




Plate 12 from *Kitab al-Tabikh*.

# Æthelmearc Spring Æcademy

June 21, 2014, AS XLIX, Barony of Thescorre

## Lunch & Feast Recipes

A decorative border of blue birds, possibly swallows, arranged in a rectangular frame around the text.

*Head Cook*

Baroness Katja Davidova Orlova Khazarina

*Cook's Brain and Chef de Boeuf*

Baron Eric Grenier de Labarre

*Lunch Cook*

Lady Elzbieta Traidenyte

*Cauldron Bleu Prep Cooks & Kitchen Staff*

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Mistress Bryn ni MacRose

Lady Mairghread ni Stilbheard uu Coin

Lady Birgitta Fridriksdottir

Mistress Matilda Bosvyle de Belle Aqua

Baroness Nezhah bint Saleem

Baroness Sadira bint Wassouf

Lord Andrew of Thescorre

Lord Padraig Ua Ceileachair



# Menu

## Lunch

Fresh fruit  
Pickles (carrot, cucumber, asparagus and radish)  
Lentils with cumin  
Chicken-apricot stew  
Baghdadi-style rolled-up sandwiches  
Raisin-pomegranate mustard  
Hard-boiled eggs  
Coconut almond delights  
Sugar cookies  
Peach drink

## Dinner

### 1st Course

Ginger-apple beverage  
Fresh flatbread  
Fresh yogurt with honey  
Fava bean-pistachio hummus  
Eggplant-walnut puree  
Pomegranate-raisin mustard  
Lamb sausages  
Olives, dates, grapes

### 2nd Course

Roasted chicken with cucumber-cilantro sauce  
Beef braised with pomegranate juice & raisins  
Rice cooked in milk & honey  
Lentil-chickpea-cannellini salad  
Asparagus with coriander  
Sautéed summer squash with herbs

### 3rd Course

Apricot-filled crepes  
Almond brittle

All recipes redacted from *Annals of the Caliphs' Kitchens: Ibn Sayyar al-Warraq's Tenth-Century Cookbook*, translated by Nawal Nasrallah, Koninklijke Brill NV, Leiden, The Netherlands, ©2010.  
Please note that all of the untranslated medieval Arabic words are missing their proper diacritical marks.

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## Almond brittle

Dry lawzinaj (almond brittle) cooked on the fire, p. 411

Take 2 ratls (2 pounds) skinned almonds. You need to taste them lest some should turn out to be bitter. Grind them finely and set them aside. Pound 4 ratls (4 pounds) refined sugar and set aside ½ ratl of it. Take a wide tanjir (copper cauldron with a rounded bottom) or a wide nuqra (big copper pot), and pour 2/3 ratl (1 1/3 cups) water into whatever pot you choose to use. Add the sugar to it and start a medium fire underneath. Bring it to a boil until it foams. Then sprinkle it with water mixed with egg white and stir it. [Skim the froth with the coagulated egg white to which all impurities in the syrup have adhered]. Repeat this [i.e., spraying the syrup with egg white wash] whenever you see that foam is getting black until the syrup is cleansed and purified. Stir the syrup for a while until it thickens and is almost stiff. Sprinkle it with rosewater to which you have added some aromatics [such as musk and camphor]. Add the [set aside] ground almonds, mix well, and put the pot away from the heat. Beat the mixture with a dakshab (stirring wooden utensil) or a piece of wood (khashaba) - the way you do when you make sukkar Sylaymani (hard sugar candy) - until the syrup looks white and starts to crystalize (yanbut).

**4 cups almonds, blanched and skinned, toasted**  
**3 cups sugar**  
**1/2 cup water**  
**1/8 teaspoon rosewater**

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Per Serving (excluding unknown items): 708  
Calories; 37g Fat (44.6% calories from fat); 14g Protein; 89g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 6 1/2 Fat; 5 Other Carbohydrates.

### Servings: 8

Grind almonds. Combine water and sugar in a large saucepan or Dutch oven over medium-high heat. Wipe down the sides of the pot with a with pastry brush to dissolve any sugar crystals clinging to the sides. Very important: don't stir while the sugar is cooking! Cook the sugar to 340 degrees (about 15 to 20 minutes) until caramel is light brown and before it burns. Remove from the heat, add the almonds and rosewater, and stir carefully, then spread evenly on a parchment paper-lined baking sheet. When cool, break up into pieces. (Redaction Chris Adler-France ©2014)

Note: The egg white raft listed in the original recipe did not seem to be necessary, so I omitted that step in the process. -- Katja

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## Apricot-filled crepes

A recipe for judhaba of apricot (mishmish) from the copy of al-Wathiq, p. 374

Choose sweet and fully ripe apricots and remove the pits. In a clean judhabadan layer the apricots alternatively with a layer of sugar until the pan is full. However, before doing this, you should have lined the bottom of the casserole with a thin round of bread (ruqaqa) and [after you finish] you need to cover the apricots with another thin round of bread. If you wish, add a little bit of saffron and drench the apricots and sugar in rose water. [Put the casserole in the hot tannur]...

**3 large eggs**  
**1 1/2 cups milk**  
**3/4 cup all-purpose flour**  
**3 tablespoons sugar**  
**1/4 cup butter, melted and cooled**  
**1/2 pound apricots, dried**  
**1/2 cup sugar**  
**1/8 teaspoon rosewater**  
**1 pinch saffron**  
**1/2 cup butter, melted**

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Per Serving (excluding unknown items): 327  
Calories; 21g Fat (55.8% calories from fat); 5g  
Protein; 31g Carbohydrate; 1g Dietary Fiber; 123mg  
Cholesterol; 220mg Sodium. Exchanges: 1/2  
Grain(Starch); 1/2 Lean Meat; 0 Fruit; 0 Non-Fat  
Milk; 4 Fat; 1 Other Carbohydrates.

**Servings: 8**

Blend together the eggs, milk, flour, butter, and 1/2 cup sugar, and let batter stand for an hour at room temperature.

Wash and finely chop apricots, then add to a large saucepan over low heat with the 1/2 cup sugar, 2 cups of water, and the pinch of saffron. (Place over a heat diffuser, if you have one.) Cook, adding more water to prevent the apricots from sticking and stirring frequently, until the texture of applesauce, about 30 minutes. Stir in the rosewater off the heat and let cool slightly.

Melt the butter. In a crepe pan over medium heat, use a pastry brush to wipe pan with melted butter, then swirl in 1/3 cup of batter and cook until golden on bottom. Carefully flip over and lightly brown the bottom. Slide crepe into a pie pan when done, then let cool a minute and spread on a thin layer of the apricot filling. Make another crepe, slide on top of the filling, and continue for three or four layers, ending with a crepe on top. Refrigerate and serve at room temperature, sliced into wedges. Also yummy hot. (Redaction Chris Adler-France ©2014)

NOTE: Although this resource does contain a "crepe" recipe (qatayif), it's a yeasted dough recipe that's closer to a soft flatbread than what we think of as a modern crepe-pancake. So, I used a modern crepe recipe. Bad laurel, no biscuit! -- Katja

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## Asparagus with coriander

*Boiled vegetable dishes, their varieties, names, and properties, p. 220*

*Vegetables usually served as salayiq (boiled)\*

*...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... Once the vegetables are cooked, take them out of the pot and arrange them on a platter. If the boiled vegetables are asparagus or hops, then season them with olive oil and murri.*

*Asparagus, cauliflower, hops, white soy beans, leeks, orach, [variety of mushroom], chard, cabbage, carrot, turnip, spinach, fresh fennel, chard root, gourd, and eggplant.*

*A cold dish (barida) of dressed carrots*

*...Add as well cassia, black pepper, galangal, coriander seeds, caraway seeds, ginger, spikenard, and cloves, all ground...*

**1 pound asparagus**  
**1 tablespoon olive oil**  
**1/2 teaspoon coriander seeds, ground**

**Servings: 8**

Grind the coriander with the salt and set aside. Wash and snap off ends of asparagus, then slice stalks into thirds. Bring 1 inch of water to

## 1/2 teaspoon kosher salt

Per Serving (excluding unknown items): 22 Calories; 2g Fat (65.4% calories from fat); 1g Protein; 1g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 118mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fat.

a boil in a skillet, add veg in a single layer, and cook for 5 minutes. (Alternatively, cook in a microwave oven for 2 to 3 minutes.) Drain, sprinkle with the spices, drizzle with oil. (Redaction Chris Adler-France ©2014)

## Baghdadis-style rolled-up sandwiches

*A recipe for making bazmaward (rolled up sandwiches), Baghdadi style:*

*Prepare meat by pounding it the way you do with sausages (laqaniq). Add a small amount of kidney fat, onion, fresh herbs (abzar rutb), and rue. Add to these, coriander, black pepper, caraway, cumin, spikenard, cloves, nutmeg, ginger, and cassia, [all] pounded. Break 5 eggs on the meat mixture and add a little chopped garlic and onion. Pound the mixture until it blends very well. Spread caul fat (tharb) of sheep on a soft ruqaqa (thin sheet of bread). Let it cover as much as possible of the bread. Spread the pounded meat mixture on the caul fat. Take 5 boiled eggs, peel them but leave them whole. Arrange them in a row along the spread meat paste. Tightly roll up the ruqq bread with what is spread on it, and truss the roll with clean intestines. Put the roll on 4 sticks of khilaf tree (willow) and tie it with a thread so that it stays intact. Lower it into the tannur and place it on a flat tile (ajur) put directly on the fire. When the roll is done, take it out of the oven and slice it crosswise into bazmaward (slices). Arrange the pieces on a platter (jam) and serve them with Nabatean murri (liquid fermented sauce) or mustard, God willing.*

**1 pound ground beef**  
**1 small onion, diced**  
**1/2 teaspoon garlic**  
**2 teaspoons thyme**  
**2 teaspoons basil**  
**1 teaspoon coriander seed, ground**  
**1 teaspoon cumin seed, ground**  
**1/2 teaspoon ground cinnamon**  
**1/2 teaspoon ground ginger**  
**1/4 teaspoon cloves, ground**  
**2 whole eggs**  
**2 pieces Lavash (I used commercially prepared)**  
**10 whole hard-boiled eggs, peeled**

Per Serving (excluding unknown items): 299 Calories; 23g Fat (70.1% calories from fat); 19g Protein; 3g Carbohydrate; 1g Dietary Fiber; 360mg Cholesterol; 131mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 3 Fat.

### Servings: 8

Combine ground beef, onion, garlic, herbs and spices and raw egg. Spread meat mixture in a thin layer on 2 pieces of lavash. Line 5 hard boiled eggs along the long edge of each of the breads and roll. Place seam side down on a wire rack on a baking sheet. Bake at 375 degrees for 30 minutes or until temperature reaches 160 degrees. Slice each roll into 10 pieces. (Redaction Emily Whitehouse ©2014)

## Beef braised in pomegranate juice

*Another barida made with game meat and kid's meat, p. 215*

Take 2 uqiyyas (1/4 cup) of raisin juice obtained by soaking raisins in pomegranate juice then pounding and straining the mix. Add a small amount of garlic that has been crushed with 1 dirham (3 grams) rue. [Set this aside as a sauce served with the cold dish]. Choose slices of shoulder meat (mutin), tenderloin (kishtamazaj), and similar cuts of the best of game meat. Put the meat in a pot and pour on it about 2 uqiyyas (1/4 cup) water, ¼ ratl (1/2 cup) olive oil, and 1 dirham (3 grams) salt. Set the pot on a trivet (yunsab) on the burning coals and cook the meat the way you do with tabahijat (braised red meat). When meat is done, add about ¼ ratl (1/2 cup) murri (liquid fermented sauce), 1 dirham (3 grams) black pepper, and a similar amount of cassia. Take the pot away from the fire, and while it is still bubbling, add mustard prepared with zabib (raisins), pomegranate seeds, and rue. Arrange the meat in a ghadara (green glazed earthenware bowl), [and pour on the sauce prepared above]. You may serve the dish hot or cold, God willing.

**4 pounds chuck roast**  
**1/2 cup raisins**  
**1 cup pomegranate juice**  
**1 cup beef stock**  
**1/4 cup parsley, minced**  
**2 tablespoons olive oil**  
**1 teaspoon kosher salt**  
**2 teaspoons black pepper, ground**  
**1 teaspoon cassia or cinnamon, ground**  
**2 tablespoons raisin pomegranate mustard (See recipe elsewhere in this booklet)**  
**2 cloves garlic, minced**

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Per Serving (excluding unknown items): 553 Calories; 39g Fat (64.2% calories from fat); 36g Protein; 12g Carbohydrate; 1g Dietary Fiber; 131mg Cholesterol; 620mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 0 Vegetable; 1 Fruit; 4 1/2 Fat.

**Servings: 8**

Preheat oven to 300 degrees. Dry the meat with paper towels and cut into cubes. Mix together raisins and 1/2 cup of the pom juice in a blender and set aside. Heat oil in a dutch oven over high heat and sear the meat in batches -- you don't want to cook the meat here, just get a nice brown on at least two sides to build flavor. Deglaze the pan with the stock and scrape up the bottom, then add back in the meat with the remaining pom juice, salt, pepper, garlic, and cassia, cover, and let braise in oven for three hours until meat is tender and falling apart. Add more juice or stock as needed to keep the meat from drying out. When tender, stir in parsley, raisin-pom mixture, and mustard before serving. (Redaction Chris Adler-France ©2014)

NOTE: Although the recipe called for cooking the meat just in water and some oil, I added the beef stock since that was a reasonable result of cooking beef in water and it would add richness to the dish without using a murri substitute (soy sauce or Maggi seasoning) due to a soy allergy. To eliminate possible onion and gluten allergens, I made my own stock from beef bones and meat, olive oil, water, salt, and bay leaf. -- Katja

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## Chicken apricot stew

*A recipe for mishmishiyya (apricot stew):*  
Clean and wash a plump chicken. Disjoint it and put it aside. Choose ripe apricots, which are yellow and sour. Put them in a pot with some water and bring them to a boil. Press and mash them with the water they were boiled in, and strain them into a bowl. Now go back to the chicken, put it in a clean pot and add the white part of fresh onion (bayad basal), cilantro, and rue [all chopped]. Add as well a piece of galangal, a stick of cassia, and whole pieces of ginger. Light the fire underneath the pot and let it cook. Then

*sprinkle the pot with onion juice and add enough of the strained apricot liquid to submerge the chicken. Season the pot with coriander seeds, black pepper, and cassia, all ground.*

**2 pounds boneless, skinless chicken breasts and thighs**  
**14 3/4 ounces canned halved apricots**  
**1 small onion, diced**  
**1 teaspoon olive oil**  
**1 teaspoon kosher salt (to taste)**  
**1/2 teaspoon black pepper (to taste)**  
**1 whole cinnamon stick**  
**1 inch piece of peeled ginger**  
**1 tablespoon cilantro, fresh, minced**  
**1/2 teaspoon ground cinnamon**  
**1 teaspoon coriander seed, ground**

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Per Serving (excluding unknown items): 17 Calories; 1g Fat (32.1% calories from fat); trace Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 237mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat.

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**Servings: 8**

Place apricots in a medium saucepan with enough water to cover. Bring to boil and boil for 5 minutes. Mash the apricots, then further process with an immersion blender. Strain through a large hole colander, to remove any skins or solids.

Salt and pepper the chicken, brown in oil (to prevent sticking) with cilantro, cinnamon stick and peeled ginger. Once browned, add enough of the apricot liquid to cover and the ground cinnamon and coriander. Cover and simmer until the chicken is falling apart. Remove the ginger and cinnamon stick. Remove the chicken from the pot and shred, return to pot and serve. (Redaction Emily Whitehouse ©2014)

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## Coconut almond delights

*A recipe for uncooked Khabis:*

*Finely grind (1 pound) skinned almonds. Shell two fresh coconuts, pound them until they release their oil, and mix them with the almonds. Pound (3 pounds) sugar and sift it in [a fine-meshed] hairsieve. Set aside about (¼ pound) of it. Add the rest to the almond-coconut mixture, in addition to ½ dirham (1½ grams) ground saffron. Mix very well to moisten the ingredients. Next, pour on them (1 cup) almond oil and keep mixing until they are moist enough to gather in one mass. Spread the mix on a platter and sprinkle the reserved sugar on it, the way you do with [cooked] moist Khabis [as in the previous chapters]. Decorate the top with colored almonds and serve the dessert, God willing.*

**5 ounces slivered, blanched almonds, ground**  
**1 cup coconut powder**  
**2 tablespoons coconut milk**  
**3 tablespoons caster sugar**  
**1 pinch saffron**  
**3 tablespoons almond oil**  
**flaked coconut for garnish**

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Per Serving (excluding unknown items): 54 Calories; 6g Fat (97.8% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 1 Fat.

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**Servings: 8**

Combine the almonds, coconut powder, coconut milk, caster sugar and saffron in a medium mixing bowl, mix well. Drizzle with almond oil and stir to combine until the mixture gathers into one mass. You may, as per the recipe, spread this on a platter, sprinkle with either additional sugar or flaked coconut and serve. To facilitate the buffet style serving, I used a cookie dough scoop to scoop individual portions, which I then rolled in flaked coconut. (Redaction Emily Whitehouse ©2014)

NOTE: I did trial this recipe using fresh coconut. The result was very similar to the recipe as above, however the coconut flavor was more pronounced than what is achieved by the substitution of coconut powder and coconut milk. In the interests of expediency when cooking for 100+ people, I opted to prepare with coconut powder and



garnish with flaked coconut to balance the coconut flavor. -- Elzbeita

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## Eggplant-walnut puree

*Another dressed eggplant (badhinjan mahshi), p. 227*  
*Boil the eggplants and chop them into small pieces.*  
*Pound walnuts, put them [along with the eggplant] into a bowl, and add salt. Knead mixture with some vinegar, [make it into a patty], and stick it to a big bowl (tayfuriyya). Smoke the eggplant by pouring some olive oil on a burning fire. Scrape the eggplant patty (qurs) and flip it to the other side to allow it to smoke. Stir the smoked eggplant with some vinegar and caraway seeds. You may add some onion if you like. Drizzle some olive oil on the dish and serve it, God willing.*

**2 medium eggplants, peeled, cubed**  
**1 cup walnuts**  
**1/2 teaspoon kosher salt**  
**1 teaspoon rice vinegar**  
**1/2 teaspoon caraway seed**  
**1/2 cup onion, diced**  
**3 tablespoons olive oil**

### Servings: 8

Boil eggplants for 5 minutes -- this can be done in an inch of water in a skillet rather than a large pot full of water -- then drain and press the cubes in a towel. Grind the nuts, then pulse together with the eggplant, onions, and spices in a food processor. Heat the oil in the skillet over medium heat and fry the eggplant mixture, stirring frequently, until lightly browned. (Redaction Chris Adler-France ©2014)

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Per Serving (excluding unknown items): 174  
Calories; 14g Fat (68.1% calories from fat); 5g  
Protein; 10g Carbohydrate; 4g Dietary Fiber; 0mg  
Cholesterol; 121mg Sodium. Exchanges: 0  
Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 2 1/2  
Fat; 0 Other Carbohydrates.

NOTE: This mixture would't form a patty, as described in the original recipe unless I added a binder such as bread crumbs. Since I wanted this dish to remain gluten free, I decided to simply fry the mixture and serve it as a baba ganoush-like dip. -- Katja

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## Fava bean-pistachio hummus

*Another barida of fava beans by Ibn Abi Nuh al-Katib, p. 229*  
*Snip off both ends of fresh fava beans and boil them.*  
*Next, discard the jackets and skin the beans. Pound them in a mortar and pestle (hawan) along with boiled chard leaves, shelled pistachio, walnuts, and almonds.*  
*Take the mixture out of the mortar and fry it in a pan (miqla) with olive oil, sesame oil, and the chopped white part of fresh onion (bayad basal). While still in the frying pan, add to the mixture black pepper, cloves, spikenard, cassia, coriander seeds, cumin seeds, and murri (liquid fermented sauce). Spread the mixture on a platter and arrange skinned almonds on the surface so that they look like [scattered] stars ...*

**8 ounces fava beans, canned**  
**1 cup chard, washed**  
**1/2 cup pistachio nuts**  
**1/2 cup almonds**  
**1/3 cup olive oil**

### Servings: 8

Rinse and drain beans well. Grind the nuts in a blender, then add the beans and other ingredients (except slivered nuts) and blend until smooth, adding more oil or water as needed to thin to a dip consistency. (Redaction Chris Adler-France ©2014)

**1 tablespoon sesame oil**  
**1 small scallion, minced**  
**1 pinch kosher salt**  
**1 teaspoon black pepper, ground**  
**1 teaspoon coriander seeds, ground**  
**1 teaspoon cumin, ground**  
**1/4 teaspoon soy sauce, Maggi, or Bragg's liquid aminos**  
**1 tablespoon slivered almonds**

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Per Serving (excluding unknown items): 301  
Calories; 20g Fat (58.5% calories from fat); 11g  
Protein; 21g Carbohydrate; 9g Dietary Fiber; 0mg  
Cholesterol; 29mg Sodium. Exchanges: 1 1/2  
Grain(Starch); 1 Lean Meat; 0 Vegetable; 3 1/2 Fat.

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## Ginger apple drink

*A recipe for another drink made from sugar, non-intoxicating, p. 465*

*Take bowlfuls of refined sugar and dissolve it in half its amount of water. Add a small amount of juice of unripe excellent quality apples. Let the liquid boil until it is reduced to two-thirds of its original amount. Flavor it with ginger and empty it into glass jars. Use it [diluted with water], God willing.*

**2 cups sugar**  
**1 cup water**  
**2 cups apple juice**  
**1 inch fresh ginger**

### **Servings: 8**

In one pot, bring apple juice to a boil, then lower to a simmer and cook until reduced in half. Bring water and sugar to a boil in another pot and cook until the sugar is dissolved. Add the ginger and apple juice, then reduce heat and let simmer for 15 minutes. Dilute with water 4-to-1 or more to serve. (Redaction Chris Adler-France ©2014)

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Per Serving (excluding unknown items): 225  
Calories; trace Fat (0.3% calories from fat); trace  
Protein; 58g Carbohydrate; trace Dietary Fiber; 0mg  
Cholesterol; 4mg Sodium. Exchanges: 0 Vegetable;  
1/2 Fruit; 3 1/2 Other Carbohydrates.

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## Honey-milk rice

*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.*

**2 cups milk, whole or 2%**  
**1/2 cup long-grain or basmati rice**  
**1/3 cup honey**

### **Servings: 8**

Soak rice in milk for one hour, then bring just to a boil with the salt, butter, and honey in a saucepan and simmer, covered, for 40 minutes.

**4 tablespoons butter**  
**1 pinch kosher salt**

(Redaction Chris Adler-France ©2012, adapted slightly for 2014)

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Per Serving (excluding unknown items): 131  
Calories; 8g Fat (51.3% calories from fat); 2g  
Protein; 14g Carbohydrate; trace Dietary Fiber;  
24mg Cholesterol; 104mg Sodium. Exchanges: 0  
Non-Fat Milk; 1 1/2 Fat; 1 Other Carbohydrates.

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## Lamb sausages

*A recipe for stuffed masir al-dawwara, p. 187*  
*Finely chop red meat [lean] and chop as much alya*  
*(sheep's tail fat). Finely chop fresh herbs, onions, and*  
*rue. [Add them to the meat] then pound the meat*  
*mixture with a knife until it has the consistency of*  
*ointment (marham). Add cassia, black pepper, and*  
*ginger that has a pronounced taste. Add these to the*  
*meat and pound them together, sprinkling murri*  
*(liquid fermented sauce) as much as needed. Take the*  
*meat paste out of the [stone] mortar, and put it in a*  
*container. For each ratl (pound) of meat use 1 uqiyya*  
*(2 tablespoons) zayt maghsul (washed olive oil). Knead*  
*well together. Now take a length of small intestines*  
*(musran), clean it, slick it off, and wash it in water.*  
*Do this meticulously and thoroughly until the intestine*  
*becomes very thin and free of slime. Fit the sausage*  
*feeder (mihashsha) into the opening of the intestine,*  
*then feed the meat mixture into the intestine until you*  
*use up all the meat. Tie the sausages [with cotton*  
*threads], put them aside, and use them as needed. To*  
*serve, fry as much as needed in a frying pan and offer*  
*them with mustard. You may use them to garnish other*  
*dishes.*

**2 pounds lamb shoulder**  
**1/2 pound suet (beef fat)**  
**1/2 teaspoon thyme, fresh, minced**  
**2 tablespoons parsley, fresh, minced**  
**1 tablespoon basil, fresh, minced**  
**1 teaspoon mint, fresh, minced**  
**1/2 cup onion, diced**  
**1 teaspoon black pepper**  
**1 teaspoon ginger, ground**  
**1/2 teaspoon soy sauce, Maggi, or**  
**Bragg's liquid aminos**  
**1/2 teaspoon kosher salt**  
**olive oil**

### Servings: 8

Cut up lamb and fat into cubes, then process through a grinder. Add the other ingredients except for the oil and grind again. Fry a small sample to taste test and adjust seasonings if necessary. Form mixture gently into small flat patties. Fry in a little oil until lightly browned and cooked through. (Redaction Chris Adler-France ©2014)

Note: Lamb tail fat is not easily available, so I used suet as the fat in this recipe since neither bacon nor any kind of pork fat (although normal in sausage recipes) would be appropriate for a Persian recipe.  
-- Katja

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Per Serving (excluding unknown items): 243  
Calories; 19g Fat (72.3% calories from fat); 15g  
Protein; 2g Carbohydrate; 1g Dietary Fiber; 65mg  
Cholesterol; 173mg Sodium. Exchanges: 0  
Grain(Starch); 2 Lean Meat; 0 Vegetable; 2 1/2 Fat.

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## Lentil-chickpea-cannellini salad

*Another recipe for thulathiyya, p. 264*  
*Do it the same way [as above] but you need to make*  
*sure that you do use the cassia and galangal here. For*

*this dish, use rice, lentil, and white beans. Let the lentil be the least amount added [of the grains and legumes]. If wished, add bruised chickpeas (himmas mardud). Let the amount be equal to that of the lentil. After you ladle it [into a platter], pour over it some heated fat (dihn maqlu) and arrange around it thin flat breads (ruqaq)... If wished, you can sweeten the dish with sugar, but not much.*

**1 cup lentils**  
**1 cup cannellini**  
**1 cup chickpeas**  
**1/4 cup olive oil**  
**1/2 teaspoon sugar**  
**1 teaspoon kosher salt**  
**1 teaspoon cassia or cinnamon**  
**1/2 teaspoon galangal**

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Per Serving (excluding unknown items): 233 Calories; 8g Fat (32.0% calories from fat); 12g Protein; 29g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 243mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1 1/2 Fat; 0 Other Carbohydrates.

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**Servings: 8**

If legumes are dried, soak overnight, then cook in fresh water for an hour until softened or pressure cook for 20 minutes. (If using canned legumes, rinse and drain well.) Mix together vinaigrette of oil and seasonings, then drizzle over drained legumes and stir well. (Redaction Chris Adler-France ©2014)

NOTE: I omitted the rice since we are serving a rice dish in this feast. I used black lentils since I found them and they have a yummy almost-smoky flavor. Brown lentils are more commonly found in your supermarket and will stay nicely firm after being fully cooked. Don't use red/pink lentils here, since they cook down to a mush. -- Katja

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## Lentils with cumin

*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**

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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.

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**Servings: 8**

Dice 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 softened. (Redaction Chris Adler-France ©2012)

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## Peach drink

*A recipe for peach drink (sharab al-khawkh)  
In a clean pot, put 10 qists [30 cups] juice of peach  
and 2 qists [4.5 pounds] honey, which has been [boiled*

and] skimmed of its froth. Prepare a bundle of thin cloth containing saffron, spikenard, cloves, Ceylon cinnamon [qarfa], cassia [dar Sini] and mastic, half dirham [1.5 grams] of each, and let them be crushed. Put this bundle in the pot and bring it to a vigorous boil. After you put it away from the heat, strain the liquid, empty it into glass jars [qawarir] and use it, God willing.

**8 cups white grape-peach juice**  
**19 ounces honey**  
**3 threads saffron**  
**2 whole cloves**  
**1 whole cinnamon stick**  
**1 whole piece cassia bark**

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Per Serving (excluding unknown items): 69 Calories; trace Fat (1.6% calories from fat); trace Protein; 19g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat; 1 Other Carbohydrates.

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**Servings: 25**

Combine juice and honey in a large pot. Place the saffron threads, cloves and cassia bark in an infusion ball, and place the ball and the cinnamon stick in the juice mixture. Bring to a boil over medium heat, stirring frequently. Remove from heat and allow to cool. Serve chilled, diluted to 1 part juice, 2 parts water. (Redaction Emily Whitehouse ©2014)

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## Pickles

*The humoral properties of all pickled vegetables (mukhallalat) become less dense due to the vinegar used in making them.*

**1 cup apple cider vinegar**  
**2 tablespoons sugar**  
**1 teaspoon canning salt**  
**2/3 cup water**  
**1 tablespoon caraway seed**  
**1/8 teaspoon ground cubed**  
**1 cup apple cider vinegar**  
**2 tablespoons sugar**  
**1 tablespoon canning salt**  
**2/3 cup water**  
**1/4 teaspoon cloves**  
**1 tablespoon coriander seed**

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Per Serving (excluding unknown items): 37 Calories; trace Fat (4.8% calories from fat); trace Protein; 11g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.

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**Servings: 8**

Carrots: Pickle in the first six ingredients.

Radishes and asparagus: Pickle in the second six ingredients.

For both recipes: Combine ingredients in a medium saucepan and bring to boil. Remove from heat and allow to cool slightly. Place the vegetables (sliced, 4 cups) in sterile containers and cover with the mixture. Seal the containers and process in a water bath for 10 minutes. If long term preservation is not required, after sealing the containers, refrigerate overnight before serving. (Recipe Emily Whitehouse ©2014)

Note: Despite the cited statement, and an entire chapter devoted to creating fermented condiments and pickles, there were no recipes within this cookbook for pickled vegetables. In my opinion, this is because it was understood that the preservation of vegetables by pickling was common knowledge. I opted to use a modern recipe for pickling carrots, and used spices that were referenced in recipes for the preparation of cooked vegetables. -- Elzbieta

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## Raisin-pomegranate mustard

*A recipe for making mustard, page 196-7, Annals of the Caliph's Kitchens*

*...Make sinab with the remaining mustard mix using*

*zabib (raisins), sugar, pomegranate juice, or whatever you choose, God willing.*

**1/4 pound mustard seeds, black or brown**  
**1/4 cup rice vinegar**  
**1/4 cup pomegranate juice**  
**1/2 cup sugar**  
**1/4 cup raisins**

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Per Serving (excluding unknown items): 67 Calories; trace Fat (0.4% calories from fat); trace Protein; 18g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Fruit; 1 Other Carbohydrates.

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**Servings: 8**

Dry mustard seeds, then grind thoroughly. Dice raisins, then 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: Do not add the mustard seeds while the sugar and raisins are cooking or the resulting mustard will be bitter. Ensure you add the seeds to the mixture once you remove the pan from the stove. -- Katja

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## Roasted chicken with cucumber-herb sauce

*Delicious barida, called Kisrawiyya, page 163, Annals of the Caliph's Kitchens*

*Take about 1 ratl (1 pint) juice of unripe sour grapes and mix it with finely chopped pulp of a small smooth cucumber (khiyara) [as follows]: After you discard the peel and the solid part surrounding the pulp, chop it as fine as possible. [You need to] thinly slash the pulp first then chop it fine with a thin-bladed knife. Avoid using a board on which something else has been chopped lest it affect the taste of the cucumber. Add [to sauce] a small amount of chopped cilantro. Now take some plump pullets that have been roasted in the tannur and taken out while still succulent. While they are still hot, disjoint them and arrange the pieces on a platter (jam). Pour on them the (sibagh) you have just prepared along with 2 uqiyyas (4 tablespoons) sweet and mellow olive oil (zayt adhb). Scatter on it [whole] leaves of basil (badhariq) and thyme. Garnish the dish with slices of peeled ribbed cucumber (qiththa) cut like dirham coins [i.e., small discs]. Chill the dish with ice and serve it, God willing.*

**1/4 cup sour grape juice or verjuice**  
**1 large cucumber**  
**1/4 cup cilantro, fresh, minced**  
**4 pounds chicken thighs**  
**4 tablespoons olive oil**  
**1/4 cup basil, julienned**  
**1/8 cup thyme, fresh, minced**

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Per Serving (excluding unknown items): 454 Calories; 34g Fat (68.6% calories from fat); 32g Protein; 4g Carbohydrate; 2g Dietary Fiber; 151mg Cholesterol; 140mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 4 Fat.

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**Servings: 8**

Wash, peel, and dice cucumbers finely and mix with verjuice and cilantro; set aside. Pour oil evenly over baking pan and place in an oven set to 450 degrees.

When oven is at temperature, carefully remove pan, add chicken parts and turn to coat with the hot oil, then return to the oven. After 10 minutes, turn parts in pan and return to oven. Turn again after another 10 minutes and test to see if cooked through. If not, cook for another 10 to 15 minutes until done. Sprinkle with herbs, serving sauce on the side. (Redaction Chris Adler-France ©2014)

## Sauteed summer squash

*Muzawwara recipe, good for fevers and people suffering from excess of yellow bile (ashab al-safra), from the same copy, p. 433*

*Take a clean gourd, peel it, and discard the inside seeds. Dice it and put it in a pot. Pour on it a small amount of fresh and good quality sesame oil, and small amount of fresh herbs (abzar rutb), rue, and a pinch of salt...*

**2 medium summer squash**  
**1 tablespoon sesame oil**  
**1 tablespoon parsley, fresh, minced**  
**1/4 teaspoon thyme, fresh, minced**  
**1/2 teaspoon mint, fresh, minced**  
**1 tablespoon basil, fresh, minced**  
**1 pinch kosher salt**

### Servings: 8

Wash and slice squash lengthwise down the center, then cut each half into half-moon slices. Heat oil in a skillet, add the squash, and saute until lightly browned. Toss with herbs before serving.

(Redaction Chris Adler-France ©2014)

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Per Serving (excluding unknown items): 27 Calories;  
2g Fat (56.2% calories from fat); 1g Protein; 3g  
Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol;  
16mg Sodium. Exchanges: 0 Grain(Starch); 1/2  
Vegetable; 1/2 Fat.

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## Sugar cookies

*A recipe for exotic (gharib) khushkananaj Wathiqu by Abu Samin*

*Grind 3 ratls (3 pounds) refined sugar and sift it in a fine-mesh sieve. Add 1½ ratls (1½ pounds) fine samidh flour (high in starch and bran free). Mix them well. Add ¼ ratl (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)**

### Servings: 8

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)

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Per Serving (excluding unknown items): 182  
Calories; trace Fat (1.1% calories from fat); 2g

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Protein; 43g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Other Carbohydrates.

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## Yeast-raised flatbread

*Making khubz ma'ruk (pressed and rubbed bread), page 120, Annals of the Caliph's Kitchens*

Take 1 makkuk (7.5 pounds) flour (daqiq) and add to it 3 uqiyyas (3 ounces) yeast and 20 dirhams (2 ounces) salt [and water]. Knead the mixture thoroughly into stiff dough and cover it and let it ferment fully well. Sprinkle dough with 30 dirhams (1/3 cup) water in three batches. Divide it into portions and on a slab of smooth marble, press dough pieces in consecutive rubbing movements using olive oil (zayt). Shape portions into flat discs and drape them with a moistened piece of cloth. Light fire in the tannur and let it smolder quietly. Sprinkle the bread pieces with a mixture of water and milk [and stick them into the oven]. Cover the oven with its lid as well as a piece of wet sackcloth (khish) and let the breads bake. When they are done, open up the bottom vent hole (aym al-tannur) to let the breads brown (yahmarr). As soon as you take them out of the oven, wipe their faces with water to make them look glossy. You can get more gloss if you wipe them while they are still in the oven.

**5 1/2 cups flour, all-purpose**  
**1 teaspoon yeast**  
**1 tablespoon kosher salt**  
**2 1/2 cups water**  
**2 tablespoons olive oil**

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Per Serving (excluding unknown items): 344 Calories; 4g Fat (11.3% calories from fat); 9g Protein; 66g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 709mg Sodium. Exchanges: 4 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat.

### Servings: 8

Pour lukewarm water in a large bowl. Sprinkle the yeast over the water and whisk to dissolve. Stir in 1 cup of flour, then let sit for at least 10 minutes (if using dry active yeast; if using instant yeast, proceed without rest step for activation). Stir in another cup of flour, the salt, and the rest of the flour, turning out and kneading until smooth and elastic. Return to bowl and cover, letting rest for an hour.

Preheat oven to 450 degrees. Punch down dough, let rest for a few minutes, then divide into 16 portions and roll out into thin breads, letting dough rest if it fights too much. Place on greased baking sheets, wipe the tops with oil, and bake for five to 10 minutes until the flatbreads are lightly browned. Wipe with oil again and serve hot. (Chris Adler-France©2014)

NOTE: I opted to omit the milk from this recipe since there is milk in the other major starch offered at this feast (the rice). -- Katja

Yield: 16 flatbreads

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## Yogurt

*p. 198 Makin laban mast (thick and sour yogurt made with rennet)*

Put milk into an earthenware jar (jarra) and set it aside from morning till mid-day, or until you notice that it has started to sour. Stir rennet (infaha) into the milk after you pound it. For each 10 rattls (10 pints) of milk, use 1 dirham (3 grams) of rennet. Beat the



*mixture by hand and set it aside undisturbed until the following day. It will set (yajmud) and become mast (thick sour yogurt).*

*Making shiraz (drained yogurt)*

*Put some mast yogurt [recipe above] in an earthenware jar (jarra). Add salt to it. For every 10 rattls (10 pints) of mast yogurt, use 3 uqiyyas (3 ounces) salt. Stir the yogurt, transfer it to a white leather container (ziqq), and place it on a wooden board to allow liquid to drain, leaving behind just the [thickened] yogurt in the ziq. While draining, keep washing the ziqq [from the outside to keep the pores open]. This is how to make shiraz.*

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**1 half gallon milk, 2% or whole  
1/2 cup Greek-style yogurt (I prefer  
whole or 2% Fage)  
1/4 teaspoon kosher salt  
1 tablespoon honey**

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Per Serving (excluding unknown items): 27 Calories; 1g Fat (33.2% calories from fat); 1g Protein; 4g Carbohydrate; trace Dietary Fiber; 4mg Cholesterol; 74mg Sodium. Exchanges: 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.

**Servings: 8**

There are several methods for preparing yogurt at home. Various online websites and Alton Brown's Good Eats: The Early Years cookbook give directions on how to do so without any special equipment other than a candy thermometer. I've tried with some success an interesting technique from an online website to prepare yogurt in the microwave. THL Odriana posted to her blog how to make it overnight in a crockpot. I have a dedicated yogurt maker.

Regardless of the device/technique you choose, heat the milk to about 180 degrees in a thick-bottomed pot, then remove to an ice water bath and let cool to 110 degrees. Stir in the commercial yogurt (or yogurt starter, if you prefer that). Pour into whatever device you are using, cover, and let sit for at least 8 hours undisturbed. At this point, you can stir in the salt, rosewater, honey. To make Greek-style yogurt, transfer to a cheesecloth- or papertowel-lined sieve, place over a deep container (to prevent the bottom of the sieve from sitting in drained whey), and let sit in the refrigerator for at least two hours to thicken. (Redaction Chris Adler-France ©2013)

Note: I chose to add a touch of honey to this, to cut the sourness a tad. - Katja