nice colour in hot olive oil. When done, dish up tastefully, squeeze a lemon over, and serve hot.
- 74. Usskumru Tawāssi—Take out the insides and the gills of half a dozen middle-sized mackerel, wash well, and sprinkle them with a little salt, and let them remain twenty minutes or so; then peel two or three onions, and well pound them in a mortar, to which add sufficient salt and pepper, mixed spice, the juice of two or three lemons, and the yolks of three or four eggs, and well beat them up; then pour it into a pie-dish, roll the mackerel in it, and let them remain for about two hours; then fry them a nice brown in hot olive oil, turning them over. When done, take them out with a

slice and let them drain well, dish them up tastefully, squeeze a lemon over, if approved of, and serve hot.

75. Midiyè Tùwāssi—Open as many mussels as are required, and remove them from the shells, then dip them in flour, and then in eggs, fry them a nice colour in hot olive oil or fresh butter, dish up, sprinkle a little salt and pepper over, and serve hot with lemon.

PART VII.

BÙRÈK NÈVINDÈN ÔLĀN TAAMLÀR.-MEAT PASTRY.

76. Yùfhà Bùrèghi—Place two or three pounds of flour on the table-dresser, or in a pan, make a hole in the centre, put in a little salt, and sufficient water, and stir it well up with a wooden spoon; then throw a little flour over, and knead well with the hands until it forms a nice paste; then divide it into small pieces (say eight or ten), and roll them out thin, about the thickness of a sixpence, and the size of a baking-tin* intended for laying them in. Then bake them soft, one by one, on a hot stove (such as crumpets are baked on), or a baking-sheet,+ which is placed over a trevet on a wood or charcoal fire. When done nicely on both sides, beat up two or three eggs in a basin, with a teacup of broth (No. 1 or No. 2); then grease the baking-tin with fresh butter, and lay in half the pieces of paste one over the other, sprinkling some of the beaten-up egg, and fresh butter between each one with a quill or a paste-brush; then lay some fried minced meat all over, half an inch thick, which is prepared from raw mutton or beef, and then cover it with the remaining pieces of paste, as above; egg and butter over, place it in the oven until nicely browned on both sides. When done, cut it in diamonds, or any other shape, dish up, and serve hot. If a little finely-chopped onions, stewed brown in fresh butter, be added to the fried minced meat, it will freshen it, and improve the flavour of it.

† The baking-sheets are made of iron. They are circular and slightly domed, and only used for baking layers of paste.

^{*} In Turkey the baking-tins are made of copper from two to three inches deep. They are circular, and from one to two feet in diameter.

Cheese may be used instead of minced meat if preferred, thus: Grate some nice cheese, then add to it a handful of fennel, chopped fine, one or two raw eggs, and a little pepper and salt; mix them well together, and lay it between the paste as above.

77. Nèvi Dighèr—Put sufficient flour upon a pastry slab, make a hole in the centre, in which put a little salt, two or three ounces of fresh butter melted, mix all together, then add sufficient water, and make it a softish paste. While working it, dip your hands in butter now and then, and knead it till a nice paste is formed; then throw some flour lightly over and under, roll it out with a rolling-pin to the thickness of half-a-crown; put a tablespoonful of fried minced meat on it, mixed with finely-chopped onions stewed brown in fresh butter, or grated cheese, as above, about an inch and a half distance from each other; wet lightly round them with a pastebrush, and place a similar piece of paste over all; press round the part where the minced meat or cheese is, to make the paste stick; then cut them out like half an egg, and fry them in hot butter. When nicely browned, take them out, and let them drain, dish up in pyramid, and serve hot.

The addition of one or two raw eggs to the paste, while working

it, will make an improvement.

78. Sù-Bùrèghi—Put on the dresser, or in a basin, sufficient quantity of flour, with a little salt, mix it up with as many eggs as it will take, and form it a softish flexible paste; then cut it in twelve or fourteen pieces, and roll them out the size of the bakingtin intended for laying them in (see No. 76); then fill a saucepan or iron pot with water, put in sufficient salt, and set it on the fire. When boiling, scald the pieces of paste one by one, except two. When done, drain them, then dry them with a piece of clean cloth, and spread out the wrinkled parts carefully; then put some fresh butter in a saucepan, and set it on the fire. When the butter is at proper heat, take it off, and, when rather cold, butter the bakingtin with it, in which lay one of the two unscalded pieces of paste, sprinkle a tablespoonful of the butter over, on which lay half of the scalded pieces, sprinkling between each one a spoonful of butter; then lay either minced meat or cheese (prepared as No. 76) all over, half an inch thick, cover it with the remaining . pieces of paste that are scalded, sprinkling some butter between each one as before, and over which lay the other unscalded piece,

well butter the top, and place it in a hot oven. When nicely browned, cut it in any shape you choose, dish up, and serve hot.

This is a noted pastry in Turkey, and it will be found light and

agreeable.

- 79. Sùt-Bùrèghi-Pour three pints of milk in a basin, add five or six eggs, six ounces of flour, and a small teaspoonful of salt; beat up well together; then well butter a convenient baking-tin, pour in the preparation, and bake it a nice brown. When done, cut it in diamonds, and serve.
- 80. Tàwuk-Bùrèghi-Put a nice and well-cleaned fowl in a saucepan with some water and a little salt, set it on the fire, and boil it till sufficiently tender; then take the fowl out. When cold, remove the meat from the bones, and chop it up fine; then stew one or two finely-chopped onions in fresh butter until quite brown, but not burnt, and mix them well with the fowl; add a little salt and pepper; then butter a baking-tin, in which place ten very fine layers of paste one over the other, sprinkling a little butter between each one, as No. 76; then lay the minced fowl all over, and cover it with the same number of pastes as before, cut it in four crossways, pour a little hot fresh butter over, put it in the oven, bake it a nice brown, and serve hot.
- 81. Kòl-Bùrèghi-Lay on the paste-board separately as many pieces of paste (No. 76) as are required, then beat up two or three eggs in a basin, with three or four tablespoonfuls of broth (No. 1 or No. 2), dip a paste brush in it, rub it all over each piece of the paste, and fold them separately in two; then lay on each one lengthways any preparation you fancy, fold the two side edges over, and then the ends, thus making it an oblong shape; make the others in the same shape, and fry them a nice brown on both sides in hot fresh butter. When all done, let them drain, then dish up on a white napkin, and serve hot.
- 82. Kàpāk Bùrèghi-Roll out as thin as a wafer twenty pieces of paste prepared with fresh butter and eggs; then well butter the inside of a shallow and dome-like mould, in which lay carefully ten of the pastes one over the other, which must reach up the brim of the mould; then place in a rather deep fryingpan some finelyminced raw lamb or mutton, two or three onions chopped fine, a

little salt and a little fresh butter; set it on the fire, and stew them partly brown; then add one or two ounces of almonds skinned, the same of pistachios, a little pepper and cinnamon; mix them well together with a wooden spoon; then fill up the mould with this mixture, cover the top with the remaining ten pieces of paste; then butter the bottom of a baking-tin, in which place the mould upside down; put it in a hot oven, and bake it a nice brown. When done, turn it out of the mould on to a dish, and serve.

- 83. Tùrh Bùrèghi—Put on the dresser a pound of flour, make a hole in the centre, in which put a teaspoonful of salt, break in two eggs, mix all together; then add sufficient water, and form it a softish flexible paste, divide it in two, and roll them out to the size of the baking-tin you intend to use; then sprinkle some melted fresh butter over, and fold over the edges of the paste so as to hide the butter, throw a little flour both under and over, and roll them out again as before, repeat the same five or six times more; then butter the baking-tin, in which lay one of the two pieces of paste; then lay any preparation you choose all over it, half an inch thick, and cover it with the other paste; then make about fifteen deep holes in the paste here and there with the point of a knife, and bake it a nice brown on both sides. When done, cut it in diamonds, dish up tastefully, and serve hot.
- 84. Sàch-Bùrèghi—Put in a basin one or two pounds of flour, and a little salt, mix it with sufficient water into a softish paste with your hands, dry it off a little with flour till you have well cleared the paste from the basin, and let it remain for two or three minutes; then cut it into ten or twelve pieces, and roll them round with a rolling-pin the size of a dinner-plate, and as thin as a wafer; then lay some finely-minced raw beef or mutton. mixed with a small quantity of onions chopped very fine, a little salt, pepper, and cinnamon over one half of each piece, half a quarter of an inch thick, and double the other half over; press the the two edges with your fingers to make the paste stick; then put a trevet on a charcoal fire, over which place a slightly-domed sheet-iron, the under side of which is previously cemented with ashes, to prevent it from getting fiercely hot. When moderately hot, dip a paste-brush in fresh butter, previously melted, and rub it all over; then place the pieces of paste over, and bake them a nice brown on both sides, now and then buttering them on both sides

with the paste-brush. When done, take them off with a slice, dish them up one over the other, and serve hot.

- 85. Pàcha-Bùrèghi—Get half a calf's head, or four of the feet, wash, and put them in a stewpan with sufficient water and salt; set it on the fire, and let it boil until tender; then remove the meat from the bones, and cut it in small dice: then prepare ten or twelve pieces of paste as (No. 78), but instead of scalding them in water, scald them in boiling fresh butter. When all done, take out and place them in a colander, and, when free from fat, lay half of them in a rather deep and circular baking-tin one over the other, sprinkling between each piece some of the liquor in which the calf's head is boiled; then lay the pieces of calf's head all over, cover them with the remaining pieces of paste the same way as before, and bake it a nice colour; dish up, and serve.
- 86. Inja-Bùrèk—Put a pound and a half of flour on a slab, make a hole in the centre, in which put a teaspoonful of salt and four eggs; mix all together, then add sufficient water, and form it a softish flexible paste; then dip your hands into melted fresh butter, and work it for a few minutes longer; then divide it into thirty pieces the size of walnuts, sprinkle a little wheat-starch both under and over them, and roll them out one by one with a rolling-pin as thin as a wafer, or thinner than that if you can, and the size of the baking-tin you intend to lay them in; then butter the baking-tin, in which lay five of the pieces of paste one over the other, sprinkle a little fresh butter all over, and lay five more pieces over, butter again, and over which lay five more pieces, butter again; then lay all over either minced mutton, mixed with mushrooms and onions, both chopped very fine, and previously stewed a nice brown in fresh butter, together with the meat, or cheese, as described in (No. 76), or any other ingredients you may fancy, and cover it with the remaining pieces of paste in the same way as before; then cut it in four crossways, pour a little hot fresh butter over, and bake it a nice brown in a moderate oven. When done, dish up and serve.
- 87. Soghàn-Bùrèghi—Put in a saucepan five or six chopped onions, a little salt, and some water, set it on the fire, and boil it for a few minutes; then drain the onions, and put them in a fryingpan with some fresh butter; set the pan on the fire, and stew the

onions until the moisture is dispersed; then beat up three or four eggs, and add it by degrees to the onions; put it on the fire again, and stir it for three minutes or so with a wooden spoon; then take it off, and lay it between pieces of paste as (No. 86), and bake it a nice colour; dish up and serve.

The addition of a small quantity of mushrooms, chopped fine, and previously stewed with the onions in fresh butter, will make

an improvement.

- 88. Finjan-Bùrèghi—Place on a paste-board three or four layers of paste (No. 86), one over the other; then put over in small lots any of the ingredients used in the preceding pastry, about an inch and a half distance from each other, wet slightly round them with a paste-brush, and cover them with the same number of pastes as before, but a little larger; then press over each lot with a Turkish coffee-cup, or a mould the size of an egg-cup, and cut them out, which will then be in the shape of the above cup. When all done, either fry them in hot butter, or arrange them in a baking-tin, previously buttered; sprinkle a little butter over them with a paste-brush, and bake them a nice colour in a moderate oven. When done, dish them up on a white napkin, and serve hot.
- 89. Tàtàr-Bùrèghi—Make some paste, as No. 83; roll out as many pieces as are wanted to the thickness of a sixpence; then cut them in checks or square pieces, about two inches long and two broad; lay half a teaspoonful of fried minced mutton or beef on one corner of each piece, and fold the other half over, thus forming it of a triangular shape; press the two edges with your fingers to make the paste stick. When the whole is ready, put on the fire a saucepan nearly full of water. When boiling, throw in the pieces of paste, and let them boil until nicely cooked, then drain them, and dish them up; sprinkle a little scalded butter over, with some nice curd*, and a pinch of pepper, and serve hot. Be careful that the pieces of paste do not stick to each other when boiling.
- 90. Nèvi Dighèr-Proceed exactly as No. 89. Then put on each piece half a teaspoonful of minced beef, mixed with a little

parsley and chervil, previously stewed with the beef in fresh butter, and double it as above. When the whole is prepared, put on the fire a saucepan nearly full of water. As soon as it boils, throw in the pieces of paste, and let them boil till nicely cooked. When done, drain them, and dish them up; sprinkle some hot butter over, with some nice cheese, grated fine, and serve hot.

PART VIII.

ÈNVĀI BASSTILAR—DISHES MADE WITH MEAT AND VEGETABLES, &c.

- 91. Kàbàk-Bàsstissi—Cut two pounds of mutton or lamb in pieces about the size of walnuts; put them in a stewpan with a little salt, and cover them with water; set it on a charcoal fire. When beginning to scum, skim it well, and let it simmer till the meat is nearly tender; then put three or four sliced onions in a fryingpan with sufficient fresh butter, and fry them partly brown; then peel four or five vegetable marrows, cut each one in four crossways, take out the insides, if seeded, and slice them threequarters of an inch thick; then lay some of the pieces of meat on the bottom of the stewpan; then add some slices of vegetable marrow, with part of the fried onions, then meat, then pieces of vegetable marrow and onions, then meat, &c., until the whole of them are laid; then add the liquor in which the pieces of mutton were boiled, and sufficient salt: if the liquor is not enough, add some of the broth (No. 1): set the stewpan on the fire, and let it simmer until the vegetable marrow is tender; then add the juice of one or two lemons, with a little chopped mint; let it simmer for two minutes longer, and then take it off, dish it up, sprinkle a little pepper or cinnamon over, and serve hot.
- 92. Nèvi Dighèr—Get four or five pounds of loin of mutton, remove the bones, and cut the meat in pieces the size of walnuts; then add six or seven onions sliced fine; sprinkle sufficient salt and pepper over, mix them all together, and rub them well with your hands; then peel four or five vegetable marrows, and cut them in slices, as above; take out the insides, if seeded; then lay the

bones of the mutton on the bottom of a convenient stewpan; then some slices of vegetable marrow over, then some pieces of mutton, then vegetable marrow, and so forth, till you have laid the whole; cover them with water, add the juice of two or three lemons and a little salt; set it on the fire, and let it simmer gently until the meat and the vegetable marrows are tender; then add three or four teaspoonfuls of powdered sugar, four or five cloves of garlic, skinned and well pounded, and two or three tablespoonfuls of chopped mint: let it simmer for five or six minutes longer, then dish it up, and serve.

- 93. Bàmiya-Bàsstissi—Cut three or four pounds of mutton into pieces about the size of walnuts, wash and place them in a saucepan, with sufficient salt; cover them with water, and set the pan on the fire. When boiling, skim and simmer till the meat is half done; then fry partly brown five or six sliced onions in fresh butter; then peel the stalky parts, and cut off the ends of one or two hundred okras; then place the pieces of meat and the okras, together with the onions in layers as above; add the liquor in which the meat was boiled: if not enough, add some of broth (No 1) and a little salt; put the cover over the pan, and set it on a charcoal fire until the meat and the okras are tender, and a nice gravy is formed at the bottom, which you will perceive by holding the pan on one side. Just five minutes before removing it from the fire, add the juice of one or two lemons; and when done, dish up, sprinkle a little pepper and cinnamon over, and serve.
- 94. Nèvi Dighèr—Cut one or two pounds of lamb in pieces, as above; place them in a stewpan with an ounce of fresh butter, a small teaspoonful of salt, and half a teacup of water; put on the fire. When boiling, stir round with a wooden spoon for about twelve minutes, or until it forms a whitish thick gravy at the bottom; then lay the pieces of meat on the bottom of a rather deep and circular baking-pan, and over which lay regularly six or seven dozens of young okras, together with three or four finely-sliced onions, fried partly brown in fresh butter; add the gravy, with the juice of one or two lemons, three cups of either mutton or beef broth, and a little salt, and bake it in a very hot oven until the okras are quite soft and nicely brown; then turn it gently on to a dish, without spoiling the shape, sprinkle a little cinnamon over, and serve.

- 95. Sheikh-ul-Mūshi—Cut in four crossways, without separating from the stalk, six or eight egg-plants, not seeded; then cut out part of the inside of each one, and throw it away, and put the eggplants in brine; then put in a fryingpan two or three ounces of fresh butter, one or two pounds of minced raw mutton, three or four finely chopped onions, and fry them a nice brown; then add two or three tablespoonfuls of parsley, chopped fine, the same of mint, sufficient salt and pepper, and mix them well together; then stuff the egg-plants with this, and tie them up separately with the stalks of parsley; then cover the bottom of a stewpan with some peeled parsley roots, in which lay the stuffed egg-plants, and cover them with mutton broth, or with the broth (No. 1); set the pan on the fire with the cover over. When boiling, let it simmer until a nice thick gravy is formed at the bottom; then dish them up tastefully one over the other, and serve. Or dress them with some curd,* flavoured with a little garlic, if approved of, then serve.
- 96. Mèdkūnè—Peel four or five egg-plants, cut them in slices about three-quarters of an inch thick, and partly scald them in salt water; then cut two or three pounds of mutton in pieces the size of walnuts, sprinkle one or two chopped onions over with a little salt, and rub them well together with your hands; then place into a stewpan the pieces of meat and the egg-plants, in layers, cover them with mutton or beef broth, add the juice of two or three small lemons; put the pan on the fire with the lid on, and let it simmer until it forms a nice gravy at the bottom; then dish it up, sprinkle a little cinnamon over, and serve.

Artichokes may be cooked in the same way.

97. Mārmàrina—Well clean a sufficient quantity of spinach, pick off the stalks, boil it for one or two minutes, let it drain, and chop it up very fine; then well butter a rather deep and circular baking-tin, in which lay four or five very thin round pieces of puffpaste, one over the other; sprinkle a little fresh butter over with a paste-brush, and lay the spinach all over; then break into a basin three or four eggs, to which add half a pound of nice cheese, grated; beat up well together, and lay it over the spinach; put it

in a rather hot oven, and bake it a nice colour. When done, cut it in four crossways, and serve hot.

- 98. Yòghurtlū-Shàlghàm—Peel four or five turnips, cut them in slices about a quarter or a half an inch thick; then boil them in water with a little salt, partly tender, and let them drain. When free from water, dip them in flour, and fry them a nice brown in fresh butter; then lay them in a baking-pan or a pie-dish that will bear fire; pour half a pint of broth (No. 1), over the turnips; set the pan on a moderate charcoal fire, and let it simmer for eight or ten minutes; then take it off, and lay some curd* over the turnips, over which sprinkle a little hot fresh butter, and a pinch of pepper, and serve hot.
- 99. Bàdinjān Pàchassi—Cut as many egg-plants as are wanted in slices a quarter of an inch thick, and put them in salt water for about ten minutes; then dip them in flour, fry them a nice brown in fresh butter, and arrange them in a baking-dish; then well pound three or four cloves of garlic in a mortar, add a little salt, and a small teacup of wine vinegar; stir it well with a wooden spoon, and pour it over the egg-plants; place the dish on a moderate charcoal fire until the liquor is absorbed, then take it off, and serve.
- 100. Ghyùghej Bàsstissi-Cut three or four pounds of loin of mutton in pieces the size of walnuts; wash and place them in an earthen stewpan, of which the lid must closely fit; then cut one or two egg-plants in four crossways, and cut them in slices an inch thick; sprinkle some salt over, and when the bitter juice is drawn from them, lay them over the meat; add six ounces of French beans trimmed, about sixty okras, the stalks and the ends cut off and stringed, one or two vegetable marrows, peeled and cut in slices as the egg-plants, four or five green tomatos cut in four crossways, five or six onions peeled and cut as the tomatos, sufficient salt and pepper, the juice of one or two lemons, and the juice of a pound and a half of tomatos: if the meat is not sufficiently fat, add a quarter of a pound of fresh butter, melted; put the lid over the pan, and cement round the edges with flour paste. so as to prevent the steam from escaping; put it in a moderately hot oven for about three hours. When done, shake the pan gently, that the gravy may mix with the vegetables, and form a nice.

thick sauce, then dish up, sprinkle a little cinnamon over, and serve.

- 101. Kùru Silkmè—Cut three or four pounds of mutton into small pieces as above, wash and dry them in a cloth, then place them in a stewpan with sufficient salt and pepper, set it on the fire, and stir with a wooden spoon until it begins to hiss, which indicates that all the moisture is dispersed; then add three or four ounces of fresh butter, and keep stirring till the meat is nicely browned. When done, take them out with a hand-strainer, and place them in a dish; keep it hot; then cut three or four egg-plants in thin slices, sprinkle them with salt, and let them remain for a few minutes. When the bitter juice is drawn from them, fry them a nice colour on both sides in the remaining fat from the meat, then arrange them tastefully over the meat, or round the dish, sprinkle a little pepper over, and serve hot.
- 102. Kàwurmali-Bàdinjān—Cut in pieces the same quantity of mutton, and fry them in the same way as above; then bake in an oven three or four good-sized egg-plants. When soft, peel them; then lay them in a pan, over which place the pieces of meat, with the fat that is left from it in the stewpan; add half a pint of broth (No. 1.); put the pan on a slow charcoal fire with the cover over, and let it simmer for twenty minutes; then dish up carefully, sprinkle a little cinnamon and pepper over, and serve whilst hot.
- 103. Pàchà—Get ten or twelve sheep's trotters already cleaned; break the long bones and put them in a stewpan nearly full of water; place it on the fire or in a very hot oven, with the cover over it, until the meat comes off the bones. When done, take out the large bones, and cut the meat in small pieces; then well pound three or four cloves of garlic in a mortar with a little salt; add half a teacup of wine vinegar, or the juice of three or four lemons, and stir it well with a wooden spoon; then pour it over the trotters, with a little salt; stir it once, set it on the fire, let it boil again for two or three minutes; then lay on the bottom of a dish some thin slices of toast, over which place the pieces of trotters with some of the liquor, and put it on a very slow charcoal fire until the liquor is nearly absorbed; then beat up the yolks of two or three eggs with the juice of a lemon or two, and a little of the

liquor in which the trotters are cooked; place them on a moderate fire, and begin stirring with a wooden spoon (taking it from the fire now and then when getting too hot) until it thickens; then pour it over the trotters, sprinkle a little pepper and cinnamon over, and serve very hot.

104. Èkshili-Bàdinjān—Cut four or five egg-plants in rather thin slices lengthways; sprinkle them with some salt, and let them remain until the bitter juice is drawn from them; then fry them a nice colour in olive oil, or in fresh butter, and lay them in a pan; then fry a nice brown four or five sliced onions in fresh butter or olive oil, with a little salt, and lay them over the egg-plants; add half a teacup of wine vinegar, one of water, and two or three teaspoonfuls of honey or sugar; set the pan on a moderate fire until the liquor is nearly absorbed, then dish them up carefully, and serve.

Vegetable-marrows may be done in the same way.

105. Imām-Bàyildi — Procure half a dozen egg-plants, and cut each one in four lengthways, without separating from the stalk; sprinkle them with salt, and let them remain for five or ten minutes; then peel and cut five or six onions in rather thick slices, and fry them partly brown in olive oil or fresh butter; then lay half of them on the bottom of a stewpan, over which place the egg-plants, and lay the other half of the onions over them; add half a dozen of peeled cloves of garlic, and a pint of water, or little more; put the pan on the fire, and let it simmer till the egg-plants are soft; then dish them up carefully, and serve hot or cold.

Vegetable-marrows may be done in the same way.

106. Mùzàkkà—Mince very fine one or two pounds of a leg of raw mutton or lamb, put it in a frying-pan with two or three finely chopped onions, two or three ounces of fresh butter, and a little salt; set it on the fire, and let the meat and the onions stew a nice brown, stirring it now and then: two minutes before taking it off, add two or three tablespoonfuls of chopped parsley, and stir it well; then cut three or four egg-plants in slices lengthways, and place them in salt water for ten or fifteen minutes; then place the minced meat and the egg-plants in layers into a pan; add a pint of broth (No. 1.), or a little more; put the pan on a moderate charcoal fire with the cover over, and let it simmer until

the liquor is nearly absorbed, and the egg-plants are nicely cooked. When done, turn it on to a dish, without spoiling the shape, and serve.

Artichokes and vegetable-marrows may be cooked in the same way.

PART IX.

ENVĀI DOLMALAR—DISHES STUFFED WITH MINCED MEAT, RICE, &c.

107. Bàdinjān Dòlmàssi-Procure six or seven egg-plants, remove the stalks, cut off the tops as large as a two-shilling piece; then take out the insides without making a hole at the other end, and throw them in salt water for ten or fifteen minutes; then mince fine one or two pounds of raw mutton, add a handful of well-washed rice, two onions chopped very fine, sufficient salt and pepper, and mix them together with your hands; stuff the egg-plants with these ingredients, and cover them with the tops contrariwise; then beat up five or six eggs in a basin, in which dip the eggplants, and fry them in hot fresh butter; then prick them here and there with a fork, and place them in a stewpan, the bottom of which you have previously covered with rib-bones of mutton, so as to prevent them from burning while they are cooking; cover them either with broth (No. 1.) or water, add the juice of one or two lemons; set it on a charcoal fire, and let it simmer till the liquor is nearly absorbed, or until it forms a nice thick gravy at the bottom; then dish them up carefully, and serve hot. If you fancy, beat up two or three eggs with the gravy of the above, and the juice of half a lemon in a saucepan; place it on a very slow fire, and keep stirring. When it begins to thicken, pour over the egg-plants, and then serve.

When you have stuffed the egg plants, you may first boil them till cooked, and then fry them. This is also a nice way, and

will vary the flavour.

Vegetable-marrows and cucumbers may be cooked in the same way.

108. Yàlànji-Bàlik-Dòlmassi - Get half a dozen rather thin and

long egg-plants, peel them very thin in spots here and there (imitating the fish scales); then cut off the tops, as large as a florin, and take out the whole of the inside, leaving only sufficient to bear stuffing; throw them in salt water for ten or fifteen minutes; then put four or five ounces of nice olive oil or fresh butter in a saucepan, and set it on the fire. When hot, add three or four onions chopped fine, and begin stirring it with a wooden spoon. When on the point of browning, add half a pound of well-washed rice, and keep stirring. As soon as the rice begins to brown, pour in half a teacup of hot water, and continue stirring. When the water is absorbed, add another half a teacup of water, and keep stirring. When the rice is partly soft, add the half of a white plain biscuit, well powdered, two ounces of skinned pistachios, one of currants, sufficient salt, pepper, and a little mixed spice; stir well; then take it off. When partly cold, stuff the egg-plants with it, and cover them with the tops contrariwise; then cover the bottom of a saucepan with some rib-bones of mutton, and place the egg-plants over; cover them with water, set the pan on the fire with the lid over, and let it simmer till the egg-plants are partly soft; then take them out and fry them a nice colour in hot olive oil or fresh butter; then dish them up tastefully, and serve.

- 109. Piyāzli-Kàbàk—Peel very thin seven or eight small-sized vegetable-marrows and take out the insides; then stuff them with some nice cheese, grated and mixed with one or two tablespoonfuls of chopped parsley, and half a tablespoonful of mint chopped; then beat up three or four eggs, in which dip the vegetable-marrows, and fry them a nice brown in hot fresh butter; then take them out and place them in a stewpan, cover them with broth (No. 1.), set the pan on a charcoal fire, and let it boil gently, until the liquor is nearly absorbed; then dish up, and serve.
- 110. Hàlèb-Dòlmàssi—Cut off the tops and take out the insides of half a dozen egg-plants, as No. 107, put them in salt water for ten minutes or so; then mince fine a sufficient quantity of raw mutton, add one or two onions, a little mint, a small quantity of saffron, two or three tablespoonfuls of the inside of egg-plants, all chopped fine, a handful of well-washed rice, a little salt and pepper, mix them well all together with your hands; then stuff the egg-

plants with it, and cover them with the tops; then lay some rib-bones of mutton on the bottom of a stewpan, and place the egg-plants over carefully; cover them with broth (No. 1.), add the juice of two or three lemons; set the pan on a charcoal fire with the cover over, and let it simmer until the egg-plants are soft, and a nice gravy is formed at the bottom; then dish them up carefully, and serve. When you take out the insides of the egg-plants, leave only sufficient to bear the stuffing. Instead of covering the stuffed egg-plants with broth and lemon-juice, they cover them sometimes with verjuice.

111. Yàlànji-Dòlmà-Procure seven or eight dozens of young vine leaves, and scald them. Let them drain in a colander; then pour in a saucepan three-quarters of a pint of olive oil; place it on the fire. When hot, put in two pounds and a half of finely chopped onions, and stir until they begin to brown; then add two pounds and a half of the best rice, well cleaned, and keep stirring. When the rice is on the point of browning, add two teacupfuls of water, and continue stirring gently till the water is absorbed; then take it off, add one or two teaspoonfuls of powdered mint, a little salt, pepper, and cinnamon, and well stir it; then spread the vine leaves out, and put half a tablespoonful of the prepared rice in each one, fold it about the length of your thumb, but a little thicker, and squeeze it gently in your hand, so that it may not open while cooking. When all ready, cover the bottom of a saucepan with rib-bones of mutton, as No. 107, and over which place the stuffed leaves one by one, arranging, at the same time, between them eight or ten sour plums. When the whole is laid, press them with a plate, then nearly cover them with water, and set the pan on the fire. When boiling, let it simmer until there is no liquid remaining; then take one out and try if the rice is soft; if not, add some more water. When soft, and each grain is separate, dish them up tastefully, and serve.

The object of placing unripe plums between the stuffed leaves is to give to them a slight acidity, which improves the flavour; and sometimes a small bunch of unripe grapes is placed over. They are preferred to lemon when they are in season. Only one half of this quantity need be made.

112. Kàwūn-Dòlmàssi-Procure a musk-melon, or any other

one; cut out the part where the stalk is, twice the size of a crown piece, so as to form a lid; take out the seeds, and part of the inside; then fry a nice brown a sufficient quantity of raw minced mutton in fresh butter, with two onions chopped fine; then add half a teacup of rice well cleaned, sufficient salt and pepper, a tablespoonful of currants, two or three tablespoonfuls of almonds, skinned, and the same of pistachios; stir three or four minutes longer, and take it off; then stuff the melon with this mixture; put the piece over that you have previously cut out for a lid, and pin it round with a few wooden pins; then put it in a baking-dish, and bake it nicely in the oven; then dish it up, and serve.

Sweet-pumpkin may be done in the same way. If the pumpkin

is not sweet, half a teacup of honey is added.

113. Shàlghàm Dòlmàssi—Peel half a dozen middle-sized turnips, and hollow them out exactly as No. 112; then mince sufficient raw mutton, add two finely chopped onions, a little chopped parsley, a handful of well-cleaned rice, and a little salt and pepper, mix well all together with the hands; then stuff the turnips with it, and place the lids over as above; place them in a stewpan, and nearly cover them with broth (No. 1.); add a little salt; put the pan on the fire with the cover over, and let it simmer until the turnips are nearly soft, then add two or three tablespoonfuls of wine vinegar, and one of honey or powdered sugar. When sufficient gravy is left, and the turnips are quite done, dish up tastefully, and serve.

114. Tàwùk Dòlmàssi—Get two or three chickens, well clean them, sprinkle a little salt over, and let them remain for ten minutes or so; then chop up the livers, hearts, and the gizzards, very fine, place them in a frying-pan with sufficient fresh butter; then add three-quarters of a pound of well-washed rice, two or three tablespoonfuls of pistachios, a table spoonful of currants, sufficient salt and pepper, and a little cinamon, stir round for a few minutes; then add a small teacup of hot water, and keep stirring till the water is absorbed and the rice partly soft; then stuff the chickens with it, sew them up, and fry them a nice brown in fresh butter; then place them in a stewpan, nearly cover them with broth (No. 1. or No. 2.), put the pan on a charcoal fire with the cover over, and let them simmer till the chickens are quite tender. Dish up, and serve.

This receipt is applicable to all kinds of birds, game, or poultry, only turkey and goose are first scalded for a few minutes, and when placed in a stewpan to simmer, they are covered with the liquor in which they are scalded.

- 115. Aadi Yàpràk-Dòlmàssi—Prepare some vine leaves as No. 111; then chop up fine a sufficient quantity of raw mutton with one or two onions, add three or four tablespoonfuls of rice well washed, a little salt and pepper, and mix them well together with a little water, to make it like a paste; then lay the vine leaves open, put in each one a teaspoonful of this stuffing, and wrap them up about the length and the thickness of your thumb; squeeze them gently with your hand one by one, that they may retain the stuffing while cooking; then place them in a saucepan without any water, and set it on the fire with the cover over. When their own moisture is exhausted, add some of the broth (No. 1.), and let it simmer until it forms a nice gravy at the bottom; then take one out and try if the meat and the rice are done; if not, add some more broth. When the rice and the meat are quite tender, dish up, and serve.
- 116. Dòmàtiz-Dòlmàssi—Procure one or two dozen of either ripe or unripe tomatos, cut off the tops about the size of a shilling, but without separating them, so as to form lids, take out the seeds and part of the inside; then prepare some stuffing as above, stuff them, and close the lids; place them carefully in a stewpan, and nearly cover them with broth (No. 1.), put the pan on the fire, and let it simmer till a sufficient gravy is left; then dish up tastefully, and serve.
- 117. Bàndinjān Yàlànji Dòlmàssi—Prepare six or seven egg-plants as No. 107; then sprinkle some salt over the insides of the egg-plants; after a few minutes squeeze them well with your hands, so as to be free from bitter water, and chop them up; then put a teacupful of olive oil in a saucepan, place it on the fire. When hot, put in half a pound of onions chopped fine, and stir till they begin to brown; then add the insides of the egg-plants, and stir for three minutes or so; then add a pound of well-washed rice, sufficient salt and pepper, a tablespoonful of finely-chopped mint, and a teacup of water; keep stirring until the moisture is absorbed; then stuff the egg-plants moderately with it, put the lids over;

then prick them here and there with a fork, place them in a saucepan, and nearly cover them with water, set it on the fire with the cover over, and let it boil gently until the liquor is absorbed; then dish up, and serve hot or cold.

118. Mùmbār vè Shìrdan—Get some ventricle or intestine of sheep well cleaned and ready for use; then mince a sufficient quantity of raw mutton, add one or two teacupfuls of rice, well washed, sufficient salt and pepper, a little cinnamon, and mix them well together with a little water, to form it like a paste; then tie one end of the ventricle and stuff it with the minced meat through a funnel; then tie the other end and prick it all over with a needle. When ready, nearly fill a saucepan with water and sufficient salt, and place it on the fire. When boiling, throw in the stuffed ventricle; and when partly cooked, take it out and place it on a trencher; then twist it round and round to form it like a twisted bun. When cold, fry it a nice colour in hot fresh butter, and serve. If approved of, cut it in thin slices, dip them in egg, and then fry them in butter, and serve.

The stuffing can also be made from the lamb's or sheep's heart and lights, chopped up fine with one or two onions, and prepared

as above.

- whitings, or any other fish you may fancy, well clean them, and take out the gills, break the bones of the tails, and skin them, without tearing the skin, in one piece, and the head must be attached to the skin; then remove the flesh from the bones, and chop it up; then put half a teacup of olive oil in a frying pan, place it on the fire. When hot, put in three or four finely-chopped onions, and stir them with a wooden spoon until nicely browned; then add the fish, with two or three ounces of pistachios, skinned, one or two tablespoonfuls of currants, a little pepper and salt, and a little mixed spice, and keep stirring until the fish is nearly done; then stuff the fish skins with it, dip them in flour, and then in egg, and fry them in hot olive oil till a nice colour, turning them over. When done, take them out with a slice carefully, let them drain. Dish up on a white napkin, and serve.
- 120. Midiyè-Dòlmàssi—Procure three or four dozen of mussels, well scrape the shells in water, wash them several times, and open

them with a knife without separating one from the other; then put half a pint of olive oil in a saucepan, with two or three onions chopped fine, and set it on the fire. When hot, begin to stir with a wooden spoon until the onions are nicely browned; then add a pound of well-washed rice, two or three ounces of pistachios, skinned, and an ounce of currants, a little salt and pepper, and mixed spice, and stir till the rice begins to brown; then add a teacup of water, and keep stirring till the moisture is dispersed; then take it off. When nearly cold, stuff the mussels, and close the shells; then arrange them in a stewpan, nearly cover them with water, place a plate over, inside downwards, set the pan on the fire with the cover over, and let it boil until the whole of the liquid is absorbed; then dish up carefully, and serve hot or cold.

PART X.

ÈNVĀI PILĀWLAR—PILĀW, OR RICE, COOKED WITH MEAT, &c., IN VARIOUS WAYS.

- 121. Aadi Pilàw—Pour two pints of water in a saucepan, and put it on the fire. When boiling, throw in a pound of the best rice, well washed, and sufficient salt, and boil it until the whole of the liquid is absorbed; then put in a saucepan half a pound of fresh butter, and set it on the fire until it boils; then pour it all at once over the rice, put the cover over the pan, wrap a wet cloth round it, to prevent the steam from escaping, and keep it on the hob for half an hour; then take the lid off and stir it once round with a fork: you will find that each grain is swollen and is well separated; then dish up in the shape of a dome, and serve hot.
- 122. 'Ajèm Pilàwi—Cut three pounds of nice mutton in pieces about the size of walnuts, place them in a stewpan: if the meat is not fat, add three or four ounces of fresh butter; put the pan on a charcoal fire, and let the meat stew till quite brown, but not burnt, and the fat is as clear as oil, which you will easily see by holding the pan on one side; then take out the pieces of meat with a hand strainer, and put them in a basin; then put three or four finely

chopped onions in the remaining fat, and fry them a nice brown; then lay the pieces of meat over, add one or two handfuls of pistachios, the same of currants, a teaspoonful of mixed spice, two pounds of the best rice, well washed, pour gently two quarts of cold water over, add sufficient salt, put the cover over the pan, and cement round it with flour paste, so as to keep the steam in, put the pan on the fire, and let it boil gently until the whole of the liquid is absorbed; then take off the cover, and turn the contents of the pan carefully on to a hot dish, and serve.

This Pilaw is very pleasing to the sight, and exceedingly pleasant

to the palate.

- 123. Kiymàli Pilàw—Chop up about a pound of nice mutton, put it in a saucepan with a quarter of a pound of fresh butter, set it on the fire, and let the meat stew a nice brown; then add a pound of the best rice, well washed, two pints of hot water, sufficient salt, and a pinch or two of cinnamon, and let it boil slowly till there is no liquid remaining; then take it off and place it on the hob with the cover over for twenty or thirty minutes. Dish it up in a dome shape, and serve hot.
- 124. Mèvlèvi Pilàwi—Put two quarts of water in a saucepan with sufficient salt, put it on the fire. When boiling, throw into it a pound of rice, well washed, and boil until each grain is soft and separate; then drain it through a clean cloth or in a colander, put it back in the pan, and set it on a slow fire without the cover until the moisture is dispersed; then put a saucepan on the fire with half a pound of fresh butter. When it boils, pour it over the rice and stir it once round with a fork, put the pan on the hob with the cover over, and let it remain for five or ten minutes. Dish up, and serve hot.
- 125. Sùssùz Pilàw—Cut two pounds of mutton or lamb into pieces the size of walnuts, wash them, sprinkle them with sufficient salt and pepper, and lay them on the bottom of a stewpan (the cover of which must fit tight); then well wash two pounds and a half of rice, and place it over the meat; then pour half a pound of hot fresh butter over, add half a dozen pieces of gum-mastic, two or three pieces of cinnamon, put the cover over the pan contrariwise, wrap a wet cloth round it, and fill the cover with water, set the pan on a slow charcoal fire, and let it simmer for about four

hours; then take off the cover, and turn the contents carefully on to a hot dish, and serve.

126. Tàwùh Pilàwi—Place one or two nice chickens in a saucepan, and nearly fill it with water, add a little salt, and set it on the
fire. When boiling, skim and simmer until the chickens are tender;
then take them out, place them in a dish, and keep them hot; then
measure three pints of the broth of the chickens, and pour it
in a pan, to which add a pound and a half of rice, well washed,
a quarter of a pound of fresh butter, half a dozen pieces of gummastic, two or three pieces of cinnamon, and half a teaspoonful of
salt; put the pan on the fire with the cover over, and let it boil
gently until the liquor is absorbed; then take it off, stir it once
round with a fork, and keep it on the hob with the cover over for
fifteen or twenty minutes; each grain will then swell up and be
well separated; then take out the pieces of cinnamon. Dish up
the rice, in the centre of which place the chickens, cut in pieces,
and serve very hot.

Quails are very nice done in the same way.

- 127. Dòmàtiz Pilàwi—Fry a nice brown one or two finely-chopped onions in fresh butter; then put them in a saucepan with a pint of tomato juice, which you have previously passed through a cloth or a sieve, the same quantity of broth (No. 1.), and sufficient salt, and put the pan on the fire. When boiling, add a pound of the best rice, well washed, and let it boil gently till the liquor is absorbed; then put on the fire a saucepan with a quarter of a pound of fresh butter. When very hot, pour it over the rice, stir it once round with a fork, put the cover over the pan, and let it remain on the hob for fifteen or twenty minutes. Dish it up, sprinkle a pinch of pepper over, and serve.
- 128. Bàsh Pilàwi—Get two or three lambs' or sheeps' heads, wash well, and place them in a stewpan nearly full of water, add sufficient salt, and put the pan on the fire. When boiling, skim and simmer until the meat comes off the heads; then cut them open, take out the brains, put them in a basin, and beat them up with a little broth of the heads to the thickness of a thick cream; then pass the broth through a sieve, measure three pints of it into a saucepan, add a quarter of a pound of fresh butter (if it is not rich), a little pepper, ground cinnamon, and half a dozen pieces of

gum-mastic, and set the pan on the fire. As soon as boiling commences, add a pound and a half of rice well washed, and let it simmer until the liquor is absorbed; then take it off, and place it on the hob for ten minutes or so, then dish it up in the shape of a dome, spread the brain all over, then brown it nicely in the oven, and serve.

This Pilaw is considered very pleasant and most nutritious.

- 129. Bàdinjànli Pilàw—Procure three or four egg-plants, cut them in four crossways, take out the insides, if seeded, and cut them in slices about an inch thick; then scald them in salt water, and drain them; then put three-quarters of a pound of fresh butter in a saucepan with one or two chopped onions; put it on the fire, and let the onions stew. When nearly brown, add the pieces of egg-plants, and fry them partly together with the onions; then add two pints of hot or cold water, and one of broth (No. 1), a little salt and pepper, a few pieces of gum-mastic, and a small quantity of saffron. As soon as it boils, add a pound and a half of rice, well cleaned, and let it boil slowly until the liquor is absorbed; then take it off, and place it on the hob for ten minutes or so. Dish it up, and serve.
- 130. Yàghssiz Pilàw—Put one or two fat fowls in a saucepan nearly full of water, and sufficient salt, and put it on the fire: when boiling, skim and simmer until the meat separates from the bones; then take it off, and pass the whole through a clean cloth or sieve by pressing and squeezing it with your hand, and cast the residue away; then put in the saucepan two measures of the liquor to one of well-washed rice, add two or three pieces of cinnamon, and a few pieces of gum-mastic; set it on a charcoal fire till the liquor is absorbed; then take it off, and place it on the hob, stir it once round with a fork, and let it remain covered for fifteen minutes or so; then take out the pieces of cinnamon, dish up, and serve hot.

This is a most excellent pilaw, and the eating is light.

131. Khùnkyār Pilàwi—Wash two pounds of the best rice, put it in a clean cloth, tie it, and hang it up; then cut two pounds and a half of the choice part of mutton in pieces about the size of walnuts, wash and place them in a stewpan with four pints of water, and put it on a charcoal fire. When boiling, skim it well, add sufficient salt, and let it simmer for twenty or thirty minutes; then drain the liquor into a basin, put half a pound of fresh butter over the pieces of meat, and fry them a nice brown; then add three pints of the

liquor, with a little salt, three or four tablespoonfuls of pistachios, the same of minced raw mutton, previously fried a nice colour in fresh butter, one or two of currants, and half a teaspoonful of mixed spice. As soon as it boils, add the rice, and boil it for two or three minutes longer; then reduce the heat of the fire by removing the burning coals, and leaving only the ashes and the sparks, put on the pan with the cover over for about an hour; then dish up tastefully, and serve.

- 132. Bàlik Pilàwi—Put a teacup and a half of nice olive-oil in a stewpan, and set it on the fire. As soon as it begins to bubble, pour into it two pints of water, with a little salt. When boiling, add a pound of well-washed rice; then lay over any fish you choose, previously well cleaned and seasoned with salt; put the cover over the pan, and let it simmer until the liquor is absorbed; then take it off, and place it on the hob for fifteen minutes or so; then dish up the rice, and place the fish over tastefully, sprinkle a little cinnamon over, and serve hot.
- 133. Midiyè Pilàwi—Put half a pint of the best olive-oil in a saucepan with two or three chopped onions, put it on the fire until the onions are nicely browned, stirring them now and then; then add two or three tomatos, cut in four crossways: if not in season, one or two tablespoonfuls of tomato sauce will answer; three or four dozen mussels with their shells open, but not separated one from another, and well scraped and washed, two pints and a half of water, and sufficient salt. When boiling, add a pound of the best rice, well washed, put the cover over the pan, and let it simmer till the liquor is absorbed; then take it off, and place it on the hob for twenty minutes or so. Dish up, and serve hot or cold.
- 134. Tàràk Pilàwi Procure two or three dozen of small scallops, scrape and well wash them, and open the shells without separating one from the other; then put six or seven ounces of fresh butter in a pan, with two or three finely-chopped onions; set it on the fire, and fry them partly brown; then add a pound of the best rice, well washed, a little salt and pepper, and stir it with a wooden spoon for ten minutes or so; then stuff the scallops with the rice, and place them carefully in a convenient saucepan, with half a teacup of the best olive-oil, cover them with water, put a plate over upside downwards, put the lid on, and let it simmer on a

moderate fire until there is no liquid remaining; then arrange them in a dish, and serve, hot or cold. This may also be cooked in the same way as No. 133.

PART XI.

KHÀMIRDAN MÀMÙL SIJÀK TÀTLI TAAMLAR—HOT SWEET PASTRY.

- 135. Aadi Bàhlàwā-Make sufficient paste as No. 86; then divide it into fifty pieces the size of walnuts, sprinkle a little wheat starch under and over, and roll them out with a rolling-pin as thin as tissue-paper, quite round, and the size of the baking-tin you intend to lay them in; then butter the tin,* in which lay five of the pieces of paste one over the other, sprinkle a little fresh butter over the top one, and lay five more pieces over; then sprinkle either pounded almonds, pistachios, or filberts, all over, and lay five more pieces of paste over, butter again, and five more pieces of paste; then either of the above ingredients, and five more pieces of paste over. butter again, and so forth, until you have laid all the pieces of paste; then cut it up in diamonds, pour about half a pound or a little more of scalded fresh butter all over, and bake it a nice colour in a hot While it is baking, put a pound of nice honey or loaf-sugar into a sancepan, with two pints of water, and set it to boil until it becomes a syrup; when the paste is nicely browned, pour it gently all over, and let it remain for five minutes or so; then dish up in pyramid, sprinkle some powdered sugar over, and serve hot or cold.
- 136. Kāymàk Bàklàwāssi—Procure one or two pounds of clotted cream; then prepare forty or fifty pieces of paste as No. 135, and lay half of them in a baking-tin, sprinkling a little scalded fresh butter between each piece; then put in a basin the white of four or five eggs, divide the cream in pieces, rub them with the white of eggs both under and over with a quill or a paste-brush, and lay

^{*} In Turkey the baking-tins are made of copper from two to three inches deep. They are circular, and from one to two feet in diameter.

them all over the paste; then cover them with the remaining pieces of paste, sprinkling butter between each as before; then cut it in diamonds, or any other shape you fancy; and bake it a delicate

colour, then pour some syrup over as above, and serve.

The object of rubbing the cream with the white of egg is to prevent it from melting while the paste is baking. Or you may bake one half of the pieces of paste in one tin, and the other half in another tin. When done, pour the syrup over both, then lay the cream over one, and cover it with the other, cut it up as above, and serve. Or beat up the cream with a little milk and the white of two or three eggs, lay it between the pieces of paste, then bake it, &c.

137. Mùsànnà Kàymàk Bàklàwāssi—Prepare some pieces of paste as No. 135, and lay half of them in a baking-tin as above; then boil a sufficient quantity of ground rice with milk till reduced to a thick pulp. When cold, put it in a basin with the white of one or two eggs, and work it with your hands for five or ten minutes, or until you bring it to the thickness of clotted cream; then lay it all over the paste, and cover it with the remaining pieces of paste, cut it up in diamonds, and bake it as above. Dish up tastefully, sprinkle sugar over, and serve.

Cream cheese worked with a little powdered sugar may be used

instead of rice.

- 138. Kàwùn Bàhlàwāssi—Butter a baking-tin, in which lay fifteen or twenty pieces of paste (No. 135), sprinkling scalded fresh butter between each one; then peel a small musk-melon, or any other sweet melon, cut it in two, take out the seeds, mash one half or the whole of the melon with a wooden spoon, then lay it all over the paste half an inch thick, cover it with fifteen or twenty pieces of paste as before; and bake it a nice colour. When done, and while hot, shake some powdered sugar over, and serve.
- 139. Pirinj Bàklàwāssi—Put in a clean stewpan a pint of the best white honey, which you have previously boiled and skimmed, a pound of the best fresh butter, previously melted, a pint of hot or cold water, a pound of ground rice, and a teaspoonful of carbonate of soda dissolved in three tablespoonfuls of water; put the pan on a charcoal fire, and stir it until reduced to a thick pulp; then pour it in a lightly-buttered baking-tin, spread it all over with a

spoon, and bake it a nice brown in a hot oven. When done, cut it up in diamonds, sprinkle some powdered sugar over, dish up in pyramid, and serve. If honey is not fancied, use a pound of loaf-sugar, previously dissolved in water, and boiled to the consistency of a syrup.

140. Rèwāni—Put in a basin a pound and a quarter of the best fresh butter, and work it well with clean hands until it is like a cream; then break in twelve eggs, and beat up well together; then mix in by degrees one pound and a quarter of powdered sugar, and, while beating up, add gradually two pounds and two ounces of sago.* and keep beating it up for a few minutes longer; then butter a rather deep baking-tin, in which pour the preparation, and bake it a nice colour in a hot oven; then dissolve three quarters of a pound of loaf sugar in seven pints of water, and keep it lukewarm. When the pudding is nicely browned, pour gradually some of the shèrbèt or sugar and water all over with a ladle, put it again in the oven until the shèrbèt is absorbed, and continue in this manner until you have used the whole of the shèrbèt; then cut it up in diamonds, dish up tastefully, shake some powdered sugar over, and serve.

It will be found an excellent dish, and half, or even a quarter of

this quantity may be made.

as above, break six eggs over, and beat up well together, to which add gradually two pounds and a half of the best honey or powdered sugar, previously made into a syrup, and beat them up well; then add by degrees about two pounds and a half of nice sago,† bringing it to the consistency of a thick batter. If the sago is too much, leave part of it. Then pour it in a rather deep baking-tin, previously buttered, and bake it a nice brown in a hot oven; then dissolve five or six ounces of loaf-sugar in about three pints of water, with half a teacup of rose-water, and keep it lukewarm. When the pudding is nicely done, pour it all over, and put it again in the oven. When the whole of the liquid is absorbed, take it out, cut it up in any shape you fancy, dish up, and serve with powdered sugar over.

142. Kàdin Ghyùbèghi-Put in a stewpan three-quarters of a

† See No. 140.

^{*} In Turkey the sago is made of plain paste in grains as small as gunpowder.

pound of fresh butter, and set it on the fire. When melted, mix in by degrees about two pounds and three-quarters of the best flour, and keep stirring until the flour is partly browned. It should be a nice gold colour. Then take it out, and place it on a pastry slab, make a hole in the centre, in which put a teaspoonful of salt, mix it with water (in which a teaspoonful of carbonate of soda is dissolved previously) into a softish paste with your hands; then form it into small cakes, and make a dent in the centre of each one with the point of your finger. Place them in a buttered tin, and bake them a nice colour; then have ready some syrup as in No. 135. When the cakes are nicely done, pour it over; put it again in the oven, or on a slow charcoal fire until the syrup is absorbed. Dish up tastefully, and serve.

- 143. Sùnghèriyè—Put in a basin the white of forty eggs, and beat them up until they are formed into a firm froth; then add by degrees three-quarters of a pound of ground rice, with a few drops of the essence of rose, or any other essence you fancy, and beat it up again for some time; then put into a saucepan five or six pints of milk, and set it on a charcoal fire. When boiling, throw in a tablespoonful of the mixture at a time, which will be done in a few minutes; take it out with a hand-strainer, and throw it into boiling syrup, which you have previously prepared, of sugar and water as above, take it out again with the hand-strainer after a few seconds, and place it in a dish. Continue in this manner until the whole is done, and serve.
- 144. Ghùrābiyè—Put in a basin or pan two pounds and a half of the best fresh butter, melted, with two pounds and a half of powdered sugar, and stir it well; then add gradually as much flour as it will take. Knead it well, and make it into small cakes; place them in a buttered tin, and bake a nice colour in the oven. Half, or even a quarter of this quantity may be made.
- 145. Nèvi Dighèr—Put in a saucepan a pound and six ounces of fresh butter, and set it on the fire. When melted, mix in gradually two pounds of the best flour, and stir until the flour is done; then take it off, and while it is getting cold, beat it up till it becomes a smooth substance; then add by degrees as much sifted sugar as it will take, and a finely-grated nutmeg; then work it well with your hands, and make it into small cakes, any fanciful

shape you please, place them in a buttered tin, and bake a delicate colour in the oven.

These can be kept for a year without fear of their being spoiled.

- 146. Lòkùm—Put three-quarters of a pound of fresh butter in a saucepan, and set it on the fire. When hot, add one pound and six ounces of the best flour, and keep stirring till it becomes a light brown; then pour three-quarters of a pint of water over, and continue stirring until it becomes like a paste; then take it off and let it remain till cold; then add about ten eggs, and work it with your hands to form a softish paste; then divide it in round pieces the size of small peaches, hollow the centre of each with the point of your finger, lay them in a buttered baking-tin, and bake them a nice delicate colour. When done, fill them with the jam (No. 248), or any other jam, clotted cream, or minced meat, previously stewed brown in fresh butter. Dish them up tastefully on a white napkin, and serve.
- 147. Nèvi Dighèr—Work lightly in a basin a sufficient quantity of flour with three or four ounces of fresh butter, add two or three eggs, a little milk, and two or three pinches of salt; work all well to form a nice paste; then make it into small diamond-shaped cakes, and fry them a delicate colour in hot fresh butter; take them out and place them in a strainer. When free from grease, dish them up in crown or pyramid, shake some powdered sugar over, and serve.
- 148. Nevi Akher—Work lightly in a basin a pound or so of flour, with half or three-quarters of a pound of scalded fresh butter, add two or three eggs, three or four tablespoonfuls of cream, a little salt, two or three tablespoonfuls of powdered sugar; work all together well to form a nice stiff paste; then make it into cakes, as above, or in any shape you please; arrange them in a buttered baking-tin, egg over, and bake a nice brown in the oven; sprinkle some powdered sugar over, and serve.
- 149. Aadi Tèl Kàdāyif—Procure a tin pint pot, the shape of a tumbler, insert in the bottom eight or ten fine tubes; then put some flour in a basin, which mix with water to form a smooth batter; put a portion of the batter in the pot, let it run through

the tubes, by passing the pot up and down on a very hot crumpetstove, which is done in a few minutes in long threads like vermicelli; take them up, and spread them on a tray, and continue in
this way till you have made about three pounds; then lay the
vermicelli even in a buttered baking-tin, pour three-quarters of a
pound of scalded fresh butter over, and bake it a nice brown on
both sides in the oven, or on a charcoal fire; then put a pound of
white sugar in a stewpan, with two pints of water, and set it to
boil until it becomes a syrup; skim, and keep it hot. When the
vermicelli is done, pour the syrup all over. If you wish it to
be crisp, leave it uncovered; if soft, cover it the moment you have
poured the syrup over, and let it remain for fifteen minutes or so;
then cut it in four crossways, or any other shape you fancy, dish
up. If any syrup is left in the baking tin, pour it over, and serve
hot or cold.

- 150. Chùrèk Kàdāyif—Prepare as much vermicelli as is required, as No. 149; then twist it like a rope, twice the thickness of your thumb, and make it into cakes the size of a Bath bun; lay them in a buttered baking-tin, pour in about half a pound of scalded fresh butter, and bake it on both sides a nice brown. When done, pour some hot syrup all over, as above, and let it remain for ten minutes or so, dish up, and serve hot or cold.
- 151. Sèrāy Tèl-Kàdāyifi—Make three or four pounds of vermicelli, as No. 149; lay it in a rather deep baking-tin, about two inches thick, nearly cover it with scalded fresh butter, and bake it a nice colour on both sides in the oven. When done, strain the butter, and then pour hot water over to wash out all the fat; then pour hot syrup over, as No. 149, and put it again in the oven for five minutes or so; then cut it in four crossways, or in any fanciful shape you please, dish up, and serve hot or cold.
- 152. Kàymâkli Kàdāyif—Prepare four pounds of vermicelli, as No. 149; lay half of it in a buttered baking-tin, and the other half in another buttered tin, pour in each about half a pound of scalded fresh butter, and bake them a delicate colour on both sides. When cooked, strain and wash out all the butter from both, as above; then lay some clotted cream over one, half an inch thick, and cover it with the other one; then pour hot syrup all over, as No. 149, and put it again in the oven until the syrup is nearly absorbed;

then cut it in any shape you fancy, or turn it on to a dish as it is, and serve.

- 153. Nèvi Dighèr—Make three or four pounds of vermicelli, as No. 149, lay half of it in a buttered baking-tin; then put in a basin three-quarters of a pound of clotted cream, and work it with six or seven ounces of ground rice; then lay it all over the vermicelli, and cover it with the other half of vermicelli; pour in a little scalded butter, and bake it a nice brown on both sides; pour some syrup over, as above, and serve.
- 154. Yàssi Kàdāyif—Get six or seven crumpets; then put a pound of loaf sugar into a saucepan, with two pints of water, set it to boil until it becomes a syrup, and keep it boiling gently by the side of the fire; then beat up five or six eggs in a basin, in which dip the crumpets one after the other, and fry them a nice brown on both sides in scalded fresh butter; then throw them in the syrup, take them out instantly and dish them up, sprinkling between each one some pounded pistachios or almonds; then put one or two drops of the essence of rose or orange-flower in a teacup of water, and pour it over the crumpets, put it in the oven or on a slow charcoal fire for five minutes or so, and then serve.
- 155. Nèvi Digher—Get as many crumpets as are wanted, and fry them a nice colour in scalded fresh butter; whilst hot, arrange them in a dish, sprinkling between them powdered sugar, with pounded pistachios or almonds, and rose-water; let them remain covered for a few minutes, and serve.
- 156. Yàghsiz Kàdāyif—Lay four or five crumpets in a rather deep baking-tin, pour over them half a pint of milk, then sprinkle powdered sugar over, then a layer of clotted cream, and then an equal number of crumpets over; pour half a pint more milk, then sugar; put it on a charcoal fire, and let it boil for a little while, but take it off just before the cream is melted. When rather cold, dish them up carefully, shake some powdered sugar over, and serve.
- 157. Yùfhàli Kàdāyif—Roll out very thin six pieces of puffpaste, lay three of them on the bottom of a well-buttered bakingtin, one over the other; then lay some vermicelli (No. 149) over, about

half or three-quarters of an inch thick; pour five or six table-spoonfuls of scalded fresh butter all over, then cover it with the other three pieces of paste; prick it here and there with a carving-fork, and bake it a nice brown on both sides. When done pour some syrup over, as No. 149, and let it remain covered for ten minutes or so; cut it in diamonds, or any other fanciful shape you please; dish up tastefully, and serve.

- 158. Nūriyè-Put in a basin or on a slab one pound of flour, make a hole in the centre, in which put a small teaspoonful of salt, the white of five or six eggs, and the juice of two or three lemons strained, mix all together, then dip your hands in olive oil or butter, and work it until it forms a softish flexible paste; then divide it in pieces the size of walnuts, roll them out to the thickness of a sixpence with a rolling-pin, fold each piece even; then fry them a nice brown in scalded fresh butter and put them in a colander. When free from fat, throw them in boiling syrup, which you have previously made of loaf sugar and water as in No. 149; take them out, and lay half of them in a baking-tin, one over the other, then lay all over some clotted cream, about a quarter of an inch thick, and cover it with the other half of the paste; then add half a pint of milk, or little more, put it on a charcoal fire, and let it boil until quite soft; then sprinkle some rose-water over, with a little powdered cinnamon, and serve.
- 159. `Ehmèk Kàdāyifi—Put a pound of white sugar in a clean saucepan, with two pints of water, set it to boil until it becomes a syrup; then cut open four or five muffins, and put them in the syrup for two or three minutes, take them out carefully with a slice, lay half of them in a baking-tin, sprinkle some pounded pistachios or almonds over, then a layer of clotted cream over, a quarter of an inch thick, again pistachios or almonds, and cover them with the other half of the muffins; then pour three-quarters of a pint of the syrup over, and put it in the oven, or on a moderate charcoal fire, until the syrup is nearly absorbed; dish up, and serve hot or cold.
- 160. Fòdlà Kàdāyifi—Get three or four French rolls, cut them in slices lengthways, about a quarter of an inch thick; then beat up a few eggs in a basin, in which dip the slices of bread, and fry them a nice delicate colour in scalded fresh butter, on both sides.

When done, take them out with a slice, let them drain, and put them in hot syrup, which you have previously made of white sugar and water, as in No. 159; let them soak for ten or fifteen minutes; then take them out, and place them tastefully on a dish; sprinkle a little rose-water over, and serve. If rolls are not handy, slices of bread with the crusts taken off can be used instead.

- 161. Sèrāy Lòkmàssi—Pound in a mortar half a pound of plain white biscuit, and sift it through a fine sieve; then beat up the whites of twenty eggs in a basin, add by degrees the powdered biscuit, and beat it up together until it forms a smooth consistency; then take it up a dessertspoonful at a time, pour it into boiling fresh butter, one after the other, and fry them a nice delicate brown: they should be round, and swell up to the size of a peach. When done, drain and place them in a stewpan, half full of boiling water, and let them boil for ten minutes or so; then take it off, and strain the water from them; then dissolve a pound and a quarter of loaf sugar in as much water as will cover them, add a few drops of prepared cochineal, with a few drops of the essence of orange-flower or rose, stir it well, and pour it over them, set the pan on a charcoal fire with the cover over, and let it boil until the syrup is nearly absorbed; then dish up, and serve hot or cold. Great care must be taken in beating up the eggs well with the powdered biscuit, or it will burst when frying.
- 162. Yimurta Lokmassi—Put a pound of flour in a stewpan, with a small teaspoonful of salt, which mix with water to form a smooth batter; set it on a charcoal fire, and stir it till it becomes thick, then take it off. When cold, beat it up with eggs until it becomes a smooth thick batter; then proceed exactly as No. 161; Dish up, and serve with cream over, if approved of.
- 163. Ghāzilèr Hèlwāssi—Put a pound of fresh butter in a very clean stewpan, put it on a charcoal fire, scald it, then take it off. When it gets a little cold, add by degrees a pound and a half of the best flour, set it again on the fire, and keep stirring until the flour becomes a gold colour, then take it off; immediately pour two pints of boiling syrup over, which you have previously prepared of honey or loaf sugar and water as in No. 149, and a pint of boiling milk; put the cover over, and let it remain for five minutes or so; then stir it well with a wooden fork; dish up in

tablespoonfuls, and let it bear the impression of the spoon; shake some white sugar over, and serve.

- 164. Sàbùniyè Hèlwāssi—Put a pound of fresh butter in a stewpan, with a pound of loaf sugar, previously dissolved in a small quantity of water, and set it on a charcoal fire. When boiling, add by degrees half a pound of wheat-starch, which you have previously made a batter with a pint of water, and keep stirring, tasting it now and then. When it does not stick to the teeth, it is done, then dish up, and serve.
- 165. Nèvi Dighèr—Put nine ounces of wheat-starch in a basin, with about six pints of water, stir it until smooth, and pass it through a fine sieve; then put in a stewpan two pounds and three quarters of loaf sugar, with half a pint of water, and stir until the sugar is dissolved; then add by degrees the starch and water, set it on the fire, and stir it gently until it gets very thick; then add one tablespoonful at a time, three-quarters of a pound of fresh butter, previously melted, and a quarter of a pound of skinned almonds, and keep stirring; taste it now and then: when it does not stick to the teeth pour it into a convenient dish, and, when cold, cut it up in diamonds, dish up, and serve.
- 166. Rèshidiyè Hèlwāssi—Put on the fire a stewpan with half a pound of fresh butter, when it is melted, take it off; then add half a pound of wheat-starch, which you have previously dissolved in a pint of water, and a pound of white sugar, previously melted in a little water, set it on the fire, and keep stirring it. When it becomes crummy, stir it a few minutes longer, then take it off, dish up, sprinkle a little rose-water over, with a little powdered cinnamon, and serve.
- 167. Àssùdè Hèlwāssi—Put in a clean stewpan a pound of wheat-starch, a pint of water, a pound of the best white honey, and half a pound of fresh butter, melted; put it on the fire, and commence stirring until the butter begins to appear on the surface of the mixture, which indicates that it is done: keep stirring from the bottom of the pan, and pressing it with the back of the spoon for a few minutes longer, then dish up like a dome, and serve.
 - 168. Hèlwāi Khàkāni-Have ready half a pound of the best

flour, ditto of wheat-starch, and the same of rice-flour; then put half a pound of the best fresh butter in a stewpan, set it on a charcoal fire. When melted, add by degrees the above flours, and keep stirring until it becomes a gold colour; then pour all at once three pints of boiling syrup over, which you have previously prepared of loaf sugar and water, as in No. 159, and two pints of boiling milk; instantly put the cover on the pan, and let it remain for fifteen minutes; then bruise it with the back of a spoon, dish up a tablespoonful at a time, letting it bear the impression of the spoon, and serve.

- 169. Nèvi Dighèr—Set on a charcoal fire a stewpan with a pound and six ounces of the best fresh butter: when melted, add gradually a quarter of a pound of flour, ditto of rice-flour, and the same of wheat-starch, and keep stirring until the flour becomes a gold colour; then add six ounces of skinned almonds, and stir for a few minutes longer; then pour two pints and a half of boiling syrup over, as above, with a pint and a half of boiling milk, instantly put the cover over the pan, and let it remain for fifteen minutes, then stir it well, dish up, sprinkle some rose-water over, with a little powdered cinnamon, and serve.
- 170. Pirinj-Unù Hèlwāssi—Put in a stewpan a pound of the best fresh butter, and scald it, then remove it from the fire: when a little cold, add by degrees a pound and a half of rice-flour, set it again on the fire, and keep stirring for twenty-five minutes, or until the butter appears on the surface of the flour, and the flour swells up like grains of gunpowder, which you will easily perceive by taking a little out on the back of the spoon; then add a quarter of a pound of skinned almonds, and stir it for a few minutes longer; then immediately add a pint and a half of boiling syrup, previously prepared of white sugar and water, as in No. 159, and the same quantity of boiling milk, instantly put the cover over, and let it remain for about five minutes, then stir it well with a wooden fork, dish it up in spoonfuls, and let it bear the impression of the spoon, sprinkle a little powdered sugar over, and serve.
- 271. Ghyùlābiyè—Put a pound of loaf sugar in a stewpan, with a pint of water, and set it on the fire: when boiling, add half a pound of fresh butter, a pound of wheat-starch, previously formed into a thin batter with water, a quarter of a pound of skinned

almonds, and three or four tablespoonfuls of rose-water, mixed with a little musk, and stir it gently until it becomes crummy; then spead it in a rather deep dish, press it all over with the back of the spoon, cut it up in diamonds, and serve with a little sugar sifted over.

- 172. `Isshākiyyè—Put on the fire a stewpan with a pound of fresh butter: when melted, add gradually a pound and a half of rice-flour, with three-quarters of a pound of almonds, skinned and well pounded, and keep stirring until it becomes a gold colour; then immediately add a pint of boiling milk, with two pints of boiling syrup, which you have previously prepared of loaf sugar and water, as in No. 159, instantly put the cover over, and let it remain for five minutes; then stir it well with a fork, dish it up in moulds the size of a small teacup, letting it bear the impression of the mould, and serve with some white sugar sifted over.
- 173. `Irimik Hèlwāssi—Set on the fire a stewpan, with three-quarters of a pound of fresh butter: when hot, add gradually a pound and six ounces of sago,* with four ounces of skinned almonds, and keep stirring it until the almonds are a nice brown; then pour in all at once a pint and a half of boiling milk, with boiling syrup, which you have previously made of a pound and a half of loaf sugar and a pint and a half of water; stir it well, put the cover over, and let it remain for fifteen minutes; then sprinkle a little rose-water over, dish up, shake some sugar over, and serve.
- 174. Khùrmā—Put a pound and a quarter of the best flour on the pastry-slab, make a hole in the centre, in which put a teaspoonful of salt, four or five ounces of fresh butter, melted, mix all together, then add half a pint of water, or a little more, mixed with a little carbonate of soda, and form it a softish flexible paste; then roll it with hands as long as it will extend, a little thicker than your thumb, and cut it up in pieces the size of a date, then roll them one by one upon a basket-lid, or a table-mat made of fine twigs, and fry them a delicate colour in boiling fresh butter; when done, let them drain, then throw them in boiling syrup, which you have previously prepared of honey, or loaf sugar and water, as described in the preceding receipts, and let them remain for a few minutes, then dish them up tastefully, and serve.

^{*} In Turkey the sago is made of plain paste in grains as small as gunpowder.

175. Vishna Ekmèghi—Put a pound of loaf sugar into a stew-pan with a pint of water, put it on the fire. When boiling, skim it, then add two pounds of morella cherries with the stalks taken off and the stones taken out, stir with a wooden spoon, and boil them until getting tender; then cut two French penny rolls lengthwise in eight slices, put the yolks of two eggs in a basin, with eight tablespoonfuls of milk, and beat it up well; dip quickly each slice in it, and fry it a nice colour on both sides in hot fresh butter. When all done, lay them in a convenient pie-dish, then put the cherries over with the syrup: if you find the syrup too thick, add a little water, set it on a moderate charcoal fire, and let it simmer until the syrup is absorbed, then serve.

176. Nèvi Dighèr—Prepare some morella cherries as above; then cut two round penny loaves in slices, and toast them; then lay them in a pie-dish or saucepan, put the cherries over with the syrup, and nearly cover them with water; put the pan on the fire, and let it simmer till the slices of toasted bread are soft, then dish up one over the other, laying between them the cherries, and sprinkling at the same time powdered sugar over; then serve hot or cold.

Apricots, and all kinds of plums, may be done in the same way.

177. Jizlèmè—Put in a basin or pan a pound of the best flour, half a teaspoonful of salt, and a very small piece of German yeast, which mix with water to form a nice crumpet dough, and keep it covered in a warm place until it has nicely risen; then pour a portion of it on a stove sufficient to bake a crumpet the size of a dinner plate, and as thick as a crown-piece. When you have baked five or six, lay them in a rather deep and circular baking-tin, one over the other, and between each one a thin layer of clotted cream and powdered sugar over. Then dissolve in a saucepan three-quarters of a pound of sugar with a pint of water, add three ounces of fresh butter, set it on the fire, and commence stirring until the butter is melted, then pour it over the crumpets, and put the baking-tin on a very slow charcoal fire, or in the oven, for ten or fifteen minutes, then dish it up carefully, sprinkle a little rose water over, and serve.

PART XII.

SOGHUK TATLULAR.—COLD SWEET DISHES.

178. Tàwùk Ghyùkssù—Boil two or three chickens: when done, cut off the breasts, remove the bones and the skins from them, and pound the meat in a stone mortar, or pull it in bits like fine threads; then pour in a stewpan five pints and a half of nice milk, put it on the fire. While boiling, put in a basin three-quarters of a pound of rice flour, which mix with some of the boiling milk and some water, to form a batter; then add this to the milk and boil it until it becomes a smooth substance, but not too thick; then add the pounded breasts of chickens with three-quarters of a pound of powdered sugar, and one or two tablespoonfuls of rose-water, and keep stirring, and at the same time beating it up on a slow fire until it forms a rather thick glutinous substance; then remove it from the fire, stir it for a few minutes longer, then fill a mould previously oiled with almond oil, and place it in cool place. When ready, dip the mould into warm water, and turn it out on to a dish, sprinkle a little powdered cinnamon over, and serve. Do not neglect to rinse the pounded breasts of the chickens once or twice in cold water before you add them. to the milk and ground rice, or it will smell of the fowl. If cooked with care, it is an enticing and strengthening dish.

179. Sèrāy Àshùrassi—Put in a stewpan as much skinned wheat as is required, with plenty of water, set it on the fire, and boil until the grains begin to crack; then take out with a wooden spoon what pulp there is on the top, and put it in a basin, add some more water, and continue so until you have extracted all the goodness from the grains; then strain the remaining grains through a sieve, and put all the pulp you have collected into a saucepan, add two or three ounces of washed currants, and a quarter or half a pound of loaf sugar, previously made into syrup as directed in the preceding receipts; put it on a charcoal fire and begin stirring it. When boiling, add a little musk mixed with two or three tablespoonfuls of rose-water, and stir it one or two minutes longer; then take it off

and pour it into a dish, arrange on the top tastefully some skinned almonds and pistachios, and serve when cold.

- 180. Līmòn Elmàssiyyessi—Dissolve about an ounce of isinglass in a small tumbler of water, boil and reduce it to half, then pass it through a cloth into a basin; then cut in two five lemons, take off the rind of one of them and remove the pith, place them in a basin, and squeeze the juice of the lemons into it; then put half a pound of loaf sugar in a stewpan with a pint of water, set it to boil until it becomes a syrup, then take it off and add the juice and the rind of the lemons, put the stewpan again on the fire with the cover over. As soon as it begins to boil, skim it well, and add three wine-glasses of water by degrees, which will assist its clarification; let it boil one or two minutes longer, then add the isinglass, pass it through a jelly-bag, if fancied, add two tablespoonfuls of rose-water, and then pour it into a mould, and place it on ice. When ready, dip the mould in warm water and turn it out. If summer, add a little more isinglass.
- 181. Làmūnyà Kāymàghi—Take off the stalks of a pound of strawberries or raspberries, wash and put them in a stewpan, with three or four ounces of powdered sugar, and two or three table-spoonfuls of water, put the pan on a moderate charcoal fire, and boil till rather thick, stirring it at the same time with a wooden spoon. When cold, pass it through a sieve into a basin, add an ounce and a half of melted isinglass to half a pint of the fruit, and stir it well; then add a pint of whipped cream, with a few drops of the essence of rose or orange-flower; mix well all together, then pour it into a mould, and place it on ice, or in a cool place, until firm. When ready, turn it out as above, and serve.
- 182. Pòrtàkàl Èlmassiyyèssi—Get six nice oranges, take off the rind of one of them, and remove the pith, place them in a basin, and squeeze the juice of the oranges in it; then put five or six ounces of powdered sugar in a saucepan with half a pint of water, and boil it until it becomes a syrup; then take it off, and add the juice and the rind of the oranges; put the saucepan again on the fire with the cover over. As soon as it begins to boil, skim it well, and add gradually a small teacup of water; let it boil one or two minutes longer, then add an ounce of isinglass, dissolved as directed in No. 180; stir well, and pass it through a jelly-bag till

clear; then add a few drops of prepared cochineal, and pour it in a mould; place it on ice until firm, then turn it out as before, and serve. If the oranges are very sweet, add less sugar; and if summer, add a little more isinglass.

- 183. 'Injik 'Elmassiyèssi—Procure three or four calf's feet, wash and place them in a stew-pan, with six or seven pints of water, and put it on the fire. When boiling, skim and simmer until the flesh comes off the bones; then pass it through a clean cloth or a sieve into a basin, and let it remain until quite hard, then remove all the fat, &c., from the top; then put in a saucepan a pound and a quarter of powdered sugar, a pint and three-quarters of water, the juice of three or four lemons, the rind of one, with the pith taken off, the whites and shells of five or six eggs, and stir with a wooden spoon until the sugar is dissolved; then add the jelly, set it on the fire, and stir well until it boils; then pass it through a jelly-bag till quite clear, add a few drops of the essence of rose or orange-flower, and then put it in a mould, with a few white and black grapes, the same of strawberries and cherries, &c.; place it on ice till quite firm, turn it out as above, and serve.
- 184.—Zùbdayi Khùnkyāri—Put in a basin five or six ounces of powdered sugar, three-quarters of a teacup of rose-water, mixed with a little musk, two or three small glasses of maraschino, an ounce and a half of melted isinglass; stir it well, then add a pint of whipped cream; stir it again three or four times, put it in a mould, and set it on ice until firm; turn it out as before, and serve.
- 185. Mùhallèbi—Pour into a stewpan about three pints of nice milk, set it on the fire, as soon as it commences to boil, put six or seven ounces of rice-flour in a basin, which mix with milk or water, to form a smooth batter; then add it gradually to the milk, with three or four ounces of powdered sugar, and a few drops of the essence of orange-flower, and keep stirring it until it forms a smooth substance, but not too thick; then pour it into a mould previously oiled with almond oil; put it on ice, or in cold water, and, when firm, dip the mould in warm water, turn it out on to a dish, ornament the top with pieces of clotted cream, the size of nuts, and serve.

186. Ghyùlāj Bàklàwāssi-Put in a basin the whites of twenty eggs, and whip them up well, then add about a pound of wheat starch by degrees, stir it well, and mix it well with water, to form a very thin batter; then put over a charcoal fire a circular and slightly-domed sheet-iron, the under side in the centre of which you have previously cemented with ashes half an inch thick, to prevent it from getting fiercely hot. When moderately hot, pour a portion of the butter over the centre, with a convenient spoon, sufficient to form a round cake, the size of a large dinner-plate, or larger, and which will be done in less than a minute: it ought to be very white, and as thin as tissue-paper. When you have prepared fifty or sixty pieces in this manner, lay half of them in a suitable baking-tin, one over the other, sprinkling between each piece some rose-water and milk as you lay them; then lay some clotted cream over, a quarter of an inch thick, and shake some powdered sugar over; then cover it with the other half of the cakes, sprinkling rose-water and milk between each one as before; then put in a stewpan a pound of loaf sugar, with two pints of water, and set it to boil until it becomes a syrup; then take it off and pour it over the cakes, till covered, and let it remain covered until cold; then cut it up in diamonds, dish up and serve. Pounded almonds or pistachios may be used, if clotted cream is not handy.

These cakes are sold ready made in Constantinople, and they can be obtained through any Turksh merchant residing in this country. It is a delicate and most delicious dish when properly done

187. Ghyùlāj Kizàrtmàssi—Prepare twenty or thirty cakes as No. 186, and moisten them by sprinkling rose-water over, then fold them in two separately, put on each one some pounded almonds or pistachios, then fold them in square or triangular shape, dip them in egg, and fry them a delicate colour on both sides in hot fresh butter; drain them, and then throw them in boiling syrup, prepared as above. When sufficiently soaked, take them out with a spoon, and arrange them tastefully on a dish, and serve hot or cold.

188. Ghyùlāj Pàlūdèssi—Put a pound of loaf sugar in a stewpan, with two pints of water, and set it to boil until it becomes a syrup; then take it off, and pour it into a rather deep baking-tin, and put it on a moderate charcoal fire. When boiling, put in a cake (No. 186,) and bruise it with the back of a wooden spoon, and continue in this manner as many cakes as it will take. When thick, take it off, sprinkle some rose-water over, and let it remain until cold; then dish it up, ornament the top with some skinned almonds or pistachios, and serve.

- 189. Sùtlù-Àsh—Wash and scald six ounces of the best rice, and drain it; then pour into a stewpan two pints and three-quarters of nice milk, set it on the fire. As soon as it commences to boil, add the rice, and let it simmer until quite soft; then take it off and pour it into a pie-dish; then put it on a very slow charcoal fire, covered with ashes, or on the hob, and let it remain for about fifteen minutes, during which time the top of the rice will be covered with cream. When cold, sprinkle sufficient powdered sugar over, and serve. You may sweeten the rice while boiling, and add one or two tablespoonfuls of rose-water.
- 190. Nāzli-Ash—Pound, rather coarse, half a pound of rice in a mortar; then put three pints of water in a stewpan, with a wine-glass of rose-water; set it on the fire. When boiling, add the rice, and let it simmer till nearly thick, stirring it now and then; then sweeten it with powdered sugar according to taste, and let it simmer for a few minutes longer; then pour it in a dish. When cold, sprinkle some powdered almonds or walnuts over, and serve.
- 191. Pàlūdè—Dissolve two pounds of white sugar in a stewpan, with two quarts of water; then add about five ounces of wheat starch, and stir it well. When as smooth as milk, put it on a moderate charcoal fire, and continually stir it for about three hours, or until it forms a smooth substance, but not too thick; then add a few drops of the essence of rose or orange-flower, stir it for a few minutes longer, and then pour it into a mould previously oiled with almond-oil; put it on ice, or in a cool place, till firm. When ready, dip the mould in warm water and turn it out, and serve. It is a light and pleasant dish. You can ornament the top with some skinned pistachios or almonds.
- 192. Rāhàti-l-hòlhùm—Put in a very clean stewpan two pounds and three-quarters of loaf-sugar, with four quarts of water, and stir with a wooden spoon until the sugar is dissolved; then set it on a moderate charcoal fire, and immediately add eight ounces and a half of fine wheat starch by degrees, stirring it at the same time

so as to prevent it from getting lumpy, and continue stirring it from the bottom of the pan until it forms a smooth substance; then take a little out, and let drop a few drops on powdered sugar. If it moistens or absorbs the sugar it is not done, and if it does not it is done. Then mix a little musk, the size of a small pea, in a little less than a quarter of a pint of rose-water, and add this to it; stir it for half a minute or a minute longer; then take it off and pour it into a convenient dish or a plated pan about an inch deep, which you have previously oiled with almond-oil. When cold, cut it in pieces an inch broad and two long, and dip them in sifted sugar mixed with half the quantity of fine wheat starch. See that they are well covered, to prevent them from sticking to each other, and serve as a dessert.

This celebrated and delicious confection may be kept for a long

time in a wooden box, such as a fig-box.

193. Bādèm Ghùrābiyyèssi—Put two pounds and three-quarters of skinned almonds in a stone mortar, with the same quantity of powdered sugar, and pound them together until very fine; then add the whites of four eggs, an ounce of powdered gum-mastic, and a little powdered cinnamon, and pound them for a few minutes longer. When like a paste, make it into small cakes the size of macaroons, or any size and shape you please; then lay on the bottom of a baking-tin some paper, and arrange the cakes over; then cover them with paper, turn up the edges of the papers that are on the bottom of the tin and fix them to the top ones, so as to prevent the cakes from burning; bake for about an hour in a rather hot oven. Sometimes a little musk mixed with rose-water is used instead of the white of egg, and sometimes a little lemon-peel and a little cochineal is added.

PART XIII.

ÈNVĀI KAYGHANALER—OMELETTES, &c.

194. Aadi Kàyghana—Break four or five eggs in a basin, add a little salt and pepper, and beat them well up with a fork; then put into a very clean frying-pan about two ounces of fresh butter; put it on the fire. When hot, pour in the eggs, and keep stirring till all is nicely set; then let it slip to the edge of the pan, laying hold by the handle and raising it slantwise, which will give an elongated shape to the omelette, turn in the edges, let it set a moment, then turn it over on to a dish, and serve.

It ought to be a nice yellow colour, done to a nicety, and as light

and delicate as possible.

- 195. Kiymàli Kàyghana—Mince three or four ounces of raw mutton, with a small onion and a little parsley, and partly fry them in a little fresh butter; then break into a basin five or six eggs, and beat them up well with a fork; add the minced meat, &c., with half a teaspoonful of salt and a pinch or two of pepper, and beat them up well; then put three or four ounces of fresh butter into the frying-pan, and put it on the fire. When hot, pour in the mixture, and fry a delicate colour on both sides, as above. When done, turn it on to a dish carefully, and serve.
- 196. Bàdinjān Kàyghanassi—Peel an egg-plant, take out the inside, if seeded, and grate it or chop it up fine; then scald it in moderately-salt water, strain and squeeze from it all the water in a cloth; then break in a basin six eggs, beat them well up, and add the egg-plants, with a tablespoonful of currants, two of skinned pistachios, a little pepper and powdered cinnamon, mix well all together, put in the frying-pan four or five ounces of fresh butter, put it on the fire till hot, then pour in the mixture and fry it a nice brown on both sides, as above. When done, turn it over carefully on to a dish, and serve.

The addition of three or four tablespoonfuls of fried minced

mutton or beef will improve it.

197. Tatlu Kayghana - Break five eggs in a basin, and beat

them up; add a tablespoonful of milk, a dessertspoonful of powdered sugar, a little salt, and beat them well up; then put three or four ounces of fresh butter in the frying-pan, pour in the eggs, and fry a nice colour, as No. 194, and serve with powdered sugar over.

- 198. Màydanòsslu Kàyghana—Proceed exactly as No. 194, add a tablespoonful of chopped parsley, a teaspoonful of finely chopped onions, or spring onions, sufficient salt and pepper, fry as above, and serve.
- 199. Rèchèlli, Kàyghana—Proceed as No. 194. When the omelette is nearly cooked put in the centre some jam of any sort, turn the edges over, let it set a moment, then turn it over on to a dish, shake some white sugar over, and serve.
- 200. Chilbùr—Peel and slice fine three or four onions, and fry them a nice brown in fresh butter, lay them on the bottom of a dish, and keep it hot; then pour in a pan a pint of water, add a little salt, and a tablespoonful of vinegar, put it on the fire, when boiling, break carefully in the pan six or seven eggs, simmer till the white is firm, then take them out with a slice, and arrange them over the onions; then pour a little hot fresh butter over them, sprinkle a little pepper and powdered cinnamon over, and serve whilst hot.
- 201. Hoshmerim—Get two pounds of very fresh cream-cheese, break it in small pieces into a stewpan, put it on the fire, and stir until it is melted; then add an ounce of flour, and keep stirring until the butter begins to run from the cheese, then take it off, dish up, and serve with some sifted sugar or honey over.

PART XIV.

SEBZAWĀT—VEGETABLES.

202. The vegetables that are bitter or acid, such as artichokes, dandelion, and sorrel, are first scalded before they are cooked. If large, they are cut in pieces and placed in a stewpan, with a sufficient quantity of water, salt, and a few sliced onions previously fried a

nice brown in butter or olive oil: to those that are cooked with onions fried in butter is added three or four tablespoonfuls of minçed mutton or beef, previously fried a delicate brown in butter, or in the fat that comes from them, or half a dozen pieces of mutton or beef the size of walnuts, fried in butter, and some broth, and simmered on a charcoal fire till the liquor is nearly absorbed. Others, such as leeks, asparagus, celery, and cauliflower, &c., are cooked as above, and dressed with egg-sauce, which is prepared by beating the eggs up with lemon-juice, and thickened on a slow fire by continually stirring. Others, such as minced spinach, sorrel, &c., are served with poached eggs over, and fried or toasted bread, cut in diamonds, round the dish. Others, such as egg-plants or aubergines, vegetable-marrows, &c., are peeled and cut in slices crosswise or lengthwise, then the slices dipped first in flour, and then in egg, and fried in butter.

In some of the vegetables, tomato-juice is used instead of broth. In Turkey vegetables are never cooked in simple water.

PART XV.

ENVA"I SALATALAR—SALADS.

203. Khiyār Tèrètùru—Crack a pound of nuts or almonds, scald and skin them, then pound them in a stone mortar; add half a teaspoonful of salt, three or four cloves of garlic peeled, and pound them well together with the nuts, then add the crumb of half of a French penny roll, previously soaked in water, and pound again all together till it forms a smooth substance like paste; then moisten it with half a teacup of the best wine vinegar, or the juice of two or three lemons, and bring it to the consistency of cream with some water, stirring it all the time with a woodon spoon; then peel and cut in thin slices one or two cucumbers in a dish, season with a little salt and white pepper, and pour the sauce over; then pour one or two tablespoonfuls of the best olive oil over by degrees, and serve.

The leaves of purslain make a nice salad with the above sauce. Brocoli, cauliflower, and the stalks of spinach, previously scalded,

also make a good salad with the same sauce.

204. Sàrdèla Sàlàtassi—Put as many sardines as are wanted in a basin, with some vinegar, and let them remain in it for half an hour, then scrape off the scales gently, wash them in fresh vinegar, and arrange them round the edge of a dish; then put in the centre of it two or three handfuls of chopped parsley, two or three table-spoonfuls of chopped onions, and one or two dozens of olives, all mixed together; then put half a teaspoonful of salt in a basin, with two or three tablespoonfuls of the best wine vinegar, or the juice of two lemons, and about half a teacup of the best olive oil, and beat up well with a wooden fork or spoon until it becomes like cream, then pour it over the sardines and the parsley, and serve.

205. Bàlik Yimurtassi Tèrètùru—Procure a pound of botargo, (a kind of fish-eggs), and pound it well in a stone mortar, then add a teaspoonful of the best olive oil, the same of lemon-juice, and pound it again; add another teaspoonful of oil and lemon-juice, and beat it up well, and continue in this way until you bring it to the consistency of a very thick cream; then pour it in a dish or plate, ornament the top with some skinned pistachios or almonds, and serve. In Turkey it is served at breakfast and at luncheon, as also in the middle of the dinner, to sharpen the appetite.

206. Usskumru Balighi Tereturu—Clean and boil three or four very fresh mackerel. When cold, remove the heads and extract all the bones, arrange the fish in a dish, and dress it as No. 203: sprinkle a little cayenne pepper over, and serve.

Remains of cold turbot, cod, soles, brill, plaice, and sturgeon,

either boiled or fried, may all be dressed in the same way.

207. Jājik—Peel and cut in thin small dice one or two small cucumbers, sprinkle them with sufficient salt, and toss them up; then pound two or three cloves of garlic, and put them in a bowl, add one or two pints of the best curd, * and beat it up with water until you bring it to the thickness of thin cream; then put the cucumbers in, with a few pieces of ice, stir it, and serve.

This is generally served at the end or the middle of the dinner,

and it is very refreshing in summer.

208. Nevi Digher-Peel and cut in four lengthwise one or two

cucumbers, and then cut them in thin slices, sprinkle a little salt over, and shake them up; then pound two or three cloves of garlic in a stone mortar, add two or three tablespoonfuls of the best wine vinegar, and one of water, two or three of the best olive oil, stir it well; then arrange the slices of cucumber in a plate with a handful of chopped parsley, and pour the vinegar and oil over, and serve.

- 209. Tèkè Sàlatassi—Take off the skins and the heads of three or four dozen prawns, arrange them in a dish with a handful or two of picked parsley, sprinkle a pinch or two of salt over, with the juice of one or two lemons, and two or three tablespoonfuls of the best oil, and serve.
- 210. Mārūl Sàlatassi—Get two or three lettuces, remove the faded and all the coarse green leaves, and cut the green top off; then pull the leaves off one by one, and cut them in three or four pieces, according to the size of each leaf; well wash and drain them in a cloth; then put in a salad-bowl half a teaspoonful of salt, one or two pinches of pepper, the yolk of an egg or two, hard boiled, then bruise them to a pulp with the back of a wooden spoon; then add half a tablespoonful of the best wine vinegar or lemon-juice, stir it round, pour a tablespoonful of olive oil over by degrees, and keep stirring; add a spoonful more of vinegar, and two of oil, and beat them well up. When as smooth as cream, add the lettuce, with a tablespoonful of chopped chervil, and a teaspoonful of tarragon, one of young onions, and half-a-dozen slices or so of beet-root; turn the salad gently till well mixed, and serve.
- 211. Top-Marūl Sàlatassi—Procure two or three cabbage-lettuces, remove the outer leaves and throw them away, pull the others one by one, then wash and well drain them in a cloth, and put them in the bowl, with a few slices of beet-root, one or two hard-boiled eggs cut in quarters, two teaspoonfuls of chopped chervil, one of tarragon, and one of chives or young onions; sprinkle over with your fingers half a teaspoonful of salt, one or two pinches of pepper, two or three tablespoonfuls of the best olive oil, and one and-a-half of wine vinegar, or the juice of a lemon; turn the salad in the bowl with a spoon and fork until well mixed, and serve.
 - 212. Làtin Chìchèghi Sàlatassi-Put a plate of flowers of the

nasturtium in a salad-bowl, with a tablespoonful of chopped chervil; sprinkle over with your fingers half a teaspoonful of salt, two or three tablespoonsful of olive oil, and the juice of a lemon; turn the salad in the bowl with a spoon and fork till well mixed, and serve.

213. Hindibā Sàlatassi—Get two or three heads of endive, remove the dark green leaves, pick off the others one by one, and cut the large ones in two; wash and drain them in a cloth, by shaking it to and fro violently, and extract all the water; then put in the salad-bowl a small teaspoonful of salt, one or two pinches of pepper, the juice of a small lemon, three tablespoonsful of olive oil, and beat up until it becomes like cream, then put in the salad, and turn it with spoon and fork till well mixed, and serve.

A tablespoonful of chopped chervil and one of chives is a great

improvement.

Dandelion may be dressed in the same way.

PART XVI.

ÈNVĀI TÜRSHÜLAR-PICKLES.

214. Bàdingān Tùrshussu—Procure as many egg-plants as are required, take the stalks off, split each one in three or four lengthways, without separating from the bottom, and scald them; then place them in a wicker-basket one over the other, put a piece of board or a plate over them, over which place an iron weight, and let them remain for eight or ten hours, so as to draw the bitter water from them. Then chop up some parsley and celery, which mix with one or two dozen of cloves of garlic, each cut in two; then stuff between each slice of the egg-plants with the ingredients, and tie up each of the egg-plants with the stalks of celery, to prevent the stuffing from falling out; then arrange them in a stone jar one over the other, cover them with wine vinegar, place a piece of clean board over, and on the top an iron weight to press it; let it remain for about three weeks: it is then ready for use.

215. Khiyār Tùrshussi—Get one or two dozen of small cucumbers, then put some fennel on the bottom of a stone jar, and place the cucumbers over; lay some fennel on the top, and cover them with salt water; then place a piece of board over them, and on the top an iron weight or a heavy stone, to press it; put the jar for a few days in a place where the sun is powerful, or in a warm place, then remove it to a cool place, and let it remain eight or ten days before using.

Vegetable marrows may be done in the same way.

- 216. Màhhlut Tùrshu—Procure a dozen gherkins, the same of vegetable marrows the size of your finger, ditto of melons the size of walnuts; ditto of water-melons; ditto of pumpkins or gourds, and a dozen and a half of button onions; then scald and drain them; prick each one here and there with a wooden needle, arrange them in a stone jar, cover them with the best wine vinegar, and let it remain covered for ten or fifteen days before using. If it is to be kept for any length of time, change the vinegar every five days.
- 217. Chàghlà Tùrshussu—Gather any unripe fruit that may have fallen from the trees, such as peaches, nectarines, almonds, apricots, cherries, apples, plums, pears, &c.; mix all together, and place them in bottles or in a stone jar, cover them with very strong wine vinegar, tie up the mouths of the bottles with a piece of leather, and let them remain for thirty or forty days before using.
- 218. Làhana Tùrshussu—Cut the stalks off, remove the outer leaves of three or four nice white-heart cabbages, and cut them in four crosswise; then put a little yeast on the bottom of a convenient stone jar, place the cabbages over, add half a dozen of ripe capsicums, chopped fine, cover them with brine, put the lid over the jar, and place it in the pantry; pour the brine in the jar to and fro every five days. When the cabbage is turned acid, it is then fit for use.
- 219. Biber Türshussu Procure six or seven dozen young capsicums, cut the stalks off, and scald them; then place them in a wicker basket, place a piece of clean board or a plate over them, and on the top an iron weight, and let it remain for one night, so as the bitter water may drain from them; then place them in a

stone jar, with some parsley and mint between them, and cover them with strong wine vinegar; cover the jar, and let it remain in the pantry for ten or fifteen days before using. If you wish them to be kept for any length of time, change the vinegar occasionally.

- 220. Kirmizi Làhana Tùrshussu—Cut two or three red cabbages into thin slices, remove the hard stalks, place them on a dish, or board, and cover them with salt for ten or twelve hours; turn them now and then; then clean off all the salt, and lay them in a stone jar with some peppercorns, and a bunch of parsley mixed with some mint and thyme; cover them with strong wine vinegar, put the lid on the jar, and let it remain in a place for three or four weeks before using.
- 221. Pànjār Tùrshussu—Cut the stalks off and well wash four or five beetroots and boil them till tender; then peel and cut them into rather thin slices, and arrange them in a jar or glass bowl, with half a pint of the water in which they are boiled; then pound one or two cloves of garlic in a stone mortar with a little salt, add an ounce of powdered sugar, and half a pint of nice wine vinegar, stir well, and pour it over the beetroots, then ready for use.
- 222. Bàlik Tùrshussu—Get five or six pounds of either salmon or swordfish, cut it in slices three-quarters of an inch thick, wash and dry them well in a cloth, sprinkle them with sufficient salt, and fry them a nice brown in olive-oil; then pour three pints of the best wine vinegar in a stewpan with half a teacup of saffron-water, and one or two tablespoonfuls of powdered sugar, stir it round, and partly boil it; then peel eight or ten cloves of garlic, and cut them in pieces the size of pistachios; then lay some bay-leaves and myrtle-leaves on the bottom of a stone jar; then place some of the slices of fish over, sprinkle some mixed spice over them, with some pieces of garlic, washed peppercorns, and skinned pistachios; then lay bay-leaves and myrtle-leaves, then fish, then spice, garlic, pistachios, and peppercorns, &c., until the jar is full, bay-leaves and myrtle-leaves on the top; then pour the boiled vinegar until the fish is covered, place a piece of clean board or a plate over, on the top of which put an iron weight, to press it, cover the jar, and let it remain for three days before using. It will keep for some time, and is excellent in summer days with salad or without.

Mackerel, fresh herrings, smelts, and any other kind of fish, if cut in pieces or slices, may be done in the same.

- 223. `Uzum Tùrshussu—Procure ten or twelve pounds of either black or white grapes, pick out the best bunches, and squeeze the juice from the bruised and small ones, pass it through a sieve into a stewpan, free from smell, and set it to boil for a few minutes; then wash the bunches you have selected, and lay two or three of them on the bottom of a stone jar; then sprinkle some mustard-seeds over, then grapes, again mustard-seeds over, then grapes, and continue so till the whole of the grapes are laid; then pour the boiled grape-juice over, cover the jar air-tight, and let it remain for thirty or forty days before using. They will keep for a long time, and are very refreshing on account of their agreeable acidity.
- 224. Shàlghàm Tùrshussu—Peel and cut in four crosswise as many turnips as are wanted, and boil them in plenty of water till nearly tender; then take out the turnips into a colander, put a moderate quantity of powdered mustard-seeds in the water, and let it remain for two or three hours; then pass it through a cloth or a sieve into a basin, and sweeten it just sufficient to taste the sugar; then place the turnips in a stone jar, and half cover them with the sweetened water, and half with nice wine vinegar. Put the cover over the jar, and let it remain a few days before using.
- 225. Yoghurt (How to make curd.)—Put four pints of pure milk into a particularly clean stewpan, put it on a charcoal fire, let it bubble once; then take it off, and pour it into a basin. When cold enough to bear your finger in it, add two tablespoonfuls of old curd, and stir it well, with the handle of a wooden spoon; put the basin on some straw in a warm corner of the pantry, cover the basin all over with a piece of flannel three or four thicknesses, and let it remain for ten or twelve hours; you will then find it nicely set, and the top covered with cream, and serve as it is.

In Turkey this is generally served with the pilaw. It may also be served at breakfast and at luncheon. It is a very refreshing dish on account of its slight and pleasant acidity.

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PART XVII.

MÈYVÈ TÀTLULARI-STEWED FRUITS ..

226. Shèftāli Tàtlussi—Peel seven or eight rather unripe peaches, divide each one in two, remove the stones, and the red parts where the stones have been, then arrange them in a stewpan; put in a saucepan half a pound of loaf sugar, with a pint of water, and set it to boil until it becomes a syrup; then pour it over the peaches, put the pan on the fire till they are tender; then place them on a dish tastefully, pour the syrup over, and serve.

Nectarines, greengages, plums of all kinds, and apricots, may

all be stewed in the same way.

- 227. 'Aywa Tàtlussi—Peel five or six quinces, remove the cores with a scoop, ornament the exterior with a sharp instrument; as you finish them put them in cold water. When all is ready, scald them; then take them out, and arrange them in another stewpan, pour over a pint of syrup, or a little more, as No. 226; then put the cores with the pips in a small saucepan, with part of the water in which the quinces are boiled; put it on the fire until reduced to a pulp, pass it through a sieve, and add it to the fruit with a few drops of prepared cochineal, and a few cloves; put the pan on the fire, and let it simmer gently until the fruit is tender, then take it off. When cold, dish it up with the syrup, and serve.
- 228. 'Emrud Tàtlussi—Peel and take off the stalks of as many stewing pears as are wanted: if too large, cut them in two, and remove the cores; place them in a stewpan with some syrup, as No. 226, a few cloves, and a few drops of prepared cochineal, and let it simmer gently on a slow fire until the pears are tender; then take it off, and serve cold.

Apples may be done the same way, only the cores must be taken

out, and, if too large, must be cut in two.

PART XVIII.

ÈNVĀI KHÒSHĀBLAR—SHERBETS, OR THIN SYRUPS WITH FRUIT IN THEM.

229. Vishna Kòshābi—Procure three pounds of fresh morella cherries, pick out the large ones, and squeeze the juice from the small ones through a cloth into a saucepan, add a pound and a quarter of crushed loaf sugar, and boil it for one minute; then put the large ones into a stewpan with two or three pints of water, and set it to boil until the cherries are tender; then take it off. When partly cold, take the cherries out carefully, without bruising them; then put in a glass bowl about two pints of the water in which the cherries are boiled, and, according to palate, sweeten it with the syrup which you have prepared; then add the cherries, with a few drops of the essence of orange-flower or rose, and three or four pieces of ice, and serve.

The reason of boiling the fruit without sugar is to prevent it

from sinking when put into the sherbet.

Strawberries, raspberries, red and white currants, and goose-berries, may all be done in the same way. It is a pleasant and refreshing beverage.

- 230. Kàyssi Khòshābi—Get three pounds of apricots, pick out the large ones, and put the small ones in a saucepan, with half a pint of water, or a little more; set it to boil until the stones come out; then pass them through a cloth into a basin, and well squeeze the juice from them; put the juice in the pan with a pound and a quarter of powdered sugar; set it to boil for a minute, and pass it again through the cloth into the basin; then put the large ones in a saucepan, with two or three pints of water, and boil them until they begin to crack; then take it off. When cold, pass the liquor through a sieve into a glass bowl; according to taste, sweeten it with the syrup which you have prepared; then add the apricots, with a few drops of the essence of almonds, or any other essence you fancy, and a few pieces of ice, and serve.
- 231. Rizāki Uzumu Khòshābi—Take off the stalks of a pound of raisins, wash and place them in a stewpan, with two or three pints of water; set it to boil until they are quite swollen up; then,

according to palate, add some powdered sugar, and boil them for one or two minutes longer; then take it off. When cold, pour all together into a glass bowl, add a few drops of any essence of flowers, with some pieces of ice, and serve.

232. 'Injir Khòshābi—Cut off the stalks of one or two pounds of figs, prick each one here and there with a wooden needle, place them in a basin with two or three pints of hot or cold water, and let them remain for ten or twelve hours; then pass the liquid through a sieve into a glass bowl, and add the figs with a few drops of orange-flower, and a few pieces of ice, and serve.

It is a refreshing and wholesome beverage.

233. Kúru `Armud Khòshābi—Wash one or two pounds of dried pears; then cut each one in four crossways, remove the cores, put them in an earthen pan, pour two or three pints of boiling water over, cover the pan, and leave it for one night; then place them in a stewpan with the liquid; according to palate, add some powdered sugar, with a few cloves, and set it to boil for a few minutes, then take it off. When cold, pass the liquid into a glass bowl through a sieve; put in the pears, with a few small pieces of ice, and serve.

Dried apples may be done in the same way.

- 234. Pòrtakàl Khòsābi—Peel five or six oranges, and divide them in pieces; cut each clove or piece of orange in two, and remove the pips and the thin membranes from them; then put four ounces of powdered sugar in a stewpan, with the juice of two oranges: if they are not sufficiently sweet, add more sugar; put it on a slow fire, and stir with a wooden spoon till it begins to boil; then take it off. When cold, pour in a glass bowl, and mix it with water to form a nice sherbet; then add the pieces of orange, with a few drops of the essence of orange-flower, and a few small pieces of ice, and serve.
- 235. Nār Khòshābi—Cut open three or four pomegranates, take the grains out, pick up the large ones, put the small ones in a cloth, and squeeze all the juice from them into a saucepan; add four ounces of loaf sugar, with the same quantity of water as the juice, and stir on a slow fire until it becomes thickish; then remove it. When cold, proceed exactly as above.

236. Fisstik Khòshābi—Procure half or a pound of pistachios, and skin them, then pound the broken and part of the small ones very fine in a stone mortar; then add a teacup or two of rose-water, stir it well, and pass it through a clean cloth into a glass bowl, which mix with sufficient powdered sugar and water to make a nice shèrbet; then add the remaining pistachios, and serve.

Almonds and fresh walnuts may be done the same way.

237. Chèkirdèksiz Ùzùm Khòshābi—Get a pound of sultana raisins, take the stalks off and well wash them; put them in a stewpan with a pint of water, and set it to boil until they are swollen up; then take it off, and pass the liquor through a sieve into a saucepan, add sufficient loaf sugar, and boil until it becomes thickish, then remove it. When cold, pour it in a glass bowl, and moderate the sweetness with cold water, then put the boiled raisins in, with a few drops of the essence of orange-flower or rose, and a few small pieces of ice, and serve.

All other raisins, currants, dried morella and other kinds of cherries, dried apricots, and dried plums of all kinds, may be done in the same way.

PART XIX.

ENVĀI SHURUBLAR—SYRUPS, &c.

- 238. Aadi Shùrùb—Put three pounds of loaf sugar in a clean stewpan, with two pints of cold water, then whip up the white of an egg, and add it to the sugar; stir well with a wooden spoon, and set it to boil until it becomes a little thickish; skim it well, and, just before you take it off, add a few drops of the essence of orange-flower, or any other essence you choose, pass it through a clean cloth. When cold, bottle and cork it up until wanted.
- 239. Vishna Shùrùbi—Squeeze as many pounds of morella cherries as are wanted, and pass the juice through a cloth into a basin, and leave it for twenty-four hours; then strain it gently into another basin, and throw the residue away. Whatever quantity of juice is obtained, put it in a very clean stewpan, with double the quantity of sifted sugar; stir till the sugar is dissolved, and set it

to boil. As soon as it bubbles up take it off, and pass it through a sieve or cloth. When cold, bottle and cork it up until wanted.

Oranges, pomgranates, currants, white, black, and red, are all

done in the same way.

240. Dighèr Vishna Shùrùbi—Put about three pounds of crushed sugar in a stewpan, with two pints of cold water, and the white of an egg, well beaten up; stir it well, and put it on the fire. When boiling, skim it well, and let it simmer until a little thickish, then add a pound of morella cherries with the stalks taken off, and well washed; let it boil gently for a few minutes longer, then take it off. When nearly cold, take the cherries out with a strainer, and pass the syrup through a clean cloth, then bottle and cork it up. This will not be so acid and full-flavoured with fruit as the former one, but the colour is delicate and the drink is very agreeable.

Red and black currants may be done in the same way.

- 241. Mènèkshè Shùrùbi—Procure a pound of fresh gathered violets, cut the stalks off, and put the leaves in a basin; pour two pints and a gill of boiling water over, immediately cover it, and let it remain for twelve or fifteen hours; then pass the liquor through a clean cloth into a stewpan, add about three pounds of crushed sugar, stir with a wooden spoon till the sugar is dissolved, and set it on a charcoal fire. Just as it commences to boil up, instantly remove it, and let it remain covered till nearly cold; then pass it again through a cloth, bottle and cork it up till wanted.
- 242. Sikènjèbin—Put in a saucepan the white of an egg, well beaten up, three pounds of powdered sugar, and pour in all at once three-quarters of a pint of the best white-wine vinegar; stir it once round with a wooden spoon, set it on a charcoal fire, and boil it for half a minute, then skim and take it off, and instantly put in a small bunch of sweet-marjoram tied up in a piece of muslin, put the cover over the pan, and leave it until cold, then pass it through a clean cloth, bottle and cork it up until wanted. In summer days it is an agreeable and refreshing beverage with cold water.
- 243. Bādèm Shùrùbi—Scald three-quarters of a pound of sweet almonds, and three drachms of bitter almonds, then skin and pound them in a stone mortar until in pulp, which mix with three-quarters of a pint of water, and pass it through a close muslin into

a basin; put the residue in the mortar and pound it again, which mix with another three-quarters of a pint of water, pass it again through the muslin into the basin; then put in a stewpan two pounds and three-quarters of powdered loaf sugar, add the liquor, stir well with a wooden spoon, set it on a charcoal fire, and let it boil for one minute, then take it off, and pass it through the muslin again, bottle, and cork it up till wanted. It is a wholesome and stomachic beverage.

- 244. Limòn Shùrùbi—Put three pounds of powdered sugar in a stewpan, with the white of an egg well beaten up, and two pints of water; stir well and set it on the fire. When boiling, skim it well, and as soon as it begins to thicken add three-quarters of a pint of lemon-juice, and let it boil for half a minute longer, then take it off. When nearly cold, pass it through a clean cloth, bottle, and cork it up till wanted.
- 245. Chilèk Shùrùbi—Put about three pounds of crushed sugar in a stewpan with two pints of water, and the white of an egg well beaten up, set it on the fire. When boiling, skim and simmer until it begins to thicken; then remove it, and immediately add a pound and a quarter of fresh gathered strawberries, well-cleaned and the stalks taken off; put the cover over the pan and let it remain for two hours, then take out the strawberries with a strainer, and pass the syrup through a clean cloth; bottle and cork it up until required.
- 246. Timūr-Hìndi Shùrùbi—Put six ounces of tamarinds in an earthen pan with two pints and a gill of water, set it to boil until it is reduced to a pint and a half, then take it off and pass the liquor through a sieve into a stewpan, add three pounds of powdered sugar, and boil it for half a minute, then take it off. When nearly cold, pass it through a clean cloth, bottle, and cork it up till wanted.
- 247. Ghyùl Shùrùbi.—Procure a pound and six ounces of freshgathered rose-leaves, then pour in a very clean stewpan a pint and a half of water, put it on the fire. When boiling, put the rose-leaves in, and as soon as it boils up again take it off, put the cover over, and leave it till cold; then pass it through a sieve into the saucepan, and cast the residue away; then add two pounds and three-

quarters of sifted sugar and the white of an egg well beaten up, put the pan on the fire. When it boils up, skim and take it off, then pass it through a clean cloth, bottle, and cork it up till required.

It is a most pleasant syrup.

PART XX.

ÈNVĀI RÈCHÈLLÈR—JAMS, &c.

248. Vishna Rèchèli—Take off the stalks and extract the stones of two pounds of morella cherries; then put four pounds of white sugar in a stewpan with a pint of water, put it on the fire until it begins to thicken, then add the cherries, stir with a wooden spoon, and boil till rather thick: try a little on a plate: if it sets. then take it off. When cold, fill the reserve jars, or glass bowls with covers, and let them remain in a cool place.

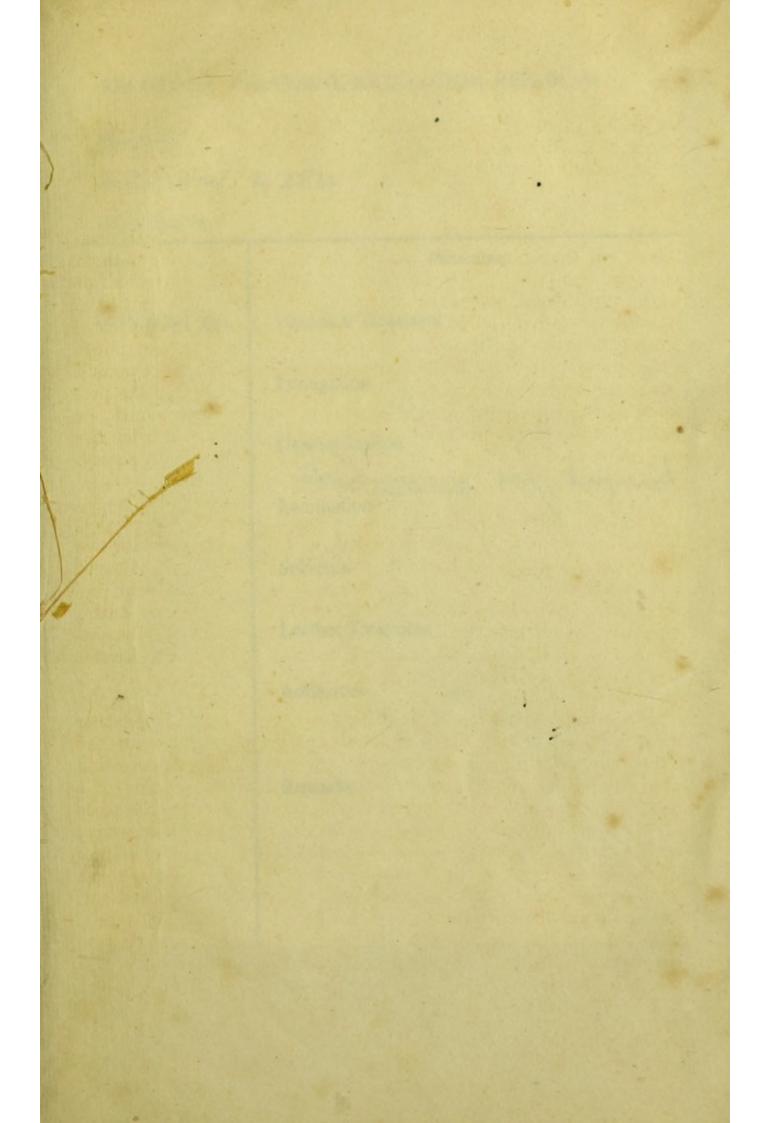
Apricots, greengages, quinces cut in pieces, green gooseberries, strawberries, raspberries, currants, red, black, and white, may all

be done in the same way.

- 249. Aywa Mùrèbbassi—Procure about fourteen pounds of quinces, peel them, cut each one in quarters, and remove the cores; then beat up the white of an egg in a stewpan, add three pounds of powdered sugar, and six pints of water, put it on the fire. When boiling, skim it; then add the fruit, and boil it till reduced to a pulp; then take it off, and pass it through a clean cloth into another stewpan, add a piece of alum the size of half a pea, set it again on the fire, and let it boil gently for a minute or two, then skim and pass it again through a close muslin into the pan, add a few drops of prepared cochineal, put it again on the fire, and let it boil until it becomes a thick syrup; then take it off and fill the preserve jars or glass bowls. When cold, cover them, and keep them in a cool place.
- 250. Nevi Digher.—Peel and cut as above three pounds of quinces, put them in a stewpan with four quarts of water, set the pan on the fire, and let it boil until the fruit becomes like a jelly; then take it off and pass it through a cloth or a sieve into another pan; add three pounds of powdered sugar, set it to boil again till it

becomes a thick syrup, then take it off, and strain it again. When nearly cold, fill your preserve jars and cover them when cold; but, to be certain, try a little on a plate before potting. If it sets, it is done.

- 251. Ghyùlbè Shèkèri Shèmsiyyè— Procure a pound of fresh rose-leaves, cut the white ends off with a pair of scissors and throw them away, put the other parts in a basin with two pounds and a half of white sifted sugar, and work it together with the hands until the rose-leaves are reduced to a pulp or a paste; then fill the preserve jars or glass bowls with cover, arrange them on a tray, and put it where the sun is powerful. When near sun-set, put the cover over and take them in. The next day uncover the jars, and expose the preserve to the sun as before, and continue the same for a month, or until the top of the preserve is nicely crystalized. It is a delicate confection, and may be taken at breakfast, or used with pastry. Violet-leaves may be done in the same way.
- 252. Mènèkshè Shèrbèty—Procure a pound of very fresh violetleaves, put them on a convenient dish or a clean board, with five pounds of white sifted sugar, and rub well together until the sugar becomes the same colour as the violet leaves; then fill your preserve jars, cover them air tight, and put them by. When wanted, especially in summer days, two or three teaspoonfuls may be dissolved in a glass of cold water and be taken. It is a most pleasant and refreshing beverage.
- 253. Ghyulbè-Shèkèr.—When the roses are in full bloom, gather about a pound of the leaves, pick out the large ones, and cut the white ends off with a pair of scissors; then put the small ones and the white ends in a very clean stewpan with three-quarters of a pint of water, and scald them; then pass the liquor through a piece of muslin or a sieve, squeeze well the leaves and throw them away; then put the liquor in the pan with three pounds and a half of white sifted sugar, and stir them with a wooden spoon till the sugar is dissolved; then add the large leaves that you have picked out, stir and boil till rather thick; or try a little on a plate: if it sets, then remove it from the fire. When cold, fill the preserve jars, cover them air-tight, and keep them in a rather cool place.





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Remarks

