

College of

Three

Ravens

February 4, 2012

AS XLVI



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Lunch & Feast Recipes

Barony of Thescorre

Plate 9 "A bird being grilled," from *Kitab al-Tabikh*

Head Cook

Lady Elzbieta Tradienyte

Staff

The Cauldron Bleu Cooks Guild

Lord Edmund of Worcester

Mistress Matilda Bosvyle de Belle Aqua

Baroness Bronwyn nic Gregor

Lord Andrew of Thescorre

Lady Nezhah bint Saleem

Lord Padraig

Lord Richard von Tanner

Howard

Ysa

Baroness Boudicca Ravenhair

Mistress Bryn ni MacRose

Lunch Cook

Baroness Katja Davidova Orlova Khazarina

Menu

Lunch

- Baked Flatbread (Nabatean Water Bread)
- Dates, Grapes (if available)
- Beef Sliders (Tardin) served with raisin pomegranate mustard
- Chicken Samosas (Sanbusaj)
- Hard-boiled Eggs
- Spiced Lentils (Adasiyya)
- Mashed honeyed carrots
- Rice Pudding with Honey (Aruzz bi-Laban)
- Warm Mint Drink (Sekanjabin)
- Chilled Rose & Date Drink (Jallab)*

Dinner 1st Course

- Olives, Figs, Apricots and Pears
- Grape Juice, Coffee and Water

Dinner 2nd Course

- Savory Roasted Chicken (Barida by Abu Ja'far al-Barmaki)
- Chicken in Pomegranate Sauce (Barida with pomegranate juice)
- Spiced Carrots (Jazar mahshi)
- Squash in Mustard Sauce (Bawarid of vegetables prepared with yogurt)
- Beans with Sumac (Barida of beans)
- Fried Flatbread (Load kneaded with butter)

Dinner 3rd Course

- Beef with Chard, Chickpeas & Lentils (Tafshil of Salih bin Ali)
- Roasted Lamb (Sliced meat roasted in the tannar)
- Spiced Turnips (Salayiq)
- Sautéed Mushrooms (Salayiq)

Dinner 4th Course

- Sugar Cookies (Exotic Khushkananaj Wathiqi by Abu Samin)
- Conserve of Apples (Tarbib al-tuffah)

*Jallab made with purchased jallab syrup (rosewater, sugar, dates, citric acid, FD&C, red dye #40)

All recipes but fried flatbread & sekanjabin redacted from *Annals of the Caliphs' Kitchens: Ibn Sayyar al-Warraq's Tenth-Century Cookbook (Kitab al-Tabikh)*, translated by Nawal Nasrallah, Koninklijke Brill NV, Leiden, The Netherlands, ©2010.

Fried flatbread redacted from *An Anonymous Andalusian Cookbook of the 13th Century*, translated by Charles Perry, ©1992, online at http://www.daviddfriedman.com/Medieval/Cookbooks/Andalusian/andalusian_contents.htm.

Sekanjabin redaction courtesy of *The Miscellany* <http://www.pbm.com/~lindahl/cariadoc/drinks.html>.

Menu inspired by descriptions in *Medieval Cuisine of the Islamic World*, Lilia Zaouali, translated by M.B. DeBevoise, University of California Press, 2007.

Please note that all of the untranslated medieval Arabic words are missing their proper diacritical marks

Beans with sumac

Servings: 8

Another barida of beans:

Boil the beans and press out their moisture. Put them on a platter and pour on them sumac juice, juice of unripe sour grapes (ma' hisrim), or lemon juice. You can also sprinkle ground sumac on them. Chop rue on the dish, drizzle it with olive oil (69v), and serve it, God willing.

**1 cup dried black-eyed peas
3 tablespoons olive oil
2 tablespoons lemon juice
1 teaspoon sumac, ground
salt
parsley, minced**

Boil black eyed peas until soft, drain and allow to cool. Grind in a manual food grinder. Add olive oil, lemon juice and sumac, stir to combine. Salt to taste. Garnish with chopped parsley. (Redaction Emily Bald ©2012)

Note: Pairs nicely with warm flat bread or vegetables.

Per Serving (excluding unknown items): 116 Calories; 5g Fat (40.3% calories from fat); 5g Protein; 13g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 1 Fat.



Beef sliders

Servings: 8

A recipe for Tardin (thin meat patties)

Take lean meat and meat from the shoulders. Thoroughly pound them in a stone mortar. Chop onions and pound it with the meat. Moisten the mixture with egg whites as much as needed. Throw into the mixture ground coriander seeds, cumin, black pepper, cassia, ginger, galangal, and aniseeds. Pour in a small amount of murri and a little olive oil. Take the meat paste out of the mortar and spread it on a sheet of papyrus or paper. Boil water [in a pot] and put the sheet in it until the meat is done. Take the sheet out of the water and cut meat into triangles. Pour [washed olive oil] into a frying pan and fry the pieces until browned. Arrange them on a platter, put a small bowl of mustard in the middle and serve the dish, God willing.

**1 1/2 pounds ground beef
1 whole onion
2 egg whites
1 teaspoon coriander seed
1 teaspoon cumin seeds
1/2 teaspoon anise seeds
1 tablespoon black pepper
1/2 teaspoon Vietnamese cinnamon, ground
1 teaspoon galangal, ground
olive oil**

Peel and dice onion. Grind whole spices. Gently mix together meat with onions and seasonings just until all seasonings are incorporated. Form into flat patties (triangular, if possible) and fry in a little olive oil until browned on both sides and cooked through. (Redaction Chris Adler-France ©2012)

Note: I chose to drop the soy sauce (substitute for murri) from this recipe so that it would not be in both meat recipes for lunch. -- Katja

Per Serving (excluding unknown items): 276 Calories; 23g Fat (74.8% calories from fat); 15g Protein; 2g Carbohydrate; trace Dietary Fiber; 72mg Cholesterol; 72mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 3 1/2 Fat.



Beef with chard, chickpeas, and lentils

Servings: 16

Making Tafshil of Salih bin 'Ali

Take a portion (juz') of lentil, a portion of beans, a portion of chickpeas, a portion of mung beans, and a portion of rice. Let the amount of rice be the least of all other grains used. Wash them, [soak them in water,] and set them aside. Choose fatty meat and fatty jerked meat (qadid). Wash them, put them in a clean pot, and pour water enough to cover the meat and a little bit more. Cook the pot until meat is half done. Add boiled chard roots and chard stalks. When the pot comes to a boil, add the soaked pulses along with aged cheese. Pour on it vinegar, mustard, and olive oil (zayt), and add coriander seeds, cumin seeds, and black pepper, all pounded. Stir the pot, and let it cook until done. Then rub and mix ('arraka) some white bread with zayt anfaq (olive oil from unripe olives). [put it in a bowl,] ladle the dish all over it, and serve it, God willing.

16 ounces roasted beef round, cut into bite-sized pieces

14 ounce can chickpeas, canned (8 ounces when drained and rinsed well)

14 ounce can kidney beans, canned (8 ounces when drained and rinsed well)

4 ounces lentils, dried

2 ounces mung beans, dried

1/4 cup brown rice, uncooked

1/2 bunch green swiss chard, coarsely chopped

1/4 cup romano cheese, grated

6 tablespoons apple cider vinegar

2 tablespoons mustard sauce

4 tablespoons olive oil

2 teaspoons coriander seeds, ground

1 teaspoon black pepper, ground

1 teaspoon cumin seed, ground

beef stock, enough to cover

Soak the lentils and mung beans overnight. Place the roasted beef in the bottom of a large stock pot, add enough water to cover the meat plus 1 cup. On medium heat, add the chard and allow to come to a boil. Add the chickpeas, kidney beans, dried lentils, mung beans, and rice, stir well. Add the romano cheese, vinegar, mustard, olive oil, and spices, reduce heat, cover and simmer 20 minutes. May be served immediately. Alternatively, you may initially leave out the chard, cook as instructed, and after simmering allow the other ingredients to continue to cook together on low over a more prolonged period of time. Monitor the water level in the pot, add more if needed. Approximately 20 minutes before serving, add the chard and allow to cook down. (Redaction Emily Bald ©2012)

** In this particular recipe, I opted to omit the white bread with olive oil as I feel the dish is quite filling, rich, and savory without it. This will also allow us to accommodate those who will be eating with us who are gluten intolerant.

May be made as a vegetarian dish by removing the beef, increasing the beans and grains as desired, using gluten-free vegetable stock instead of beef stock, and increasing the romano cheese to 1/2 cup. --Elzbieta

Yield: 3 ounces

Per Serving (excluding unknown items): 475 Calories; 7g Fat (13.8% calories from fat); 23g Protein; 82g Carbohydrate; 17g Dietary Fiber; 2mg Cholesterol; 1440mg Sodium. Exchanges: 5 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 1 Fat; 0 Other Carbohydrates.



Chicken in pomegranate sauce

Servings: 8

Barida with pomegranate juice

Alternatively, you may substitute murri with salt, crush some sprigs of [dried] na'na' (cultivated mint) between the fingers, [add it to the juice,] and set it aside so that it absorbs its flavor. Drop in it a bruised clove of garlic (mashdukh) and leave it in the sauce until it absorbs its flavor then take it out. [Pour it on the roasted chicken] Pour olive oil on the dish, chop on it some khiyar (small and smooth cucumber) and serve it, God willing.

**3 pounds chicken pieces, boneless, skinless
1 tablespoon dried mint, crushed
1 cup pomegranate juice
1 clove garlic, smashed
1 pinch salt
1 tablespoon olive oil
1/2 cup cucumber, peeled, seeded, chopped**

Roast chicken in a 350 degree oven until done (temperature of the thickest pieces reaches 165 degrees in the center). You may season with salt and pepper as desired. In a separate container, combine the mint, garlic, and pomegranate juice, and set aside. Once cooled, pick the chicken from bones (if not boneless) and cut into bite-sized pieces, place on a platter, salt to taste. Remove the garlic from the pomegranate juice (using a sieve, if necessary), and pour the remaining juice mixture over the chicken. Drizzle olive oil over the chicken. Garnish with chopped cucumber. (Redaction Emily Bald ©2012)

Yield: 6 ounces

Per Serving (excluding unknown items): 284 Calories; 19g Fat (61.9% calories from fat); 22g Protein; 5g Carbohydrate; trace Dietary Fiber; 106mg Cholesterol; 103mg Sodium. Exchanges: 3 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 Fat.



Chicken samosas

Servings: 16

Making Sanbusaj

[For the filling.] take meat from the shoulders, the inner thigh, rump, and sheep's tail fat. Remove the blood vessels and finely pound the meat on a wooden board, using a knife. Add the white part of a fresh onion, leek leaves, cilantro, rue, and a little na'na' (cultivated mint). Pound all the ingredients together quite well. Pour as much as needed of Nabatean murri. Add coriander seeds, black pepper, cassia, cloves, as much as you like of aromatic spices, and ginger. Mix the meat with the spices, add some olive oil, and cook it until it is done. Prepared this way, the meat [filling] is called isfidhbaj.

If you like it to be sour, add to the meat mixture as much as you like of pulverized mast [dried yogurt whey]. You may use [dried buttermilk], sumac juice, or any other sour ingredients, as you wish, God willing. When the meat mixture is ready, use it to stuff ruqaq then roll the pieces into triangles, squares, or rectangles. If wishes, you may add dried fruits or nuts to the meat filling, such as walnut, almond, coconut, pistachio, hazelnut, pine nut, or any other fruits. You can also decorate them with eggs the way some people do in banquets and public feasts. Alternatively, you may shape them Babaki style. Take fermented dough and roll it out very thin. Cut out rounds using a concave wooden mold, similar to a huqq. Stuff these rounds with the meat mixture, and seal them by pressing all around the edges with the fingernail. Fry the filled pastries in [washed olive oil] or sesame oil. Take them out when they brown and eat them with whatever you prefer of sauces made with vinegar or mustard.

**1 pound chicken thighs
1/2 bunch cilantro, fresh
1/2 bunch parsley, fresh
1/2 bunch mint, fresh
1 inch slice gingerroot
1/4 cup raisins
1 teaspoon soy sauce (substitute for murri)
1 teaspoon coriander seeds, toasted and ground
1 teaspoon black pepper, toasted and ground
1 teaspoon Vietnamese cinnamon, ground, toasted
1/2 teaspoon cloves, ground, toasted and ground
salt, to taste
4 2-crust pie crusts (homemade or purchased)
olive oil**

Toast dry over medium heat, then grind the whole spices. Wash and mince fresh herbs. Peel and mince ginger. Soak raisins in a tablespoon of warm water for 10 minutes to plump them. Dice chicken and mix thoroughly with all ingredients but pastry. Sauté mixture in a tablespoon of olive oil over medium heat until cooked through, then remove from the heat and let cool a few minutes. Roll out pie crust, cut into squares, spoon 2 tablespoons of filling into center and fold over to make a triangle, sealing edges well. Fry samosas in a little oil in a frying pan or bake in a 400 degree oven for 10 minutes (after brushing with a little olive oil). Makes 32 samosas. (Redaction Chris Adler-France ©2012)

Note: The original recipe would have been made with lamb or goat; I chose to make this with chicken so as to provide a different protein choice for lunch. I did not use any nuts, as suggested in the original, due to the site's prohibition on nuts. I also chose to drop the onions since that ingredient is in so many recipes in this menu. -- Katja

Per Serving (excluding unknown items): 256 Calories; 16g Fat (54.9% calories from fat); 7g Protein; 22g Carbohydrate; 1g Dietary Fiber; 19mg Cholesterol; 331mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat.

Conserve of apples

Servings: 50

A recipe for conserving apples (*tarbib al-tuffah*) from the same copy [of al-Buzuri]: Choose large and fragrant Lebanese apples, peel and core them, and take 10 rats (10 pounds) of these. Take honey [and vinegar], boil them in a pot, and add the prepared apples to them. Let the apples cook gently on slow fire stirring constantly until apples become as mushy as *khabis* (thick pudding). Add to the pot, 2 uqiyyas (2 ounces) cassia, and 1 uqiyya (1 ounce) of each of the following: black pepper, cloves, black cardamom (*qaqulla*), and mace. Also add $\frac{1}{2}$ uqiyya (15 grams) spikenard and 3 nutmegs with outer skins scraped (*muqashshar*). However, before adding them to the pot, you need to grind and sift each spice separately then mix them well, and add them to the pot. Besides, the amount of honey and vinegar used should be enough to cover the apples. Finally, add 1 mithqal (4½ grams) crushed saffron. Stir the pot until the ingredients mix well and look like *khabis* (thick pudding). Transfer the conserve into a clean vessel, God willing. Know that pear conserve (*tarbib al-kumathra*) is done exactly like apples.

9 pounds apples, peeled, cored, coarsely chopped (I used Cortlands & Macintosh)

104 ounces honey

3 1/2 cups apple cider vinegar

18 grams cinnamon, ground

8 grams black pepper, ground

8 grams cloves, ground

8 grams black cardamom, ground

8 grams mace, ground

2 teaspoons nutmeg, ground

30 threads saffron, crushed

Boil honey and apple cider vinegar in a large stock pot, add the prepared apples. Cook on low, allowing the apples to cook down to a mushy consistency. Monitor the pot frequently to prevent the honey/vinegar mixture from boiling over. (This process may take several hours)

Add the spices as above, stirring in well. Allow the mixture to cook together for another 30 minutes to 1 hour. At this point, you have Apple Napalm. Allow to mellow for several days before eating. May be served warm or cooled. (Redaction Emily Bald ©2012)

Yield: 12 cups

Per Serving (excluding unknown items): 233 Calories; trace Fat (1.7% calories from fat); 1g Protein; 62g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 0 Grain(Starch); 1 Fruit; 0 Fat; 3 Other Carbohydrates.



Fried flatbread

Servings: 8

Loaf Kneaded with Butter

from An Anonymous Andalusian Cookbook of the 13th Century

Take three ratsl of white flour and knead it with a ratsl of butter and when the mixing is complete, leave it to rise and make bread from it; send it to the oven in a dish and when it has cooked, turn it on the other side in another dish and return it to the oven. When it is thoroughly cooked, take it out of the oven, then cover it a while and present it.

**3 cups flour
1 stick butter
1 pinch salt
2 cups warm water
1/4 cup vegetable oil**

Soften butter and cut into flour. Add the salt and enough warm water to make it a kneadable dough. Cover and let sit for half an hour. Divide into balls and then roll out each to flat circles four inches in diameter. Heat a small amount of oil in a frying pan add dough to oil. Cook for 2-3 minutes, flip the bread over, and cook for 2-3 minutes more until they are browned. (Redaction Andrew Patton © 2010)

Per Serving (excluding unknown items): 332 Calories; 19g Fat (50.9% calories from fat); 5g Protein; 36g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 136mg Sodium. Exchanges: 2 1/2 Grain(Starch); 3 1/2 Fat.



Lentils with cumin

Servings: 8

Delicious Adasiyya

Wash and pick over hulled lentil and cook it until it falls apart and becomes mushy. Cook with it round onion, olive oil, and salt. Add some vinegar. You have the option of adding to it sugar and saffron. Alternatively, if you do not like to use saffron or onion, put bruised garlic cloves and a dusting of cumin in the pot after adding the vinegar.

**1 pound red lentils
1 whole onion
1 tablespoon olive oil
1/2 teaspoon salt
1 pinch saffron threads
1 tablespoon cumin seeds
1 quart vegetable stock
1 teaspoon sugar
1 teaspoon rice vinegar**

Chop onion. Grind cumin. Saute onion in oil until softened, then add lentils and stir to coat. Add stock and seasonings, then simmer, covered, for half an hour until lentils are mushy. (Redaction Chris Adler-France ©2012)

Per Serving (excluding unknown items): 103 Calories; 4g Fat (31.1% calories from fat); 3g Protein; 15g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 947mg Sodium. Exchanges: 1 Grain(Starch); 0 Vegetable; 1 Fat; 0 Other Carbohydrates.



Mashed honeyed carrots

Servings: 16

Khabis al-jazar (carrots)

Choose fresh, tender, and sweet carrots. Peel them and thinly slice crosswise. for each ratl (1 pound) of honey, use 3 ratls (3 pounds) of these carrots. Boil the honey and remove its froth. Pound the carrot in a stone mortar. Set a clean tanjir (copper cauldron with a rounded bottom) on a trivet on the fire and put in it the skimmed honey and carrots. Cook the mixture on medium fire until the carrots fall apart. Add walnut oil to the pot. For each ratl (1 pound) of honey used, add 1/3 ratl (2/3 cup) oil. Pistachio oil will be the best for it, but you can also use fresh oil of almond or sesame. Add the oil before the honey starts to thicken. However, you do not need to stir the pot. You only scrape the bottom gently when the mixture starts to thicken to prevent it from sticking to it. To check for doneness, use a stick or spoon to see whether the pudding is thick enough or not yet. When the pudding becomes thick, put the pot down, and spread the dessert on a copper platter. Set it aside to cool down [before serving]. It will be firm and delicious.

3 pounds carrots
1 cup honey
1/3 cup toasted sesame oil
1 teaspoon salt

Peel and slice the carrots. Heat the honey and remove the scum. Braise the carrots in a little water until softened slightly, then drain and add the honey, oil, and salt to taste. Cook for 10 minutes to meld the flavors, then puree in a food processor. (Chris Adler-France© 2012)

Note: I've reduced the amount of honey in this recipe so that it is more like mashed carrots than carrot pudding. Research shows that the sesame oil used in Persia in the 10th Century was most likely the untoasted variety, but I used the toasted kind purely because I prefer the flavor. -- Katja

Per Serving (excluding unknown items): 97 Calories; trace Fat (1.2% calories from fat); 1g Protein; 25g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 161mg Sodium. Exchanges: 1 1/2 Vegetable; 1 Other Carbohydrates.



Nabatean water bread

Servings: 15

A recipe for Nabatean water bread

Take 1 makkák (7½ pounds) good quality samidh flour and sift it in a big wooden bowl. Mix with it 3 āqiyas (3 ounces) yeast, and add 30 dirhams (3 ounces) salt that has been dissolved in water and strained. Knead the mixture into very firm dough, as firm as stone and press it well. Continue pressing it while rubbing the bottom of the dough 120 times with water in doses of 5 dirhams (1 tablespoon) each until it develops a consistency which is a little firmer than that of the zalabiya dough. Cover the dough and let it ferment. With the help of some oil of hulled sesame seeds divide dough into portions and shape them like farani. Light the tannár and wait until the fire starts to smolder gently. Wipe clean the inside of the oven [with a piece of cloth]. Rub each portion of the dough with 2 dirhams (1 teaspoon) sesame oil or zaytanfaq (olive oil extracted from unripe olives) then flatten it by hand and stick it to the inside of the smoldering oven. This recipe will make 15 pieces of bread. When you are done sticking all the portions in the tannár, cover it with its lid for a short while. As soon as the breads are set, sprinkle them lightly with water, about ½ kāz (½ cup), and return the lid as it was before. Wait for a short while, then remove the cover, and open up the bottom vent hole to expose the breads to more heat. As soon as they brown, take them out. Scrape their backs with a knife and wipe them with a small amount of water. Stack the breads, enclose them in a damp piece of cloth, and set them aside for an hour or so. Serve this bread whenever you need it, it will be the best, God willing.

**5 cups flour
1 tablespoon yeast
1 teaspoon salt
2 cups water
olive oil**

Heat water to 100 degrees, proof yeast for 10 minutes, then mix in flour and salt. Knead well, then let rise until doubled. Divide dough and shape into flatbreads, brush with olive oil, then bake in 500-degree oven for five minutes. (Redaction Chris Adler-France ©2012)

Per Serving (excluding unknown items): 154 Calories; trace Fat (2.6% calories from fat); 5g Protein; 32g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 144mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat.



Raisin-pomegranate mustard

Servings: 16

A recipe for making mustard

...Make sinab with the remaining mustard mix using zabib (raisins), sugar, pomegranate juice, or whatever you choose, God willing.

1/4 pound mustard seeds

1/4 cup rice vinegar

1/4 cup pomegranate juice

1/2 cup sugar

1/4 cup raisins

Dry mustard seeds, then grind thoroughly. Simmer sugar and raisins in vinegar and juice for about 15 minutes. Take off the heat, stir in the ground mustard, and thin with more vinegar, if necessary. Let mellow at room temperature for several weeks. (Chris Adler-France©2012)

Note: There are several variations in The Annals of The Caliph's Kitchens for mustard. However, all but the very last recipe contain walnuts, which are not allowed on this event site. I therefore cited only the last recipe. -- Katja

Per Serving (excluding unknown items): 34 Calories; trace Fat (0.4% calories from fat); trace Protein; 9g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Fruit; 1/2 Other Carbohydrates.



Rice pudding

Servings: 8

A recipe for rice with milk (aruzz bi-laban)

Wash the rice and let it soak in milk overnight. Put water in a [large copper pot] or a regular pot, enough to cover the rice or a little less. Add fat to water. It can be clarified butter from a cow, almond oil, or fresh sesame oil. Let the pot boil once. Add the [soaked] rice and a suitable amount of honey. Wait until it is almost cooked then start adding milk gradually until rice is fully cooked and it has absorbed all the milk. Take the pot away from the fire. It would be even more delicious if you substitute honey with ground white sugar. Besides, you need to soak the rice in fresh milk that has just been milked. [Soakikng the rice overnight in milk] can only be done in cold weather.

**4 cups whole or 2% milk
1/2 cup long-grain or basmati rice
1/3 cup sugar
4 tablespoons butter
1 pinch salt**

Soak rice in milk for one hour, then bring just to a boil with the salt, butter, and sugar in a saucepan and simmer, covered, for 40 minutes. Serve with honey. (Redaction Chris Adler-France ©2012)

Per Serving (excluding unknown items): 83 Calories; 6g Fat (60.7% calories from fat); trace Protein; 8g Carbohydrate; 0g Dietary Fiber; 16mg Cholesterol; 75mg Sodium. Exchanges: 1 Fat; 1/2 Other Carbohydrates.



Roasted lamb on skewers

Servings: 8

A recipe for sliced meat (sharayih) roasted in the tannur.

Slice meat into long strips and put it in a big bowl (qas'a). Add salt, olive oil, juice of cilantro, and ¼dirham (¾gram) ground anjudhan (asafetida leaves). Let the meat [marinate in this sauce until it] absorbs its flavors. Coat the meat slices with olive oil, thread them through a skewer (saffud), and lower it into the tannur.

1 1/2 pounds butterflied leg of lamb

2 tablespoons Gourmet Garden Cilantro Herb Blend (packaged paste of cilantro, olive oil, and salt)

4 tablespoons olive oil

4 tablespoons water

pinches sea salt

8 bamboo skewers, soaked in water

In a frying pan, combine cilantro, olive oil, water and salt, and heat over medium low and stir until well combined. Remove from heat and allow to cool. Slice lamb into long strips. Add lamb to the cilantro mixture, stir to coat well. Skewer lamb onto the bamboo skewers, place in a container, pour remaining marinade over skewers, cover and refrigerate overnight. Roast lamb in 400 degree oven for approximately 15 minutes or until lamb reaches 145 degrees. (Redaction Emily Bald ©2012)

Notes:

1) If I were making this in the summer season and could grow my own cilantro, I would have made cilantro juice for this recipe, however given that this is midwinter in upstate NY, purchasing that much cilantro is not cost effective, and therefore I made the substitution above.

2) I was unable to obtain dried asafetida leaves, and the compounded asafetida that I did locate contains wheat flour. As a number of individuals in our Barony are gluten intolerant, I opted to leave this ingredient out of this preparation. -- Elzbieta

Per Serving (excluding unknown items): 60 Calories; 7g Fat (100.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 1 1/2 Fat.



Sauteed mushrooms

Servings: 8

Boiled [Vegetable] Dishes [Salayiq], Their Varieties, Names, and Properties
Foods are boiled in a variety of ways, and people tend to consume the ones with which they are more familiar. However, you need to know that all vegetables usually eaten raw can be consumed cooked, but not all vegetables usually consumed cooked can be eaten raw. People's appetites differ, each according to his own humoral properties. When preparing the vegetable of your choice, heat water in a pot and let it come to a full rolling boil. Pick over the vegetables and tie them in bundles or just add them to the boiling water. There should be more than enough water to cover the vegetables. Keep a hot steady fire under the pot. When you add the vegetables, do not let the fire go any lower. On the contrary, feed it with more fuel. While vegetables are boiling, cover the pot with a lid otherwise they will turn yellow. Moreover, do not add cold water while the vegetables are boiling as this will also cause them to turn yellow. Once vegetables are cooked, take them out of the pot, and arrange them on a platter. If the boiled vegetables are asparagus (hilyawn) or hops (junjul), then season them with olive oil and murri (liquid fermented sauce). Leeks (kurrath), carrots (jazar) and similar vegetables are seasoned as suggested in the chapter on vegetable cold dishes. Vegetables usually served as salayiq (boiled): asparagus (hilyawn), cauliflower (qunnabit), hops (junjul), white soy beans (lubya yamaniyya), leeks (kurrath), orach (qataf), ghushina (mushroom), chard (silq), cabbage (kurunb), carrot (jazar), turnip (sajlam), spinach (isfanakh), fresh fennel (razyanaj), chard root (asl al-silq), gourd (qar'), and eggplant (badhijjan).

1 tablespoon olive oil

8 ounces mushrooms, sliced and trimmed

1 small onion, diced

1/2 teaspoon coriander seed

1/4 teaspoon caraway seed

1/2 teaspoon cumin seed, ground

1 tablespoon soy sauce (substitution for murri)

1 tablespoon apple cider vinegar

Heat oil in a medium sized heavy bottomed frying pan on medium heat. When oil is hot, add onion and mushroom, sautee until done. In an electric spice grinder, combine spices above and grind finely. Sprinkle spices over mushrooms and onions and cook in, reduce heat to low. Once fully incorporated, add soy sauce and cider vinegar, stir to combine. Leave mushroom and onion mixture in the fry pan on low as flavors combine and until ready to serve. Stir intermittently to avoid sticking. (Redaction Emily Bald ©2012)

* In this case, I opted to substitute soy sauce for murri due to the time constraints of murri preparation. -- Elzbieta

Yield: 1 ounce

Per Serving (excluding unknown items): 29 Calories; 2g Fat (52.6% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 130mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat.



Savory roasted chicken

Servings: 8

Barida by Abu Ja'far al-Barmaki

Take pullets and grill them. Then disjoint them and put them on a platter (jam). Sprinkle the dish with coriander, black pepper, cumin, and cassia. Pour on them juice of sour unripe grapes and chop on top fresh na'na' (cultivated mint), tarragon, and thyme. Pour sweet olive oil (zayt tayyib) on top, and sprinkle some chopped fresh herbs. Garnish the dish by putting chopped khiyar (small and smooth cucumber) all around it, God willing.

3 pounds chicken pieces, boneless, skinless
3/4 teaspoon coriander seeds, ground
3/4 teaspoon cumin seeds, ground
1/2 teaspoon cassia, ground
1 pinch black pepper, ground
1 cup grape juice (sour, if possible)
1 tablespoon tarragon, chopped
1 tablespoon thyme, chopped
1 tablespoon parsley, chopped
1/2 cup cucumber, peeled, seeded, chopped

Roast chicken in a 350 degree oven until done (temperature of the thickest pieces reaches 165 degrees in the center). You may season with salt and pepper as desired. Once cooled, pick the chicken from bones (if not using boneless) and cut into bite-sized pieces. Place the chicken in a container, and sprinkle with ground coriander seed, ground cumin, cassia or cinnamon, and black pepper to taste. Pour the grape juice over the chicken. Sprinkle with chopped herbs. Garnish with 1/2 cup chopped cucumber.
(Redaction Emily Bald ©2012)

Yield: 6 ounces

Per Serving (excluding unknown items): 274 Calories; 18g Fat (58.7% calories from fat); 22g Protein; 6g Carbohydrate; trace Dietary Fiber; 106mg Cholesterol; 84mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 1/2 Fat.



Sekanjabin

Servings: 8

**4 cups sugar
2 1/2 cups water
1 cup rice wine vinegar
1 bunch mint**

Dissolve 4 cups sugar in 2 1/2 cups of water; when it comes to a boil add 1 cup wine vinegar. Simmer 1/2 hour. Add a handful of mint, remove from fire, let cool. Dilute the resulting syrup to taste with ice water (5 to 10 parts water to 1 part syrup). The syrup stores without refrigeration. (Redaction courtesy of The Miscellany ©1992)

Note: I chose to serve this beverage warm because it's winter in Western NY. "Nuff said. :) -- Katja

Per Serving (excluding unknown items): 392 Calories; trace Fat (0.0% calories from fat); trace Protein; 102g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Vegetable; 7 Other Carbohydrates.



Spiced carrots

Servings: 8

A cold dish (barida) of dressed carrots (jazar mahshi):

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

12 ounces carrots, sliced into coins

1 small onion, chopped

1 tablespoon olive oil

1/2 tablespoon soy sauce

1 1/2 teaspoons Vietnamese cinnamon, ground

1/2 teaspoon galangal, ground

1/2 teaspoon ginger, ground

1/2 teaspoon cloves, ground

1/2 teaspoon caraway seeds, ground

black pepper, to taste

2 tablespoons parsley, chopped

Boil the carrots, once the water has turned yellow and the carrots are pierce-able with a fork, remove from heat, drain (reserving 1/2 cup of the cooking water), and set aside to cool. While the carrots are boiling, prepare the spices and set aside. In a frying pan, sautee the onion in the olive oil until translucent. Add apple cider vinegar, wait approximately 15-30 seconds, then add the soy sauce. Add the spices, stir to combine. Add the 1/2 cup of reserved cooking water, bring to a boil. Pour the vinegar mixture over the carrots, stir to coat evenly. Chill as desired before serving. Garnish with parsley before serving. (Redaction Emily Bald ©2012)

Per Serving (excluding unknown items): 39 Calories; 2g Fat (40.5% calories from fat); 1g Protein; 5g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 79mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1/2 Fat.



Spiced turnips

Servings: 8

(See Boiled [Vegetable] Dishes recipe under Mushroom entry)

**1 large turnip, peeled and diced
1 tablespoon olive oil
1 tablespoon rice vinegar
1 pinch cassia, ground
1/2 pinch cloves, ground
1/2 teaspoon caraway seeds, ground**

Place the turnip in a saucepan with enough water to cover the cubes; place the saucepan over medium heat; bring to a boil; cover and reduce heat to medium-low. Simmer 5 minutes; drain water and return turnip to saucepan. Return the saucepan to medium heat. Pour enough fresh water over the turnips to cover. Bring to a boil; cover, reduce heat to medium-low and simmer until turnip pieces are fork tender; drain. Season with olive oil, cider vinegar, cassia, cloves and caraway. May adjust seasonings to taste.
(Redaction Emily Bald ©2012)

Yield: 1/2 ounce

Per Serving (excluding unknown items): 20 Calories; 2g Fat (74.9% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.



Squash in mustard sauce

Servings: 8

Cold dishes (bawarid) of vegetables prepared with yogurt:

The vegetables used are gourd, roots and stalks and leaves of chard, mallows (ghasula), and purslane (rijla). Whatever vegetables you choose, boil them in water first then chop them and put them in a vessel. Next, add fine-tasting, sweet drained yogurt (shiraz tayyib 'adhb). Add enough to cover the vegetables. Mixing the yogurt with ground mustard seeds and zayt maghsul (washed olive oil) will make it even more delicious.

8 ounces butternut squash, cut into chunks

3 ounces plain Greek-style yogurt

1 tablespoon olive oil

1 tablespoon Dijon mustard

1 teaspoon Dijon mustard

1 pinch salt

Steam squash until fork tender, transfer into a medium bowl and allow to cool. In a small bowl, combine yogurt, olive oil, and mustard. Pour the yogurt sauce over the squash and stir gently until squash is well coated. Salt to taste. May be served immediately at room temperature or chilled and served later. (Redaction Emily Bald ©2012)

*Note: I used a Dijon Whole Grain mustard for the prepared mustard. When chilled overnight, the yogurt sauce may intensify in flavor. -- Elzbieta

Yield: 2 ounces

Per Serving (excluding unknown items): 28 Calories; 2g Fat (55.4% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 49mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.



Sugar cookies

Servings: 16

A recipe for exotic (*gharib*) *khushkananaj Wathiqu* by Abu Samin
Grind 3 ratsl (3 pounds) refined sugar and sift it in a fine-mesh sieve. Add 1½ ratsl (1½ pounds) fine samidh flour (high in starch and bran free). Mix them well. Add ¼ ratsl (½ cup) sesame oil and knead mixture the way you usually do with flour dough. Put the mixture in a mortar and pound it to crush ingredients into each other and help them bind. Take a small bowl, the smallest you have, or anything similar in shape such as a wooden or brass huqqa (bowl) with a rounded base and a wide rim. Stuff the bowl tightly with some of the sugar-flour mixture and turn it over onto khiwan (wide low table). Do this with the rest of the mixture. Prepare a large level pan with low sides and arrange the molded pieces, leaving a space between them. Lower the pan into a slow-burning tannur. Let cookies bake until they are golden brown. Take the pan out and take the cookies out of the pan with a thin spatula (*isram raqiq*). You carefully slide the spatula underneath each cookie and transfer it to a clean platter. Arrange the pieces in one layer (*yusaff*), God willing.

1 1/2 cups all-purpose flour

1 cup sugar

4 5/8 ounces untoasted sesame oil (slightly more than 1/2 cup)

Combine ingredients in mixer. Form a ball of dough, and chill it for an hour. press dough into a cookie sheet, score into bars. Bake 20 to 25 minutes or until edges are lightly browned. Leave in baking pan until cool, break apart at score marks. (Redaction Emily Bald ©2012)

Per Serving (excluding unknown items): 91 Calories; trace Fat (1.1% calories from fat); 1g Protein; 21g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 1/2 Grain(Starch); 1 Other Carbohydrates.

